





	SPRINGFIELD FRC	1095 Main Street Sprin	ngfield MA Phone: (413)733-7699	Fax: (413)301-	6601 Dec	December 2025	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Information Intake & referrals 9-5pm	ESL Level 1 Playgroups 5-7 pm	Coffee Hour 10:00-12:00PM Grandparent's Group 10:00-11:00am Recruiting Healthy Emotions Youth Group 4:30-6:30pm. ESL Level 2 Time 5-7pm	4. 11am-1:30pm Healthy Emothions 4:30-6:30pm	Information Intake & referrals 9-5pm		
7.	8 Information Intake & referrals 9-5pm	9. My Ombudsman Need help with your Mass Health benefits? We are here to help you. 5-7pm 1095 Main Street ESL Level 1 Playgroups 5-7 pm	Coffee Hour 10:00 am - 12:00pm Grandparent's Group 10:00 - 11:00am Recruiting for Healthy Emotions Youth Group 4:30-6:30pm ESL Level 2 Time 5-7pm	11. 11am-1:30pm Healthy Emothions 4:30-6:30pm	Information Intake & referrals 9-5pm	Youth Support Group 10am-2pm My Ombudsman Need help with you Mass Health benefits? We are here to help you 10am - 12 pm 1095 Main Street	
14	Information Intake & referrals 9-5pm	We are here to help you. ESL Level 1 Playgroups 5-7 pm 1095 Main Street	Coffee Hour 10:00 am - 12:00pm Grandparent's Group 10:00 - 11:00am Healthy Emotions Youth Group 4:30-6:30pm ESL Level 2 Time 5-7pm	18. 11am-1:30pm Healthy Emothions 4:30-6:30pm	Information Intake & referrals 9-5pm	· ·	
21/28	22/ 29. Information Intake & referrals 9-5pm	ESL Level 1 Playgroups 5-7 pm	24/31. Coffee Hour 10:00 am - 12:00pm Grandparent's Group 10:00 - 11:00am Healthy Emotions Youth Group 4:30-6:30pm ESL Level 2 Time 5-7pm	25. SFRC will be Closed in Observation of CHRISTMAS	26. Information Intake & referrals 9-5pm	Youth Support Group 10am-2pm	

ALL PROGRAMS ARE FREE!!!!!!!!!! * On Going Recruitment for Evidence Base Groups

We are open Monday-Friday from 9am-5pm

Evening Hours: Tues, Wed & Thursday 5 – 7:00PM

Second and fourth Saturdays of the month, 10am to 2pm

PROGRAMMING!!!

*Nurturing Father's Group: Mondays 5:00-7:30pm, 13 Sessions An Evidence based program that brings together men from all family circumstances who need help with understanding how to be nurturing and supportive. Recruiting for in person English & Virtual Spanish Groups.

*Grandparents Support Group: Wednesday 10am to 11am.

*SFRC Playgroups: Tuesdays 5-7pm.

*Youth Social Emotional Group: Thursdays After school 3:30-

4:30 / Healthy Emothions 4:30-6:30pm Classes supporting youth in identifying anger triggers and learning positive and prosocial coping skills to manage their emotions.

*Parenting Journey Group: Thursdays 5:00-7:00 pm, 12 Sessions to help parents/caregivers increase their self-care practices and enhance their parenting skills, to create awareness in utilizing their strengths to support their children and build nurturing family relationships.

*Active Parenting Birth to Five & Teens: Recruiting for Nov. 6 -Dec. 4th, 2025 Series

*ESL Classes: Tuesdays & Wednesdays 5pm to 7pm.

Virtual & In-Person Youth Support Group: 2nd & 4th Saturdays of each month.



Take Our Satisfaction Survey let Us know How we are doing

let Us know How we are doing Check out our Instagram © FOR MORE INFORMATION ABOUT OUR PROGRAMS OR SCHEDULES

PLEASE CALL: (413)733-7699 SFRC EMAIL: sfrcinfo@gandaracenter.org

Supporting Families



Springfield Family Resouce Center



Find a FRC near you at www.frcma.org



