

ALL PROGRAMS FREE FOR FAMILIES

JULY 2021

COVID-19 Notice:

Some programming is virtual. Call for details!

The Bridge
remains open
Mon-Fri, 9am-5pm.



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|----------------------|---|--------------------------|--|--|
| | We will begin offering certain groups in a hybrid format. Social distancing and masks will still be required. CALL US for information! 413-549-0297 | | | 6-7:30 Nurturing Fathers | 10-10:30 Virtual Story Time (ages 0-5) 12-1 Parenting Support 3-4 Art Hour | 10-11:30 Parents' Autism Support Group |
| 4 | Independence Day. FRC Closed. | 1-3 Parent Self-Care | 1-2 Grandparents Raising Grandchildren 11-4 Look Park Picnic 3-4 Teen Reading Group | 6-7:30 Nurturing Fathers | 10-10:30 Virtual Story Time (ages 0-5) 12-1 Parenting Support 3-4 Art Hour | 10-11:30 Parents' Autism Support Group |
| 5 | 1-3 Sewing & Knitting 3-5 Parenting Journey 1 5:30-7 Parenting Journey in Recovery* (*registration req'd) | 1-3 Parent Self-Care | 1-2 Grandparents Raising Grandchildren 3-4 Teen Reading Group 5-7 Virtual Summer Dinner | 6-7:30 Nurturing Fathers | 10-10:30 Virtual Story Time (ages 0-5) 12-1 Parenting Support 3-4 Art Hour | 10-11:30 Parents' Autism Support Group |
| 6 | 12 | 13 | 14 | 15 | 16 | 17 |
| 11 | 1-3 Sewing & Knitting 3:30-5 Youth Adv. Comm. 3-5 Parenting Journey 1 5:30-7 Parenting Journey in Recovery* (*registration req'd) | 1-3 Parent Self-Care | 1-2 Grandparents Raising Grandchildren 3-4 Teen Reading Group 4:00 Bike Ride | 6-7:30 Nurturing Fathers | 10-10:30 Virtual Story Time (ages 0-5) 12-1 Parenting Support 3-4 Art Hour | 10-11:30 Parents' Autism Support Group |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 1-3 Sewing & Knitting 3-5 Parenting Journey 1 5:30-7 Parenting Journey in Recovery* | 1-3 Parent Self-Care | 1-2 Grandparents Raising Grandchildren 3-4 Teen Reading Grp | 6-7:30 Nurturing Fathers | 10-10:30 Virtual Story Time (ages 0-5) 12-1 Parenting Support 3-4 Art Hour | 10-11:30 Parents' Autism Support Group |
| 26 | 27 | 28 | 29 | 30 | 31 | |

PROGRAM DESCRIPTIONS

YOUTH SUPPORT PROGRAMS

Youth Advisory Committee — Adele

A check-in time for youth (ages 11+). Hang out and share ideas for projects, activities, and more.

- Monday, 6/7 and 6/21, 3:30–5pm

Teen Reading Group — Jayne

Come enjoy an opportunity to read a book together and have a discussion (Ages 13–18)

- Wednesdays, 3–4pm

Virtual Story Time — Anna

Interactive, online story time funded by CFCE

- Fridays, 10–10:30am for Ages 0–5

CAREGIVER SUPPORT PROGRAMS

Parenting Journey in Recovery — Anne

Parents in recovery, come find new ways of navigating the road ahead. This is a 14-week, strength-focused, evidence-based group. Registration required.

- Mondays, 5:30–7pm

Parenting Journey 1—Jayne

Join other parents in this 12-week parent-positive strengths-focused group to find new ways to navigate the road ahead. Registration encouraged.

- Mondays, 3–5pm

Grandparents Raising Grandchildren — Anne

Support for Grandparents who provide primary care.

- Wednesdays, 1–2pm



Amherst Family Resource Center

101 University Drive, Suite A3

Amherst, MA 01002

413.549.0297

Parent/Caregiver Self Care — Anne

Take some time every week for self-care with other FRC parents and caregivers.

- Tuesdays, 1–3pm

Nurturing Fathers — David

A 12-week, evidence-based parenting group for fathers, led by a father. To participate, contact Kate.

(kate.tiedemann@csoinc.org)

- Thursdays, 6:30–7pm

Parents Autism Support — Vivian & John

Monthly support group for parents and caregivers of children with high-functioning autism. To participate, contact Kate (kate.tiedemann@csoinc.org)

- Saturday, 6/5, 10–11:30am

FAMILY ACTIVITIES

CFCE Outdoor Activities — Anna

Join Anna and other CFCE play group facilitators for fun outdoor family activities in local park. Register to receive location information.

- Wednesdays, 3–4

Virtual Summer Dinner—Jayne

Cook and eat a healthy family meal together. Contact us to sign up for a meal kit delivered to your door!

- Wednesday, 7/14, 5–7

Bike Ride — Adele

Ride along the bike path in Florence and stop for ice cream at the end! Registration required. Bikes and helmets provided.

- Wednesday, 7/21, 4:00pm

The Bridge FRC Staff

413-549-0297

Anne (anne.barnes@csoinc.org)

Anna (anna.barto@csoinc.org)

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Rebecca (rebecca.johnson@csoinc.org)

Look Park Picnic— Adele

Join us at Look Park for a delicious picnic lunch, then cool off and have fun at the water park! Free Look Park entry with FRC transportation. Limited spots, registration required.

- Wednesday, 7/7, 11am–4pm

ARTS AND CULTURE PROGRAMS

Sewing/Knitting — Anne & Anna

Bring your sewing, mending and knitting projects to this weekly virtual circle or learn how to get started.

- Mondays, 1–3pm

Art Hour (Ages 8-16) — Adele

Engage in fun and creative art projects, including (but not limited to) drawing, painting and crafts

- Fridays, 3–4pm

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