

ALL PROGRAMS FREE FOR FAMILIES

COVID-19 Notice:
 Programming is temporarily virtual.
 The Bridge remains open
 Mon–Fri, 9am–5pm.



MARCH 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1–3 Sewing & Knitting 5:30–7 Parenting Journey in Recovery* (*registration req'd) 1	11–1 Parenting Journey 1 1–3 Parent Self-Care 3–5 Individual Remote Learning Support 5:30–7 Active Parenting 2	1–2 Grandparents Raising Grandchildren 3–4 Teen Reading Group 3	3–5 Individual Remote Learning Support 6–7:30 Nurturing Fathers 4	10–10:30 Virtual Story Time (ages 0–5) 12–1 Parenting Support 3–4 Art Hour 5	10–11:30 Parents' Autism Support Group 6
7	1–3 Sewing & Knitting 3:30–5 Youth Adv. Committee 5:30–7 Parenting Journey in Recovery* (*registration req'd) 8	11–1 Parenting Journey 1 1–3 Parent Self-Care 3–5 Individual Remote Learning Support 5:30–7 Active Parenting 9	1–2 Grandparents Raising Grandchildren 1–2 Skill & Chill 3–4 Teen Reading Group 10	3–5 Individual Remote Learning Support 6–7:30 Nurturing Fathers 11	10–10:30 Virtual Story Time (ages 0–5) 12–1 Parenting Support 3–4 Art Hour 12	13
14	1–3 Sewing & Knitting 5:30–7 Parenting Journey in Recovery* (*registration req'd) 15	11–1 Parenting Journey 1 1–3 Parent Self-Care 3–5 Individual Remote Learning Support 16	1–2 Grandparents Raising Grandchildren 3–4 Teen Reading Group 5–6 St. Patrick's Look 'n Cook 17	3–5 Individual Remote Learning Support 6–7:30 Nurturing Fathers 18	10–10:30 Virtual Story Time (ages 0–5) 12–1 Parenting Support 3–4 Art Hour 19	20
21	1–3 Sewing & Knitting 3:30–5 Youth Adv. Comm. 5:30–7 Parenting Journey in Recovery* 7:30–8:30 Skill & Chill (*registration req'd) 22	11–1 Parenting Journey 1 1–3 Parent Self-Care 3–5 Individual Remote Learning Support 23	1–2 Grandparents Raising Grandchildren 3–4 Teen Reading Group 5–7 Virtual Family Dinner 24	3–5 Individual Remote Learning Support 6–7:30 Nurturing Fathers 25	10–10:30 Virtual Story Time (ages 0–5) 12–1 Parenting Support 3–4 Art Hour 26	27
28	1–3 Sewing & Knitting 5:30–7 Parenting Journey in Recovery* (*registration req'd) 29	11–1 Parenting Journey 1 1–3 Parent Self-Care 3–5 Individual Remote Learning Support 30	1–2 Grandparents Raising Grandchildren 3–4 Teen Reading Grp 31	<p>Need Help With Groceries? The FRC works with the Amherst Survival Center for monthly distributions. CALL US! 413-549-0297</p>		

PROGRAM DESCRIPTIONS

Sewing/Knitting — Anne & Anna

Bring your sewing, mending and knitting projects to this weekly virtual circle or learn how to get started.

- Mondays, 1–3pm

Youth Advisory Board — Adele

A check-in time for youth (ages 11+). Hang out and share ideas for projects, activities, and more.

- Monday, 3/8 and 3/22, 3:30–5pm

Parenting Journey in Recovery — Anne

Parents in recovery, come find new ways of navigating the road ahead. This is a 14-week, strength-focused, evidence-based group. Registration required.

- Mondays, 5:30–7pm

Parent/Caregiver Self Care — Anne

Take some time every week for self-care with other FRC parents and caregivers. project each week.

- Tuesdays, 1–3pm

Skill & Chill—Anna

Come and learn a quick parenting skill, then decompress and chat with other local parents.

- Wednesday, 3/10, 1– 3pm
- Monday, 3/22, 7:30– 8:30pm

Active Parenting (The First Five Years) — Anna

Parenting children 5 and under, including child development and encouraging positive behaviors. Registration is required. To participate, contact Anna.

- Tuesdays, 5:30–7:30pm

Individual Remote Learning Support — Jayne

Bring your school work (K–12), and get one-on-one help from one of our staff. Email to schedule your 30 min. remote learning session with Jayne.

- Tuesdays and Thursdays, 3–5pm

Grandparents Raising Grandchildren — Anne

Support for Grandparents who provide primary care.

- Wednesday, 1–2pm

Teen Reading Group — Jayne

Come enjoy an opportunity to read a book together and have a discussion (Ages 12–18)

- Wednesdays, 3–4pm

Look 'n Cook — Anne

Let's look inside those kitchen cupboards and make a tasty, nutritious meal together.

- Wednesday, 3/17, 5– 6

Parenting Journey 1—Lisa

Join other parents in this 12-week parent-positive strengths-focused group to find new ways to navigate the road ahead. Registration encouraged.

- Tuesdays, 11– 1

Virtual Family Dinner—Jayne

Cook and eat a healthy family meal together. Contact us to sign up for a meal kit delivered to your door!

- Wednesday, 3/24, 5– 7

Nurturing Fathers — David

A 12-week, evidence-based parenting group for fathers, led by a father. To participate, contact Kate (kate.tiedemann@csoinc.org)

- Thursdays, 6-7:30pm

Virtual Story Time — Anna

Interactive, online story time funded by CFCE

- Fridays, 10–10:30am for Ages 0–5

Parenting Support — Lisa

Parenting can be hard especially when dealing with challenging behaviors. Come get support from the Family Partner and other parents. Bring your lunch for a noon hour support group.

- Fridays, 12–1pm

Art Hour (Ages 8-16) — Adele

Engage in fun and creative art projects, including (but not limited to) drawing, painting and crafts

- Fridays, 3–4pm

Parents Autism Support — Vivian & John

Monthly support group for parents and caregivers of children with high-functioning autism. To participate, contact Kate (kate.tiedemann@csoinc.org)

- Saturday, 3/6, 10–11:30am.



Amherst Family Resource Center

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The Bridge FRC Staff
413-549-0297

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St. Patrick's Day
Look 'n Cook

Join Anne in creating a tasty, nutritious meal with plenty of green on March 17th.

Call 413-549-0297 or email Anne at anne.barnes@csoinc.org for more information!

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