

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
		<b>3:00pm-4:30pm LGBTQ+ High School Youth Group</b> <b>4:00pm-5:30pm FRF/GRF Kinship Support Group</b> <b>5:00pm-7:00pm Nurturing Fathers Class 12-week class series</b>	<b>9:00am-10:30am Nursing Baby/toddler support group</b> <b>12:30pm-2:00pm LGBTQ+ Young Adult affinity group</b> <b>5:00pm-6:30pm LGBTQ+ middle school youth group</b>		<b>10:00am-12:00pm ESOL English Class</b> <b>10:00am-11:30am Playful Pals Group Children's Play Group</b> FRC Open 9:30am - 12:30pm
6	7 <b>11:00am-12:30pm Mommy &amp; Me Parent/child Activity</b> <b>5:00pm-7:00pm Active Parenting Virtual 6-week class series</b>	8 <b>3:00pm-4:30pm LGBTQ+ High School Youth Group</b> <b>5:00pm-6:00pm ESOL English Class</b> <b>5:00pm-7:00pm Nurturing Fathers Class 12-week class series</b> <b>5:00pm-7:00pm 24/7 Dads 10-week class series</b>	9 <b>9:00am-10:30am Nursing Baby/toddler support group</b> <b>12:30pm-2:00pm LGBTQ+ Young Adult affinity group</b> <b>5:00pm-6:30pm LGBTQ+ middle school youth group</b>	10	11 <b>10:00am-2:00pm Heros &amp; Villains Masquerade Party</b>
13	14 <b>11:00am-12:30pm Mommy &amp; Me Parent/child Activity</b> <b>5:00pm-7:00pm Active Parenting Virtual 6-week class series</b> <b>5:30pm-7:00pm Parenting Circle Parent Support Group</b> <b>6:00pm-7:00pm Achieving Dadhood Father Support Group</b>	15 <b>3:00pm-4:30pm LGBTQ+ High School Youth Group</b> <b>4:00pm-5:30pm FRF/GRF Kinship Support Group</b> <b>5:00pm-6:00pm ESOL English Class</b> <b>5:00pm-7:00pm Nurturing Fathers Class 12-week class series</b> <b>5:00pm-7:00pm 24/7 Dads 10-week class series</b>	16 <b>9:00am-10:30am Nursing Baby/toddler support group</b> <b>12:30pm-2:00pm LGBTQ+ Young Adult affinity group</b> <b>5:00pm-6:30pm LGBTQ+ middle school youth group</b>	17	18 <b>12:00pm-2:00pm Conexiones Positivas Latino Support/Resource Connections</b> FRC Open 12:00pm - 2:00pm
20	21 <b>11:00am-12:30pm Mommy &amp; Me Parent/child Activity</b> <b>5:00pm-7:00pm Active Parenting Virtual 6-week class series</b>	22 <b>3:00pm-4:30pm LGBTQ+ High School Youth Group</b> <b>5:00pm-7:00pm Nurturing Fathers Class 12-week class series</b> <b>5:00pm-7:00pm 24/7 Dads 10-week class series</b>	23 <b>9:00am-10:30am Nursing Baby/toddler support group</b> <b>12:30pm-2:00pm LGBTQ+ Young Adult affinity group</b> <b>2:00pm-6:00pm Winter Clothing Drive</b> <b>5:00pm-6:30pm LGBTQ+ middle school youth group</b>	24 <b>9:00am-3:00pm Winter Clothing Drive</b>	25
27	28 <b>11:00am-12:30pm Mommy &amp; Me Parent/child Activity</b> <b>5:00pm-7:00pm Active Parenting Virtual 6-week class series</b> <b>5:30pm-7:00pm Parenting Circle Parent Support Group</b> <b>6:00pm-7:00pm Achieving Dadhood Father Support Group</b>	29 <b>3:00pm-4:30pm LGBTQ+ High School Youth Group</b> <b>Nurturing Fathers Class Will Be Canceled This Week</b> <b>5:00pm-7:00pm 24/7 Dads 10-week class series</b>	30 <b>9:00am-10:30am Nursing Baby/toddler support group</b> <b>12:30pm-2:00pm LGBTQ+ Young Adult affinity group</b> <b>5:00pm-6:30pm LGBTQ+ middle school youth group</b>	31	



## 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: Alexia 413-448-8281 Ext: 268 or Brooke Ext: 283

### Parenting Circle: Parent Support Group 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of every month 5:30pm-7:00pm

Is your young person struggling with school? Maybe your teen is making you feel like the worst parent alive. Parenting is tough and we are here to walk alongside you. In this supportive group we will discuss positive discipline, emotional regulation, school related issues, parenting behaviors, and so much more.

Light dinner or snacks included.

Contact : Abbie 413-448-8281 Ext: 269

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

Are you a dad? Whether you're a first-time dad, first generation dad, a seasoned 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, father of a beautiful and spirited 2-year-old daughter.

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

### REGISTRATION AND INTAKE PAPERWORK REQUIRED

Contact: Alexia 413-448-8281 Ext: 268 or  
Brooke 413-448-8281 Ext: 283

## Wednesdays

### Grandparents Raising Grandchildren (GRF)/Families Raising Families (FRF) Kinship Support Group

**1<sup>st</sup> and 3<sup>rd</sup> Wednesdays 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, to share a light dinner in an inclusive space where you can connect, share, and learn from one another.

Contact: Jermaine 413-448-8281 Ext: 286

### 24/7 Dads/Fathers Parenting Class - 12 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 Busner. Registration and intake paperwork required, and attendance is mandatory to receive certificate of completion. Light dinner included.

Contact: Sharon Collins Newton 413-448-8281 Ext: 265  
or Baraq Peltier-Polston 413-448-8281 Ext: 264  
for more information

### Nurturing Fathers /Fathers Parenting Class - 12 Week Series Wednesdays 5:00pm-7:00pm

### REGISTRATION AND INTAKE PAPERWORK REQUIRED

This class is a 12-week series using the Nurturing Fathers curriculum. This class will be facilitated by Jermaine Sistrunk. Attendance is mandatory to receive certificate of completion. Light dinner included.

Contact: Jermaine 413-448-8281 Ext: 286

### 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 find your authentic self while participating in fantastic activities and field trips, all while making new friends. Light dinner and snacks are always included for all groups.

**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

## 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 lactation consultant and other participants. Baby scale available for weight checks.

Contact: Alexia 413-448-8281 Ext: 268  
or Brooke 413-448-8281 Ext: 283

**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

**Family Support Worker:** Brooke Pelley  
bpelley@18degreesma.org or Ext: 283

**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 together in a space where creativity is abound with activities, games, skits, songs, movement and art. Snack included. Everyone is welcome to join!

Contact: Christopher 413-448-8281  
Ext: 241

### ESOL English Classes

**1<sup>st</sup> Saturday 10:00am-  
12:00pm & 2<sup>nd</sup> & 3<sup>rd</sup>  
Wednesdays 5:00pm-  
6:00pm of every month**

English classes include a fun way to socialize while learning English.

Contact: Alexia 413-448-8281 Ext: 268

### 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



**18 DEGREES**  
480 West Street Pittsfield, MA 01201  
413-448-8281 or [info@18degreesma.org](mailto:info@18degreesma.org)