



May 2022

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

Mon	Tues	Wed	Thu	Fri
2 Preschool 8:15-12 EEL 8:30-10:30 Crawlers/Waddlers/ Toddlers 10-12:00	3 Clinic 9-5 Mom's Support Group 10-11:30 Postpartum Virtual Tea 10-11 Dads Night 4- 7:00	4 Preschool 8:15-12:00 Dad's Drop-in 9:30-12:30 Early Months 10:30-12 Computer Literacy 4:30-6:30	5 Family Play 9:00-12:00 Dad's Drop-in 1-4:00 Childbirth and Post Partum Prep 6-8:00pm Computer Literacy 4:30-6:30	6 Preschool 8:15-12:00 EEL 8:30-10:30 Healthy Families from the Start 10:30-12:00 Computer Literacy 11-12:30
9 Preschool 8:15-12:00 EEL 8:30-10:30 Crawlers/Waddlers/ Toddlers 10-12:00	10 Clinic 9-5 Mom's Support Group 10-11:30 Postpartum Virtual Tea 10-11 Dads Night 4- 7:00	11 Preschool 8:15-12:00 Dad's Drop-in 9:30-12:30 Early Months 10:30-12 Computer Literacy 4:30-6:30	12 Family Play 9:00-12:00 Dad's Drop-in 1-4:00 Childbirth and Post Partum Prep 6-8:00pm Computer Literacy 4:30-6:30	13 Preschool 8:15-12:00 EEL 8:30-10:30 Babies 101 11-1 In-person postpartum tea 10:30-12:00 Computer Literacy 11-12:30
16 Preschool 8:15-12:00 EEL 8:30-10:30 Crawlers/Waddlers/ Toddlers 10-12:00	17 Clinic 9-5 Mom's Support Group 10-11:30 Postpartum Virtual Tea 10-11 Dads Night 4- 7:00	18 Preschool 8:15-12:00 Dad's Drop-in 9:30-12:30 Early Months 10:30-12 Computer Literacy 4:30-6:30	19 Family Play 9:00-12:00 (and Garden, weather permitting!) Dad's Drop-in 1-4:00 Childbirth and Post Partum Prep 6-8:00pm Computer Literacy 4:30-6:30	20 Preschool 8:15-12 Babies 101 11-1 Healthy Families from the Start 10:30-12:00 Computer Literacy 11-12:30
23 Preschool 8:15-12:00 Crawlers/Waddlers/ Toddlers 10-12:00	24 Clinic 9-5 Mom's Support Group 10-11:30 Postpartum Virtual Tea 10-11 Dads Night 4- 7:00	25 Preschool 8:15-12:00 Dad's Drop-in 9:30-12:30 Early Months 10:30-12 Computer Literacy 4:30-6:30	26 Family Play 9:00-12:00 (and Garden, weather permitting!) Dad's Drop-in 1-4:00 Childbirth and Post Partum Prep 6-8:00pm Computer Literacy 4:30-6:30	27 Preschool 8:15-12 Babies 101 11-1 Healthy Families from the Start 10:30-12:00 Computer Literacy 11-12:30
30 Closed for Memorial Day	31 Clinic 9-5 Mom's Support Group 10-11:30 Postpartum Virtual Tea 10-11 Dads Night 4- 7:00	1 Preschool 8:15-12:00 Dad's Drop-in 9:30-12:30 Early Months 10:30-12 Computer Literacy 4:30-6:30	2 Family Play 9:00-12:00 (and Garden, weather permitting!) Dad's Drop-in 1-4:00 Childbirth and Post Partum Prep 6-8:00pm Computer Literacy 4:30-6:30	3 Preschool 8:15-12:00 Babies 101 11-1 Healthy Families from the Start 10:30-12:00 Computer Literacy 11-12:30

For complete program descriptions and locations, visit thefamilyroomvt.org or email Jackie@thefamilyroomvt.org. Call us at 802-862-2121

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)

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

Family Play

Starting November 4th: 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.

Healthy Families from the Start

Drop in, 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. For questions email Dayva at dayva@thefamilyroomvt.org or Emily at emily@thefamilyroomvt.org

Healthy Families Virtual Tea

Drop-in: Tuesdays 10:00 - 11:00 am
Our conversations will center around postpartum comfort and recovery, typical newborn development and behavior, feeding, sleep and the joys and challenges of life with a new baby.
Facilitated by Dayva Savio, program coordinator at the Family Room. For Zoom link email Dayva directly at dayva@thefamilyroomvt.org

Early Months (Baby Massage)

Enrolled: 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

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.

EEL (ECHO Early Learning)

Open Enrollment for all. Mondays 8:30-10:30, 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.

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

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

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.

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

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.

Computer Literacy

Enrolled: Wednesdays 4:30-6:30,
Thursdays, 4:30-6:30, Fridays 11-12:30
4 week computer literacy sessions. Currently fully enrolled / no spaces. Must show proof of covid19 vaccination.
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