

March 2019

Coming up at
It Takes a Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25 <i>Moms with Mugs (Ashfield) 10-11:30am</i>	26 <i>Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm</i>	27 <i>Wednesday Parents Group (Cummington) 10-11:30am</i>	28	1	2 Village Closet 11am-2pm Saturday Parents Group (Cummington) 11am-12:30pm Community Chat with Baystate Health 12-12:45pm
3	4 Moms with Mugs (Ashfield) 10-11:30am	5 Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm Free Soup and Bread Night at the Old Creamery Co-op 5-6:30pm	6 Wednesday Parents Group (Cummington) 10-11:30am	7	8	9
10 Volunteer Information and Training Meeting 1:30-3:30pm	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 *RESCHEDULED* "Scared of the Dark" Workshop 11:30am-1:00pm
17	18 Moms with Mugs (Ashfield) 10-11:30am Mindful Parenting 6-7:15pm	19 Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm	20 Wednesday Parents Group (Cummington) 10-11:30am	21 Mom's Night Out at the Village Closet 5:30-8pm	22	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	29	30

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

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

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!

March 2019

Community Chat with Baystate Health

Saturday, March 2

12:00-12:45pm – at the end of Saturday Group

2 Main Street, Cummington

Baystate Health wants to know what are the health needs in our community. Share your experience with the health care system – the good and the bad – with student interns from Baystate Health.

Community Soup and Bread Night

Tuesday, March 5

5:00-6:30pm

The Old Creamery Co-Op

445 Berkshire Trail, Cummington

Looking for a date night or a family dinner out? The Creamery will provide hot vegetarian soup and bread, and our Hilltown community will show their stuff on the open mic. Take the money you would have spent on dinner and put it in the donation jar; all proceeds this month will go to It Takes a Village.

Volunteer Information and Training Meeting

Sunday March 10

1:30-3:30pm

469 Main Street, Ashfield

New and prospective volunteers will gather with seasoned volunteers to learn about the It Takes a Village Home Visit Program and discuss what new families really need during the postpartum period.

RESCHEDULED DATE

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

Saturday, March 16th

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

2 Main Street, Cummington

Special Mom's Night Out hours

Thursday, March 21, 5:30pm-8:00pm

Mark Your Calendars

April 6

“Parenting Under Pressure” with local author Karen Zilberstein