

December 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).*

POSITIVE PARENTING SOLUTIONS | Reducing Holiday Stress

with Kim Waterman, MEd., and Rania Markham, MSW, LCSW | Thursday, December 19 ■ 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 and informative discussion with Kim, Rania and other parents. The holiday season can bring about a mix of joy and stress for parents. From managing busy schedules to handling family expectations and maintaining a balanced home environment, it's easy to feel overwhelmed. This workshop aims to provide parents with an opportunity to share their experiences, brainstorm ways to reduce stress, and enjoy the season with their families. **Free pizza dinner, and childcare for ages 2 and up.**

Space is limited! Pre-registration only. Email chplaygroups@chpberkshires.org to register.

Please note: Groups will not meet from December 23 to January 3 in observance of the holiday season.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WEST STOCKBRIDGE PLAY 10:30 to 11:30 AM</p> <p>Join Cate for imaginative play music, story, and more!</p> <p>Held at the West Stockbridge Library.</p>	<p>BRAIN BUILDERS 10:30 to 11:30 AM</p> <p>For ages 2 and up.</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 Mason Library, Great Barrington.</p>	<p>CRAFT & PLAY 10:00 to 11:00 AM</p> <p>Join us for crafts with Cate! This month we'll make snowflakes, reindeer, 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 CHP Family Services Building, Great Barrington.</p>	<p>TODDLER PLAY 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 CHP Family Services Building, Great Barrington.</p>	<p>SING & DANCE TOGETHER 10:30 to 11:30 AM</p> <p>Three Fridays only! December 6, 13, and 20!</p> <p>From birth through 5 years.</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 Mason Library, Great Barrington.</p>
<p></p> <p>Interested in how your child is developing? Visit agesandstages.com 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>"Play is our brain's favorite way of learning."</p> <p>—Diane Ackerman</p>		<p>PLAYROOM DROP-IN HOUR 3:00 to 4:00 PM</p> <p>Stop by for indoor play, including a kitchen area, blocks, dolls, puzzles, cars, an indoor slide and more!</p> <p>Held at the CHP Family Services Building, Great Barrington.</p>

DECEMBER PARENTS' NIGHT OUT

Berkshire Arts Center, Stockbridge
Friday, December 13, 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 chplaygroups@chpberkshires.org



- 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 for more CHP Family Services information and programming.

ParentChild+
Equal Possibilities From The Start

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 or contact Katelyn Parks at 413.528.0457.