



# January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Closed</b> Observance of New Year! 	2	3 10-11AM ARC 11-12:30P Mommy & Me	4 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	5 9AM-10:30AM Nursing Baby/Toddler Group 10-11AM FRF 12:30-2PM Young Adult Affinity Group 3:30-5PM Nurturing Families 4-5:30PM Live Out Loud (MS)	6	7 FRC OPEN 9:30-12:30PM Family Fun 11am-12pm
8	9 4-5PM Parents Helping Parents	10 10-11AM ARC 11-12:30P Mommy & Me	11 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	12 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity Group 3:30-5PM Nurturing Families 4-5:30PM Live Out Loud (MS)	13	14
15 <b>CLOSED</b> Observance of Martin Luther King Day	16	17 10-11AM ARC 11-12:30PM Mommy & Me	18 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	19 9AM-10A:30M Nursing Baby/Toddler Group 10-11AM FRF 12:30-2PM Young Adult Affinity Group 3:30-5PM Nurturing Families 4-5:30PM Live Out Loud (MS)	20	21 FRC OPEN 9:30-12:30PM 11-12:30PM Conexiones Positivas
22	23 4-5PM Parents Helping Parents	24 10-11AM ARC 11-12:30PM Mommy & Me	25 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	26 9AM-10A:30M Nursing Baby/Toddler Group 10-11AM FRF 12:30-2PM Young Adult Affinity Group 3:30-5PM Nurturing Families 4-5:30PM Live Out Loud (MS)	27	28
29	30 4-5PM Parents Helping Parents	31 10-11AM ARC 11-12:30PM Mommy & Me	Feb 1 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	Feb 2 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity Group 3:30-5PM Nurturing Families 4-5:30PM Live Out Loud (MS)	Feb 3	Feb 4

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 or Patricia!

### **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!

### **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 3-4:30pm) for ages 14-18. YAAG (Thurs 12:30-2pm) for ages 18-30. Contact Emma!

### **English Language Learning**

Wednesday's 4-5:30pm

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

### **Nurturing Families**

Thursdays 3:30-5PM

Is a 16 week evidenced based parenting education class. All caregivers are welcome. Prior registration is required for this class. Contact Sylvana!

### **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!

### **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!

**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](mailto:scollinsnewton@18degreesma.org) or ext. 265

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

**Clinician:** VACANT

**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:** VACANT

**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***