

ALL programs are
FREE for ALL
families and
their children!

101 University Drive
Suite A3
Amherst, MA 01002
413-549-0297

Bus line 33, B43, or free onsite
parking.

The Bridge

Family Resource Center



MAY SATURDAYS

Saturday, May 4:

**Join us at Northampton Pride!
11am-5pm**

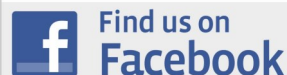
**Parents/Caregivers of Children with High
Functioning Autism/Youth RPG group:
10-11:30am**








Saturday, May 18:

**Trans/NB Young Children/Parent Meetup:
10am-12noon**

**Drop-In Hours:
9am-10:30am**

May 2019



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Drop-In: 9 - 5 Homework Help 3-5pm	Drop-In: 11 - 3	Drop-In: 9 - 4 Homework Help 3-5pm	Drop-In: 11 - 3	Drop-In: 9 - 5
		The Support Network - Parent Support Group 11:30am-1pm <u>May 8 Meets monthly</u>	Grandparents Raising Grandchildren 10am-12noon <u>May 2 Meets monthly</u>	
Handwork & Teatime Circle (*Sewing/Mending/ Knitting/Crocheting) 12-2pm <u>Meets weekly</u>		Lunch & Learn "Managing Screen Time: End the Power Struggles!" 12-1pm <u>May 22</u>	*Parenting Journey 12:30-2:30pm <u>Meets weekly</u>	*Play-to-Learn Group 12:30-2pm <u>Meets weekly</u>
	Parent/Caregiver Self-Care & Wellness 6-7pm <u>May 7, 14, 28</u>	*Cooking Matters 3:30-5:30pm <u>Meets weekly</u>	*Art Time! for Children ages 2-5 with Parents/ Caregivers 4:30-5:30pm <u>New Group Starts May 16</u>	
Safe Passage Support Group** in English 5-6pm <u>Meets weekly</u>	Gateway to Summer Potluck! 5:30-7pm <u>May 21</u>	Grupo de Apoyo Safe Passage en Español** 5-6pm <u>Todas las semanas</u>	*Nurturing Fathers 6-7:30pm <u>Meets weekly</u>	Family Movie Nights 4-5:30pm <u>May 3, 10, 17, 24</u>
*Groups with an asterisk require pre-registration	Need help finding resources? Meet with a Family Support Worker! Call for an appointment, or drop-in!	*Nurturing Fathers 6-7:30pm <u>Meets weekly</u>		Teen Movie Night 4-5:30pm <u>May 31</u>

****Note:** Safe Passage Hour-Long Weekly Individual Meetings held by appointment only, **Wednesdays**, 2-5pm.

****Nota:** Se ofrece consejería individual de una hora con Safe Passage, cita previa requerido, **miércoles** 2-5pm.

Family Support - Childcare available

- Nurturing Fathers: Dads need support to meet the challenges of this very tough job. We offer two different 12-week groups designed for fathers, by fathers: 1) Wednesdays, 6-7:30pm, with no childcare or meal provided. 2) Thursdays, 6-7:30pm, with childcare and dinner provided. For adult male-identified caregivers. **Pre-registration is required for both groups. Contact Sarah for more info, or to register, at (413) 549-0297 ext. 6501. Open registration.**
- The Support Network: The Support Network is a support group for parents and caregivers of children and adolescents with social, emotional, and behavioral challenges. This group is peer facilitated and provides mutual support, information, and resource sharing in a safe, confidential, and respectful environment. Group meets on the 2nd Wednesday of each month. **Call Margery Jess at The Support Network at (413) 530-5488, or Sarah at The Bridge FRC at (413) 549-0297, ext. 6501 for more info.**
- Safe Passage Support Group In English: This support group is designed for those who have past or current experience with Domestic Violence. Come for support and gain insight from others who have experienced domestic violence. Support group members talk about how domestic violence affected them and what has helped them move forward. This is a drop-in group open to all genders. Snacks and childcare will be provided. Individual counseling Wednesday afternoons. **For more information, contact Anna at (413) 549-0297 ext. 6532 or Sonia at (413) 588-1657.**
- Grupo de Apoyo Safe Passage en Español: Este grupo de apoyo está designado para aquellas personas que han sufrido, o que actualmente sufren violencia domestica. Vengan a recibir apoyo y obtener más información de otras personas que han experimentado violencia doméstica. Los miembros del grupo de apoyo hablan de cómo la violencia doméstica los ha afectado y qué les ha ayudado a salir adelante. Todos son bienvenidos y no necesitas cita previa. El grupo se reúne los miércoles, 5-6pm. Se ofrecerán aperitivos y servicios de guardería. Consejería Individual miércoles por las tardes. **Para más información, llame a Anna al teléfono (413) 549-0297 ext. 6532 o Sonia at (413) 588-1657.**
- Safe Passage Weekly Hour-Long Individual Meetings held by appointment only: Wednesday afternoons, 2-3pm, 3-4pm, 4-5pm. **Call Anna at (413) 549-0297, ext. 6532 to schedule an appointment.**
- Safe Passage Consejería Individual con cita previa: Miércoles por las tardes: 2-3pm, 3-4pm, 4-5pm. **Llame a Anna (413) 549-0297, ext. 6532 para programar una cita.**
- Support Group for Parents and Caregivers of Children with High Functioning Autism/Youth RPG Group: Come share your experience, learn about resources and hear from other parents in a support group environment. Youth are welcome to participate in a Role-Playing Game (RPG) running during group. Meets on the 1st Saturday of each month from 10-11:30am. No registration needed. Refreshments served. Childcare is available. **Call Sarah (413) 549-0297, ext. 6501 for more information.**
- Parent/Caregiver Self-Care and Wellness: Join us for a weekly self-care time especially for parents and caregivers. Different projects/themes every week. Group meets weekly, Tuesday evenings, 6-7pm. Childcare and meal provided. Drop in, no registration necessary. **Note: Gateway to Summer Potluck is a special event for this group on May 21! Contact Anne for more information, (413) 549-0297, ext. 6566.**
- Trans and Non-Binary (NB) Young Children's Meetup: A monthly meetup for young transgender and non-binary children (ages 0-12) and their parents, to play games and have social time together! Held monthly on the 3rd Saturday of the month from 10am-12noon. Light breakfast will be served. **For more information, call Brenda at (413) 549-0297, ext. 6500.**
- Grandparents Raising Grandchildren: Every grandparent plays a special role in their grandchildren's lives, but those who are primary caretakers are faced with unique joys and challenges. It helps to connect with others who understand. Childcare is available and snacks will be served. Group is drop-in, no registration required. Meets on the first Thursday of each month. **For more information, contact Sarah at (413) 549-0297, ext. 6501.**
- Parenting Journey: Parenting is an adventure and it helps to bring along some tools. Join other parents in this 12-week parent-positive strengths-focused group to find new ways to navigate the road ahead. A light lunch will be served. For adult caregivers. **Pre-registration is required, childcare will be provided. Contact Kelly at (413) 549-0297, ext. 6512 for more information.**

Early Childhood

- Play-to-Learn Group: Created for families with children ages 0-5, this multi-lingual playgroup is an opportunity to have fun, connect with other families of young children, and practice school-readiness skills in a safe, supportive environment. Held on Fridays from 12:30-2. **Registration required, light lunch is provided. Contact Anna at (413) 549-0297, ext. 6532.**

Education

- Homework Help: Kids and Teens! Bring your homework and get help from one of our staff. Every Monday and Wednesday from 3-5pm. **For more information, call Mel at (413) 549-0297, ext. 6502.**
- Lunch & Learn "Managing Screen Time: End the Power Struggles!": For parents and caregivers to gather and learn about a variety of topical subjects. Lunch is served, childcare is provided. This month: "Managing Screen Time: End the Power Struggles!" to be held on Wednesday, May 22nd, 12-1pm. **For more information, or to reserve childcare, call Donna at (413) 549-0297, ext. 6511.**

Arts & Culture

- Family Movie Nights: Come one, come all for a fun family movie on our big screen projector! **Held on every Friday of the month. Popcorn will be served!!! Contact Anne at (413) 549-0297, ext. 6566 for more information.**
- Teen Movie Night: Calling all teens! Come join us for a once-a-month film just for you! **Held on the last Friday of the month. All films appropriate for teens 13 and up. Popcorn will be served! Contact Anne at (413) 549-0297, ext. 6566 for more information.**
- Handwork & Teatime Circle: Sewing, mending, knitting, crocheting - and teatime! Bring your own project or take on one of our suggestions! Group meets weekly on Mondays from 12-2pm. **Contact Anne for more information at (413) 549-0297, ext. 6566.**
- Art Time: For children ages 2-5, along with their parents/caregivers. Learn and practice inner creative expression with painting, drawing, sculpture and more, during this 8-week group. **Pre-registration is required. To register, or for more information, contact Sarah at (413) 549-0297, ext. 6501.**
- Cooking Matters: A 6-week cooking program, team-taught by a volunteer chef and nutrition educator. Lessons cover meal preparation, grocery shopping, food budgeting and nutrition, how to make a healthy meal for a family of four on a \$10 budget and much more! Participants take home a bag of groceries after each class so they can practice the recipes taught that day. **Registration is required, childcare will be provided. For more information, contact Donna at (413) 549-0297, ext. 6511.**

Family Fun

- Gateway to Summer Potluck!: Join us for an evening of celebrating the seasonal transition from springtime toward summertime, and enjoy a potluck dinner in community! Bring a dish to share, and your appetites! Tuesday, May 21, 5:30-7pm. **Contact Anne for more information at (413) 549-0297, ext. 6566.**