



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>August 29</b>	<b>August 30</b>	<b>August 31</b>	<b>1</b>	<b>2</b>	<b>3</b>
	11AM-12PM Active Parenting 4-5PM Parents Helping Parents 6-7PM Young Adult Affinity Group	11-12:30 PM Mommy & Me 5:30-7PM Rap, Inc.	10-11:30AM English Language Learners 3-4PM Live Out Loud (HS)	9AM-10AM Nursing Baby/Toddler Group 10-11AM FRF 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc.		FRC OPEN 9:30-12:30PM
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
CLOSED IN OBSERVANCE OF Labor Day.		11-12:30P Mommy & Me 5:30-7PM Rap, Inc.	10-11:30AM English Language Learners 3-4PM Live Out Loud (HS) 4-5pm LGBTQ for Parents 5-6:30pm 24/7 Dads	9AM-10AM Nursing Baby/Toddler Group 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc.		
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
11a-12PM Active Parenting 4-5PM Parents Helping Parents 6-7PM Young Adult Affinity Group		10-11AM ARC 11-12:30PM Mommy & Me 5:30-7PM Rap, Inc.	10-11:30AM English Language Learners 3-4PM Live Out Loud (HS) 5-6:30pm 24/7 Dads	9AM-10AM Nursing Baby/Toddler Group 10-11AM FRF 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc.		FRC OPEN 9:30-12:30PM  11-12:30PM Conexiones Positivas
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
11a-12PM Active Parenting 4-5PM Parents Helping Parents 6-7PM Young Adult Affinity Group		10-11AM ARC 11-12:30PM Mommy & Me 5:30-7PM Rap, Inc.	10-11:30AM English Language Learners 3-4PM Live Out Loud (HS) 5-6:30pm 24/7 Dads	9AM-10AM Nursing Baby/Toddler Group 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc. 6:30-8:30pm Movie Night		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>October 1</b>
11AM-12PM Summer Lounge Club 4-5PM Parents Helping Parents 6-7PM Young Adult Affinity Group		10-11AM ARC 11-12:30PM Mommy & Me 5:30-7PM Rap, Inc.	10-11:30AM English Language Learners 3-4PM Live Out Loud (HS) 5-6:30pm 24/7 Dads 5:30-7PM Ladies Night Out	9AM-10AM Nursing Baby/Toddler Group 4-5:30PM Live Out Loud (MS) 5:30-7PM Rap, Inc.		FRC OPEN 9:30-12:30PM

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



**Active Parenting**

Mondays 11AM-12PM

A 7-week evidence based, skill based parenting education program.

Registration is required for this class. Contact Melia!

**Parents Helping Parents**

Mondays 4:00PM-5:00PM

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

**ARC**

Tuesdays 10AM-11AM

A 12-week program for all parents and caregivers designed using the ATTACHMENT REGULATION COMPETENCY (ARC) principles, a method that guides you to better understanding the importance of your relationship to your child (ren) as the primary force for teaching your child the skill that they need to be successful. Contact Patricia!

**Mommy & Me Play Group**

Tuesdays 11AM-12:30PM

A support/play group for mom's and children ages 0-3yr old. For moms and children to socialize, learn and connect. Contact Sylvana!

**RAP, Inc.**

Tuesdays & Thursdays 5:30PM-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!

**LGBTQ for Parents**

1<sup>st</sup> Wednesday of every month. 4PM-5PM

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!

**24/7 Dads**

Wednesday 5PM-6:30PM

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

**FRF Families Raising Families**

1<sup>st</sup> & 3<sup>rd</sup> Thursday 10AM-11AM

A support group dedicated to those caring for children as a grandparent, sibling, aunt, uncle, or any other kinship caregiver, to have a safe, inclusive space to connect, share, and learn from one another. Contact Melia or Patricia!

**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!

**Nursing Baby/Toddler Group**

Thursdays 9AM-10AM

Hosted by Berkshire Nursing Families an informal playgroup for families with feeding children to socialize, get parenting support, breastfeeding advice from other families. Baby scale is available for weight checks. Contact Melia!

**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!

**Conexione Positivas**

Meets the 3<sup>rd</sup> 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](mailto:scollinsnewton@18degreesma.org) or ext. 265

**Assistant Manager:** Tammy Martin [tmartin@18degreesma.org](mailto:tmartin@18degreesma.org) or ext. 264

**Clinician:** VACANT or ext. 262

**Family Partner:** Patricia DaSilva-McEwan [pdasilvamcewan@18degreesma.org](mailto:pdasilvamcewan@18degreesma.org) or ext 272

**Family Support Worker:** Melia Hoffman [mhoffman@18degreesma.org](mailto:mhoffman@18degreesma.org) or ext. 268

**Bilingual Family Support Worker:** Sylvana Proano [sproano@18degreesma.org](mailto:sproano@18degreesma.org) or ext. 261

**Youth Engagement Coordinator:** Kevin Kelly [kkelly@18degreesma.org](mailto:kkelly@18degreesma.org) or ext. 267

**School Liaison:** Marisa Papallo [mpapallo@18degreesma.org](mailto:mpapallo@18degreesma.org) or ext. 266

**LGBTQ+ Services Coordinator:** Emma Lenski [emlenski@18deareesma.org](mailto:emlenski@18deareesma.org) or ext. 241

**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](mailto:info@18degreesma.org)**

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