

MONDAY FRC Open 9:00am - 5:00pm	TUESDAY FRC Open 9:00am - 5:00pm 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday until 7:00pm	WEDNESDAY FRC Open 9:00am - 7:00pm	THURSDAY FRC Open 9:00am - 6:30pm	FRIDAY FRC Open 9:00am - 3:00pm	SATURDAY FRC Open 1 <sup>st</sup> & 3 <sup>rd</sup> Saturday of each month
2	3 11:00am-12:30pm Families in Bloom Playgroup	4 3:00pm-4:30pm LGBTQ+ High School Youth Group 4:00pm-5:30pm FRF/GRF Kinship Support Group 5:00 -7:00pm 24/7 Dads Parenting Class 10-Week Series - Day 5 5:00 - 7:00pm Nurturing Fathers Parenting Class 16-Week Series - Day 4	5 9:00am-10:30am Nursing Baby/toddler support group 12:30pm-2:00pm LGBTQ+ Young Adult affinity group 5:00pm-6:30pm LGBTQ+ middle school youth group	6	7 10:00am-12:00pm ESOL English Class 10:00am-11:30am Playful Pals Group FRC Open 9:30am - 12:30pm
9	10 11:00am-12:30pm Families in Bloom Playgroup 6:00pm-7:00pm Achieving Dadhood Father Support Group	11 3:00pm-4:30pm LGBTQ+ High School Youth Group 5:00pm-6:00pm ESOL English Class 5:00 -7:00pm 24/7 Dads Parenting Class 10-Week Series - Day 6 5:00 - 7:00pm Nurturing Fathers Parenting Class 16-Week Series - Day 5	12 9:00am-10:30am Nursing Baby/toddler support group 12:30pm-2:00pm LGBTQ+ Young Adult affinity group 5:00pm-6:30pm LGBTQ+ middle school youth group	13	14
16	17 11:00am-12:30pm Families in Bloom Playgroup	18 3:00pm-4:30pm LGBTQ+ High School Youth Group 5:00pm-6:00pm ESOL English Class 5:00 -7:00pm 24/7 Dads Parenting Class 10-Week Series - Day 7 5:00 - 7:00pm Nurturing Fathers Parenting Class 16-Week Series - Day 6	19 9:00am-10:30am Nursing Baby/toddler support group 12:30pm-2:00pm LGBTQ+ Young Adult affinity group 5:00pm-6:30pm LGBTQ+ middle school youth group	20	21 12:00pm-2:00pm Conexiones Positivas Latino Support/Resource Connections FRC Open 12:00pm - 2:00pm
23	24 11:00am-12:30pm Families in Bloom Playgroup 5:30pm-7:00pm IEP Information Session 6:00pm-7:00pm Achieving Dadhood Father Support Group	25 3:00pm-4:30pm LGBTQ+ High School Youth Group 5:00 -7:00pm 24/7 Dads Parenting Class 10-Week Series - Day 8 5:00 - 7:00pm Nurturing Fathers Parenting Class 16-Week Series - Day 7	26 9:00am-10:30am Nursing Baby/toddler support group 12:30pm-2:00pm LGBTQ+ Young Adult affinity group 5:00pm-6:30pm LGBTQ+ middle school youth group	27	28
30	31 11:00am-12:30pm Families in Bloom Playgroup				



## Tuesdays

### Mommy & Me: Parent-Child Interaction Play Group Tuesdays 11:00am-12:30pm

A supportive play group for parents and children ages 0-5yrs old. The group includes parent-child interaction activities, education around child development and parenting behaviors, and an opportunity to connect with other parents. Nutritious food and snacks included.

Contact: Contact: Alexia Morales-Jado  
413-448-8281 Ext: 268  
amoralesjado@18degreesma.org or

### Achieving Dadhood: Father Support Group 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of every month 6:00pm-7:00pm

Whether you're a first-time dad, first generation dad, a dad working towards reunification or visitation, this group is for you! Join other dads to share a light dinner and gain support around the challenges and successes of fatherhood.

Facilitated by Brandon Mauer - Contact:  
Baraq Peltier-Polston 413-448-8281 Ext: 264  
bpeltierpolston@18degreesma.org

### Active Parenting 4<sup>th</sup> Edition Tuesdays 5:00pm-7:00pm via ZOOM

**NOT OCCURRING THIS MONTH**

Contact: Alexia Morales-Jado  
413-448-8281 Ext: 268  
amoralesjado@18degreesma.org or

## Wednesdays

### Grandparents Raising Grandchildren (GRF)/Families Raising Families (FRF) Kinship Support Group 1<sup>st</sup> Wednesday of the month 4:00pm-5:30pm

A support group dedicated to those caring for children as a grandparent, sibling, aunt, uncle, foster parent, or any other kinship caregiver. Enjoy dinner in an inclusive space where you can connect, share, and learn from one another.

Contact: Jermaine 413-448-8281 Ext: 286  
jdsistrunk@18degreesma.org

### 24/7 Dads/Fathers Parenting Class - 10 week Series Wednesdays 5:00pm-7:00pm

This class is a 10-week series using 24/7 dad's curriculum. This class will be facilitated by Frank Busener. Registration and intake paperwork required, and attendance is mandatory to receive certificate of completion. Light dinner included.

Contact:  
Baraq Peltier-Polston 413-448-8281 Ext: 264  
bpeltierpolston@18degreesma.org

### Nurturing Fathers /Fathers Parenting Class - 16 Week Series Wednesdays 5:00pm-7:00pm

This class is a 16-week series using the Nurturing Fathers curriculum. Registration and intake paperwork required. This class will be facilitated by Jermaine Sistrunk. Attendance is mandatory to receive certificate of completion. Dinner included.

Contact: Jermaine 413-448-8281 Ext: 286  
jdsistrunk@18degreesma.org

## Thursdays

### Nursing Baby/Toddler Group/Berkshire Nursing Families Thursdays 9:00am-10:30am

Hosted by Berkshire Nursing Families, this is a supportive playgroup for those who are breastfeeding to socialize, get parenting and breastfeeding support from a certified lactation consultant. Baby scale available.

Contact: Contact: Alexia Morales-Jado  
413-448-8281 Ext: 268  
amoralesjado@18degreesma.org or

**Program Director:** Sharon Collins Newton  
scollinsnewton@18degreesma.org or Ext: 265

**Program Manager:** Baraq Peltier-Polston  
bpeltierpolston@18degreesma.org or Ext: 264

**Youth Services/LGBTQIA+ Manager:**  
Christopher Dellea

cdellea@18degreesma.org or Ext: 241

**Family Partner:** Jermaine Sistrunk  
jdsistrunk@18degreesma.org or Ext: 286

**Family Support Worker:** Alexia Morales-Jado  
amoralesjado@18degreesma.org or Ext: 268

**School Liaison:** Abbie Callaghan  
acallaghan@18degreesma.org or Ext: 269

**Substance Use Prevention Youth Specialist:**  
Dawn Syrko dsyrko@18degreesma.org

## Saturdays

### Playful Pals Group: Children's Play Group 1<sup>st</sup> Saturday of each month 10:00am-11:30am

This group brings children ages 5-10 join together with their parent for activities, games, skits, songs, movement and art. Snacks included.

Contact: Christopher  
413-448-8281 Ext: 241  
cdellea@18degreesma.org

### ESOL English Classes 2<sup>nd</sup> & 3<sup>rd</sup> Wednesdays of every month 5:00pm-6:00pm

English classes and snacks.

Contact: Alexia 413-448-8281 Ext: 268  
amoralesjado@18degreesma.org

### Conexiones Positivas - Latino Resource Connections Group 3<sup>rd</sup> Saturday of each month 12:00pm-2:00pm

A supportive and informative group for members of the Latino community. Each month different topics will be discussed and facilitators from the community will be invited to share vital information and resources with participants.

Contact: Alexia 413-448-8281 Ext: 268  
amoralesjado@18degreesma.org

### Brave Spaces LGBTQ+LOLYP MS, HS & Young Adult Affinity Groups

These groups offer a supportive space that centers around LGBTQ+ based curriculum and discussion. Use your voice and be your authentic self while participating in fantastic activities and field trip. Make new friends, enjoy light dinner and snacks.

**Middle School - Thurs 5:00pm to 6:30pm (ages 11-14)**

**High School - Weds 3:00pm to 4:30pm (ages 14-18)**

**Young Adult Affinity Group - Thurs 12:30pm-2:00pm (ages 18-30)**

Contact: Christopher 413-448-8281 Ext: 241 cdellea@18degreesma.org