



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

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Monday thru Friday's Application Assistance for Housing, Job Seeking & Resume Support etc.	9am- 5pm Information & Referrals Monday thru Friday's	9am- 5pm Information & Referrals Monday thru Friday's	9am- 5pm Information & Referrals Monday thru Friday's	9am- 5pm Information & Referrals Monday thru Friday's	
				1. SFRC After school 3:30 to 4:30 & Healthy Emotions 4:30 to 6:30 pm Must be registered	2. Recruiting Parenting Journey 1 & Active Parenting 0-5 in Spanish	3. Youth Support Group 10am-2pm
4.	5. Recruiting Nurturing Father's for June 16, 2025	6. Grandparent's Group 10:00am – 11:00am ESL Classes Level 1 5PM – 8PM	7. COFFEE HOUR 10:00 am – 12:00pm ESL Classes Level 2 5PM – 8PM	8. SFRC After school 3:30 to 4:30 & Healthy Emotions 4:30 to 6:30 pm Must be registered	9. Recruiting Parenting Journey 1 & Active Parenting 0-5 in Spanish	10.
11.	12. Recruiting Nurturing Father's for June 16, 2025	13. Grandparent's Group 10:00am – 11:00am ESL Classes Level 1 5PM – 8PM	14. COFFEE HOUR 10:00 am – 12:00pm ESL Classes Level 2 5PM – 8PM	15. SFRC After school 3:30 to 4:30 & Healthy Emotions 4:30 to 6:30 pm Must be registered	16. Recruiting Parenting Journey 1 & Active Parenting 0-5 in Spanish	17. Youth Support Group 10am-2pm
18.	19. Recruiting Nurturing Father's for June 16, 2025	20. Grandparent's Group 10:00am – 11:00am ESL Classes Level 1 5PM – 8PM	21. COFFEE HOUR 10:00am – 12:00pm ESL Classes Level 2 5PM – 8PM	22. SFRC After school 3:30 to 4:30 & Healthy Emotions 4:30 to 6:30 pm Must be registered ☺	23. Recruiting Parenting Journey 1 & Active Parenting 0-5 in Spanish	24.
25.	26. Closed In Observation of Memorial Day	27. Grandparent's Group 10:00am – 11:00am ESL Classes Level 1 5PM – 8PM	28. COFFEE HOUR 10:00am – 12:00pm ESL Classes Level 2 5PM – 8PM.	29. SFRC After school 3:30 to 4:30 & Healthy Emotions 4:30 to 6:30 pm Must be registered ☺	30. Recruiting Parenting Journey 1 & Active Parenting 0-5 in Spanish	31.

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: 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 Resouce Center

Find a FRC

near you at www.frcma.org

