




Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Preschool</b> 8:15-12:00 in Preschool classroom Enrolled Children 3-5 Jackie@thefamilyroomvt.org</p>	<p><b>Building Strong Families Clinic</b> 9:00-5:00 upstairs in Clinic By Appointment Manisha@thefamilyroomvt.org</p>	<p><b>Preschool</b> 8:15-12:00 in Preschool classroom Enrolled Children 3-5 Jackie@thefamilyroomvt.org</p>	<p><b>Family Play</b> 9:00-12:00 Drop-in Caregivers and children 0-5 Jackie@thefamilyroomvt.org</p>	<p><b>Preschool</b> 8:15-12:00 in Preschool classroom Enrolled Children 3-5 Jackie@thefamilyroomvt.org</p>
<p><b>Echo Early Learning</b> 8:30-10:00 in the Big Room Drop-in Caregivers and Children SJudd@echovermont.org</p>	<p><b>Beginner English</b> 9:30-11:30 in Big Room / 219 Enrolled Adults / Children Jackie@thefamilyroomvt.org</p>	<p><b>Wednesday Workshops</b> Parent Ed 9:30-11:30 in Big Room / Parent Room Weekly rolling registration Sarah@thefamilyroomvt.org</p>	<p><b>Beginner Computer Literacy</b> 9-11:00 2nd floor- room 219 drop in Adults Corinne.johansson4@gmail.com</p>	<p><b>Echo Early Learning</b> 8:30-11:00 in Big Room Drop-in Caregivers and Children SJudd@echovermont.org</p>
<p><b>Building Strong Families Clinic</b> 9:00-12:00 upstairs in clinic By Appointment Manisha@thefamilyroomvt.org</p>		<p><b>24/7 Dad</b> 9:30-11:00 Up in 219 Enrolled Dads Damon@thefamilyroomvt.org</p>		<p><b>LGBTQIA+ Playgroup</b> 9:30-11:00 (1st and 3rd) in Baby Room Drop-in Caregivers and Children Jjshamoon1@gmail.com</p>
<p><b>Crawlers, Waddlers, Toddlers</b> 10-12:00 in Baby Room Drop-in Parents and Children 0-36 months Sarah@thefamilyroomvt.org</p>		<p><b>Early Months (Baby Massage)</b> 10:30-12:00 in the Baby Room Drop-in Parents and Baby (before crawling) Emily@thefamilyroomvt.org</p>		<p><b>Computer Literacy</b> 10-12:00 2nd floor- room 219 Enrolled Adults Corinne.johansson4@gmail.com</p>
<p><b>Super Group</b> 4:30-6:30 (2nd and 4th Monday of the month) in Big Room Enrolled Children and their families Sarah@thefamilyroomvt.org</p>	<p><b>Dads Night</b> 4:00-7:00 in Big Room Drop-in Fathers and Children 0-7 Damon@thefamilyroomvt.org</p>		<p><b>Computer Literacy with Parent University</b> 4:30-6:30 Up in 219 Enrolled Adults Sarah@thefamilyroomvt.org</p>	

# 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 [Emily@thefamilyroomvt.org](mailto:Emily@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) Partner Program

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 September, 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 [Jshamoon1@gmail.com](mailto:Jshamoon1@gmail.com) Partner Program

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.

**Childbirth and Postpartum Preparation Classes** Enrolled: Thurs 5:30-7:30, 2-part series [Dayva@thefamilyroomvt.org](mailto:Dayva@thefamilyroomvt.org)

The intention for this class is that participants leave feeling calm, confident and knowledgeable going into their birthing and postpartum time and are able to identify and know how to get needs met.

Topics include: anatomy and physiology, signs and symptoms of labor, labor and birth stages, pain coping techniques, relaxation and stress reduction exercises, hospital procedures, postpartum recovery, breastfeeding basics, newborn care.

**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) Childcare available with preregistration.

**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: Thursdays 9:00-11:00, Friday 10:00-12:00 [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.

**Super Group** 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 the strengths and curiosities of the children.