

# February 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>➤ Parenting Journey</li> <li>➤ FRC Drop-in Hour</li> <li>➤ Teen Group</li> </ul> <p>Teen Group</p>	<ul style="list-style-type: none"> <li>➤ Grandparents raising Grandchildren</li> <li>➤ Cooking on a budget</li> <li>➤ Homework Help</li> <li>➤ Nurturing Fathers</li> </ul>	<ul style="list-style-type: none"> <li>➤ Family Game night</li> </ul>	<ul style="list-style-type: none"> <li>➤ Crocheting club</li> <li>➤ Parent &amp; Child Play Group</li> <li>➤ Teen Group</li> </ul>	<ul style="list-style-type: none"> <li>❖ <u>Friday Schedule</u></li> <li>+ Appointments Only</li> <li>+ Office closed 11 AM – 1 PM for staff meeting</li> <li>Office Closes at 3pm</li> </ul>	<p>7</p> <p>Valentine Crafting (10 am – 12 pm) (see flyers for details)</p>
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February 2026

## Calendar Descriptions

### Evidence Based Parenting Courses

- **Parenting Journeys:** This is a 12-week strength-based parenting course that focuses on how your upbringing as a child influences your parenting style now. You will join other parents in a calm, confidential environment to discuss and learn new techniques and skills, all while navigating the road ahead. Monday 10:00AM-12:00PM
- **Nurturing Fathers:** This is a 13-week peer-support centered parenting course that focuses on male nurturance, and the roles dads play in the family. The course brings together men from different walks of life and family circumstances and focuses on the skills needed to help kids grow up feeling secure, loved, and self-confident. Tuesday 5:00PM-7:00PM
- **Active Parenting 4<sup>th</sup> Ed.:** A 6-week course, specifically focused on parents and caregivers of 5 - 12-year-old children. The course focuses on knowledge and strategies geared towards raising responsible and cooperative kids who understand and can resist negative peer pressure. Not Currently Running
- **Active Parenting of Teens:** A 6-week course, specifically focused on parents and caregivers of 13–18-year-old children. The course focuses on the skills and techniques needed for communication without conflict and raising self-disciplined teenagers. Not currently running

### Arts, Crafts, Culture & More

- **Family Game Night:** Come join the Ware FRC crew for family supper, games and more. Food will be served promptly at 5:00 PM. Please see the front for each night's programming (A-adult activity, K-kid activity, T-teen activity) Please RSVP so that we have food and space for everyone. Wednesdays 5:00 – 6:30 PM
- **Parent & Child Activity:** A free play group for parents and their young children. Come join us in our children's room for games, stories, and other fun family bonding activities. Thursdays 4:30 – 5:30 PM
- **Reading Help:** Come join the Ware FRC crew with some extra reading group. This is group is open to all ages and all ability levels. Please call ahead and register 413-277-6601 Tuesdays 4:00PM-5:00PM
- **Crocheting Club:** Join us for Crocheting, beginners to experienced welcome. Thursdays 10-11:30am



### of Ware @ Behavioral Health Network

#### Community Resources & Peer Support Groups

- **Drop-In Cafe:** Come on in, have a coffee or tea and meet with a member of the FRC crew. See our space and how we can help you! Mondays 1:30 – 2:30 PM
- **Grandparents raising Grandchildren:** A peer-to-peer support group for grandparents raising their grandkids. Come connect with others and discuss raising kids in today's world. Tuesdays 11:00 AM – 12:00 PM
- **Teen Group:** A social group for teens (13-18) where youth will have the opportunity to express and improve themselves through activities and games, all while engaging in a safe & supportive group. Mondays 3:00 – 4:30 PM
- **Tween Group:** A social group for tweens and youth (8-12) where they will meet in a supportive environment for games, activities, and discussions aimed to build their self-confidence, their social skills, and positive expression. Thursdays 4:30 – 5:30 PM
- **Family Support Group:** A peer to peer, facilitator guided support group for parents and caregivers. A judgement free zone where we ask, explore, and find answers to questions about raising youth in today's world. (Every Other) Tuesdays 6:00 – 7:00 PM
- **Cooking and shopping on a budget:** Come together as a group and by using the sales to do meal planning and how to stretch your dollar by making multiple meals and using leftovers and being creative. Must register to attend. Tuesdays 10am to 11am