The OFR understands the challenges of parenting while managing academic and/or professional responsibilities, and is committed to serving UMass families with vigor, dedication, and excellence.

Office of Family Resources (OFR)
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413.545.0865
Office of Family Resources’ (OFR) Mission

• The OFR is committed to increasing UMass families' access to and awareness of educational and enrichment resources and opportunities while building an inclusive campus community that supports family

• Our programs and services offer UMass families support, resources, and education, not only to meet challenges, but to succeed and thrive

• The family, where children develop their deepest values and a sense of themselves, is the essential unit of human society. Families perform a vital and demanding role by helping children develop into responsible adults
OFR Organizational Structure

- Vice Chancellor of Student Activities & Campus Life
- Dean of Students
- Office of Family Resources
  - Amherst Family Center
  - Dinner On Us
  - Resources for Campus Families
- Center for Early Education and Care
  - Child Care Tuition Assistance
  - Special Saturday Series
  - Pioneer Valley Oil Coop

- Founded in 2005
- Part the Division of Student Activities and Campus Life at UMass
OFR Programs

• REACH Early Intervention
• Mother’s Council & La Leche League
• Infant Massage
• MotherWoman Support Groups
• Parent’s Together
• Grandparent Mentor
• ESL Family Conversations
• Tours for Expecting Parents
• Dinner On Us Series
• Special Saturday Series
• Care.com Graduate Student Childcare Coop
Amherst Family Center

A program of the
Office of Family Resources
University of Massachusetts Amherst
Amherst, Massachusetts
Ten Reasons to go to the AFC

1. FREE for you and your family.
2. A safe, enriching, and supportive space for families with babies, toddlers, and preschoolers.
3. Values all families including LGBTQ families and celebrates cultural, ethnic, and economic diversity.
4. Offers many opportunities to meet other families and have adult-to-adult conversations.
5. Provides restful moments so adult caregivers can take some time for themselves including studying (we have Wi-Fi).
6. Staffed by caring and knowledgeable professionals in the area of child-development.
7. A great place to share parenting and grandparenting stories.
8. A place where you and your child can form new friendships.
9. Invites program participants to take advantage of skill building programs and support groups.
10. Offers resources and referrals that meet the needs of your unique family situation.
At the Amherst Family Center

Circle Time

Parents Together

Breastfeeding and Infant Support

Drop-In Center
Dinner on Us

- a parent education workshop series offered on Monday evenings during the academic year
- topics include: child development, behavior guidance strategies, child and family nutrition, creating family rituals, time management, pediatric medicine, children and the media, and maintaining healthy family relationships.
- Participation is open to campus and community families with young children
- Series includes a free family dinner, supervised children's activities, and free parking

The Dinner on Us series focuses on parenting young children between the ages of two and five years, a stage of continuing growth and development. The program offers parents an opportunity to learn more about themselves while acquiring new approaches to raising children to become healthy, responsible, respectful, and resourceful.

Family Dinner: 5:30-6:00pm * Supervised Children's Activities: 5:45-7:30pm * Roundtable Discussion: 6:15-7:30pm

JANUARY 26
Using Touch to Stay Connected and Calm: wear comfortable clothing and bring a towel.
Alison Ouer, SMT for babies, children and adults, Trainer and Educator Status Movement

FEBRUARY 2
Strategies for Raising a Dual Language Child: Latest Research and Best Practices for Parents
Barbara Pearson, Ph.D., Research Associate University of Massachusetts Amherst, and author of Raising a Bilingual Child

FEBRUARY 9
Coming Together : Understanding Racism, Working for Justice, Building Connections and Community
Rosa Vernon-Jones, Ed.D., Amherst Educator and Coordinator, Youth Helping to End Racism

FEBRUARY 16
NO PROGRAM PRESIDENT'S DAY OBSERVED

FEBRUARY 23
Raising Healthy Boys: Cultural Expectations and Parenting Practices
Joshua Reif, Psy.D., Staff Psychologist, Center for Counseling Psychological Help, University of Massachusetts Amherst

FEBRUARY 23
Your Legal Rights & Responsibilities as a Parent
Carol Booth, Senior Staff Attorney, Student Legal Services Office, University of Massachusetts Amherst

MARCH 9
Strategies to Promote the Healthy, Socio-Emotional Development of Young Children
Sara Whittington, Ph.D., Assistant Professor, School of Education, University of Massachusetts Amherst

MARCH 16
NO PROGRAM – SPRING RECESS

MARCH 23
Week 1 of 2-Week Series: Why Do They Do That?
Alison Moroney, LCSW, Early Childhood Research Team; Collaborative for Educational Services

MARCH 30
Week 2 of 2-Week Series: Why Do They Do That?
Alison Moroney, LCSW, Early Childhood Research Team, Collaborative for Educational Services

APRIL 6
Week 1 of 2-Week Series: Pediatric Health: What’s New in Pediatric Medicine?
Dr. Ilana Schmitt, MD, MPH, Pediatrician, University Health Services, University of Massachusetts Amherst

APRIL 13
Week 2 of 2-Week Series What’s New in Pediatric Dentistry
Dr. Aaron DalMaso, DMD, DalMaso Orthodontics, and Pediatric Orthodontic Surgeon, Shriner’s Hospital Springfield

APRIL 20
NO PROGRAM – PATRIOT’S DAY OBSERVED

APRIL 27
In Celebration of Families: Why Family Research Matters
Maureen Perry Jenkins, Ph.D., Professor, Department of Psychology and Director for Center of Research on Families
University of Massachusetts Amherst

Dinner On Us (DOU) is a program of the UMass Office of Family Resources (OFR), 8th Floor Student Union Building, UMass Amherst. For more information call (413) 545-0865, email: ofr@umass.edu or visit: www.umass.edu/ofr.
In case of unanticipated weather cancellations call 413-545-0865 day of program.
Special Saturday Series

The Special Saturday series is a monthly interactive cultural enrichment programs for families with children birth-6 year, featuring Art Cycles and a family performance.

Art Cycles is an arts and crafts enrichment program for families with children age 2.5-6 years.

A family performance for families with babies and children up to age six may include a performer using mime, music, dance, and/or storytelling to create educational experiences for the whole family.

All activities are free and include arts and crafts materials and pre-performance breakfast snacks.
Apple Harvest Crafts Fair & Children’s Festival

- A re-creation of an old-fashioned New England community fair, coupled with the presentation and sale of beautiful art and fine crafts
- Serves as major fundraiser for AFC
Annual Preschool Resource Fair and Children’s Festival

Preschool Resource Fair
Thinking about enrolling your child in a preschool program? Meet with local preschool programs and have all your questions answered.

Children’s Festival

LIVE ENTERTAINMENT SCHEDULE!

10AM • ZOO ON THE GO
Zookeeper Tereska Rizzuto, from the Forest Park Zoo’s “Zoo on the Go” program showcases live animals and animal artifacts from the zoo’s education center. The program will offer children an opportunity to touch and observe the animals as well as ask questions.

11AM • SHAOLIN KUNG-FU OF AMHERST CHILDREN’S TROUPE
Interactive demonstration that includes a balance of fun and excitement with structure and self-control. Many styles of Kung Fu are based on the movements and behavior of animals such as the tiger, eagle, crane, and praying mantis to name a few.

11:30AM • CELTIC DANCE
Come see some of the youngest Company dancers from the Celtic Heels Irish Dance School from Greenfield perform a set of Jigs and Reels. This performance will have your whole family tapping and clapping along. Celtic Heels Dance lends the ancestral style of dance with a vibrant modern flair.

12PM • YURI PRINCE OF COLOR
The Prince of Color show can be best described as an interactive experience for children two to seven, including movement games, music, magic parades, juggling, parachute time, bubbles, singing and more!

12:30PM • WEE ONES DANCE WITH EVA FAIRCCHILD
Accompanying your child with dance in a fun and positive manner while picking up proper technique are the basics of dance with AFC’s mom Eva Fairchild. Eva is a classically trained performing artist who is thrilled to introduce daughter Angelique & others to the joy of movement.

The Preschool Fair and Children’s Festival is hosted by the UMass Office of Family Resources. The Festival features elements from UFR’s special Saturday Letter and Parent/Child Literacy program.

For more information about other programs sponsored by the UMass Office of Family Resources visit: www.umass.edu/oerl. Call (413)-545-0865 or email ufr@stuof.umass.edu.

In case of inclement weather cancellation information is available by calling (413)-545-0865 after 7:30am day of program.
Funding

- Budget of $76,000 for the 2012-2013 AFC calendar year.
- UMass funding = $34,960 or 46% of total budget.
A Family Friendly Campus Supports

Benefiting
• Students, staff, faculty and their families
• The institution
• Community
• Partners