





SPRINGFIELD FRC 1095 Main Street Springfield MA Phone: (413)733-7699 Fax: (413)301-6601 **July 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	y 2025 Saturday
	Nurturing Father's begins June 30, 2025 6-8pm	1. 9am- 5pm Information & Referrals Monday thru Friday's Grandparent's Group 10:00 – 11:00am	2. Coffee Hour 10:00 am - 12:00pm TBD	3. 9am- 5pm Information & Referrals Monday thru Friday's Parenting Journey 1 5-8PM	4. 4 th of July CLOSE in Observation of Independence DAY	
6.	7. Nurturing Father' s 6-8pm	8. Grandparent's Group 10:00 – 11:00am	9. Coffee Hour 10:00-12:00PM TBD	Parenting Journey 1 5-8PM	Recruiting for Active Parenting 0-5 in Spanish & Active Parenting of Teens in English	12. Youth Support Group <mark>10am-2pm</mark>
13.	14. Nurturing Father's 6-8pm	Grandparent's Group 10:00-11:00am	16. No COFFEE HOUR 10:00 am – 12:00pm TBD	Parenting Journey 1 5-8PM	18. Recruiting for Active Parenting 0-5 in Spanish & Active Parenting of Teens in English	19.
20.	21. Nurturing Father's 6-8pm	Grandparent's Group 10:00 – 11:00am	23. COFFEE HOUR 10:00 am – 12:00pm TBD	Parenting Journey 1 5-8PM	Recruiting for Active Parenting 0-5 in Spanish & Active Parenting of Teens in English	26. Youth Support Group 10am-2pm
27.	28. Nurturing Father's for 6-8pm	29. Grandparent's Group 10:00 – 11:00am	30. COFFEE HOUR 10:00 am – 12:00pm TBD	Parenting Journey 1 5-8PM		•

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

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

Evening Hours: Tues, Wed & Thursday 5 – 8:30PM

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

PROGRAMMING!!!

*Nurturing Father's Group: Mondays 5:30-7:30pm, 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.



^{*}SFRC Playgroups: Tuesdays 11am to 12pm.

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 5:00-7:30 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 2025 Series

*ESL Classes: Tuesdays & Wednesdays 5pm to 8pm.

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



Take Our Satisfaction Survey let Us know How we are doing

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

Check out our Instagram ©





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