


Weekly Program Schedule - SUMMER 2023
(Starting June 14th - Late August 2023)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| <p align="center">Crawlers, Waddlers, Toddlers 10-12:00 in Baby Room Drop-in Parents and Children 0-36 months Sarah@thefamilyroomvt.org</p> | <p align="center">Starting June 14th: Family Play 9:00-12:00 at the Garden through September Drop-in Parents and Children 0-5 Jackie@thefamilyroomvt.org</p> | <p align="center">Dads Drop-in 9:30-12:30 2nd floor- room 219 Drop-in Dads Damon@thefamilyroomvt.org</p> <p align="center">Early Months (Baby Massage) 10:30-12:00 in the Baby Room Drop-in Parents and Baby (before crawling) Emily@thefamilyroomvt.org</p> | <p align="center">Family Play 9:00-12:00 at the Garden through September Drop-in Parents and Children 0-5 Jackie@thefamilyroomvt.org</p> | <p align="center">Computer Literacy 10-12:00 2nd floor- room 219 Enrolled Adults Corinne.johansson4@gmail.com</p> |
| | <p align="center">New American Pediatric Clinic 9:00-5:00 upstairs in Clinic By Appointment In Collaboration with UVM Children's Hospital Manisha@thefamilyroomvt.org</p> | | <p align="center">Childbirth/Postpartum Preparation Classes 4:30-6:30 (2-part series) in Parent Room Pregnant person and their support person(s) Dayva@thefamilyroomvt.org</p> | |
| <p align="center">Super Group 4:30-6:30 (2nd and 4th Monday of the month) in Big Room Enrolled Children and their families Sarah@thefamilyroomvt.org</p> | <p align="center">Dads Night 4:00-7:00 in Big Room Drop-in Fathers and Children 0-7 Damon@thefamilyroomvt.org</p> | <p align="center">Computer Literacy 4:30-6:30 Up in 219 Enrolled Adults Sarah@thefamilyroomvt.org</p> | <p align="center">Computer Literacy 4:30-6:30 Up in 219 Enrolled Adults Sarah@thefamilyroomvt.org</p> |  |

For complete program descriptions, possible closures, or other questions visit thefamilyroomvt.org email Jackie@thefamilyroomvt.org, call us at **802-862-2121**, or check our facebook page.

Drop-in Programs

Crawlers, Waddlers and Toddlers

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

Sarah@thefamilyroomvt.org

Dads Night (FACT)

Drop-in: Tuesdays 4:00-7:00
Playgroup and dinner for dads and their kids.

Damon@thefamilyroomvt.org

Early Months (Baby Massage)

Drop-in: Wednesdays 10-12:00
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.

emily@thefamilyroomvt.org

Family Play at the Garden

Drop-in: 9-12:00

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. In the summer, meet at the Ethan Allen Homestead Community Gardens for outdoor activities, optional gardening, nature play and more!

Jackie@thefamilyroomvt.org

Dad's Drop In

Drop-In: Wednesdays from 10-1:00
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



Enrolled Programs

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

Super Group

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

Computer Literacy

Enrolled: Wednesdays 4:30-6:30, Thursdays, 4:30-6:30, Fridays 10:00-12:00
4 week computer literacy sessions.

corinne.johansson4@gmail.com

Childbirth and Postpartum Preparation Classes

Enrolled: Thurs 4:30-6:30, 2-part series
The intention for this class is that participants leave feeling calm, confident and knowledgeable going into their birthing and postpartum time and that they are able to identify their needs and know how to get those 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
Dayva@thefamilyroomvt.org

Family Support and Home Visiting

Enrolled: Offered By Appointment
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.

Jackie@thefamilyroomvt.org

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.

Dayva@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.

damon@thefamilyroomvt.org