

MONDAY 9AM-6PM	TUESDAY 9AM-6PM	WEDNESDAY 9AM-4PM	THURSDAY 9AM-6PM	FRIDAY 9AM-3 PM	SATURDAY 9AM-12PM
	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 Family Game Night 5-6:30	Tea & Toddler Mom's Club 10-11 Grandparents Raising Grandchildren 12-1	<b>CLOSED</b>
1	2	3	4	5	6
Hablemos 12-1	Me, You We Playgroup during 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 Family Lunch 11:45-12:15	New Baby, New Feelings 10-11	FC SATURDAY Open Playroom 9:30-11:30
8	9	10	11	12	13
	Open Playroom 10 -11 Parenting Journey 12-2 Multifamily DBT 4:30-6 Nurturing Fathers 6-8	Drop-In Support By appointment 9-12	Open Playroom 10-11 Active Parenting of Teens 11-1:30 Pajama Party & Tween Makers Space 5-6:30	Tea & Toddler Mom's Club 10-11 Grandparents Raising Grandchildren 12-1	<b>CLOSED</b>
15	16	17	18	19	20
Hablemos 12-1 Keeping Kids Safe Parent Training 4:30-5:30	Me, You We Playgroup during 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 Active Parenting of Teens 11-1:30 Keeping Kids Safe Parent Training 4:30-5:30		FC SATURDAY Open Playroom 9:30-11:30 Tween Art 10-11:30
22	23	24	25	26	27
<b>CLOSED</b>	Me, You We Playgroup during Play & Learn 10 -11 Parenting Journey 12-2 Multifamily DBT 4:30-6 Nurturing Fathers 6-8	Drop-In Support By appointment 9-12			
29	30	31			

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



Special Moments from  
Plant A Seed Event



Fun for the whole family

# FAMILY GAME NIGHT

**THURSDAY  
MAY 4 2023  
5:00-6:30PM  
90 FEDERAL ST  
GREENFIELD MA**

Join us for a free family fun  
game night event!  
We have a variety of games for  
all ages. Come ready to play,  
don't worry about dinner we will  
take care of that.  
No registration required

**DINNER PROVIDED**

## 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 GAME NIGHT** - Thursday May 4th 5:00-6:30pm  
We have a variety of games and dinner taken care of - come ready to have a good time!

**FAMILY PAJAMA PARTY** - 3rd Thursday of the month. 5-5:30 pm unless in person. Registration required when virtual. Literacy event for children ages 0-8 years old and their caregivers.

**FC SATURDAYS** - 2nd & 4th 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 registration required.\*\*

**PLAY & LEARN - TUESDAYS 10-11**  
**BILINGUAL PLAYGROUP - THURSDAYS 10-11**

### SUPPORT GROUPS

**New Baby, New Feelings** - 2nd Friday 10-11am  
Monthly social/support group for moms with babies ages 0-16 months.

**Tea & Toddler Mom's Club** - 1st & 3rd Fridays 10-11am  
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** - 2nd & 4th Monday 12-1PM Bi-weekly support group for Spanish speaking caregivers

### EVIDENCE-BASED CAREGIVER EDUCATION

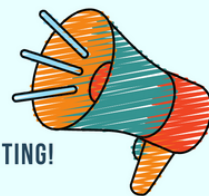
We offers a variety of parent & caregiver strength a programs. All programs are voluntary and free to enroll. Registration and intakes are required. Waitlists are ongoing. See calendar for dates and times.

Active Parenting of Teens  
Healing Trauma in Spanish  
Nurturing Fathers  
Parenting Journey  
Multi-Family DBT (Dialectical Behavior Therapy)  
Keeping Kids Safe



**We Need Your Voice!**

JOIN OUR PARENT ADVISORY ZOOM MEETING!



**2023 DATES**  
**JUNE 7TH**  
**SEPTEMBER 6TH**  
**DECEMBER 6TH**  
**3:30PM-4:30PM**

YOUR INPUT IS IMPORTANT TO US.

HELP SHAPE OUR PROGRAMS AND SERVICES. JOIN US TO HEAR UPDATES AND TO SHARE THOUGHTS, IDEAS AND FEEDBACK AROUND CURRENT PROGRAMMING, PARENT WORKSHOPS AND BRAINSTORM OTHER WAYS WE CAN SUPPORT FAMILIES.



### 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  
to learn more about  
how they are growing  
and learning!



SCAN ME 