

It Takes a Village - May 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All groups are virtual and can be found at www.hilltownvillage.org/groups						
25	26	27	28	29	30	1
2	3	4	5	6	7	8
		Outdoor Parent Chat with Kat, 11-12 Getting Self-Care Off Your To-Do List with Beth 7:30-8:30pm		Post-Bedtime Parent Group with Mollie 8:30-9:30pm		
		11	12	13	14	15
		Outdoor Parent Chat with Kat, 11-12 Stress Relief & Support with Lynn 7:30-8:30pm		Post-Bedtime Parent Group with Mollie 8:30-9:30pm		
		18	19	20	21	22
		Outdoor Parent Chat with Kat, 11-12 Getting Self-Care Off Your To-Do List with Beth 7:30-8:30pm		Post-Bedtime Parent Group with Mollie 8:30-9:30pm	Caregiver Yoga & Mindfulness with Stacey 10-10:45am	
		25	26	27	28	29
		Outdoor Parent Chat with Kat, 11-12 Parent Group with Kate 7:30-8:30pm		Post-Bedtime Parent Group with Mollie 8:30-9:30pm		

The Village Closet Hours

Sundays 11-2

➤

Mondays 11-2

➤

Tuesdays 5-7

➤

2 East Main Street
Huntington

CLOSED
Monday
May 31st

***OUTDOOR* PARENT CHAT with Kat**
Weather permitting. Check our facebook page for updates. If you're not on facebook, contact kate@hilltownvillage.org for updates. Group will meet virtually if weather is inclement.

Join us for a safe, outdoor group at the Ashfield Commons, the large grassy area across the street from St. John's Corner House in Ashfield. Meet at the picnic table. Masks required.

Every Tuesday, 11am-12pm

POST-BEDTIME PARENT GROUP with Mollie

Sometimes just getting through the day deserves a reward. Grab a snack, put on your PJs, and join other tired parents for this night-time group.

Every Thursday, 8:30-9:30pm

STRESS RELIEF & SUPPORT with Lynn Koenig

Join for a parent support group focused on *practical* stress relief strategies that are dynamic and born out of conversation and our support for one another!

2nd Tuesdays, 7:30-8:30pm

CAREGIVER YOGA & MINDFULNESS (baby & kid friendly!) with Stacey Mackowiak

A gentle yoga class for caregivers and their families. We will stretch, breathe and develop tools of mindfulness. This practice will be centered on the needs of the caregivers, but family members of all ages are welcome to join.

May 21st, 10:00-10:45am

All groups are virtual and can be found at www.hilltownvillage.org/groups

GETTING SELF-CARE OFF YOUR TO-DO LIST with Beth Pellettieri

There's nothing like feeling listened to at the end of a long day. Join Beth (life coach and mother of 3) for general support and coaching tools. Together, we'll focus on reconnecting with self-care and self-compassion in small, everyday ways.

1st and 3rd Tuesdays, 7:30-8:30pm

The Village Closet in
 Huntington

Please visit HilltownVillage.org/closet for current protocol and details/

The Village Closet is open, with limited capacity, to walk-in customers on Sundays & Mondays from 11am-2pm and Tuesdays 5-7pm
You do not need an appointment.
Closed May 31st, Memorial Day



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 **The Village Closet**.

Visit www.HilltownVillage.org

for more information.