



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 11-12:30PM Mommy & Me	3 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	4 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*	5	6 FRC OPEN 9:30-12:30PM Family Fun 11am-12pm
7	8	9 11-12:30PM Mommy & Me	10 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	11 9AM-10:30AM 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*	12	13
14	15	16 11-12:30PM Mommy & Me	17 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	18 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*	19	20 FRC OPEN 9:30-12:30PM
21	22	23 11-12:30PM Mommy & Me	24 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	25 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*	26	27
28 CLOSED in observation of Memorial Day.	29	30 11-12:30PM Mommy & Me	31 3-4:30PM Live Out Loud (HS) 4-5:30PM ELL	June 1 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*	June 2	June 3

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

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!

English Language Learning

Wednesday's 4-5:30pm

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

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 Tammy!

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 Sharon or Tammy!

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 Tammy!

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 or ext. 265

Program Manager: Tammy Martin-Bartlett tmartinbartlett@18degreesma.org or ext. 264

Clinician: VACANT

Family Support Worker: Maria Maisonet mmaisonet@18degreesma.org or ext. 283

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

LGBTQ+ Services Coordinator: Emma Lenski 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

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