




NOVEMBER 2022

Back in-person at the Family Center with masks—Play & Learn Playgroup, Bilingual Playgroup, New Babies New Feelings, Moms of Toddlers Group, Grandparents Raising Grandchildren & Fathers Moving Forward

MON 9-6pm	TUES 9-6pm	WED 9-4pm	THURS 9-6pm	FRI 9-3pm	SAT 9-12pm
	1 Drop In Support 10am-1pm Play & Learn Playgroup 10am-11PM Parenting Journey 12PM-1:30PM Family DBT 4:30PM-6PM Virtual Nurturing Fathers 6PM-8PM	2	3 Drop In Support 10AM-1pm NO BILINGUAL PLAYGROUP TODAY	4 Drop In Support 10am-1pm Tea & Toddler Mom's Club 10:00-11:00 AM Grandparent Raising Grandchildren 12pm-1pm	5 Stop & Play Playroom 10-11am & 11:30am-12:30pm 9am-12pm Onsite Individual Family Support
7 Drop In Support 10am-1pm Hablemos 12pm-1pm	8 Drop In Support 10AM-1PM Play & Learn Playgroup 10AM-11PM Parenting Journey 12PM-1:30PM Family DBT 4:30pm-6pm Virtual Nurturing Fathers 6PM-8PM	9 New! Mosaic FB Live Storytime 12:30—1 pm	10 Drop In Support 10am-1pm Bilingual Playgroup 10:00am –11:00am Active Parenting of Teens 11am-1pm Beyond Trauma 4:30—6:00PM	11 CLOSED	12 CLOSED
14 Drop In Support 10am-1pm Hablemos 12pm-1pm	15 Drop In Support 10am-1pm Play & Learn Playgroup 10am-11am Parenting Journey 12pm-1:30pm Family DBT 4:30pm-6pm Virtual Nurturing Fathers 6PM-8PM	16	17 Drop In Support 10am-1pm Bilingual Playgroup 10:00 –11:00am Active Parenting of Teens 11am-1pm Beyond Trauma 4:30—6:00pm NO PJ PARTY THIS MONTH	18 Drop In Support 10am-1pm Tea & Toddler Mom's Club 10:00-11:00 AM Grandparent Raising Grandchildren 12pm-1pm Family Game Night 5pm-6:30pm	19 Stop & Play Playroom 10-11am & 11:30am-12:30pm 9am-12pm Onsite Individual Family Support
21 Drop In Support 10am-1pm Hablemos 12pm-1pm	22 Drop In Support 10am-1pm Play & Learn Playgroup 10am-11am Parenting Journey 12pm-1:30pm Family DBT 4:30pm-6pm Virtual Nurturing Fathers 6PM-8PM	23	24 CLOSED	25 CLOSED	26 CLOSED
28 Drop In Support 10am-1pm Hablemos 12pm-1pm	29 Drop In Support 10am-1pm Play & Learn Playgroup 10am-11am Parenting Journey 12pm-1:30pm Family DBT 4:30pm-6pm Virtual Nurturing Fathers 6pm-8pm	30			




MULTIFAMILY DBT

DIALECTICAL BEHAVIOR THERAPY

FREE
10 WEEK PROGRAM FOR TEENS & THEIR CAREGIVERS
DINNER PROVIDED

TEENS WILL LEARN HOW TO


- Manage difficult emotions
- Develop skills to manage family demands
- Improve judgement and decision-making
- Create positive relationships
- Decrease impulsive behaviors

CAREGIVES WILL LEARN TO:

- Develop strategies for managing family crises
- Create positive connection with their teens
- Support teen's effort to learn new skills
- Manage emotions that interfere with effective parenting

TUESDAYS
4:30PM-6:00PM
90 FEDERAL ST.
GREENFIELD

For more information or to enroll call 413.475.1555




Ongoing Programming!

Diaper Distribution - Monday-Friday during our open hours. Just ring the doorbell.

Community Closet - By appointment only.

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 10:00am - 11:00am
Weekly support group for moms with young babies ages 0—16 mos

Tea & Toddler Mom's Club - 1st & 3rd Fridays 10:00am - 11:00am
Weekly support group for moms with toddlers age 16mos—5yrs.

Hablemos - Mondays 12:00pm - 1:00pm
Weekly support group in Spanish for Spanish speaking parents.

Grandparents Raising Grandchildren - 1st and 3rd Friday 12pm - 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 12pm-1:30pm
An evidence-based program to support you in being the parent you want to be. Pre-registration required.

NEW! Family DBT group— Tuesdays 4:30pm-6pm
10 week Dialectical Behavior Therapy group for teens and their 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

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. .

