



International Children's Day Cancer  
Survivor's Day,  
LGBTQ & Pride Month  
World Environment Day Men's Mental  
Health Month & Juneteenth

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

**June 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. Monday thru Friday/ Application Assistance for Housing, Job Seeking & Resume Support etc.	3. 9am- 5pm Information & Referrals Monday thru Friday's	4. Coffee Hour Changed to Thursday in June	5. Wayfinder's Spanish Resume workshops 10:30 am -12:30 pm	6. 9am- 5pm Information & Referrals Monday thru Friday's	7.
8.	9.	10. Grandparent's Group 10:00am – 11:00am  ESL Classes Level 1 5PM – 8PM	13. Coffee Hour Changed to Thursday in June	12. Wayfinder's Spanish Resume workshops 10:30 am -12:30 pm	13 Parenting Journey 1 & Recruiting Active Parenting 0-5 in Spanish	14. Youth Support Group 10am-2pm
15. Happy Father's Day	16. Nurturing Father's begins June 16, 2025	17. Grandparent's Group 10:00am – 11:00am  ESL Classes Level 1 5PM – 8PM	18. NO COFFEE HOUR  ESL Classes Level 2 5PM – 8PM Ends	19. Juneteenth Closed In Observation	20. Parenting Journey 1 & Recruiting Active Parenting 0-5 in Spanish	21.
22.	23. Recruiting Nurturing Father's for June 16, 2025	24. Grandparent's Group 10:00am – 11:00am  ESL Classes Level 1 5PM – 8PM	25. COFFEE HOUR 10:00 am – 12:00pm Changed to Thursday in June	26. Wayfinder's Spanish Resume workshops 10:30 am -12:30 pm	27. Parenting Journey 1 & Recruiting Active Parenting 0-5 in Spanish	28 Youth Support Group 10am-2pm
29.	30. Recruiting Nurturing Father's for June 16, 2025					.

## **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.

**\*Grandparents Support Group:** Tuesdays 10am to 11am.

**\*SFRC Playgroups:** Tuesdays 11am to 12pm.

**\*Youth Social Emotional Group:** Thursdays After school 3:30-4:30 / Healthy Emotions 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:** 2<sup>nd</sup> & 4<sup>th</sup> 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](mailto:sfrcinfo@gandaracenter.org)**



**Check out our Instagram ☺**

**Supporting Families**

**Springfield Family Resource Center**

**Find a FRC**

**near you at [www.frcma.org](http://www.frcma.org)**

