



# COMMUNITY ACTION FAMILY CENTER

90 Federal St. Greenfield MA  
413.475.1555 Se habla Espanol  
[www.communityaction.us/family-center](http://www.communityaction.us/family-center)

# SEPTEMBER 2023

ALL PROGRAMS ARE FREE  
We are a MA Family Center  
& MA Family Resource Center



Find us on  
Facebook

MONDAY 9AM-6PM	TUESDAY 9AM-6PM	WEDNESDAY 9AM-4PM	THURSDAY 9AM-6PM	FRIDAY 9AM-3 PM	SATURDAY 9AM-12PM
				<b>CENTER CLOSED</b> AGENCY STAFF EVENT	<b>CLOSED</b>
<b>CLOSED</b> <b>LABOR DAY</b>	Play & Learn 10 -11 Nurturing Fathers 6-8	Drop-In Support By appointment 9-12  Parent Advisory 3:30-4:30	Bilingual Playgroup 10-11	New Baby, New Feelings 10-11  Tea & Toddler Mom's Club 12:30-1:30	FC SATURDAY  Open Playroom 9:30-11:30
Hablemos 12-1	Play & Learn 10 -11 Nurturing Fathers 6-8	<b>CENTER CLOSED</b> DEPARTMENT STAFF DEVELOPMENT	Bilingual Playgroup 10-11  Family Lunch 11:30-12:15  Virtual Pajama Party 4 - 4:30	New Baby, New Feelings 10-11  Grandparents Raising Grandchildren 12-1  Tea & Toddler Mom's Club 12:30-1:30	<b>CLOSED</b>
Hablemos 12-1	Play & Learn 10 -11 Parenting Journey 12-2 Multifamily DBT 4:30-6 Nurturing Fathers 6-8	Drop-In Support By appointment 9-12  Community Advisory 3:00-4:00	Bilingual Playgroup 10-11  Family Game Night 4:00-5:30	New Baby, New Feelings 10-11  Tea & Toddler Mom's Club 12:30-1:30	FC SATURDAY  Open Playroom 9:30-11:30
Hablemos 12-1	Play & Learn 10 -11 Parenting Journey 12-2 Multifamily DBT 4:30-6 Nurturing Fathers 6-8	Drop-In Support By appointment 9-12	Bilingual Playgroup 10-11  Bilingual Potty Training Workshop 10-11	New Baby, New Feelings 10-11  Tea & Toddler Mom's Club 12:30-1:30	<b>CLOSED</b>  Community Baby Shower @ Greenfield Town Common 10-12:30
Call to make an appointment for individual support.					

## DROP-IN SUPPORT HOURS

Monday 10-1  
Tuesday 10-1  
Thursday 10-1  
Friday 10-1  
Saturday 2nd & 4th  
9:30-11:30





ALL PROGRAMS ARE FREE



@capvfAMILYcenter



Community Action Family Center

## ONGOING PROGRAMMING

### FAMILY ACTIVITIES

**FAMILY LUNCH** - Join us once a month for an interactive meal and the opportunity to socialize with other Family Center families.

**FAMILY PAJAMA PARTY- In Person** 3rd Thursday every other month. 4-5:30 pm unless in person. Registration required when virtual. Literacy event for children ages 0-8 years old and their caregivers. (Virtual PJ Party every other month!)

**FAMILY GAME NIGHT** - Join us every other month on the 3rd Thursday 4-5:30 PM for games, dinner, and fun for the whole family!

**FC SATURDAYS** - 2nd & 4th Saturdays 9:00am-12:00pm  
Drop in for individual family support or have fun in the open playroom.

**STOP & PLAY** - Reserve & enjoy one hour for exclusive access to the Family Center playroom. A time for caregivers, their child and up to 6 siblings or pod-buddies to explore, play & read

### PLAYGROUPS

Weekly free Parent - Child playgroups from infancy through age 6.

Come play, practice skills, read stories, and make new friends!

\*\* Snack Provided \*\* No pre-registration required.\*\*

**PLAY & LEARN** - TUESDAYS 10-11AM

**BILINGUAL PLAYGROUP** - THURSDAYS 10-11AM

### SUPPORT GROUPS

**\*Childcare provided\***

**New Baby, New Feelings** - **\*New Time!\*** Weekly Fridays 10-11AM  
Social/support group for moms with babies ages 0-16 months.

**Tea & Toddler Mom's Club** - **"New Time!\*** Weekly Fridays 12:30-1:30PM  
Weekly support group for moms with toddlers age 16mos—5yrs.

**Grandparents Raising Grandchildren** - 1st and 3rd Friday 12-1PM  
Bi-weekly support group in person at the Family Center for all grandparents.

**Hablemos** - Weekly Mondays 12-1PM  
Weekly support group for Spanish speaking caregivers

### EVIDENCE-BASED CAREGIVER EDUCATION

We offer a variety of parent & caregiver strength-based programs. All programs are voluntary and free to enroll. Registration and intakes are required. **Waitlists are ongoing.** See calendar for dates and times.

Active Parenting of Teens

Healing Trauma in Spanish

Nurturing Fathers

Parenting Journey

Multi-Family DBT (Dialectical Behavior Therapy)

Keeping Kids Safe



**NEXT SESSION STARTS SEPTEMBER 19, 2023**

**TUESDAYS 12:00PM - 2:00PM ON ZOOM**

### DIAPER DISTRIBUTION



In need of diapers?  
We've got you covered  
once a month.

Free & Intake required.

Monday-Friday during our  
open hours.

### COMMUNITY CLOSET



In need of  
clothes? Shop  
in our free  
community  
closet.

Free & Intake required.

Call to schedule a  
shopping 413.475.1555

## WANT TO KNOW MORE ABOUT YOUR CHILD'S DEVELOPMENT?

**Use the online**  **Ages & Stages  
Questionnaires**  
**to learn more about**  
**how they are growing**  
**and learning!**



**SCAN ME** 



MASSACHUSETTS  
Department of  
Early Education and Care

