



# February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	<b>2</b> 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)	<b>3</b>	<b>4</b> FRC OPEN 9:30-12:30PM Family Fun 11am-12pm
<b>5</b>	<b>6</b> 4-5PM Parents Helping Parents	<b>7</b> 10-11AM ARC 11-12:30P Mommy & Me	<b>8</b> 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	<b>9</b> 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)	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> 4-5PM Parents Helping Parents	<b>14</b> 10-11AM ARC 11-12:30PM Mommy & Me Valentine's Day	<b>15</b> 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	<b>16</b> 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)	<b>17</b>	<b>18</b> FRC OPEN 9:30-12:30PM 11-12:30PM Conexiones Positivas
<b>19</b>	<b>20</b> CLOSED IN OBSERVANCE OF PRESIDENT'S DAY	<b>21</b> 10-11AM ARC 11-12:30PM Mommy & Me 1-3PM STEAM	<b>22</b> 1-3PM Indoor Scavenger Hunt 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	<b>23</b> 9AM-10A:30M Nursing Baby/Toddler Group 10-11AM FRF 1p-3p FFFN 4-5:30PM Live Out Loud (MS)	<b>24</b> 1-3PM Pajama Movie Fun	<b>25</b>
<b>26</b>	<b>27</b> 4-5PM Parents Helping Parents	<b>28</b> 10-11AM ARC 11-12:30PM Mommy & Me				

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!

### FFN

### Fathers & Families Network Thursday 23<sup>rd</sup> 1p-3p

This is a meeting for providers to learn new ways to engage fathers. This month's presenter will be Tariq Pinkston! Contact Tammy!

### 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!

### February Break Fun

21<sup>st</sup>, 22<sup>nd</sup> and 24<sup>th</sup> 1p-3p

Join us for some free fun at the FRC! February 21<sup>st</sup> STEAM. February 22<sup>nd</sup> Indoor Scavenger Hunt. February 24<sup>th</sup> Pajama/Movie Fun. All supplies provided. Registration required. Contact Marisa!

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 Director:** Sharon Collins Newton [scollinsnewton@18degreesma.org](mailto:scollinsnewton@18degreesma.org) or ext. 265

**Program Manager:** Tammy Martin-Bartlett [tmartinbartlett@18degreesma.org](mailto:tmartinbartlett@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@18degreesma.org](mailto:emlenski@18degreesma.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*