



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11-12:30PM Mommy & Me	2 3-4:30PM Live Out Loud (HS) 4:30-6PM ELL*	3 9AM-10:30AM Nursing Baby/Toddler Group 10-11:30AM FRF 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS)	4	5
6	7 11AM-1:30PM B.E.A.T.S.	8 11-12:30PM Mommy & Me	9 11AM-1:30PM B.E.A.T.S. 3-4:30PM Live Out Loud (HS)	10 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS)	11	12 11am-12:30pm Bilingual Story Time @ the Park
13	14 11AM-1:30PM B.E.A.T.S.	15 11-12:30PM Mommy & Me	16 11AM-1:30PM B.E.A.T.S. 3-4:30PM Live Out Loud (HS)	17 9AM-10A:30M Nursing Baby/Toddler Group 10-11:30AM FRF 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS)	18	19 10am-12pm Conexcion Positivas
20	21 11AM-1:30PM B.E.A.T.S.	22 11-12:30PM Mommy & Me	23 11AM-1:30PM B.E.A.T.S. 3-4:30PM Live Out Loud (HS)	24 9AM-10A:30M Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS)	25	26 11am-12:30pm Bilingual Story Time @ the Park
27	28 11AM-1:30PM B.E.A.T.S.	29 11-12:30PM Mommy & Me	30 11AM-1:30PM B.E.A.T.S. 3-4:30PM Live Out Loud (HS)	31 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS)		

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



B.E.A.T.S.

Mondays & Wednesdays 11am-1:30pm

Bringing Education And Talent to Song learn song writing, to create the beat and to put song to music. For youth ages 11-17. Contact Marisa for more information!

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 Maria or Sandra for more information!

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 4-5:30pm) for ages 11-14. HS (Wed 3-4:30pm) for ages 14-18. YAAG (Thurs 12:30-2pm) for ages 18-30. Contact Emma for more information!

English Language Learning *Pre-registration Required Wednesday's 4:30-6pm

A free 10 week course offered to those who are learning the English language. Contact Sandra or Maria for more information!

Nursing Baby/Toddler Group

Thursdays 9AM-10:30AM

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 for more information!

FRF Families Raising Families

1st & 3rd Thursday 10AM-11:30AM

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 for more information!

Conexcion Positivas

Third Saturdays 10am-12pm

An informative, fun support group for Spanish speaking members of our community to come together and share their culture. Contact Sandra for more information!

Bilingual Story Time @ the Park

July 8th & 29th and August 12th & 26th

In collaboration with FRC and PAT Join us rain or shine at Durant Park for FREE children's story read in English and Spanish. Participants will receive a free book! Contact Maria for more information!

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: Annette Santiago asantiago@18degreesma.org or ext 272

Family Partner: Patricia DaSilva-McEwan pdasilvamcewan@18degreesma.org or ext 272

Family Support Worker: Sandra Zuniga szuniga@18degreesma.org ext. 268

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**