

It Takes a Village - January 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
<i>The Village Closet will re-open after the holidays on January 3rd</i>						
3 Village Closet Open 11-2	4 Village Closet Open 11-2	5 Zoom Care: strategies & practices for self-care with Susan McNamara 7:30-8:30pm	6 Gentle Family Yoga with Jocelyn O'Shea 10-10:45am	7 Parent Group with Kat 10-11am Post-Bedtime Parent Group with Mollie 8:30-9:30pm	8	9
10 Village Closet Open 11-2	11 Village Closet Open 11-2	12 Stress Relief & Support with Lynn Koenig 7:30-8:30pm	13 Gentle Family Yoga with Jocelyn O'Shea 10-10:45am	14 Parent Group with Kat 10-11am Post-Bedtime Parent Group with Mollie 8:30-9:30pm	15 Family Yoga & Mindfulness with Stacey Mackowiak 10-10:45am	16
17 Village Closet Open 11-2	18 Village Closet Open 11-2 <i>Martin Luther King Jr. Day</i>	19 Getting Self-Care Off Your To-Do List with Beth Pellettieri 7:30-8:30pm	20 Gentle Family Yoga with Jocelyn O'Shea 10-10:45am	21 Parent Group with Kat 10-11am Post-Bedtime Parent Group with Mollie 8:30-9:30pm	22	23
24 Village Closet Open 11-2	25 Village Closet Open 11-2	26 Parent Group with Kate 7:30-8:30pm	27 Gentle Family Yoga with Jocelyn O'Shea 10-10:45am	28 Parent Group with Kat 10-11am Post-Bedtime Parent Group with Mollie 8:30-9:30pm	29	30/31

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

January 2021 Schedule

ZOOM CARE with Susan McNamara

Screen fatigued? Join a Zoom (ha) to learn strategies and practices to take care of yourself and your kids.

Tuesday, January 5th, 7:30-8:30pm

GENTLE FAMILY YOGA (baby & kid friendly!) with Jocelyn O'Shea

This 45-minute class will move through slow breathing exercises, a gentle warm up, explore a few postures, and then take a period of rest to conclude.

Every Wednesday, 10-10:45am

PARENT GROUP with Kat

Bring your babies, dogs, coffee/tea, snacks, messy hair, sweatpants. Talk while you do your laundry, feed your little ones, or just put your feet up for a while and connect with other parents and listen to each other's stories.

Every Thursday, 10:00am-11:00am

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

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

This 45-minute class will move through slow breathing exercises, a gentle warm up, explore a few postures, and then take a period of rest to conclude.

Friday, January 15th, 10-10:45am

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

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

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.

3rd Tuesdays, 7:30-8:30pm



The Village Closet in Huntington

Please visit HilltownVillage.org/closet for hours and details, such as:

- Our current **protocol** for visitors
- What **donations** we need most

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.