

MON 9-6pm	TUES 9-6pm	WED 9-3pm	THURS 9-7pm	FRI 9-3pm	SAT 9-12
2 9:30-11:45 REACH Playgroup 0-3 12-1 DBT Group 3-6 Stand Up!	3 9:15-3:45 C R & A 10-11:30 Play & Learn Playgroup 12 - 2 Parenting Journey 4-6 Gen Q 6-8 Nurturing Fathers	4 10-12 Positive Discipline in Spanish	5 10-11:30 Bilingual Playgroup 11:30-12:00 Family Lunch 5-6:30 We Need A Break	6 9 -10 Baby Playgroup 10-12 New Baby, New Feelings	7 CLOSED
9 9:30-11:45 REACH Playgroup 0-3 10-11:30 Grandparents Raising Grandchildren 12-1 DBT Group 3-6 Stand Up!	10 9:15-3:45 C R & A 9:30-11:30 Happiest Baby on the Block with WIC 10-11:30 Play & Learn Playgroup 12 - 2 Parenting Journey 4-6 Gen Q 6-8 Nurturing Fathers	11 9-12:30 Drop In	12 10-11:30 Bilingual Playgroup 11:30-12:00 Family Lunch 5-6:30 We Need A Break	13 9 -10 Baby Playgroup 10-12 New Baby, New Feelings	14 9-12 Family Breakfast
16 9:30-11:45 REACH Playgroup 0-3 12-1 DBT Group 3-6 Stand Up!	17 9:15-3:45 C R & A 10-11:30 Play & Learn Playgroup 12 - 2 Parenting Journey 4-6 Gen Q 6-8 Nurturing Fathers	18 9-12:30 Drop In	19 10-11:30 Bilingual Playgroup 11:30-12:00 Family Lunch 5-6:30 Family Emergency Preparedness Workshop	20 9 -10 Baby Playgroup 10-12 New Baby, New Feelings 11-12:30 JIF @ YMCA	21 CLOSED
23 9:30-11:45 REACH Playgroup 0-3 10-11:30 Grandparents Raising Grandchildren 12-1 DBT Group 3-6 Stand Up!	24 9:15-3:45 C R & A 10-11:30 Play & Learn Playgroup 12 - 2 Parenting Journey 4-6 Gen Q 6-8 Nurturing Fathers	25 9-12:30 Drop In	26 10-11:30 Bilingual Playgroup 11:30-12:00 Family Lunch 5-6:30 We Need A Break	27 9 -10 Baby Playgroup 10-12 New Baby, New Feelings	28 9-12 Family Breakfast
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COMMUNITY ACTION FAMILY CENTER

90 Federal Street Greenfield, MA
(413) 475-1555

March Workshops

Happiest Baby On the Block

Tuesday March 8th
9:30am—11:30am

A collaboration with WIC.

This workshop teaches parents or expecting parents a new approach to calming their infant's crying and helping their baby to sleep safer and longer. Come by yourself or with your new baby and learn the 5 "S" steps to activate your baby's calming reflex! Participants will receive a DVD of the 5 "S" method to keep and review at home, along with a white noise DVD that can be used to promote sound sleep.

Light breakfast provided and transportation assistance available.

Family Emergency Preparedness

Thursday March 19th
5:00pm - 6:30pm

Free Caregiver Workshop

Take steps to make family safety a priority. Know, Plan & Prepare.

Participate in an interactive workshop and explore what you would do in emergency scenarios and what your family plan looks like.

Each family will receive a FREE Emergency Preparedness starter Kit!

Dinner & childcare provided

Transportation supports available.
For more information call 413.475.1555

For more information about our programs or schedule updates:



www.facebook.com/communityactionfamilycenterprograms/

Or

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

Ongoing Programming!

Weekly Drop In Playgroups: Join us for facilitated and engaging caregiver-child directed play in our playroom!

REACH 0-3: Mondays 9:30-11:45am

Play & Learn 0-5: Tuesdays 10:00-11:30am

Bilingual Play: Thursdays 10:00-11:30am

Baby Play Group: Fridays 9:00-10:00am

New Baby, New Feelings - Fridays 10 - 12 pm

Weekly support groups for moms with young babies.

We Need A Break - Thursdays 5 - 6:30pm

Weekly support group for moms with children of any age.

Grandparents Raising Grandchildren - 2nd and 4th Mon-

10-11:30am Support for grandparents and relative caregivers at all stages of parenting. days

Stand Up! - Mondays 3-6pm

Moving words to motion and attitude to action. A support and advocacy group for youth of color ages 14 - 21 years old.

Gen Q - Tuesdays 4-7pm at Youth Programs 154 Federal St. Greenfield

Weekly social and support group for gay, lesbian, bisexual, transgender, queer and questioning youth and their straight allies. Make new friends, find support and become a leader in your Community.

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. Dinner provided.

Community Resource & Advocacy

At the Family Center Every Tuesday. Call or stop by to make an appointment!

Help with Snap, Health Insurance Assistance, Heating & Utility Help, Homelessness Prevention, Information & Referral.

(Income & program guidelines apply).

ALL Programs are FREE!

No appointment needed to visit.

Drop ins are welcome during open hours!

Appointments available for individual support & clinical services.

