



**Fall and Winter 2024 / 2025**  
 20 Allen St, Burlington, VT  
 September 2024 through May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Preschool</b>            8:15-12:00            in Preschool classroom            Enrolled            Children 3-5            Jackie@thefamilyroomvt.org</p>	<p><b>Building Strong Families Clinic</b>            9:00-5:00            Clinic            By Appointment            Manisha@thefamilyroomvt.org</p>	<p><b>Preschool</b>            8:15-12:00            in Preschool classroom            Enrolled            Children 3-5            Jackie@thefamilyroomvt.org</p>	<p><b>Family Play</b>            (at the garden through TBD)            9:00-12:00            Drop-in            Caregivers and children 0-5            Jackie@thefamilyroomvt.org</p>	<p><b>Preschool</b>            8:15-12:00            in Preschool classroom            Enrolled            Children 3-5            Jackie@thefamilyroomvt.org</p>	
<p><b>Echo Early Learning</b>  <i>starting 9/9</i>            9:00-11:00            in the Big Room            Drop-in            Caregivers and Children            SJudd@echovermont.org</p>	<p><b>Sensory Support Group</b>  <i>9/17-11/26</i>            9:30-11:30            in Big Room / Parent room            Enrolled            Caregivers and children 0-5            chongho@thefamilyroomvt.org</p>	<p><b>Baby Massage</b>            10:30-12:00            in the Baby Room            Drop-in            Caregivers and Baby (pre-crawling)            Dayva@thefamilyroomvt.org</p>	<p><b>Beginner Computer Class</b>            9:30-11:00            in 219            9/11/2024 starting            Adults (Limited Childcare)            Jackie@thefamilyroomvt.org</p>	<p><b>Echo Early Learning</b>  <i>Starting 9/6</i>            9:00-11:30            in the Big Room            Drop-in            Caregivers and Children            SJudd@echovermont.org</p>	<p><b>ASD Support Group</b>            10:00-12:00            (2nd Saturday of the month)            in Big Room            Enrolled            Children and their families            Sarah@thefamilyroomvt.org</p>
<p><b>Crawlers, Waddlers, Toddlers</b>            10:00-12:00            in Baby Room            Drop-in            Caregivers and Children 0-36 months            Chongho@thefamilyroomvt.org</p>	<p><b>The Talking Room</b>            9:00-12:00            In the Preschool Classroom            Enrolled            Caregivers and children            cattbyll@gmail.com</p>	<p><b>Dads Group</b>            9:30-11:30            2nd floor - 219            Drop-in            Dads            Damon@thefamilyroomvt.org</p>		<p><b>Family Advisory</b>            11:00-12:00            (3rd Friday of the month)            In the Baby Room            Enrolled            Caregivers and Children            chongho@thefamilyroomvt.org</p>	<p><b>African Dads Group</b>            3:00-5:00            (3rd Saturday of the month)            in Big Room            Drop-in            Fathers            Ali@thefamilyroomvt.org</p>
<p><b>Building Strong Families Clinic</b>            9:00-5:00            Clinic            By Appointment            Manisha@thefamilyroomvt.org</p>	<p><b>Dads Night</b>            4:00-7:00            in Big Room            Drop-in            Fathers and Children 0-7            Damon@thefamilyroomvt.org</p>	<p><b>Strong Families</b>            9:30-11:30            in Big Room            Enrolled            Caregivers and children 0-5            Chongho@thefamilyroomvt.org</p>			
<p><b>Super Group</b>            4:30-6:30            (2nd and 4th Monday of the month)            in Big Room            Enrolled            Children and their families            Sarah@thefamilyroomvt.org</p>	<p><b>English for Beginners</b>  <i>9/10/24 - 12/17/2024</i>            4:30-6:30            Adults            in 219            Jackie@thefamilyroomvt.org</p>	<p><b>Spanish Language Paperwork Night</b>            5:00-8:00            (3rd Wednesdays)            In the Event Hall            Families            Drop-in            Moira@thefamilyroomvt.org</p>	<p><b>Computer Literacy with Parent University</b>            4:30-6:30            in 219            Enrolled            Adults            Sarah@thefamilyroomvt.org</p>		<p><b>By Appointment:</b>            Home Visiting and Outreach            Childbirth Prep            Concrete Supports / Pantry            Community Orientation            Jackie@thefamilyroomvt.org</p>

## 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](mailto: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](mailto:chongho@thefamilyroomvt.org)

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

### **Dads Group** Drop-in: Wednesdays 9:30-11:30 [Damon@thefamilyroomvt.org](mailto:Damon@thefamilyroomvt.org)

Parenting group and education for fathers.

### **Dads Night (FACT)** Drop-in: Tuesdays 4:00-7:00 [Damon@thefamilyroomvt.org](mailto: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](mailto: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](mailto: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.

### **English for Beginners** Enrolled: 4:30-6:30 [Jackie@thefamilyroomvt.org](mailto:Jackie@thefamilyroomvt.org)

English class for newcomers.

### **Family Play** Drop-in: 9-12:00 [Jackie@thefamilyroomvt.org](mailto:Jackie@thefamilyroomvt.org)

Come to the Family Room anytime between 9-12:00 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!

### **Spanish language Paperwork Night** Drop-in: 5:00-8:00 [Maira@thefamilyroomvt.org](mailto:Maira@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](mailto: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](mailto: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](mailto: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](mailto:Chongho@thefamilyroomvt.org)

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

### **Sensory Support** Enrolled: Tuesdays 9:30-11:30 [Chongho@thefamilyroomvt.org](mailto:Chongho@thefamilyroomvt.org)

Group for families with children to discuss and discover their neurodivergent needs, to build friendships, and connect across families.

### **Computer Literacy** Enrolled Thursdays 4:30-6:00 [Sarah@thefamilyroomvt.org](mailto: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](mailto:Jackie@thefamilyroomvt.org)

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

### **Dads matter** Enrolled: Offered by appointment [Damon@thefamilyroomvt.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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.

### **The Talking Room** Enrolled: 9-12 [cattbyll@gmail.com](mailto:cattbyll@gmail.com) or [Jackie@thefamilyroomvt.org](mailto:Jackie@thefamilyroomvt.org)

Therapeutic talk sessions with Linda Li.