


MONDAY 9AM-6PM	TUESDAY 9AM-6PM	WEDNESDAY 9AM-4PM	THURSDAY 9AM-6PM	FRIDAY 9AM-3 PM	SATURDAY 9AM-12PM
Hablemos 12-1 1	Play & Learn 10 -11 Nurturing Fathers 6-8 2	Drop-In Support By appointment 9-12 3	Bilingual Playgroup 10-11 4	New Baby, New Feelings 10-11 Grandparents Raising Grandchildren 12-1 Tea & Toddler Mom's Club 12:30-1:30 5	FC SATURDAY Open Playroom 9:30-11:30 6
Hablemos 12-1 8	Play & Learn 10 -11 Nurturing Fathers 6-8 9	Drop-In Support By appointment 9-12 10	Bilingual Playgroup 10-11 11	New Baby, New Feelings 10-11 Tea & Toddler Mom's Club 12:30-1:30 12	CLOSED 13
AGENCY CLOSED 15	Play & Learn 10 -11 Lunch & Learn with Money Matters/VITA Tax 11:30-12:30 Parenting Journey 12-2 Nurturing Fathers 6-8 16	Drop-In Support By appointment 9-12 17	Bilingual Playgroup 10-11 Family Game Night 4:30-5:30 18	New Baby, New Feelings 10-11 Grandparents Raising Grandchildren 12-1 Tea & Toddler Mom's Club 12:30-1:30 19	FC SATURDAY Open Playroom 9:30-11:30 20
Hablemos 12-1 22	Play & Learn 10 -11 Parenting Journey 12-2 Nurturing Fathers 6-8 23	Drop-In Support By appointment 9-12 24	Bilingual Playgroup 10-11 25	New Baby, New Feelings 10-11 Tea & Toddler Mom's Club 12:30-1:30 26	CLOSED 27
Hablemos 12-1 29	Play & Learn 10 -11 Parenting Journey 12-2 Nurturing Fathers 6-8 30	Drop-In Support By appointment 9-12 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 1st & 3rd
9:30-11:30



Lunch & Learn
FREE Parent & Caregiver Info Session
with  COMMUNITY ACTION
MONEY MATTERS
FREE VITA TAX PROGRAM
**Tuesday, January 16
11:30-12:30PM**
90 Federal St. Greenfield, MA
R S V P Today!

**THURSDAY
JANUARY 18, 2024**

4:30-5:30 PM
90 FEDERAL ST
GREENFIELD, MA

**FUN FOR THE
WHOLE
FAMILY**

**DINNER & GAMES
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 PAJAMA PARTY- In Person 3rd Thursday every other month. 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 for games, dinner, and fun for the whole family!

FC SATURDAYS - 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

Light Snack & Childcare provided

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

Tea & Toddler Mom's Club - 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 - Cada Lunes 12-1PM
Ayudamos a las familias a obtener la confianza que necesitan para convertirse en defensores más efectivos de sus familias.
Reúnase para hablar con otros cuidadores de habla Español.

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



MULTIFAMILY DBT
DIALECTICAL BEHAVIOR THERAPY

FREE 12 WEEK PROGRAM FOR TEENS (AGE 12-16) & THEIR CAREGIVERS

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

CAREGIVERS 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

NEXT SESSION BEGINS FEBRUARY 2024
TUESDAYS 4:30PM-6:00PM
Dinner provided & Childcare available
90 FEDERAL ST. GREENFIELD
INTAKE & SCREENING REQUIRED

FOR MORE INFORMATION CALL 413.475.1555

United Way Partner Agency | Family Resource Centers | @capvfamilycenter | Community Action Family Center

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 