



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	1-3PM Parenting Journey 3:30-4:30PM Supportive Expressions 4-5PM Parents Helping Parents 6-7PM Young Adult Affinity Group	10-11AM ARC Support Group 11-12:30 PM Mommy & Me 5:30-7PM Rap, Inc.	10-11:30AM English Language Learners 1-3PM Parenting Journey 3-4PM Live Out Loud (HS) 5-6:30PM 24/7 Dads	4-5 PM Just Between Girls 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc.		FRC OPEN 9:30-12:30PM Family Fun Day! 11-12pm
8	9	10	11	12	13	14
	3:30-4:30PM Supportive Expressions 1-3PM Parenting Journey 4-5PM Parents Helping Parents 6-7PM Young Adult Affinity Group	10-11AM ARC Support Group 11-12:30PM Mommy & Me 5:30-7PM Rap, Inc.	10-11:30AM English Language Learners 1-3PM Parenting Journey 3-4PM Live Out Loud (HS) 5-6:30PM 24/7 Dads 6-7PM PRISM	4-5 PM Just Between Girls 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc.		
15	16	17	18	19	20	21
	10AM-12:30PM Parent Workshop 1-3PM Parenting Journey 4-5PM Parents Helping Parents 6-7PM Young Adult Affinity Group	10-11AM ARC Support Group 11-12:30PM Mommy & Me 5:30-7PM Rap, Inc.	10-11:30AM :English Language Learners 1-3PM Parenting Journey 3-4PM Live Out Loud (HS) 5-6:30PM 24/7 Dads	4-5 PM Just Between Girls 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc.		FRC OPEN 9:30-12:30PM 11-12:30PM Conexiones Positivas
22	23	24	25	26	27	28
	1-3PM Parenting Journey 4-5PM Parents Helping Parents 6-7PM Young Adult Affinity Group	10-11AM ARC Support Group 11-12:30PM Mommy & Me 5:30-7PM Rap, Inc.	10-11:30AM English Language Learners 1-3PM Parenting Journey 3-4PM Live Out Loud (HS) 5-6:30PM 24/7 Dads 5:30-7PM Ladies Night Out	4-5 PM Just Between Girls 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc.		
29	30	31				
	CLOSED FOR MEMORIAL DAY	11-12:30PM Mommy & Me 5:30-7PM Rap, Inc.				

For more information on all of our offerings please visit:
<https://18degreesma.org/new-events/>



Supportive Expressions

Starts April 4th 3:30pm-4:40pm

This group will cover strategies to cope with anxiety through art creativity and coping skills. Ends May 9th. Contact Hilary!

Parents Helping Parents

Mondays 4:00pm-5:00pm

A parent support group for families who have DCF involvement. Contact Melia!

Parent Ed

Monday April 25th 10am-12pm

This workshop is for parents on internet safety. To help parents keep their children safe when on the internet.

Parenting Journey

Mondays & Wednesday 1-3pm for 12 weeks

An evidenced based curriculum designed to help parents increase their self-care, raise awareness of past and present factors that influence their parenting styles, enhance their parenting skills, and utilize their strengths. Pre-registration required. Contact Melia!

Parent Workshop

Monday May 16th 10AM-12:30PM

This workshop will be facilitated in Spanish on Internet Safety. It will go over ways parents can monitor internet activities and discuss dangers of internet activities. Contact Hilary to register!

ARC Support Group

Tuesday 10-11am A 12 week curriculum based support group for parents with children of all ages and stages. Designed to help form the bases of good communication, attachment and regulation of emotions. Contact Hilary!

Mommy & Me Play Group

Tuesdays 11am-12:30pm

This group is for caregivers and the children ages 0-3yrs. A chance for the kids to socialize with other kids and for caregivers to socialize with other caregivers of young children. Contact Sylvana!

RAP, Inc.

Tuesdays & Thursdays 5:30-7 pm

This is a youth development program using the art & business of hip-hop and popular music to develop the talents and interests of young people. Contact Trevor!

Parenting Journey

Mondays & Wednesdays 1-3pm for 12 weeks

Registration is required for all groups, classes, and activities.

Call or Email us to gain access to our offerings and for more information!

413-448-8281 or info@18degreesma.org

18 Degrees partners with the Berkshire Diaper Project to offer families FREE diapers during regular business hours 9:00am-5:00pm

Live Out Loud MS, HS, and Young Adult Affinity Groups

These groups offer a safe and supportive space that centers LGBTQIA+ based conversations and activities. MS (Thurs 4-5:40pm) for ages 11-14. HS (Wed 3-4pm) for ages 14-18. YAAG (Mon 6-7pm) for ages 18-30. Contact Emma!

Parents/Caregivers Respecting Identity and Sexuality in MA (PRISM)

2nd Wednesday of every month, 5pm-6pm

This group is a supportive, judgement-free space for parents and caregivers of LGBTQIA+ children, including adult children. Contact Emma or Tammy!

24/7 Dads

Wednesdays 5-6PM

This is an evidenced based parenting class for fathers. Facilitated by the amazing Frank Busener. Pre-registration is required. Contact Melia!

English Language Learning (ongoing/year-round)

Wednesday's 10:00-11:30 am

A free class offered to those who are learning the English language. Contact Sylvana!

Ladies Night Out

Meets in person at the FRC the last Wednesday of every month from 5:30pm-7:00pm. RSVP is required. A stress management/support group for female caregivers of all ages. Contact Tammy!

Just Between Girls

Thursdays 4-5PM

This is a drop in supportive space for young women ages 17-21 to connect, create, and share. Contact Sylvana!

First Saturday:

Join us for free family fun activities every first Saturday, from 11-12pm. All supplies are provided. Contact Tammy!

Conexione Positivas

Meets the 3rd Saturday of the month at the FRC, 11:00am-12:30pm

Monthly family activity group for Spanish speaking families Contact Sylvana! This month instructor led paint activity!

FRC Staff:

Program Manager: Trevor Wheelock twheelock@18degreesma.org or ext. 265

Assistant Manager: Tammy Martin tmartin@18degreesma.org or ext. 264

Clinician: Hilary Houldsworth hhouldsworth@18degreesma.org or ext. 262

Family Partner: Patricia Dasilva-McEwan pdasilvamcewan@18degreesma.org or ext 272

Family Support Worker: Melia Hoffman mhoffman@18degreesma.org or ext. 268

Bilingual Family Support Worker: Sylvana Proano sproano@18degreesma.org or ext. 261

Youth Engagement Coordinator: Keven Kelly kkelly@18degreesma.org

School Liaison: Marisa Papallo mpapallo@18degreesma.org or ext. 266

LGBTQ+ Services Coordinator: Emma Lenski emlenski@18degreesma.org or ext. 267