



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

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Information Intake & Referrals 9am – 5pm	3 ESL Level 1 Playgroups 5-7 pm	4 Coffee Hour 10:00-12:00PM Grandparent's Group 10:00 – 11:00am ESL Level 2 5-7 PM	5 Healthy Emotions Youth Group 4:30pm-6:30pm	6 Active Parenting First Five Years Group 10:00 – 12:00pm Nurturing Fathers Group 5:30 – 7:30pm	7 CLOSED
8	9	10 ESL Level 1 Playgroups 5-7 pm	11 Coffee Hour 10:00-12:00PM Grandparent's Group 10:00 – 11:00am ESL Level 2 5-7 PM	12 Healthy Emotions Youth Group 4:30pm-6:30pm	13 Recruiting Active Parenting First Five Years Group (Español) 10:00 – 12:00pm Nurturing Fathers Group 5:30 -7:30pm	14 Youth Support Group 10:00-2:00pm
15	16 Information Intake & Referrals 9am – 5pm	17 ESL Level 1 Playgroups 5-7 pm	18 Coffee Hour 10:00-12:00PM Grandparent's Group 10:00 – 11:00am ESL Level 2 5-7 PM	19 Recruiting Healthy Emotions Youth Group 4:30pm-6:30pm	20 Recruiting Active Parenting First Five Years Group (Español) 10:00 – 12:00pm Nurturing Fathers Group 5:30 -7:30pm	21 CLOSED
22	23	24 ESL Level 1 Playgroups My Ombudsman (MassHealth) 5-7 pm	25 Coffee Hour 10:00-12:00pm Grandparent's Group 10:00 – 11:00am ESL Level 2 5-7 PM	26 Recruiting Healthy Emotions Youth Group 4:30pm-6:30pm	27 Recruiting Active Parenting First Five Years Group (Español) 10:00 – 12:00pm Nurturing Fathers Group 5:30 -7:30pm	28 My Ombudsman (MassHealth) 10:00-2:00pm Family Bingo 11:00am to 3:00pm

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 from 10am to 2pm

PROGRAMMING!!!

Nurturing Father’s Group: Fridays 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: Wednesday 10am to 11am.

SFRC Playgroups: Tuesdays 5-7pm.

Healthy Emotions: Thursdays 4:30-6:30 pm 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 ongoing groups.

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**

FOR MORE INFORMATION ABOUT OUR PROGRAMS OR SCHEDULES

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



Check out our Instagram ☺

Supporting Families



Springfield Family Resource Center



Find a FRC

near you at www.frcma.org

