

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

October 2021

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

**Please Note: All classes and workshops are being offered virtually. Please contact us at 978-455-0701 to sign up!
Classes fill up fast, so please sign up as soon as possible!**

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November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Active Parenting 5-12 <i>Session 3 of 3</i> 2p-4p Audrey	2 ARC1.0 <i>Session 1 of 5</i> 2p-4p FSW	3 Nurturing Fathers <i>Session 1 of 13</i> 2:30p-5p NFTR <i>Session 10 of 11</i> 5:00pm-6:30pm Tianna	4 Parent Leadership 3:00-4:30pm Yonca	5	6
7	8 ARC 2.0 <i>Session 1 of 3</i> 3p-5p Tianna	9 ARC1.0 <i>Session 2 of 5</i> 2p-4p FSW	10 Nurturing Fathers <i>Session 2 of 13</i> 2:30p-5p NFTR <i>Session 11 of 11</i> 5:00pm-6:30pm Tianna	11 Veterans Day CLOSED	12 Eating Disorder Support Group 3:00p-5:00p Tianna	13 ATTENDS 10:30a – 1p Audrey
14	15 ARC 2.0 <i>Session 2 of 3</i> 3p-5p Tianna	16 ARC1.0 <i>Session 3 of 5</i> 2p-4p FSW	17 Nurturing Fathers <i>Session 3 of 13</i> 2:30p-5p	18 Parent Leadership 3:00-4:30pm Yonca	19	20
21	22 ARC 2.0 <i>Session 3 of 3</i> 3p-5p Tianna	23 ARC1.0 <i>Session 4 of 5</i> 2p-4p FSW	24 Nurturing Fathers <i>Session 4 of 13</i> 2:30p-5p	25 Thanksgiving CLOSED	26 Eating Disorder Support Group 3:00p-5:00p Tianna	27
28	29	30 ARC1.0 <i>Session 5 of 5</i> 2p-4p FSW				

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December 2021

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

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January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 ARC 1.0 <i>Session 1 of 5</i> 9:30am-11:30am	5 Nurturing Fathers <i>Session 10 of 13</i> 2:30p-5p	6 Parent Leadership 3:00-4:30pm Yonca	7	8 ATTENDS 10:30a – 1p Audrey
9	10	11 ARC 1.0 <i>Session 2 of 5</i> 9:30am-11:30am	12 Nurturing Fathers <i>Session 11 of 13</i> 2:30p-5p	13 Active Parenting 5-12 <i>Session 1 of 3</i> 10a-12pm	14 Eating Disorder Support Group 3:00p-5:00p Tianna	15
16	17 Martin Luther King Day CLOSED	18 ARC 1.0 <i>Session 3 of 5</i> 9:30am-11:30am	19 Nurturing Fathers <i>Session 12 of 13</i> 2:30p-5p	20 Active Parenting 5-12 <i>Session 2 of 3</i> 10a-12pm Parent Leadership 3:00-4:30pm Yonca	21	22
23	24	25 ARC 1.0 <i>Session 4 of 5</i> 9:30am-11:30am	26 Nurturing Fathers <i>Session 13 of 13</i> 2:30p-5p	27 Active Parenting 5-12 <i>Session 3 of 3</i> 10a-12pm	28 Eating Disorder Support Group 3:00p-5:00p Tianna	29
30	31					

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February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 ARC1.0 <i>Session 5 of 5</i> 9:30am-11:30am	2 Active Parenting 1-4 <i>Session 1 of 3</i> 11a-1p	3 Parent Leadership 3:00-4:30pm Yonca	4	5
6	7	8	9 Active Parenting 1-4 <i>Session 2 of 3</i> 11a-1p	10	11 Eating Disorder Support Group 3:00p-5:00p Tianna	12 ATTENDS 10:30a – 1p Audrey
13	14	15	16 Active Parenting 1-4 <i>Session 3 of 3</i> 11a-1p	17 Parent Leadership 3:00-4:30pm Yonca	18	19 Family Fun Day Spring Fest 11a-1p
20	21 Presidents' Day CLOSED	22	23	24	25 Eating Disorder Support Group 3:00p-5:00p Tianna	26
27	28					

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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

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

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

Active Parenting of Teens

For parents of preteens and teens, this video and discussion program provides parents with the skills needed to use effective discipline, teach responsibility, and communicate with their children. Each session shows parents how to handle sensitive issues such as drugs, sexuality, and violence.

Total Sessions: 6

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

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

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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