

April 2019

Coming up at
It Takes a Village



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|---|
| 31 | 1 Moms with Mugs (Ashfield) 10-11:30am | 2 Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm | 3 Wednesday Parents Group (Cummington) 10-11:30am | 4 | 5 | 6 Village Closet 11am-2pm Saturday Parents Group (Cummington) 11am-12:30pm "Parenting Under Pressure" 12:30-2pm |
| 7 Volunteer Information and Training Meeting 12:30-4pm | 8 Moms with Mugs (Ashfield) 10-11:30am | 9 Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm | 10 Wednesday Parents Group (Cummington) 10-11:30am | 11 | 12 | 13 |
| 14 | 15 SCHOOL VACATION <i>No Moms with Mugs</i> Mindful Parenting 6-7:15pm | 16 SCHOOL VACATION Village Closet 11am-2pm <i>No Caregiver and Baby Yoga</i> | 17 SCHOOL VACATION <i>No Wednesday Parents Group</i> | 18 SCHOOL VACATION | 19 SCHOOL VACATION PASSOVER BEGINS  | 20 Village Closet 11am-2pm |
| 21 EASTER  | 22 Moms with Mugs (Ashfield) 10-11:30am | 23 Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm | 24 Wednesday Parents Group (Cummington) 10-11:30am | 25 Mom's Night Out at the Village Closet 5:30-8pm | 26 | 27 |
| 28 | 29 Moms with Mugs (Ashfield) 10-11:30am | 30 Village Closet 11am-2pm Caregiver and Baby Yoga 11am-12pm | 1 <i>Wednesday Parents Group</i> (Cummington) 10-11:30am | 2 | 3 | 4 Village Closet 11am-2pm Saturday Parents Group (Cummington) 11am-12:30pm |

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

Ongoing Groups and Classes

Spring 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 meeting during school break 4/15)

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 meeting during school break 4/16)

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 meeting during school break 4/17)

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!

April 2019

Volunteer Information and Training Meeting

Sunday April 7 (Rescheduled Date)

12:30-4:00pm

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.

Parenting Under Pressure

Saturday, April 6

12:30am—2:00pm

2 Main Street, Cummington

Where do you turn when parenting gets complicated? Karen Zilberstein, author of the new book "Parents Under Pressure: Struggling to Raise Children in an Unequal America" will lead a discussion about navigating the complicated systems to find the right services for you and your children. Free childcare will be available; please RSVP for childcare and learn more at

www.hilltownvillage.org.

The Village 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 25, 5:30pm-8:00pm

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

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.

Mark Your Calendars

May 11

Closet Pop-up in Westfield, MA