

**NFI Family Resource Center of Greater Lowell  
27 Prescott Street, Lowell, MA 01852  
(P) 978-455-0701**

August 2021

| Sunday | Monday | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--------|--------|--|--|---|--|---|
| 1      | 2      | 3<br><b>Parenting Journey</b><br>3p – 5p Jen   | 4<br><b>Housing Resource Wksp.</b><br>Kaitlyn – 10a-12pm<br><br><b>Nurturing Fathers</b><br>Greg &Yonca – 3-5p | 5<br><b>Parent Leadership</b><br>3:00-4:30pm Yonca  | 6<br><b>Youth Workshop Series</b><br>5:30pm – 7:00pm   | 7<br><b>Family Fun Day</b><br>School Readiness Event<br>11-2<br>Audrey  |
| 8      | 9      | 10<br><b>Parenting Journey</b><br>Jen<br>3P-5P | 11<br><b>Nurturing Fathers</b><br>Greg &Yonca – 3-5p   | 12  | 13<br><b>Eating Disorder Support Group</b><br>3-5p - Tianna<br><br><b>Youth Workshop Series</b><br>5:30pm – 7:00pm | 14  |
| 15     | 16     | 17<br><b>Parenting Journey</b><br>Jen<br>3P-5P | 18<br><b>Nurturing Fathers</b><br>Greg &Yonca – 3-5p   | 19<br><b>Parent Leadership</b><br>3:00-4:30pm Yonca | 20<br><b>Youth Workshop Series</b><br>5:30pm – 7:00pm  | 21<br><b>Family Fun Day</b><br>School Readiness Event<br>11-2<br>Audrey |
| 22     | 23     | 24<br><b>Parenting Journey</b><br>Jen<br>3P-5P | 25<br><b>Nurturing Fathers</b><br>Greg &Yonca – 3-5p   | 26  | 27<br><b>Eating Disorder Support Group</b><br>3-5P<br>Tianna   | 28  |
| 29     | 30     | 31<br><b>Parenting Journey</b><br>Jen<br>3P-5P |  |   |  |   |

**Please Note: All classes and workshops are being offered virtually. Please contact us at 978-455-0701 to sign up!**

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**September 2021**

| Sunday | Monday   | Tuesday                                     | Wednesday  | Thursday   | Friday  | Saturday |
|--------|--|---|--|--|---|----------|
|        |  |   | 1<br><b>Nurturing Fathers</b><br>Greg & Yonca – 3-5p<br><br><b>NFTR</b><br>5:00pm-6:30pm Tianna  | 2<br><b>Parent Leadership</b><br>3:00-4:30pm Yonca     | 3<br><b>ARC 1.0</b><br>3p-5p<br>FSW   | 4        |
| 5      | 6<br><b>LABOR DAY<br/>CLOSED</b>                     | 7<br><b>Parenting Journey</b><br>3p-5p Jen  | 8<br><b>Nurturing Fathers</b><br>Greg & Yonca – 3-5p<br><br><b>NFTR</b><br>5:00pm-6:30pm Tianna  | 9  | 10<br><b>Eating Disorder Support Group</b><br>3:00p-5:00p Tianna<br><br><b>ARC 1.0</b><br>3p-5p FSW | 11       |
| 12     | 13<br><b>Active Parenting 1-4</b><br>4p-5p<br>Audrey | 14<br><b>Parenting Journey</b><br>3p-5p Jen | 15<br><b>Nurturing Fathers</b><br>Greg & Yonca – 3-5p<br><br><b>NFTR</b><br>5:00pm-6:30pm Tianna | 16<br><b>Parent Leadership</b><br>3:00-4:30pm<br>Yonca | 17<br><b>ARC 1.0</b><br>3p-5p<br>FSW  | 18       |
| 19     | 20<br><b>Active Parenting 1-4</b><br>4p-5p<br>Audrey | 21<br><b>Parenting Journey</b><br>3p-5p Jen | 22<br><b>Nurturing Fathers</b><br>Greg & Yonca – 3-5p<br><br><b>NFTR</b><br>5:00pm-6:30pm Tianna | 23   | 24<br><b>Eating Disorder Support Group</b><br>3:00p-5:00p Tianna<br><br><b>ARC 1.0</b><br>3p-5p FSW | 25       |
| 26     | 27<br><b>Active Parenting 1-4</b><br>4p-5p<br>Audrey | 28<br><b>Parenting Journey</b><br>3p-5p Jen | 29<br><b>Nurturing Fathers</b><br>Greg & Yonca – 3-5p<br><br><b>NFTR</b><br>5:00pm-6:30pm Tianna | 30   |   |          |

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### October 2021

| Sunday | Monday  | Tuesday                                     | Wednesday                                 | Thursday   | Friday  | Saturday   |
|--------|---|---|---|--|---|--|
|        |   |   |   |  | 1<br><b>ARC 1.0</b><br>3p-5p FSW                                    | 2  |
| 3      | 4   | 5<br><b>Parenting Journey</b><br>3p-5p Jen  | 6<br><b>NFTR</b><br>5:00pm-6:30pm Tianna  | 7<br><b>Parent Leadership</b><br>3:00-4:30pm<br>Yonca  | 8   | 9<br><b>ATTENDS</b><br>10:30a – 1p<br>Audrey       |
| 10     | 11<br><b>Indigenous Peoples Day</b><br><b>CLOSED</b>  | 12<br><b>Parenting Journey</b><br>3p-5p Jen | 13<br><b>NFTR</b><br>5:00pm-6:30pm Tianna | 14   | 15<br><b>Eating Disorder Support Group</b><br>3:00p-5:00p<br>Tianna | 16<br><b>Family Fun Day</b><br>Fall Fest<br>10a-1p |
| 17     | 18<br><b>Active Parenting 5-12</b><br>4p-5p<br>Audrey | 19<br><b>Parenting Journey</b><br>3p-5p Jen | 20<br><b>NFTR</b><br>5:00pm-6:30pm Tianna | 21<br><b>Parent Leadership</b><br>3:00-4:30pm<br>Yonca | 22  | 23   |
| 24     | 25<br><b>Active Parenting 5-12</b><br>4p-5p<br>Audrey | 26<br><b>Parenting Journey</b><br>3p-5p Jen | 27<br><b>NFTR</b><br>5:00pm-6:30pm Tianna | 28   | 29<br><b>Eating Disorder Support Group</b><br>3:00p-5:00p<br>Tianna | 30   |
| 31     |   |   |   |  |   |  |

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November 2021

| Sunday | Monday   | Tuesday                              | Wednesday   | Thursday   | Friday  | Saturday                                      |
|--------|--|--------------------------------------|---|--|---|---|
|        | 1<br><b>Active Parenting 5-12</b><br>4p-5p<br>Audrey | 2<br><b>ARC 1.0</b><br>3p-5p FSW     | 3<br><b>Nurturing Fathers</b><br>6p-8p<br><br><b>NFTR</b><br>5:00pm-6:30pm Tianna | 4<br><b>Parent Leadership</b><br>3:00-4:30pm<br>Yonca  | 5   | 6   |
| 7      | 8<br><b>ARC 2.0</b><br>3p-5p<br>Tianna               | 9<br><b>ARC 1.0</b><br>3p-5p FSW     | 10<br><b>Nurturing Fathers</b><br>6p-8p<br><b>NFTR</b><br>5:00pm-6:30pm Tianna    | 11<br><b>Veterans Day<br/>CLOSED</b>                   | 12<br><b>Eating Disorder Support Group</b><br>3:00p-5:00p<br>Tianna | 13<br><b>ATTENDS</b><br>10:30a – 1p<br>Audrey |
| 14     | 15<br><b>ARC 2.0</b><br>3p-5p<br>Tianna              | 16<br><b>ARC 1.0</b><br>3p-5p FSW    | 17<br><b>Nurturing Fathers</b><br>6p-8p<br><b>NFTR</b><br>5:00pm-6:30pm Tianna    | 18<br><b>Parent Leadership</b><br>3:00-4:30pm<br>Yonca | 19  | 20  |
| 21     | 22<br><b>ARC 2.0</b><br>3p-5p<br>Tianna              | 23<br><b>ARC 1.0</b><br>3p-5p FSW    | 24<br><b>Nurturing Fathers</b><br>6p-8p   | 25<br><b>Thanksgiving<br/>CLOSED</b>                   | 26<br><b>Eating Disorder Support Group</b><br>3:00p-5:00p<br>Tianna | 27  |
| 28     | 29   | 30<br><b>ARC 1.0</b><br>3p-5p<br>FSW |   |  |   |   |

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**December 2021**

| Sunday | Monday   | Tuesday | Wednesday                               | Thursday   | Friday  | Saturday   |
|--------|--|---------|---|--|---|--|
|        |  |         | 1<br><b>Nurturing Fathers</b><br>6p-8p  | 2<br><b>Parent Leadership</b><br>3:00-4:30pm<br>Yonca  | 3   | 4  |
| 5      | 6<br><b>Active Parenting 1-4</b><br>4p-5p<br>Audrey  | 7       | 8<br><b>Nurturing Fathers</b><br>6p-8p  | 9  | 10<br><b>Eating Disorder Support Group</b><br>3:00p-5:00p<br>Tianna | 11<br><b>ATTENDS</b><br>10:30a – 1p<br>Audrey        |
| 12     | 13<br><b>Active Parenting 1-4</b><br>4p-5p<br>Audrey | 14      | 15<br><b>Nurturing Fathers</b><br>6p-8p | 16<br><b>Parent Leadership</b><br>3:00-4:30pm<br>Yonca | 17  | 18<br><b>Family Fun Day</b><br>Winter Fest<br>10a-1p |
| 19     | 20<br><b>Active Parenting 1-4</b><br>4p-5p<br>Audrey | 21      | 22<br><b>Nurturing Fathers</b><br>6p-8p | 23   | 24<br><b>Christmas (Observed)</b><br><b>CLOSED</b>                  | 25   |
| 26     | 27   | 28      | 29<br><b>Nurturing Fathers</b><br>6p-8p | 30   | 31<br><b>New Year's Day (Observed)</b><br><b>CLOSED</b>             |  |

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**Class/Workshop Descriptions**

**ARC 1.0**

This class focuses on parenting skill pertaining to Attachment, Regulation and Competency. We will be covering topics including: Caregiver Affect Management, Attunement, Effective Response, Routines and Rituals, and Resiliency.

**Total Sessions: 5**

*Participants must attend all sessions to receive certificate of completion*

**ARC 2.0**

This class is a continuation of Attachment, Regulation and Competency Part One where we will build upon the skills learned in that curriculum while exploring new topics including: Affect Identification, Affect Expression, and Modulation.

**Required: Participants must complete ARC Part One in order to join ARC Part Two**

**Total Sessions: 3**

*Participants must attend all sessions to receive certificate of completion*

**Nurturing Families Through Recovery (NFTR)**

This class is a structured program through which parents can explore their own histories, understand forces affecting their families, and build skills to help their families recover.

**Total Sessions: 11**

*Participants must attend at least 9 sessions to receive certificate of completion*

**Active Parenting 1-4**

This class goes into basic child development for this age category as well as strategies around child guidance for this age range.

**Total Sessions: 3**

*Participants must attend all sessions to receive certificate of completion*

**Active Parenting 5-12**

This class goes into basic child development for this age category as well as strategies around child guidance for this age range.

**Total Sessions: 3**

*Participants must attend all sessions to receive certificate of completion*

**Nurturing Fathers**

The Nurturing Fathers Program is an evidence - based, 13-week training course designed to teach parenting and nurturing skills to men. Each 2 hour class provides proven, effective skills for healthy family relationships and child development.

**Total Sessions: 13**

*Participants must attend at least 11 sessions to receive certificate of completion*

**Parenting Journey**

Through self-reflection on participants' own childhoods, this class provides you opportunities to think, to learn and to practice new ways of effective parenting tools.

**Total Sessions: 12**

*Participants must attend at least 10 sessions to receive certificate of completion*

**A.T.T.E.N.D.S. Workshop**

**(Absenteeism and Truancy Training to Engage, Nurture, and Develop Success)**

The goal of A.T.T.E.N.D.S. is to increase school attendance of students by providing parents, guardians and caregivers of students struggling with chronic absences the opportunity to increase participant knowledge about chronic absences and the impacts of absences on lifelong health and success.

**Total Sessions: 1**

*Participants must attend 1 full session to receive certificate of completion.*

**Eating Disorder Support Group**

ANAD supports groups provide a space where people can come and recognize that there are others who are going through a similar journey or have felt similar feelings and be understood. This can be very empowering especially with such an isolating disorder as eating disorders that can be difficult for those not in recovery to respond to initially.

*If you are an adolescent or have an adolescent you feel this group would be helpful please contact Tianna Guerra at 978-455-0701 ext. 208 or email at [tiannaguerra@nafj.com](mailto:tiannaguerra@nafj.com)*

**Parent Leadership**

Offered twice a month, the parent leadership group meets to discuss various topics and provide feedback about FRC offerings and needs.

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