








February



Monday 8:30 am - 4:30 pm	Tuesday 10:00 am - 7:00 pm	Wednesday 9:30 am - 7:00 pm	Thursday 9:30 am - 7:00 pm	Friday 8:30 am - 12:30 pm	Saturday 8:30 am - 12:30 pm
2	3 10:00 AM - 12:00 PM Parenting Journey #4	4 4:30 PM - 6:00 PM Youth Support Group 5:00 PM - 6:30 PM Basic Computer Class	5 10:30 AM - 12:30 PM Parents Helping Parents Group 10AM-12PM HLA Office hours	6	7
9	10 10:00 AM - 12:00 PM Parenting Journey #5	11 10:30 AM - 12:30 PM Grandparents Support Group 4:30 PM - 6:00 PM Youth Support Group 5:00 PM - 6:30 PM Basic Computer Class	12 10:30 AM - 12:30 PM Parents Helping Parents Group 10AM-12PM HLA Office hours	13	14 Center Open  Diaper Distribution
16 HAPPY Presidents Day Center Closed	17 10:00 AM - 12:00 PM Parenting Journey #6	18 4:30 PM - 6:00 PM Youth Support Group 5:00 PM - 6:30 PM Basic Computer Class	19 10:30 AM - 12:30 PM Parents Helping Parents Group 10AM-12PM HLA Office hours	20	21
23 	24 10:00 AM - 12:00 PM Parenting Journey #7 5:00 PM - 7:00 PM Active Parenting #1	25 10:30 AM - 12:30 PM Grandparents Support Group 5:00 PM - 6:30 PM Basic Computer Class 4:30 PM - 6:00 PM Youth Support Group	26 TBD Life Skills Workshop 10AM-12PM HLA Office hours 5PM-7PM Active Parenting 0-5	27	28 Center Open  Diaper Distribution
					31

Center Hours:

Mondays: 8:30 AM - 4:30 PM

Tuesdays: 10:00 AM - 7:00 PM

Wednesdays & Thursdays:

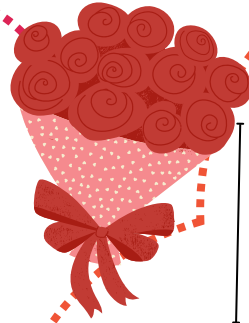
9:30 AM - 7:00 PM

Fridays: 8:30 AM - 12:30 PM

Saturdays:

8:30 AM - 12:30 PM

*2nd and 4th Saturday
of each Month*



Youth Programs:

Teens & Means Wednesdays

Weekly Sessions - Dinner Provided

This is a safe and supportive space for youth ages 12-17 to share experiences and have conversations and workshops.

Children's Play Group

*Every Other Month.

This group is for parents and caregivers and children ages 3-5yrs. Through play, transitions, circle time songs and activities, as well as informal conversations, parents learn about developmental ages and stages, gain information to help understand their child's behavior, and become empowered to prepare their child to enter school 'ready to learn'

Family Education Groups

Parenting In America

A small group of parents and caregivers meet for 2 hours a week for 12 weeks. The Parenting in America curriculum was developed specifically to address the unique challenges immigrant parents face as they, and their children adapt to American culture. Parents are encouraged to honor their cultural heritage while learning to develop new culturally responsive practices and strategies.

Nurturing Fathers

An evidence - based, 13-week training course designed to teach parenting and nurturing skills to men. Each 2 ½ hour class provides proven, effective skills for healthy family relationships and child development.

Grandparents Group

2nd & 4th Tuesdays of each month) Join us for an in-person peer to peer support group for grandparents.

Parenting Journey

An evidence - based, 13-week training course designed to teach parenting and nurturing skills to men. Each 2 ½ hour class provides proven, effective skills for healthy family relationships and child development.

Parents Helping Parents

Weekly Sessions - In person

This group is designed to focus on how we can work together to build stronger families by empowering parents and creating a community of support. We welcome all new members to our weekly group where parents will feel heard and supported as they share caregiving joys and struggles with other parents and caregivers. Reducing stress and isolation helps families continue the challenging and demanding work of raising children. The group is free and confidential.

Active Parenting

A 4 week comprehensive program for parents and caregivers of children ages birth to 5 and teens, that addresses basic skills, the stages of development, and more.

Life Skills

/Monthly Sessions
Life Skills Workshops are short in duration with a specific focus on topics like health and wellness, financial literacy, nutrition, and budgeting leadership development.



Registration is required for all programs,
please call (978)975-8800.

What is happening In February!

Life Skills:(Registration
Required).



Take our survey and
let us know how we
are doing !

