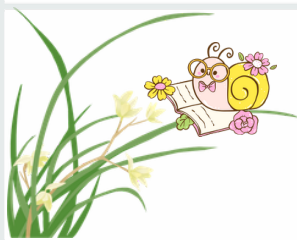


Monday 8:30 am - 4:30 pm	Tuesday 10:00 am - 7:00 pm	Wednesday 8:30 am - 7:00 pm	Thursday 8:30 am - 7:00 pm	Friday 8:30 am - 12:30 pm	Saturday
				<b>Walk-ins Welcome</b>  <b>Intake and Assessment by appointment</b>	
4 <b>Walk-ins Welcome</b>	5 5:00 PM - 7:00 PM <b>Active Parenting: First Five Years #4</b>	6 10:30 AM - 12:30 PM <b>Grandparents Support Group</b> 4:30 - 6:00 PM <b>Youth Support Group</b> 5:00 - 6:30 PM <b>Basic Computer Class</b>	7 10:30 AM - 12:30 PM <b>Parents Helping Parents</b> 10:00 AM - 12:00 PM <b>HLA Office Hours</b> 5:00 - 7:00 PM <b>Nurturing Fathers</b>	8 <b>Walk-ins Welcome</b>  10:00 AM - 12:00 PM <b>Woman Conexion</b>	9 8:30 am - 12:30 pm <b>Center Open</b> <b>Walk-ins Welcome</b>
11 <b>Walk-ins Welcome</b> <b>Intake and Assessment by appointment</b> 	12 <b>Walk-ins Welcome</b>  <b>Intake and Assessment by appointment</b>	13 4:30 - 6:00 PM <b>Youth Support Group</b> 5:00 - 6:30 PM <b>Basic Computer Class</b>	14 10:30 AM - 12:30 PM <b>Parents Helping Parents</b> 10:00 AM - 12:00 PM <b>HLA Office Hours</b> 5:00 - 7:00 PM <b>Nurturing Fathers</b>	15 <b>Walk-ins Welcome</b>  <b>Intake and Assessment by appointment</b>	16
18	19 10:30 AM - 12:30 PM <b>Playgroup</b>	20 4:30 - 6:00 PM <b>Youth Support Group</b> 5:00 - 6:30 PM <b>Basic Computer Class</b> TBD <b>Life Skill: Career and Job Readiness</b>	21 10:30 AM - 12:30 PM <b>Parents Helping Parents</b> 10:00 AM - 12:00 PM <b>HLA Office Hours</b> 5:00 - 7:00 PM <b>Nurturing Fathers</b>	22 <b>Walk-ins Welcome</b>	23 <b>Center Open</b> <b>Community Baby Shower</b> <b>(Registration ONLY)</b>
25  <b>Center Closed</b>	26 <b>Walk-ins Welcome</b>  <b>Intake and Assessment by appointment</b>	27 <b>Walk-ins Welcome</b>  <b>Intake and Assessment by appointment</b>	28 <b>Walk-ins Welcome</b>  <b>Intake and Assessment by appointment</b>	29 <b>Walk-ins Welcome</b>  <b>Intake and Assessment by appointment</b>	30



**Contact us!** (978)975-8800  
(978)975-8808

**Address**  
1 Union St, Ste 104,  
Lawrence MA 01840

## Center Hours

**Mondays:** 8:30 AM-4:30 PM  
**Tuesdays:** 10:00 AM-7:00 PM  
**Wednesdays:** 8:30 AM-7:00 PM  
**Thursdays:** 8:30 AM-7:00 PM  
**Fridays:** 8:30 AM-12:30 PM  
**Saturdays\*:** 8:30 AM-12:30 PM  
**\*2<sup>nd</sup> and 4<sup>th</sup> 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.

### 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.

### 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.

### 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.

### 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.

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

## What is happening May!

- Community Baby Shower
- Life Skills: Job Preparation, Resume and Interview

### Registration Required:

- Scan QR code for Community Baby Shower
- Call 978-975-8800 for Life Skills



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

