



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sept 26 4-5PM Parents Helping Parents	Sept 27 10-11AM ARC 11-12:30 PM Mommy & Me	Sept 28 3-4PM Live Out Loud (HS) 4-5:30PM ELL 5-6:30pm 24/7 Dads	Sept 29 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity Group 4-5:30PM Live Out Loud (MS)	Sept 30	1 FRC OPEN 9:30-12:30PM Family Fun 11am-12pm
2	3 4-5PM Parents Helping Parents	4 10-11AM ARC 11-12:30PM Mommy & Me	5 3-4PM Live Out Loud (HS) 4-5:30PM ELL 5-6:30pm 24/7 Dads	6 9AM-10:30AM Nursing Baby/Toddler Group 10-11AM FRF 12:30-2PM Young Adult Affinity Group 4-5:30PM Live Out Loud (MS)	7	8
9	10 CLOSED IN OBSERVANCE OF Indigenous Peoples' Day	11 10-11AM ARC 11-12:30PM Mommy & Me	12 3-4PM Live Out Loud (HS) 4-5:30PM ELL 5-6:30pm 24/7 Dads	13 9AM-10A:30M Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity Group 4-5:30PM Live Out Loud (MS)	14	15 FRC OPEN 9:30-12:30PM 11-12:30PM Conexiones Positivas
16	17 4-5PM Parents Helping Parents	18 10-11AM ARC 11-12:30PM Mommy & Me	19 3-4PM Live Out Loud (HS) 4-5:30PM ELL 5-6:30pm 24/7 Dads	20 9AM-10:30AM Nursing Baby/Toddler Group 10-11AM FRF 12:30-2PM Young Adult Affinity Group 4-5:30PM Live Out Loud (MS) 6:30-8:30pm Movie Night	21	22
23/30	24/31 4-5PM Parents Helping Parents	25 10-11AM ARC 11-12:30PM Mommy & Me	26 3-4PM Live Out Loud (HS) 4-5:30PM ELL 5-6:30pm 24/7 Dads 5:30-7PM Ladies Night Out	27 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity Group 4-5:30PM Live Out Loud (MS)	28	29

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!

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!

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

1st & 3rd 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 (Thurs 12:30-2pm) for ages 18-30. Contact Emma!

English Language Learning

Wednesday's 10:00-11:30 am and 4-5:30pm

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!

Family Fun

First Saturday of the month is family fun activity! All supplies provided, you bring the fun to life! 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!

To better serve you, Child Care is now available for our support groups and classes. When registering please make staff aware of your childcare needs.

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

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: VACANT

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

LGBTQ+ Services Coordinator: Emma Lenski 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

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