



## SUPPORT GROUPS

### Mom's Support Group:

An in-person support group, held every 2nd Thursday, offer mothers a welcoming, judgment-free environment where they can openly share experiences, challenges, and joys!

### Grandparent's Raising Grandchildren Support in Spanish:

Join us every other Wednesday as we make space to connect, learn from & grow with other Grandparents like you!

### Yoga Peer Support Group:

Meets every 1st & 3rd Saturday. Come unwind with calming yoga, connect with peers, and strengthen your mind & body!

### \*Starting in March\* Dad's Group:

Meet on the 1<sup>st</sup> Sunday of every month  
A space to relax, share experiences and build connections with other dads!

## HOUSE OF COLORS

A safe space for LGBTQ youth ages 13 to 24 years old. HOC is youth lead and directed with a focus on youth development and living healthy, safe lives. Join us Monday - Thursday from 1pm - 5pm for drop-in hours!

## FAMILY NIGHT

Join us once a month for a family night focused on the fun of science, math, technology and engineering!  
Dinners on us!



## Enlace de Familias Holyoke Family Network

299-301 Main St.  
Holyoke MA 01040  
413-532-9300

Free resources, support and events for the whole family!

\*\*Call to set up an appointment or register for a workshop\*\*

### OUR SCHEDULE:

Monday 9:00am - 7:00pm

Tuesday 9:00am - 5:00pm

Wednesday 9:00am - 7:00pm

Thursday 9:00am - 7:00pm

Friday 9:00am - 5:00pm

every other Saturday 10:00am - 12:00pm



Scan QR code above for direct access to our facebook page!

\*\*Refreshments & Childcare Provided\*\*



## PARENTING GROUPS

### Nurturing Fathers Program:

A 15-week program for Fathers to developing parenting & nurturing skills that will positively impact the family

### Active Parenting Group:

An 8-week program focused on the relationship between coparents to reduce conflict & create cohesive understanding

### Mother's Parenting Journey:

An 8 week program designed to help increase self-care practices, raise awareness & strengthen parenting styles

Referrals for programming & services can be sent to [referral@enlacedefamilias.org](mailto:referral@enlacedefamilias.org)

## LIFE SKILLS WORKSHOPS

### Cooking Classes:

One class a month that focuses on meals on a budget & healthy eating!

### English Classes:

In partnership with HCC, we offer 2 classes a week for program participants!

### Housing Application Workshops:

Three sessions a month focused on supporting individuals in completing & submitting applications!



If you are in need of any after hours or weekend support, please let us know and we can book an appointment with you!