



September 2023

Mon	Tues	Wed	Thu	Fri
				1 Preschool Open House 10:00 Computer Literacy 10-12:00 LGBTQIA+ Playgroup 9:30-11:00
4 Closed for Labor Day	5 Clinic 8-4:00 Dads Night 4-7:00	6 Preschool 8:15-12:00 24/7 Dads 9:30-11:30 Early Months 10:30-12:00	7 Family Play @ the garden 9-12:00 Beginner Computer 9-11:00 Childbirth Preparation 4:30-6:30 Computer Literacy 4:30-6:30	8 Preschool 8:15-12:00
11 Preschool 8:15-12:00 ECHO 8:30-10:00 Clinic 9-12:00 Crawlers, Waddlers, Toddlers 10-12:00 Supergroup 4:30-6:30	12 Clinic 8-4:00 Beginner Computer 9-11:00 Mom's Group 9:30-11:30 Dads Night 4-7:00	13 Preschool 8:15-12:00 24/7 Dads 9:30-11:30 Workshops 9:30-11:30 Early Months 10:30-12:00	14 Family Play @ the garden 9-12:00 Beginner Computer 9-11:00 Childbirth Preparation 4:30-6:30 Computer Literacy 4:30-6:30	15 Preschool 8:15-12:00 ECHO 8:30-11:00 LGBTQIA+ Playgroup 9:30-11:00 Computer Literacy 10-12:00
18 Preschool 8:15-12:00 ECHO 8:30-10:00 Clinic 9-12:00 Crawlers, Waddlers, Toddlers 10-12:00	19 Clinic 8-4:00 Beginner Computer 9-11:00 Mom's Group 9:30-11:30 Dads Night 4-7:00	20 Preschool 8:15-12:00 24/7 Dads 9:30-11:30 Workshops 9:30-11:30 Early Months 10:30-12:00	21 Family Play @ the garden 9-12:00 Beginner Computer 9-11:00 Childbirth Preparation 4:30-6:30 Computer Literacy 4:30-6:30	22 Preschool 8:15-12:00 ECHO 8:30-11:00 Computer Literacy 10-12:00
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For complete program descriptions and locations, visit 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

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

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

Dads Night (FACT) Drop-in: Tuesdays 4:00-7:00 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

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

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

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 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 or call us at 802-862-2121 to get started.

24/7 Dad Enrolled: Wednesdays 9:30-11:30 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

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

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

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

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.

Strong Families Enrolled: Tuesdays 9:30-11:30 Chongho@thefamilyroomvt.org

Supportive parenting group for moms.

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

A beginner's computer literacy class for those learning English

Computer Literacy Enrolled Thursdays 4:30-6:00 Sarah@thefamilyroomvt.org

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

Dads matter Enrolled: Offered by appointment 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

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

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.