





JANUARY 2023

SAFETY MONTH AT THE FAMILY CENTER!



MON 9-6pm	TUES 9-6pm	WED 9-4pm	THURS 9-6pm	FRI 9-3pm	SAT 9-12pm
2 CLOSED	3 Drop In Support 10am-1pm Play & Learn Playgroup 10am-11am Family DBT 4:30pm-6pm	4	5 Drop In Support 10am-1pm Bilingual Playgroup 10-11am Active Parenting of Teens 11am-1pm Beyond Trauma 4:30pm-6:00pm	6 Drop In Support 10am-1pm Tea & Toddler Mom's Club 10:00-11:00 Grandparent Raising Grandchildren 12pm-1pm	7 CLOSED
9 Drop In Support 10am-1pm Hablemos! 12pm-1pm	10 Drop In Support 10am-1pm POTTY TRAINING WORKSHOP At Play & Learn Playgroup 10am-11am Family DBT 4:30pm-6pm Nurturing Fathers 6-8 pm	11 Mosaic FB Live Storytime 12:30-1 pm	12 Drop In Support 10am-1pm Bilingual Playgroup 10-11am Active Parenting of Teens 11am-1pm Beyond Trauma 4:30pm-6:00pm	13 Drop In Support 10am-1pm New Baby New Feelings group for moms with infants 10:00-11:00am	14 Open Playroom 9am-12 Onsite Individual Family Support 9:30am-11:30am
16 CLOSED	17 Drop In Support 10am-1pm CAR SEAT SAFETY Q & A At Play & Learn Playgroup 10am -11am Family DBT 4:30pm-6pm Nurturing Fathers 6-8 pm	18	19 Drop In Support 10am-1pm CAR SEAT SAFETY Q & A At Bilingual Playgroup 10-11am Active Parenting of Teens 11am-1pm Zoom PJ Party 4:30-5PM	20 Drop In Support 10am-1pm Tea & Toddler Mom's Club 10:00-11:00 Grandparent Raising Grandchildren 12pm-1pm	21 CLOSED
23 Drop In Support 10am-1pm Hablemos! 12pm-1pm	24 Drop In Support 10am-1pm FIRE SAFETY DAY at Play & Learn Playgroup 10am-11am Family DBT 4:30pm-6pm Nurturing Fathers 6-8 pm	25	26 Drop In Support 10am-1pm Bilingual Playgroup 10-11am Active Parenting of Teens 11am-1pm	27 Drop In Support 10am-1pm New Baby New Feelings group for moms with infants 10:00-11:00am	28 Open Playroom 9am-12 Onsite Individual Family Support 9:30am-11:30am
30 Drop In Support 10am-1pm Hablemos! 12pm-1pm	31 Drop In Support 10am-1pm Play & Learn Playgroup 10am -11am Family DBT 4:30pm-6pm Nurturing Fathers 6-8 pm				

Ongoing Programming!

Diaper Distribution - Monday-Friday during our open hours.

Community Closet - By appointment –call 413-475-1555.

Pajama Party Events - 3rd Thursday of the month. 5:30pm-6pm. Registration required. Literacy event for children ages 0-8 years old and their caregivers. Join playgroup staff and read a story and engage in a craft activity.

New Baby, New Feelings - 2nd & 4th Fridays 10-11am
Weekly support group for moms with young 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
Support group in person at the Family Center for all grandparents.

Nurturing Fathers - Tuesdays -6 -8 pm
An empowering evidence based program that is designed to teach parenting and nurturing skills to fathers and male caregivers. Pre-registration required.

Parenting Journey - Tuesdays 11:30-1
An evidence-based program to support you in being the parent you want to be. Pre-registration required.

Hablemos—Mondays 12-1PM
Support group for Spanish-speaking caregivers

ALL Programs are FREE!

Call to make an appointment for individual support & clinical services!

For more information about our programs or schedule updates:

Follow Us on Facebook: www.facebook.com/communityactionfamilycenterprograms/

Visit our website: www.communityaction.us/family-center



COMMUNITY ACTION FAMILY CENTER
FIRE SAFETY AWARENESS EVENT
AT PLAY AND LEARN PLAYGROUP
Tuesday
January 24, 2023
10 - 11:30 AM

Firefighters are your friends!
Come to playgroup and make friends with a Greenfield firefighter! Children will discover how firefighters keep us safe and how to be safe.
Caregivers can learn fire prevention, how to create family exit plans, and ask all of your fire safety questions.
No registration required
Call 413.475.1555 for more information

Adults will be required to wear a mask.
Children 2 yrs and older will be asked to wear a mask.

MASSACHUSETTS Department of Early Education and Care | children's TRUST | Family Resource Centers | United Way Partner Agency

COMMUNITY ACTION FAMILY CENTER
TEA & TODDLER Moms' Club
1st & 3rd FRIDAYS
10:00AM - 11:00AM

Make Tea & ToddlerMoms' Club part of your next mom-normal - whatever that means right? Join us in an intentional self-care space. This is a facilitated support group that is non judgmental and open to mothers of toddlers (children ages 18 months-5yrs). While you take a breath with other moms, your terrific toddler can engage in playgroup in our playroom (snack included).
Share your experiences of balancing mom life while navigating naptime during a global pandemic.
Light refreshments provided.
(Masks required 2+)
For more information call 413.475.1555

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WANT TO KNOW ABOUT YOUR CHILD'S DEVELOPMENT?

USE THE ONLINE AGES & STAGES CHECKLIST TO LEARN MORE ABOUT HOW THEY ARE GROWING AND LEARNING



Click here or Scan the QR Code with your cell phone camera and click on the link to access the checklist. .

