



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11AM-12PM Summer Lounge Club 4:30-5:30PM Parents Helping Parents 6-7PM Young Adult Affinity Group	2 11-12:30 PM Mommy & Me 5:30-7PM Rap, Inc.	3 10-11:30AM English Language Learners 3-4PM Live Out Loud (HS)	4 10AM-11AM Berkshire Nursing Families 2:30-4:30PM YES Youth Enjoying Summer 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc.	5 11AM-12PM Summer Lounge Club	6 FRC OPEN 9:30-12:30PM
7	8 11AM-12PM Summer Lounge Club 4:30-5:30PM Parents Helping Parents 6-7PM Young Adult Affinity Group	9 10-11am Selfie Time 11-12:30P Mommy & Me 5:30-7PM Rap, Inc.	10 10-11:30AM English Language Learners 11AM-12PM Summer Lounge Club 3-4PM Live Out Loud (HS) 4-5pm LGBTQ for Parents	11 10AM-11AM Berkshire Nursing Families 2:30-4:30PM YES Youth Enjoying Summer 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc.	12 11AM-12PM Summer Lounge Club	13
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21	22 11AM-12PM Summer Lounge Club 4:30-5:30PM Parents Helping Parents 6-7PM Young Adult Affinity Group	23 10-11am Selfie Time 11-12:30PM Mommy & Me 5:30-7PM Rap, Inc.	24 10-11:30AM English Language Learners 11AM-12PM Summer Lounge Club 3-4PM Live Out Loud (HS)	25 10AM-11AM Berkshire Nursing Families 2:30-4:30PM YES Youth Enjoying Summer 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc. 6:30-8:30pm Movie Night	26 11AM-12PM Summer Lounge Club	27
28	29 11AM-12PM Summer Lounge Club 4:30-5:30PM Parents Helping Parents 6-7PM Young Adult Affinity Group	30 11-12:30PM Mommy & Me 5:30-7PM Rap, Inc.	31 10-11:30AM English Language Learners 11AM-12PM Summer Lounge Club 3-4PM Live Out Loud (HS) 5:30-7PM Ladies Night Out	1 10AM-11AM Berkshire Nursing Families 2:30-4:30PM YES Youth Enjoying Summer 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc.	2 11AM-12PM Summer Lounge Club	3 FRC OPEN 9:30-12:30PM

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



Parents Helping Parents

Mondays 4:00pm-5:00pm

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

Selfie Time

1st and 3rd Tuesday 10am-11am

This support group has a strong focus on parents self-care. Come join a group designed just for you to take care of yourself...for once! Contact Patricia!

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 Kevin!

Summer Lounge Club

Mondays, Wednesdays & Fridays 11am-12pm

For youth 12-18 years of age a drop in space where teens will be able to relax and enjoy activities together.

Activities include video games, TV, board games, a Ping Pong table and more! For more information and any questions contact Kevin or Marisa!

LGBTQ for Parents

1st Wednesday of every month. A support group for parents of youth that identify as LGBTQ+. This support group is for Spanish speaking families and English. Contact Kevin or Sylvana!

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

Y.E.S. Youth Enjoying Summer

Thursdays 2:30pm – 4:30pm

For youth 10-16 years of age. Weekly games, art activities, sports, fieldtrips and more. For ore information contact Kevin or Marisa!

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!

English Language Learning

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!

Movie Night

Family Movie Night starting in August 2022. Come enjoy a family friendly movie. Popcorn, cotton candy, and beverages provided. You bring your lawn chair or blanket. 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: Sharon Collins Newton scollinsnewton@18degreesma.org or ext. 265

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

Clinician: VACANT 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@18deareesma.org or ext. 267