




The Family Room

Spring 2025 Calendar

20 Allen St, Burlington, VT
through May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pantry 9:30-12	Pantry 9:30-12	Pantry 9:30-12	Pantry 9:30-12	Pantry 9:30-12	
Preschool 8:15-12:00 in Preschool classroom Enrolled Children 3-5 Jackie@thefamilyroomvt.org	Building Strong Families Clinic 9:00-5:00 Clinic By Appointment Manisha@thefamilyroomvt.org	Preschool 8:15-12:00 in Preschool classroom Enrolled Children 3-5 Jackie@thefamilyroomvt.org	Family Play 9:00-12:00 Drop-in Caregivers and children 0-5 Jackie@thefamilyroomvt.org	Preschool 8:15-12:00 in Preschool classroom Enrolled Children 3-5 Jackie@thefamilyroomvt.org	
Echo Early Learning 9:00-11:00 in the Big Room Drop-in Caregivers and Children SJudd@echovermont.org	Strong Families 9:30-11:30 in Big Room / Parent room Enrolled Caregivers and children 0-5 chongho@thefamilyroomvt.org	Morning Dad's Circle 9:30-11:30 2nd floor - 219 Drop-in Dads Damon@thefamilyroomvt.org	Beginner Computer Class 9:30-11:00 in 219 9/11/2024 starting Adults (Limited Childcare) Jackie@thefamilyroomvt.org	Echo Early Learning 9:00-11:30 in the Big Room Drop-in Caregivers and Children SJudd@echovermont.org	ASD Support Group 10:00-12:00 (2nd Saturday of the month) in Big Room Enrolled Children and their families Sarah@thefamilyroomvt.org
Crawlers, Waddlers, Toddlers 10:00-12:00 in Baby Room Drop-in Caregivers and Children 0-36 months Chongho@thefamilyroomvt.org		Baby Massage 10:30-12:00 in the Baby Room Drop-in Caregivers and Baby (pre-crawling) Dayva@thefamilyroomvt.org		Family Advisory 11:00-12:00 (3rd Friday of the month) In the Baby Room Enrolled Caregivers and Children chongho@thefamilyroomvt.org	African Dads Group 3:00-5:00 (3rd Saturday of the month) in Big Room Drop-in Fathers Ali@thefamilyroomvt.org
Building Strong Families Clinic 9:00-5:00 Clinic By Appointment Manisha@thefamilyroomvt.org	Dads Night 4:00-7:00 in Big Room Drop-in Fathers and Children 0-7 Damon@thefamilyroomvt.org		Computer Literacy with Parent University 4:30-6:30 in 219 Enrolled Adults Sarah@thefamilyroomvt.org		
Super Group 4:30-6:30 (2nd and 4th Monday of the month) in Big Room Enrolled Children and their families Sarah@thefamilyroomvt.org			Noche de Papeleo 5:00-8:00 (3rd Wednesdays) In the Event Hall Spanish speaking families Moir@thefamilyroomvt.org		By Appointment: Home Visiting and Outreach Childbirth Ed / Prep Concrete Supports / Pantry Community Orientation, Car Seat Installation Jackie@thefamilyroomvt.org
thefamilyroomvt.org ~ 802-862-2121 ~ 20 Allen St. Burlington, VT					

Drop-in Programs In our drop-in programs, you are welcome to come and go whenever the program is open. No preregistration or signups are required!

African Dads Group Drop-In: Monthly on third Saturday, 3:00-5:00 Ali@thefamilyroomvt.org

A support group for African dads to talk about whatever is coming up with their children and families and the challenges of maintaining culture and adopting new ways of living, learn about other Family Room resources, and enjoy a meal together.

Crawlers, Waddlers and Toddlers Drop-In: Mondays 10:00-12:00 chongho@thefamilyroomvt.org

A playgroup for children 0-36 months and their caregivers.

Morning Dad's Circle Drop-in: Wednesdays 9:30-11:30 Damon@thefamilyroomvt.org

Parenting group and education for fathers.

Dads Night (FACT) Drop-in: Tuesdays 4:00-7:00 Damon@thefamilyroomvt.org

Playgroup and dinner for dads and their kids.

Early Months (Baby Massage) Drop-in: Wednesdays 10:30-12:00 Dayva@thefamilyroomvt.org

A soothing environment to learn and practice massage techniques for babies 6 weeks until they are old enough to crawl away, learn songs and lullabies, and to have post-partum discussion.

EEL (ECHO Early Learning) Open Enrollment for all. Mondays 9:00-11:00, Fridays 9:00-11:30 during the school year. Sjudd@echovermont.org **Community Partner Program**

All families with children ages infant to age 5 are welcome to join the fun at the EEL (ECHO Early Learning) program. Help your child learn and grow through play. This program is free. Caregivers must stay with their children and are encouraged to attend regularly.

Family Play Drop-in: Thursdays 9-12:00 Jackie@thefamilyroomvt.org

Come to the Family Room anytime between 9-12:00 on Thursday for community building, fun learning activities for your children aged 0-5, and social connections for caregivers. Leave with a full belly and new friends. Through mid-October, meet at the Ethan Allen Homestead Community Gardens for outdoor activities, optional gardening, nature play and more!

Pantry Drop-in: Mon-Fri 9:30-12:00 Robin@thefamilyroomvt.org

Our pantry supports healthy families and responds to needs. Food, community resources, and other household items like diapers and clothing are available.

Spanish language Paperwork Night for spanish speaking families only: Monthly, 3rd Wednesdays 5:00-8:00 Moir@thefamilyroomvt.org

Rotating members from community and partner programs available to complete forms, applications, and help with paperwork.



Enrolled Programs These programs require registration. Please contact the email address with the program below, email Jackie@thefamilyroomvt.org or call us at 802-862-2121 to get started

ASD Support Groups Two enrolled groups: 2nd + 4th Mondays 4:30-6:30 month on 2nd Saturdays 10-12:00 Sarah@thefamilyroomvt.org

Group holds space for connections, sharing experiences, peer support and play! This group is especially designed for families that have children with autism.

Building Strong Families Clinic Enrolled: Offered By Appointment Manisha@thefamilyroomvt.org

The clinic is designed to give parents and children a comfortable and secure place to be their authentic selves with health care providers. The clinic provides interpreting services and connects families to community support resources and to other parents in their neighborhood.

Strong Families Enrolled: Wednesdays 9:30-11:30 Chongho@thefamilyroomvt.org

Moms group to share, connect and support each other, exploring topics related to child development, and self-care/wellness.

Nurturing the Nurturer Enrolled: Tuesdays 9:30-11:30 Sarah@thefamilyroomvt.org

Self and community care for the newborn caregiver. 8 session workshop. Facilitated by an occupational therapist.

Computer Literacy Enrolled Thursdays 4:30-6:00 Sarah@thefamilyroomvt.org

A computer literacy class in collaboration with BSD's Parent University.

Beginner Computer Class Drop in Thursdays 9:30-11:30 Jackie@thefamilyroomvt.org

A computer class for beginners. Limited childcare can be frequently.

Dads matter Enrolled: Offered by appointment Damon@thefamilyroomvt.org

Individualized case management to help fathers work towards goals around parenting, getting basic needs met, and navigating systems.

Family Advisory Committee Enrolled: Monthly (occasionally more!) Chongho@thefamilyroomvt.org

Meetings for communication, ideas and planning between participants, staff, and board of directors. Contact us to get on our interest list for this committee.

Family Support and Home Visiting Enrolled: Offered By Appointment Jackie@thefamilyroomvt.org

Families and staff build relationships in homes or community settings as families navigate systems and challenges. Families get information on child development, receive resource and referral, access concrete supports and services, and get emotional support as needed.

Healthy Families From the Start Home Visiting Enrolled: Offered By Appointment Dayva@thefamilyroomvt.org

Using evidence-based birth and parenting information, Healthy Families from the Start offers relationship based support and education through in-person and remote one-on-one visits and group gatherings. While partnering with other community mental health and support services, we will help to facilitate a continuum of care during the early months with a new baby.

Preschool Enrolled: Sept - June, follows BSD calendar, Mon, Wed, Fri 8:15-12:00 Jackie@thefamilyroomvt.org

A 5-star community preschool for children aged 3-5. This play-based learning community is inspired by nature and neighborhood, encourages social-emotional learning, and builds upon strengths and curiosities.