



# November

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

Mon	Tues	Wed	Thu	Fri
<b>1.</b> <b>Preschool</b> 8:15-12:00 <b>Crawlers/Waddlers/ Toddlers</b> 10-12:00 <b>EEL</b> 8:30-10:30	<b>2.</b> <b>Clinic</b> 9-5 <b>Mom's Support Group</b> 10-11:30 <b>Postpartum Virtual Tea</b> 10-11 <b>Dads Night</b> 4- 7:00	<b>3.</b> <b>Preschool</b> 8:15-12:00 <b>Early Months</b> 10:30-12 <b>Computer Literacy</b> 4:30-6:30	<b>4.</b> <b>Family Play</b> 9:00-12:00  <b>Computer Literacy</b> 4:30-6:30 <b>Childbirth and Post Partum Prep</b> 6-8	<b>5.</b> <b>Preschool</b> 8:15-12:00 <b>EEL</b> 8:30-10:30
<b>8.</b> <b>Preschool</b> 8:15-12:00 <b>Crawlers/Waddlers/ Toddlers</b> 10-12:00 <b>EEL</b> 8:30-10:30	<b>9.</b> <b>Clinic</b> 9-5 <b>Mom's Support Group</b> 10-11:30 <b>Postpartum Virtual Tea</b> 10-11 <b>Dads Night</b> 4- 7:00	<b>10.</b> <b>Preschool</b> 8:15-12:00 <b>Early Months</b> 10:30-12 <b>Computer Literacy</b> 4:30-6:30	<b>11.</b> <b>Family Play</b> 9:00-12:00 <b>Computer Literacy</b> 4:30-6:30 <b>Childbirth and Post Partum Prep</b> 6-8	<b>12.</b> <b>Preschool</b> 8:15-12:00 <b>EEL</b> 8:30-10:30 <b>Babies 101</b> 11-1 <b>In-person postpartum tea</b> 10-11:30
<b>15.</b> <b>Preschool</b> 8:15-12:00 <b>Crawlers/Waddlers/ Toddlers</b> 10-12:00 <b>EEL</b> 8:30-10:30	<b>16.</b> <b>Clinic</b> 9-5 <b>Mom's Support Group</b> 10-11:30 <b>Postpartum Virtual Tea</b> 10-11 <b>Dads Night</b> 4- 7:00	<b>17.</b> <b>Preschool</b> 8:15-12:00 <b>Early Months</b> 10:30-12 <b>Computer Literacy</b> 4:30-6:30	<b>18.</b> <b>Family Play</b> 9:00-12:00 <b>Computer Literacy</b> 4:30-6:30 <b>Childbirth and Post Partum Prep</b> 6-8	<b>19.</b> <b>Preschool</b> 8:15-12:00 <b>EEL</b> 8:30-10:30 <b>Babies 101</b> 11-1 <b>In-person postpartum tea</b> 10-11:30
<b>22.</b> <b>Preschool</b> CLOSED <b>Crawlers/Waddlers/ Toddlers</b> 10-12:00 <b>EEL</b> -closed	<b>23.</b> <b>Clinic</b> 9-5 <b>Mom's Support Group</b> 10-11:30 <b>Postpartum Virtual Tea</b> 10-11 <b>Dads Night</b> 4- 7:00	<b>24.</b> <b>Preschool</b> CLOSED <b>Early Months</b> 10:30-12 <b>Computer Literacy</b> 4:30-6:30	<b>25.</b> Closed - Thanksgiving Holiday	<b>26.</b> Closed - Thanksgiving Holiday
<b>29.</b> <b>Preschool</b> 8:15-12:00 <b>Crawlers/Waddlers/ Toddlers</b> 10-12:00 <b>EEL</b> 8:30-10:30 <b>Friends-</b> 4-6	<b>30.</b> <b>Clinic</b> 9-5 <b>Mom's Support Group</b> 10-11:30 <b>Postpartum Virtual Tea</b> 10-11 <b>Dads Night</b> 4- 7:00	<b>1.</b> <b>Preschool</b> 8:15-12:00 <b>Early Months</b> 10:30-12 <b>Computer Literacy</b> 4:30-6:30	<b>2.</b> <b>Family Play</b> 9:00-12:00 <b>Computer Literacy</b> 4:30-6:30 <b>Childbirth and Post Partum Prep</b> 6-8	<b>3.</b> <b>Preschool</b> 8:15-12:00 <b>EEL</b> 8:30-10:30 <b>Babies 101</b> 11-1 <b>In-person postpartum tea</b> 10-11:30

For complete program descriptions and locations, visit [thefamilyroomvt.org](http://thefamilyroomvt.org) or email Jackie@thefamilyroomvt.org. Call us at 802-862-2121



## Drop-in programs

### Postpartum In-Person Tea

Drop in, Fridays 10:00-11:30am  
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.

### 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 Virtual Tea

Drop-in: Tuesdays 10:00 - 11:00 am  
Grab a mug of something warm to drink, bring your baby and get comfy.  
On Zoom - We will practice calming and grounding techniques for you and your baby, discuss normal newborn development and behavior and share the joys and challenges during the postpartum time in a supportive online space.

### Crawlers, Waddlers and Toddlers

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

### 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.

### Traveling Playgroups

Drop-In: Thursdays 9:30-11  
Coming straight to your neighborhood; a pop-up adventure with stories, games, resources and fun. Sites to determined- call 802-862-2121

### Dads Night (FACT)

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

### 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!

## Enrolled Programs

### The Brotherhood

Enrolled on a Rolling Basis  
Every father could benefit from adding one more person to talk with in their life. The brotherhood is a father support network that connects program fathers with other local dads who serve as a mentor. These fatherhood mentors are there to provide support when it is needed, and even when it is not. Mentors can help program fathers set goals, offer another perspective, and share a few laughs. Connections happen via phone, text, or email.

### 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

### 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.

### Technology and Computer Literacy Mentoring

Enrolled: Wednesdays 4:30-6:30, Thursdays, 4:30-6:30  
4 week computer literacy sessions. Must show proof of covid19 vaccination.  
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.

### 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

### Babies 101

Enrolled: Thursdays, 10:00-11:00  
How do you give a baby a bath? What does each cry mean? How do you manage your own anger? Explore these topics and more in this 4 week class taught remotely and completed at your own pace. Information is shared through a series of videos, readings, and assignments. Participants are encouraged to connect with one-another and ask questions along the way. This course is perfect for expecting fathers through 6 months of age.  
keegan@thefamilyroomvt.org

### Healthy Families From the Start

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

### Friends - Autism Conversation 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