

# January 2025 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).\*

## POSITIVE PARENTING SOLUTIONS | Smooth Transitions: Creating Predictable Routines for Kids

with Kim Waterman, MEd., and Rania Markham, MSW, LCSW | Thursday, January 16 ■ 5:30-7:30 PM The Family Resource Center, 141 West Avenue, Great Barrington

A collaborative workshop with [Families Like Ours](#), [CHP/CFCE](#) and [The Family Resource Center](#). Join us for an engaging discussion designed to help children develop a consistent daily routine that makes their days more predictable and manageable. This session will guide parents and caregivers through practical strategies to ease transitions between school and home, playtime and bedtime, and more. We'll explore effective techniques for time management, including balancing homework, activities, and relaxation. With some advice and tips from both the presenters and other parents, you'll leave with the insight to create a structured environment that supports your child's well-being and fosters positive habits. Ideal for families looking to bring harmony and routine into their child's daily life. **Free pizza dinner, and childcare for ages 2 and up.**

Space is limited! Pre-registration only. Email [chpplaygroups@chpberkshires.org](mailto:chpplaygroups@chpberkshires.org) to register.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>WEST STOCKBRIDGE PLAY</b> 10:30 to 11:30 AM</p> <p><b>NO GROUP JANUARY 20</b></p> <p>Join Cate for imaginative play music, story, and more!</p> <p>Held at the <b>West Stockbridge Library</b>.</p>	<p><b>BRAIN BUILDERS</b> 10:30 to 11:30 AM</p> <p><b>For ages 2 and up.</b></p> <p>Join Cate each week to explore, think, create, and play! STEM activities and more! Story time and outdoor play (weather permitting).</p> <p>Held at the <b>Mason Library, Great Barrington</b>.</p>	<p><b>CRAFT &amp; PLAY</b> 10:00 to 11:00 AM</p> <p>Join us for crafts with Cate! This month we'll make snowflakes, polar bears, snowmen, and other winter-themed projects! We'll also enjoy stories and indoor play with blocks, dolls, the play kitchen, slide, and more.</p> <p>Held at the <b>CHP Family Services Building, Great Barrington</b>.</p>	<p><b>TODDLER PLAY</b> 10:00 to 11:00 AM</p> <p>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 stories!</p> <p>Held at the <b>CHP Family Services Building, Great Barrington</b>.</p>	<p><b>SING &amp; DANCE TOGETHER</b> 10:30 to 11:30 AM</p> <p><b>From birth through 5 years.</b></p> <p>Looking for a fun way to stay active and beat the chilly December weather? Join us for singing, dancing, and playtime with drums, bells, balls, and hoops. Enjoy circle time, dancing, and plenty of musical fun!</p> <p>Held at the <b>Mason Library, Great Barrington</b>.</p>
<p><b>Interested in how your child is developing?</b> Visit <a href="https://www.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.</p>		<p><b>"Play is our brain's favorite way of learning."</b> —Diane Ackerman</p>		

## JANUARY PARENTS' NIGHT OUT

**Berkshire Arts Center, Stockbridge**  
Friday, January 10, from 6:00-8:00 PM

In collaboration with **Berkshire Arts Center**, we present to you a night of art-making and social support! Join us for pizza and creativity. No experience necessary!

**Childcare is available for children 4 and over.**  
**Children will have their own art class!**

Space is limited. Pre-registration required.

To register, email [chpplaygroups@chpberkshires.org](mailto:chpplaygroups@chpberkshires.org)



### \*CHP FAMILY SERVICES IS ALSO FUNDED IN PART BY:

- The Massachusetts Department of Public Health
- The Berkshire Taconic Community Foundation
- Massachusetts Local Cultural Councils
- The Berkshire United Way



Visit us online at [chpberkshires.org/family](https://chpberkshires.org/family) for more CHP Family Services information and programming.



**Do you have a child 18 months or older? Learn how to help prepare them for preschool or school.** This **FREE** 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 [tinyurl.com/49d846zj](https://tinyurl.com/49d846zj) or contact Katelyn Parks at 413.528.0457.