

20 Allen St, Burlington VT

802-862-2121

www.thefamilyroomvt.org

# Family Room

## MARCH



2020

Mon	Tues	Wed	Thu	Fri
2 <b>NO Preschool</b> <b>NO EEL</b> Crawdlers 10:30 - 12:30	3. Strong Families 9-12 Pediatric Clinic 9-11:30 1-3:30 Father and Children Together 4-7 <b>GO OUT AND VOTE</b>	4. Preschool 8:15-12  Early Months 10:30-12	5. Family Play 8:30-12:30 Parent Advisory 10-11	6. Preschool 8:15-12 EEL 9-11 Dad's Coffee 9-10 Thoughtful Fathers 10-12 Parents in Recovery 11:30-1
9. Preschool 8:15-12  EEL 9-11 Crawdlers 10:30-12:30	10. Strong Families 9-12 Pediatric Clinic 9-11:30. 1-3:30 Fathers And Children Together 4-7	11. Preschool 8:15-12  Early Months 10:30-12 <b>VT Early Childhood at the Legislature</b>	12 Family Play 8:30-12:30 To Make A Change 9-10	13 Preschool 8:15-12 EEL 9-11 Dad's Coffee 9-10 Thoughtful Fathers 10-12 Parents in Recovery 11:30 -1
16 Preschool 8:15-12  EEL 9-11 Crawdlers 10:30-12:30	17 Strong Families 9-12 Pediatric Clinic 9-11:30 1-3:30 <b>NO Fathers and Children Together</b>	18 <b>NO Preschool</b> Early Months 10:30-12	19 <b>FAMILY ROOM CLOSED</b>	20 Preschool 8:15-12  EEL 9-11 <b>NO Dad's Coffee or Thoughtful Fathers</b> Parents in Recovery 11:30-1
23. Preschool 8:15-12  EEL 9-11 Crawdlers 10:30-12:30	24. Strong Families 9-12 Pediatric Clinic 9-11:30 1-3:30 Fathers And Children Together 4-7	25 Preschool 8:15-12  Early Months 10:30-12	26. Family Play 8:30-12:30  Book Club 10-11	27 Preschool 8:15-12 EEL 9-11 Dad's Coffee 9-10 Thoughtful Fathers 10-12 Parents in Recovery 11:30-1
<b>30</b> Preschool 8:15-12 EEL 9-11 Crawdlers 10:30-12:30	31 Strong Families 9-12 Pediatric Clinic 9-11:30 1-3:30 Fathers and Children Together 4-7			

## **DROP-IN PROGRAMS**

**CRAWLERS, WADDLERS and TODDLERS** Monday 10:30 -12:30 a playgroup for parents and children birth to 3. Learn about developmental stages, share with other parents, play, move, sing and have fun! See Justine and Keegan for more info. 802-862-2121

[justine@thefamilyroomvt.org](mailto:justine@thefamilyroomvt.org), [keegan@thefamilyroomvt.org](mailto:keegan@thefamilyroomvt.org)

**FATHERS AND CHILDREN TOGETHER** An evening open playgroup Tuesday's 4 to 7, for dads and kids. Enjoy dinner together, activities and discussions with other dads. See Keegan for more info

**EARLY MONTHS** Wednesday 10:30-12 playgroup for parents and their babies during the first few months after birth. Learn baby massage, sing lullabies, share calming techniques, self care, parenting strategies and connect with other parents.

**FAMILY PLAY** Open playgroup on Thursdays 9-1, with activities for parents and children ages birth to 5. Learn more about your child's development, community resources, nutrition, wellness and self care. Make connections with other parents and staff. Call for information about ELL classes or to participate in sewing, book group or gardening.

**DAD'S COFFEE** Fathers are invited to join Keegan every Friday morning 9-10, for a cup of coffee and an opportunity to chat about what's on their minds. This program is drop-in, so feel free to come for five minutes, or stay for an hour. This program takes place in the Clinic Space, on the 2nd floor.

## **ENROLLED PROGRAMS**

**PRESCHOOL** A preschool program Monday, Wednesday and Friday 8:15 -12, for 3-5 year olds- children must be enrolled in this program to attend. See Jackie for more info.

**STRONG FAMILIES** This mom's group builds a closer relationship with your child, share parenting challenges and joys, talk about self-care and wellness, and get to know new families. Offered Tuesdays 9 -12. A Child's program is offered at the same time. See Sarah/Chong Ho for more info. 802-862-2121

**THOUGHTFUL FATHERS** Join other dads in this weekly parenting class as we explore a variety of topics related to fatherhood including self care, anger management, reflecting on our own upbringing, developing emotional intelligence in children, and healthy communication skills. This is a 12 week, enrolled program Friday 10 -12. Please connect with Keegan for additional information.

[keegan@thefamilyroomvt.org](mailto:keegan@thefamilyroomvt.org)

**CLINIC** A New American Pediatric Clinic(sponsored by the UVM Medical Center). Well-child visits, with group teaching for information every Tuesday 9 -11:30 and 1 -3:30. Contact Josh Miller 802-380-4752

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The Family Room is located in ONE Community Center at 20 Allen St. in Burlington. All programs are offered at no cost to families. These services are available to all eligible persons, regardless of race, age, disability or religion.