



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

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Coffee Hour 10:00-12:00PM TBD Healthy Emotions Youth Group 2-4pm	2. Recruiting for Active Parenting of Teens in English	3. Recruiting for Active Parenting 0-5 in Spanish	4. AMP Pumpkin Carving Hosted by SFRC
5. Recruiting for Nurturing Father's 6-8pm	6. Recruiting for Nurturing Father's 6-8pm	7. Grandparent's Group 10:00 – 11:00am My Ombudsman Need help with your Mass Health benefits? We are here to help you. 5-7 pm 1095 Main Street	8. Coffee Hour 10:00-12:00PM TBD Healthy Emotions Youth Group 2-4pm.	9. Recruiting for Active Active Parenting of Teens in English	10. Recruiting for Active Parenting 0-5 in Spanish	11. Youth Support Group 10am-2pm My Ombudsman Need help with your Mass Health benefits? We are here to help you. 10am - 12 pm 1095 Main Street
12. Recruiting for Nurturing Father's 6-8pm	13. Recruiting for Nurturing Father's 6-8pm	14. Grandparent's Group 10:00-11:00am	15. Coffee Hour 10:00 am – 12:00pm TBD Healthy Emotions Youth Group 2-4pm	16. Recruiting for Active Active Parenting of Teens in English	17. Recruiting for Active Parenting 0-5 in Spanish	18.
19. Recruiting for Nurturing Father's 6-8pm	20. Recruiting for Nurturing Father's 6-8pm	21. Grandparent's Group 10:00 – 11:00am	22. Coffee Hour 10:00 am – 12:00pm TBD Healthy Emotions Youth Group 2-4pm	23. Recruiting for Active Active Parenting of Teens in English	24. Recruiting for Active Parenting 0-5 in Spanish	25. Youth Support Group 10am-2pm
26. Recruiting for Nurturing Father's for 6-8pm	27. Recruiting for Nurturing Father's for 6-8pm	28. Grandparent's Group 10:00 – 11:00am	29. Coffee Hour 10:00 am – 12:00pm TBD Healthy Emotions Youth Group 2-4pm	30. Recruiting for Active Active Parenting of Teens in English Parent workshop will begin Nov 6 thru Dec 4, 2025	31. Recruiting for Active Parenting 0-5 in Spanish Springfield Family Resource Center Trunk or Treat 5-7pm	

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 – 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 Nov. 6 –Dec. 4th, 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 Resource Center



Find a FRC

near you at www.frcma.org

