



# April 2024

Mon	Tues	Wed	Thu	Fri	Sat
<b>1</b> Preschool 8:15-12:00 ECHO 8:00-10:00 Clinic 9-4:00 Crawlers, Waddlers, Toddlers 10-12:00	<b>2</b> Clinic 8-4:00 Beginner English 9:30-11:30 Dads Night 4-7:00	<b>3</b> Preschool 8:15-12:00 24/7 Dads 9:30-11:30 Workshops 9:30-11:30 Early Months 10:30-12:00	<b>4</b> Family Play 9-12:00 Beginner Computer 9-11:00 Computer Literacy 4:30-6:30	<b>5</b> Preschool 8:15-12:00 Computer Literacy 10-12:00 ECHO 8:30-11:00 Family Advisory 10:30-11:00	
<b>8</b> CLOSED (for ECLIPSE)	<b>9</b> Clinic 8-4:00 Beginner English 9:30-11:30 Dads Night 4-7:00	<b>10</b> Preschool 8:15-12:00 24/7 Dads 9:30-11:30 Workshops 9:30-11:30 Early Months 10:30-12:00	<b>11</b> Family Play 9-12:00 Beginner Computer 9-11:00 Computer Literacy 4:30-6:30	<b>12</b> Preschool 8:15-12:00 Computer Literacy 10-12:00 ECHO 8:30-11:00 Family Advisory 10:30-11:00	<b>13</b> ASD Support Group 10-12:00
<b>15</b> Preschool 8:15-12:00 ECHO 8:30-10:00 Clinic 9-4:00 Crawlers, Waddlers, Toddlers 10-12:00 Supergroup 4:30-6:30	<b>16</b> Clinic 8-4:00 Beginner English 9:30-11:30 Dads Night 4-7:00	<b>17</b> Preschool 8:15-12:00 24/7 Dads 9:30-11:30 Workshops 9:30-11:30 Early Months 10:30-12:00	<b>18</b> Family Play 9-12:00 Beginner Computer 9-11:00 Computer Literacy 4:30-6:30	<b>19</b> Preschool 8:15-12:00 ECHO 8:30-11:00 Computer Literacy 10-12:00	<b>20</b> African Dads Group 3:00-5:00
<b>22</b> Preschool CLOSED ECHO CLOSED Clinic 9-4:00 Crawlers, Waddlers, Toddlers 10-12:00 Supergroup 4:30-6:30	<b>23</b> Clinic 8-4:00 Beginner English 9:30-11:30 Dads Night 4-7:00	<b>24</b> Preschool CLOSED 24/7 Dads 9:30-11:30 Workshops 9:30-11:30 Early Months 10:30-12:00	<b>25</b> Family Play 9-12:00 Beginner Computer 9-11:00 Computer Literacy 4:30-6:30	<b>26</b> Preschool CLOSED ECHO CLOSED Computer Literacy 10-12:00	
<b>29</b> Preschool 8:15-12:00 ECHO 8:30-10:00 Clinic 9-4:00 Crawlers, Waddlers, Toddlers 10-12:00	<b>30</b> Clinic 8-4:00 Beginner English CLOSED Dads Night CLOSED				

For complete program descriptions and locations, visit [thefamilyroomvt.org](http://thefamilyroomvt.org) or email Jackie@thefamilyroomvt.org. Call us at 802-862-2121

## Drop-in Programs

In our drop-in programs, you are welcome to come and go whenever the program is open. No preregistration or signups are required!

### **African Dads Group** Drop-In: Monthly on third Saturday, 3:00-5:00 [Ali@thefamilyroomvt.org](mailto:Ali@thefamilyroomvt.org)

A support group for African dads to talk about whatever is coming up with their children and families and the challenges of maintaining culture and adopting new ways of living, learn about other Family Room resources, and enjoy a meal together.

### **Crawlers, Waddlers and Toddlers** Drop-In: Mondays 10:00-12:00 [Sarah@thefamilyroomvt.org](mailto:Sarah@thefamilyroomvt.org)

A playgroup for children 0-36 months and their caregivers.

### **Dads Night (FACT)** Drop-in: Tuesdays 4:00-7:00 [Damon@thefamilyroomvt.org](mailto:Damon@thefamilyroomvt.org)

Playgroup and dinner for dads and their kids.

### **Early Months (Baby Massage)** Drop-in: Wednesdays 10:30-12:00 [Dayva@thefamilyroomvt.org](mailto:Dayva@thefamilyroomvt.org)

A soothing environment to learn and practice massage techniques for babies 6 weeks until they are old enough to crawl away, learn songs and lullabies, and to have post-partum discussion.

### **EEL (ECHO Early Learning)** Open Enrollment for all. Mondays 8:30-10:00, Fridays 8:30-11:00. [Sjudd@echovermont.org](mailto:Sjudd@echovermont.org)

All families with children ages infant to age 5 are welcome to join the fun at the EEL (ECHO Early Learning) program. Help your child learn and grow through play. This program is free. Caregivers must stay with their children and are encouraged to attend regularly.

### **Family Play** Drop-in: 9-12:00 [Jackie@thefamilyroomvt.org](mailto:Jackie@thefamilyroomvt.org)

Come to the Family Room anytime between 9-12:00 for community building, fun learning activities for your children aged 0-5, and social connections for caregivers. Leave with a full belly and new friends. Through mid-October, meet at the Ethan Allen Homestead Community Gardens for outdoor activities, optional gardening, nature play and more!

### **LGBTQIA+ Playgroup** Drop-in: First and Third Fridays 9:30-11:00 [Jjshamoon1@gmail.com](mailto:Jjshamoon1@gmail.com)

A playgroup for children 0-3 and their families



## Enrolled Programs These programs require registration. Please contact the email address with the program below, email [Jackie@thefamilyroomvt.org](mailto:Jackie@thefamilyroomvt.org) or call us at 802-862-2121 to get started.

### **24/7 Dad** Enrolled: Wednesdays 9:30-11:30 [Damon@thefamilyroomvt.org](mailto:Damon@thefamilyroomvt.org)

Parenting group and education for fathers.

**Family Advisory Committee** Enrolled: Monthly (occasionally more!) [Jackie@thefamilyroomvt.org](mailto:Jackie@thefamilyroomvt.org) Meetings for communication, ideas and planning between participants, staff, and board of directors. Contact us to get on our interest list for this committee.

### **Wednesday Workshops** Drop-in: Wednesdays 9:30-11:30 [Sarah@thefamilyroomvt.org](mailto:Sarah@thefamilyroomvt.org)

Rotating topics based on parent interests, featuring community partner organizations and more with limited childcare. Individual or series sessions require pre-registration.

### **Building Strong Families Clinic** Enrolled: Offered By Appointment [Manisha@thefamilyroomvt.org](mailto:Manisha@thefamilyroomvt.org)

The clinic is designed to give parents and children of immigrant families a comfortable and secure place to be their authentic selves with health care providers. The clinic also provides interpreting services and connects families to community support resources and to other parents in their neighborhood.

### **Family Support and Home Visiting** Enrolled: Offered By Appointment [Jackie@thefamilyroomvt.org](mailto:Jackie@thefamilyroomvt.org)

Families and staff build relationships in homes or community settings as families navigate systems and challenges. Families get information on child development, receive resource and referral, access concrete supports and services, and get emotional support as needed.

### **Beginner English** Enrolled: Tuesdays 9:30-11:30 [Jackie@thefamilyroomvt.org](mailto:Jackie@thefamilyroomvt.org)

English class for newcomers. Limited childcare available.

### **Healthy Families From the Start Home Visiting** Enrolled: Offered By Appointment [Dayva@thefamilyroomvt.org](mailto:Dayva@thefamilyroomvt.org)

Using evidence-based birth and parenting information, Healthy Families from the Start offers relationship based support and education through in-person and remote one-on-one visits and group gatherings. While partnering with other community mental health and support services, we will help to facilitate a continuum of care during the early months with a new baby.

### **Beginner Computer** Enrolled: Tuesdays or Thursdays 9:00-11:00 [Corinne.johansson4@gmail.com](mailto:Corinne.johansson4@gmail.com)

A beginner's computer literacy class for those learning English

### **Computer Literacy** Enrolled Thursdays 4:30-6:00 [Sarah@thefamilyroomvt.org](mailto:Sarah@thefamilyroomvt.org)

A computer literacy class in collaboration with BSD's Parent University

### **Dads matter** Enrolled: Offered by appointment [Damon@thefamilyroomvt.org](mailto:Damon@thefamilyroomvt.org)

Individualized case management to help fathers work towards goals around parenting, getting basic needs met, and navigating systems.

### **ASD Support Groups** Two enrolled groups: 2nd + 4th Mondays 4:30-6:30 month on 2nd Saturdays 10-12:00 [Sarah@thefamilyroomvt.org](mailto:Sarah@thefamilyroomvt.org)

Group holds space for connections, sharing experiences, peer support and play! This group is especially designed for families that have children with autism.

### **Preschool** Enrolled: Sept - June, follows BSD calendar, 8:15-12:00 [Jackie@thefamilyroomvt.org](mailto:Jackie@thefamilyroomvt.org)

A 5-star community preschool for children aged 3-5. This play-based learning community is inspired by nature and neighborhood, encourages social-emotional learning, and builds upon strengths and curiosities.