



# April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>  <b>FRC OPEN</b> <b>9:30-12:30PM</b>  <b>Family Fun</b> <b>10am-12pm</b>
<b>2</b>	<b>3</b> 4-5PM Parents Helping Parents	<b>4</b> 10:30-11:30AM ARC* 11-12:30PM Mommy & Me	<b>5</b> 3-4:30PM Live Out Loud (HS)	<b>6</b> 9AM-10:30AM Nursing Baby/Toddler Group 10-11AM FRF 12:30-2PM Young Adult Affinity Group 4-5:30PM Live Out Loud (MS) 5:30-6:30PM 24/7 Dads*	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> 4-5PM Parents Helping Parents	<b>11</b> 10:30-11:30AM ARC* 11-12:30PM Mommy & Me	<b>12</b> 3-4:30PM Live Out Loud (HS)	<b>13</b> 9AM-10A:30M Nursing Baby/Toddler Group 10-11AM FRF 12:30-2PM Young Adult Affinity Group 4-5:30PM Live Out Loud (MS) 5:30-6:30PM 24/7 Dads*	<b>14</b>	<b>15</b>  <b>FRC OPEN</b> <b>9:30-12:30PM</b>  <b>Family Fun</b> <b>10am-12pm</b>
<b>16</b>	<b>17</b> 4-5PM Parents Helping Parents	<b>18</b> 10:30-11:30AM ARC* 11-12:30PM Mommy & Me	<b>19</b> 3-4:30PM Live Out Loud (HS)	<b>20</b> 9AM-10A:30M Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity Group 4-5:30PM Live Out Loud (MS) 5:30-6:30PM 24/7 Dads*	<b>21</b>	<b>22</b>
<b>23/30</b>	<b>24</b> 4-5PM Parents Helping Parents	<b>25</b> 10:30-11:30AM ARC* 11-12:30PM Mommy & Me	<b>26</b> 3-4:30PM Live Out Loud (HS)	<b>27</b> 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS) 5:30-6:30PM 24/7 Dads*	<b>28</b>	<b>29</b>

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\*Pre-registration Required

Tuesdays 10:30AM-11:30AM

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 Sharon!

### 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!

### 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!

### 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!

### 24/7Dads\*Pre-registration Required

Thursdays 5:30-6:30PM

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

### Family Fun

First and Third Saturdays of the month is family fun activity! All supplies provided, you bring the fun to life! Contact Tammy!

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

**Family Support Worker:** Maria Maisonet [mmaisonet@18degreesma.org](mailto:mmaisonet@18degreesma.org) or ext 283

**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**