

April 2018

Coming up at
It Takes a Village

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Moms with Mugs 10-11:30am	3 Families of Spirited Children 10-11:30am Caregiver and Baby Yoga 11am-12pm Village Closet 11am-2pm	4	5	6	7 Village Closet 11am-2pm Peaceful Playful Strategies For Caregivers FREE Class 10-12pm
8	9 Moms with Mugs 10-11:30am	10 LGBTQIA+ Parents 10-11:30am Caregiver and Baby Yoga 11am-12pm Village Closet 11am-2pm	11	12	13	14
15	16 Moms with Mugs 10-11:30am Mindful Parenting 6-7:30pm	17 Moms with Mugs (Cummington) 10-11:30am Caregiver and Baby Yoga 11am-12pm Village Closet 11am-2pm	18	19 Mom's Night Out at the Village Closet 5:30-8pm	20	21 Village Closet 11am-2pm Peaceful Playful Strategies For Caregivers FREE Class 10-12pm
22	23	24 Caregiver and Baby Yoga 11am-12pm Village Closet 11am-2pm	25	26	27	28
29	30 Moms with Mugs 10-11:30am	May 1 	All our groups are free to all members of the community.			



It takes a
Village

On the road through parenthood
The Village is here for you

These are not a school-sponsored events

April 2018

Ongoing Groups and Classes

Moms with Mugs

Come take a coffee (or tea) break with other local mamas. Sip and share in this casual, drop-in group. Coffee, tea, and refreshments are provided, as well as childcare so parents can relax and chat.

Ashfield Group –
Every Monday
10:00am-11:30am
469 Main Street, Ashfield

Cummington Group –
3rd Tuesday of the month
10:00am-11:30am
2 Main Street, Cummington

Families of Spirited Children

Is your child unique, quirky or atypical? Does your child have ADHD or sensory issues? Physical or medical challenges or developmental delays? On the Spectrum? Even if your child is just a bit different, spirited, or high energy, you may be struggling with this. There's a place at our table for you! Childcare and refreshments are provided.

1st Tuesday of the month
10:00am-11:30am
Anne T Dunphy School
1 Petticoat Hill Road, Williamsburg

LGBTQIA+ Parents

Bring yourself and/or your partner/spouse and your babies or pre-schoolers (if you want to). Coffee, snacks and conversation. Build connections with other local families. Share wisdom and resources!

2nd Tuesday of the month
10:00am-11:30am
Haydenville Library
136 Main Street, Haydenville

Mindful Parenting

Caregivers often find themselves on the brink of burnout; experiencing irritability, stress, and fatigue. This free drop-in group will explore ways to replenish the inner well and nourish the mind. Free childcare provided.

3rd Monday of the month
6:00pm-7:30pm
Sunflower Yoga and Mindfulness
2 Main Street, Cummington

Caregiver and Baby Yoga

A space for babies and those taking care of them to breathe, stretch, and explore movement in their bodies. Free, all levels welcome, babies and pre-walkers.

Every Tuesday
11:00am-12:00pm
Sunflower Yoga and Mindfulness
2 Main Street, Cummington

The Village Closet

Our donation and distribution site is full of free baby, children's, and maternity clothing and gear. All items are free to anyone in the community, and we take donations of clean clothes and non-expired baby gear. For more information, you can visit

www.hilltownvillage.org/closet

2 Main Street, Cummington

Open every Tuesday,
11:00am-2:00pm

The 1st and 3rd Saturdays of the month
11:00am-2:00pm

Special Mom's Night Out hours
Thursday, April 19
5:30pm-8:00pm

Special Events!

Peaceful, Playful Strategies for Caregivers

This FREE introductory workshop aims to guide you in understanding and responding creatively to often-overlooked or misinterpreted communication cues from your children. Shed thoughts of powerlessness and isolation to embrace stronger, more joyful connections. These strategies are a powerful paradigm shift in raising ourselves and our children. Participants will gain access to:

- peaceful and playful parenting strategies to address non-cooperative, aggressive, anxious behavior
- strategies from Hand in Hand Parenting™ (RC) and Non-Violent Communication™ (NVC)
- tools for practicing self-compassion and self-empathy.

The class is free, and space is limited, so **please pre-register by emailing Kat@HilltownVillage.org.**

Saturdays April 7 & April 21
10:00am—12:00pm
The Village Closet
2 Main Street, Cummington

It Takes a Village

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