

February 2019

Coming up at
It Takes a Village



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|---|---------------------------|--|
| 27 | 28 <i>Moms with Mugs (Ashfield) 10-11:30am</i> | 29 <i>Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm</i> | 30 <i>Wednesday Parents Group (Cummington) 10-11:30am</i> | 31 | 1 | 2 Village Closet 11am-2pm "Scared of the Dark" Workshop 11:30am-1:00pm |
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| 10 | 11 Moms with Mugs (Ashfield) 10-11:30am | 12 Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm | 13 Wednesday Parents Group (Cummington) 10-11:30am | 14 | 15 | 16 Village Closet 11am-2pm |
| 17 | 18 PRESIDENTS' DAY NO MOMS WITH MUGS Mindful Parenting 6-7:15pm | 19 SCHOOL BREAK Village Closet 11am-2pm NO CAREGIVER AND BABY YOGA | 20 SCHOOL BREAK NO WEDNESDAY PARENTS GROUP | 21 SCHOOL BREAK Mom's Night Out at the Village Closet 5:30-8pm | 22 SCHOOL BREAK | 23 |
| 24 | 25 Moms with Mugs (Ashfield) 10-11:30am | 26 Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm | 27 Wednesday Parents Group (Cummington) 10-11:30am | 28 | 1 | 2 <i>Village Closet 11am-2pm Saturday Parents Group (Cummington) 11am-12:30pm</i> |

VOLUNTEERS NEEDED

Would you like to help out at It Takes a Village?

We are always looking for volunteers for our **Home Visit Program** and for **The Village Closet**.

Visit www.HilltownVillage.org

for more information.

All our groups are free to all
members of the community.

It Takes a Village

PO Box 146
Cummington, MA 01026
(413) 650-3640

www.hilltownvillage.org
info@hilltownvillage.org
[Facebook.com/HilltownVillage](https://www.facebook.com/HilltownVillage)

These are not a school-sponsored events

Ongoing Groups and Classes

Winter Schedule

All groups are free, and childcare is available

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 moms can relax and chat.

Every Monday (no group 2/18)

10:00am-11:30am

469 Main Street, Ashfield

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 (no class 2/19)

11:00am-12:00pm

Sunflower Yoga and Mindfulness

2 Main Street, Cummington

Wednesday Parents Group

We welcome all parents and caregivers to join us for coffee and conversation. This is a loosely structured group - it's fine to come in late, leave early or come in and out to tend to children. Come share the good, the bad, and the ugly of raising children from infancy to adulthood! This group is led by a local mother with experience in mental health care, the LGBTQIA+ community, and raising children with special needs.

Free and open to the public with free childcare. Babies are welcome to stay with parents in the group too.

Every Wednesday (no group 2/20)

10:00am-11:30am

2 Main Street, Cummington

***NEW* Saturday Parents Group**

We welcome all parents and caregivers to join us for coffee, snacks and relaxation on the 1st Saturday of every month! We will have free childcare down the hall so you can enjoy some down time or social time in the library with other grownups! Babies are welcome to stay with their parents or enjoy childcare!

1st Saturday of the month

11:00am-12:30pm

2 Main Street, Cummington

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

Special Events!

February 2019

"Scared of the Dark" – a Free workshop for parents about Kids and Anxiety

Saturday, February 2nd

11:30am—1:00pm

2 Main Street, Cummington

Dr. Edward Plimpton, a child clinical psychologist will join our Saturday Parents Group and discuss how to talk to children about fears (both real and imaginary) and how to deal with scary events in the news and at school. This talk is free and open to the public. Free childcare will be provided in a separate room. (Please RSVP to the Facebook event and let us know you'll be using the childcare).

More information at: www.hilltownvillage.org

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, February 21, 5:30pm-8:00pm



Now that winter weather is upon us, please double-check our Facebook page and website to make sure groups are happening and the Village Closet is open before heading out.

The Village Closet and the Cummington parent groups run on the *Hampshire Regional School District* calendar, and the Ashfield group runs on the *Mohawk Regional School District* calendar. If those schools are delayed or closed due to weather, we probably are too. School closings and delays can be found at:

<https://www.wvlp.com/weather/closings-delays>

Mark Your Calendars

April 6

Book talk with Karen Zilberstein, author of "Parents under Pressure"