



20 Allen St, Burlington, VT -

## Weekly Program Schedule - Fall 2022

Please bring your proof of being fully vaccinated and boosted against Covid19 for any indoor programming

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Preschool</b> 8:15-12:00 in Preschool classroom Enrolled Children 3-5 (3 years old before September 2021) Jackie@thefamilyroomvt.org</p> <p><b>Starts 9/19</b></p> <p><b>Echo Early Learning</b> 8:30-10:00 in the Big Room Drop-in Parents and Children SJudd@echovermont.org</p> <p><b>Crawlers, Waddlers, Toddlers</b> 9:30-10:00 (Quiet time) in baby room 10-12:00 Play Drop-in Parents and Children 0-36 months Sarah@thefamilyroomvt.org</p>	<p><b>New American Pediatric Clinic</b> 9:00-5:00 upstairs in Clinic By Appointment In Collaboration with UVM Children's Hospital Manisha@thefamilyroomvt.org</p> <p><b>Moms' Support Group</b> 9:45-11:45 in Big Room / Parent Room Enrolled Mothers and Children In Collaboration with UVM Jackie@thefamilyroomvt.org</p> <p><b>Parents of Teens support group</b> 1:00-2:30 <b>STARTS OCTOBER</b> In Parent Room <b>Drop-in</b> Parents Jackie@thefamilyroomvt.org</p> <p><b>Parents in Recovery Support Group</b> 1:30-2:30 In Big Room <b>Drop-in</b> Parents and Children 0-5 heidih@turningpointcentervt.org</p>	<p><b>Preschool</b> 8:15-12:00 in Preschool classroom Enrolled Children 3-5 (turned 3 before September 2021) Jackie@thefamilyroomvt.org</p> <p><b>Dads' Drop-in</b> 9:30-12:30 upstairs, room 219 Drop-in Dads Damon@thefamilyroomvt.org</p> <p><b>Early Months</b> 10:30-12:00 in the Baby Room Drop-in Parents and Baby (before crawling) Emily@thefamilyroomvt.org</p>	<p><b>Family Play</b> 9:00-12:00 at Garden through September Drop-in Parents and Children 0-5 Jackie@thefamilyroomvt.org</p> <p><b>Dads' Drop-in</b> 1:00-4:00 upstairs, room 219 Drop-in Dads Damon@thefamilyroomvt.org</p>	<p><b>Preschool</b> 8:15-12:00 in Preschool classroom Enrolled Children 3-5 (turned 3 before September 2021) Jackie@thefamilyroomvt.org</p> <p><b>Echo Early Learning</b> 8:30-11:00 in the Big Room Drop-in Parents and Children SJudd@echovermont.org</p> <p><b>Starts 9/16</b></p> <p><b>Postpartum Playgroup</b> 10:30-12:00 in Baby Room Drop-in Parents and infants Dayva@thefamilyroomvt.org</p>
<p><b>Super Kids and Super Parents</b> 4:30-6:30 (2nd and 4th Monday of the month) in Big Room Enrolled Children and their families Hawa@thefamilyroomvt.org</p>	<p><b>Dads' Night</b> 4:00-7:00 in Big Room Drop-in Fathers and Children 0-5 Damon@thefamilyroomvt.org</p>	<p><b>Computer Literacy</b> 4:30-6:30 in Big Room Enrolled Adults Sarah@thefamilyroomvt.org</p>	<p><b>Computer Literacy</b> 4:30-6:30 in Big Room Enrolled Adults Sarah@thefamilyroomvt.org</p>	<p><b>Computer Literacy</b> 10-12:00 in clinic Enrolled Parents Corinne.johansson4@gmail.com</p>

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For complete program descriptions, possible closures, or other questions visit [thefamilyroomvt.org](http://thefamilyroomvt.org) email [Jackie@thefamilyroomvt.org](mailto:Jackie@thefamilyroomvt.org), call us at **802-862-2121**, or check our facebook page.

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## Drop-in Programs



**Crawlers, Waddlers and Toddlers**  
Drop-In: Mondays 10:00-11:30  
A playgroup for children 0-36 months and their caregivers.

**Dads Night (FACT)**  
Tuesdays 4:00-7:00  
Playgroup and dinner for dads and their kids.

**Family Play**  
Drop-in 9-12  
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.

**EEL (ECHO Early Learning)**  
Open Enrollment for all. Mondays 8:30-10:00, Fridays 8:30-11:00. 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.

**Early Months (Baby Massage)**  
Wednesdays mornings  
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. Call to register for a single or multiple sessions!

**Dad's Drop In**  
Wednesdays from 10-1:00, Thursdays from 1:00-4:00  
Come upstairs to room 219 for a twice-a-week, casual gathering of fathers for sharing information and building community support. Open to any and all dads.  
[Damon@thefamilyroomvt.org](mailto:Damon@thefamilyroomvt.org)

**Postpartum Playgroup**  
Fridays 10:30-12:00 am  
Our time together will center around social connections, peer support, infant development and movement / breathing practices for stress reduction. Facilitated by Dayva Savio and Emily Padua, program staff. [Dayva@thefamilyroomvt.org](mailto:Dayva@thefamilyroomvt.org) or [Emily@thefamilyroomvt.org](mailto:Emily@thefamilyroomvt.org)

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## Enrolled Programs

**Preschool**  
Enrolled: Sept - June, follows BSD calendar  
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.

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

**Moms support group**  
Enrolled: Tuesdays, 10:00-11:30  
A safe and supportive place for moms to gather, share, and connect while their children play.  
[sarah@thefamilyroomvt.org](mailto:sarah@thefamilyroomvt.org)

**Family Support and Home Visiting**  
Enrolled: Offered By Appointment  
Staff accompany families as they navigate the challenges of modern parenting. Families get information on child development, access concrete supports and services, and receive emotional support as needed.

**Healthy Families From the Start Home Visiting**  
Enrolled: Offered By Appointment  
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.

**Computer Literacy**  
Enrolled: Wednesdays 4:30-6:30, Thursdays, 4:30-6:30, Fridays 11-12:30  
4 week computer literacy sessions.  
[sarah@thefamilyroomvt.org](mailto:sarah@thefamilyroomvt.org)

**Dads matter**  
Enrolled: Offered by appointment  
Individualized case management to help fathers work towards goals around parenting, getting basic needs met, and navigating systems.  
[keegan@thefamilyroomvt.org](mailto:keegan@thefamilyroomvt.org)

**Super Kids and Super Parents**  
Enrolled: Mondays 4-6:00 Monthly  
Group holds space for connections, sharing experiences, peer support and play! This group is especially designed for families that have children with autism.  
[sarah@thefamilyroomvt.org](mailto:sarah@thefamilyroomvt.org)