

## January 2024 Playgroups & Events

This program is funded by the Coordinated Family and Community Engagement (CFCE) grant awarded to Community Health Programs by the Department of Early Education and Care (EEC).\*

### Families Like Ours

Do you have a child with a disability? Perhaps you are a grandparent or caregiver? Let's connect!

All of CHP's family programs are open to parents and children of all abilities. But CHP also has a special networking and outreach program for families raising a child with disabilities of any kind. From informal hikes at accessible parks and paths to playgroups and online support groups and workshops, these programs are created and led by parents for parents of children with special needs.

Join us and make lasting connections with these programs and families like ours. For more program and workshop information, visit [chpberkshires.org/families-like-ours](http://chpberkshires.org/families-like-ours).






### Beyond Delivery: Weekly Postpartum Support

Tuesdays, 10 AM | CHP Great Barrington

A supportive gathering revolving around breastfeeding, new family dynamics, postpartum depression, nutrition and all topics related to becoming a new parent. [Click here for for more program information.](http://chpberkshires.org/for-more-program-information)



Scan the code for more Family Services info and programs, or visit us online at [chpberkshires.org/family](http://chpberkshires.org/family).

Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLAY BREAK</b> 10:30 to 11:30 AM Join Jeanne for imaginative play music, story, and more! Held at the <b>West Stockbridge Library</b> 	<b>BABY PLAY</b> 10:30 to 11:30 AM <b>For babies 12 months and UNDER</b> Join Cate to sing songs, read books, and play together! Meet other babies and their caregivers. Held at the <b>Mason Library, Great Barrington.</b>	<b>CRAFT AND PLAY</b> 10:00 to 11:00 AM <b>More winter crafts with Cate!</b> Penguins, polar bears, snowmen, and snow globes will inspire our winter-themed projects this January! We'll also enjoy stories and indoor play with blocks, dolls, the play kitchen, slide, and more. Held at the <b>CHP Family Services Building, Great Barrington.</b> 	<b>TODDLER PLAY</b> 10:00 to 11:00 AM Join Cate for indoor play, including the play kitchen, blocks, dolls, indoor slide, books, and lots of hands-on fun! We'll also share songs and story! Held at the <b>CHP Family Services Building, Great Barrington.</b> <b>PLAYROOM DROP-IN HOUR</b> 3:00 to 4:00 PM Stop by for indoor play, including a kitchen area, blocks, dolls, puzzles, cars, an indoor slide and more! Held at the <b>CHP Family Services Building, Great Barrington.</b>	<b>VIRTUAL SPECIAL NEEDS PARENT SUPPORT GROUP</b> 9:00 to 10:00 AM via ZOOM Raising a child with special needs can be overwhelming. This weekly virtual group provides validation, resources, and the opportunity to build friendships with people who face similar challenges. Facilitated by CHP's Rania Markham, a mother of a child with special needs. Email for your Zoom link: <a href="mailto:markham@chpberkshires.org">markham@chpberkshires.org</a> <b>BRAIN BUILDERS</b> 10:30 to 11:30 AM For children ages 2 and up. Join Cate each week to explore, think, create, and play! Story time and outdoor play! Held at the <b>Mason Library, Great Barrington.</b> <b>SING AND PLAY</b> 10:30 to 11:30 AM Join Jeanne and bring your instruments, your singing voices, and your playful vibes! Held at the <b>CHP Family Services Building, Great Barrington.</b> 
<b>*CHP FAMILY SERVICES IS ALSO FUNDED IN PART BY:</b> <ul style="list-style-type: none"> <li>The Massachusetts Department of Public Health</li> <li>The Berkshire Taconic Community Foundation</li> <li>Massachusetts Local Cultural Councils</li> <li>The Berkshire United Way</li> </ul> 				
<b>SPECIAL EVENT FOR JANUARY</b> <b>PARENTS' NIGHT OUT   Berkshire Arts Center, Stockbridge</b> Friday, January 12, from 6:00-8:00 PM In collaboration with <b>Berkshire Arts Center</b> , we present to you a night of art-making and social support! Join us for pizza and creativity. No experience necessary! <b>Childcare is available for children 4 and over. Children will have their own art class!</b> Space is limited. Pre-registration required. To register, email <a href="mailto:chplaygroups@chpberkshires.org">chplaygroups@chpberkshires.org</a>				
<b>CHP-WIC FAMILIES</b> Stop by for a bag filled with fresh produce, bread, meat, and other locally produced foods! This offer is available at CHP Family Services (442 Stockbridge Road, Great Barrington), on the second and fourth Tuesday of each month from 12-4 PM. 		 <b>Interested in how your child is developing?</b> Visit <a href="http://agesandstages.com">agesandstages.com</a> for an "Ages and Stages" questionnaire, and be sure to include your email for the results. You will receive information on how to support your child's development, activities to strengthen their growth, and access to resources offered by CHP and other area agencies as necessary. <b>ParentChild+</b> <b>Equal Possibilities From The Start</b> Do you have a child 18 months or older? Learn how to help prepare them for preschool or school. This <b>FREE</b> program is for children 18 months to 3 years old and their caregivers and is available to all families in southern Berkshire County. For more information, visit <a href="http://tinyurl.com/49d846zi">tinyurl.com/49d846zi</a> or contact Katelyn Parks at 413.528.0457.		