

January 2019

Coming up at
It Takes a Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 <i>NEW YEAR'EVE</i> <i>NO MOMS WITH MUGS</i>	1 NEW YEAR'S DAY  VILLAGE CLOSET CLOSED NO CAREGIVER AND BABY YOGA	2 Wednesday Parents Group (Cummington) 10-11:30am	3	4	5 Village Closet 11am-2pm *NEW* Saturday Parents Group (Cummington) 11am-12:30pm
6	7 Moms with Mugs (Ashfield) 10-11:30am	8 Village Closet 11am-2pm NO CAREGIVER AND BABY YOGA	9 Wednesday Parents Group (Cummington) 10-11:30am	10	11	12
13	14 Moms with Mugs (Ashfield) 10-11:30am	15 Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm	16 Wednesday Parents Group (Cummington) 10-11:30am	17	18	19 Village Closet 11am-2pm
20	21 MARTIN LUTHER KING JR DAY NO MOMS WITH MUGS Mindful Parenting 6-7:15pm	22 Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm	23 Wednesday Parents Group (Cummington) 10-11:30am	24 Mom's Night Out at the Village Closet 5:30-8pm	25	26
27	28 Moms with Mugs (Ashfield) 10-11:30am	29 Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm	30 Wednesday Parents Group (Cummington) 10-11:30am	31	1	2 <i>Village Closet</i> <i>11am-2pm</i> <i>*NEW*</i> <i>Saturday Parents Group</i> <i>(Cummington)</i> <i>11am-12:30pm</i>

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

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 1/21)

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 1/8)

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

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!

January 2019

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, January 24, 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.wwlp.com/weather/closings-delays>

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.

It Takes a Village

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