



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

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Active Parenting First Five 1 Years Group (Español) 10:00 – 12:00pm Nurturing Fathers Group 5:30 -7:30pm	2
3	4	ESL Level 1 Playgroups 5:00-7:00pm	Coffee Hour GARDNERING CLASS MOTHER'S CELEBRATION 10:00-12:00PM ESL Level 2 5-7 PM	Recruiting Active parenting TEENS 11:00am-1:30pm Healthy Emotions Youth Group 4:30pm-6:30pm	Active Parenting First Five 8 Years Group (Español) 10:00 – 12:00pm Nurturing Fathers Group 5:30 -7:30pm	Youth Support Group 10:00-2:00pm
	Grandparents Support Group At the Raymond A. Jordan Senior Center 12:30 – 2:30pm	ESL Level 1 Playgroups 5:00-7:00pm	Coffee Hour 10:00-12:00PM ESL Level 2 5-7 PM	Active parenting TEENS 11:00am-1:30pm Healthy Emotions Youth Group 4:30pm-6:30pm	Active Parenting First Five 15 Years Group (Español) 10:00 – 12:00pm Nurturing Fathers Group 5:30 -7:30pm	CLOSED
17	18	ESL Level 1 Playgroups My Ombudsman (MassHealth) 5:00-7:00pm	Coffee Hour 10:00-12:00pm ESL Level 2 5-7 PM	Active parenting TEENS 11:00am-1:30pm Healthy Emotions Youth Group 4:30pm-6:30pm	Active Parenting First Five 22 Years Group (Español) 10:00 – 12:00pm Nurturing Fathers Group 5:30 -7:30pm	Youth Support Group My Ombudsman (MassHealth) 10:00-12:00pm
24		ESL Level 1 Playgroups 5:00-7:00pm	Coffee Hour 10:00-1:00pm ESL Level 2 5-7 PM	Active parenting TEENS 11:00am-1:30pm Healthy Emotions Youth Group 4:30pm-6:30pm	Nurturing Fathers Group 5:30 -7:30pm	CLOSED
31						

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

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

Evening Hours: Tues, Wed, Thursday & Fridays 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: 2nd & 4th Mondays 12:30-2:30pm

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. **Recruiting** for ongoing groups.

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: Fridays 10:00am – 12:00pm. **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

