



March 2023

Mon	Tues	Wed	Thu	Fri
27 Preschool CLOSED EEL 8:30-10:00 Crawlers, Waddlers, Toddlers 10-12:00	28 Clinic 8-4:00 Moms Group 9:45-11:45 Dads Night 4-7:00	1 Preschool CLOSED Dads Drop-in 9:30-12:30 Early Months 10:30-12:00 Strong Families 9:45-11:45 Computer Literacy 4:30-6:30	2 Family Play 9-12:00 Childbirth Preparation 4:30-6:30 Computer Literacy 4:30-6:30	3 Preschool 8:15-12:00 EEL 8:30-11:00 Computer Literacy 10-12:00
6 Preschool CLOSED EEL CLOSED Crawlers, Waddlers, Toddlers 10-12:00	7 Clinic 8-4:00 Moms Group 9:45-11:45 Parents of Teens Group 1-2:30 Dads Night 4-7:00	8 Preschool 8:15-12:00 Dads Drop-in 9:30-12:30 Early Months 10:30-12:00 Strong Families 9:45-11:45 Computer Literacy 4:30-6:30	9 Family Play 9-12:00 Childbirth Preparation 4:30-6:30 Computer Literacy 4:30-6:30	10 Preschool 8:15-12:00 EEL 8:30-11:00 Computer Literacy 10-12:00
13 Preschool 8:15-12:00 EEL 8:30-10:00 Crawlers, Waddlers, Toddlers 10-12:00 Supergroup 4:30-6:00	14 Clinic 8-4:00 Moms Group 9:45-11:45 Dads Night 4-7:00	15 Preschool 8:15-12:00 Dads Drop-in 9:30-12:30 Early Months 10:30-12:00 Strong Families 9:45-11:45 Computer Literacy 4:30-6:30	16 Family Play 9-12:00 Childbirth Preparation 4:30-6:30 Computer Literacy 4:30-6:30	17 Preschool 8:15-12:00 EEL 8:30-11:00 Computer Literacy CLOSED
20 Preschool 8:15-12:00 EEL 8:30-10:00 Crawlers, Waddlers, Toddlers 10-12:00	21 Clinic 8-4:00 Moms Group 9:45-11:45 Parents of Teens Group 1-2:30 Dads Night 4-7:00	22 Preschool 8:15-12:00 Dads Drop-in 9:30-12:30 Early Months 10:30-12:00 Strong Families 9:45-11:45 Computer Literacy CLOSED	23 Family Play CLOSED Childbirth Preparation 4:30-6:30 Computer Literacy 4:30-6:30	24 Preschool CLOSED EEL 8:30-11:00 Computer Literacy 10-12:00
27 Preschool 8:15-12:00 EEL CLOSED Crawlers, Waddlers, Toddlers 10:00-12:00 Supergroup 4:30-6:00	28 Clinic 8-4:00 Moms Group 9:45-11:45 Dads Night 4-7:00	1 Preschool 8:15-12:00 Dads Drop-in 9:30-12:30 Early Months 10:30-12:00 Strong Families 9:45-11:45 Computer Literacy 4:30-6:30	2 Family Play 9-12:00 Childbirth Preparation 4:30-6:30 Computer Literacy 4:30-6:30	3 Preschool 8:15-12:00 EEL CLOSED Computer Literacy 10-12:00

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.

Sarah@thefamilyroomvt.org

Dads Night (FACT)

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

Damon@thefamilyroomvt.org

Family Play

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.

Jackie@thefamilyroomvt.org

EEL (ECHO Early Learning)

Open Enrollment for all. Mondays 8:30-10:00, 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.

Sjudd@echovermont.org

Parents Of Teens

Drop-In: 1st and 3rd Tuesdays 1:00-2:30
A support group for parents of teens

Chongho@thefamilyroomvt.org

Dads Drop In

Drop-In: Wednesdays from 9:30-12:30
Come upstairs to room 219 for a casual gathering of fathers for sharing information and building community support. Open to any and all dads.

Damon@thefamilyroomvt.org

Early Months (Baby Massage)

Drop-in: Wednesdays 10:30-12:00
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



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 4:30-6:00
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, Fridays 10-12:00
Computer Literacy sessions designed for learners of English

Corinne.johansson4@gmail.com

Mom's Support Group

Enrolled: Tuesdays 9:45-11:45
A safe and supportive place for moms to gather, share, and connect while their children play.

Jackie@thefamilyroomvt.org

Preschool

Enrolled: Sept - June, follows BSD calendar, 8:15-12:00
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.

Jackie@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

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

Damon@thefamilyroomvt.org