

**\*\*For more information or to register for any of our programs or offerings, please call the main office at 802-442-6934, or email us at [rsvp@sunrisepcc.com](mailto:rsvp@sunrisepcc.com)\*\***

COFFEE CLUB - Weekly offering, throughout the year. Open to ALL! Join us for a snack and some conversation over a warm beverage. (You do not need to like coffee! ☺)



MAKING MEALS & MEMORIES, Monthly family night, open to ALL families. Cook and enjoy a healthy dinner together, engage with your child(ren) in fun activities and crafts, and bring home an activity bag: books, games, and healthy snacks.



PLAYGROUPS- Weekly offering, open to ALL families with young children, residing in Bennington County.



HOUSING NAVIGATION, Open to ALL! Appointments are encouraged! Drop-ins are welcome. No housing case manager? Need a place to start your rental applications? Call for an appointment with our Housing Navigator, to point you in the right direction.



BRAIN LAB PLAYGROUP- Brain lab is a combination of parenting education and playgroup fun, designed to facilitate serve-and-return interactions between caregivers and their infants/toddlers.



SUNRISE ADVISORY COUNCIL  
Want to join a team of parents/caregivers who share their thoughts and provide input to Sunrise on our programs and services? Give us a call!



DADS & KIDS CREATE - Calling all dads and dad figures! Join Sunrise & VAE for fun for you and your child. Free, open to all, dinner included! Space is limited, so call to learn more and RSVP!



Playgroup facilitated by Northshire Day School, funded by a Sunrise Direct Service Community Grant!



PARENT EDUCATION OFFERINGS, Join us for different workshops and offerings throughout the year.



SATURDAY STORYTIME, Sunrise will be joining story time at the John G. McCullough Library every Saturday at 11 am for the month of May!



FAMILIES AT THE CENTER- FAC strives to bring service providers and families together to help families navigate the resources they need for their well-being.



COMMUNITY PICNICS- (May - October) Picnics are free and open to all in Bennington County. Enjoy lunch and engage with your child(ren) in fun activities! No RSVP is required.



THURSDAY - 1  
BRAIN LAB PLAYGROUP  
226 Union Street, 9 – 10 am  
HOUSING NAVIGATION, 244 Union St., 10 – 11 am



FRIDAY - 2  
WEEKLY WALKING GROUP,  
Willow Park, 9 - 10 am  
PLAYGROUP, Bennington Free Library,  
Bennington, 10 – 11:30 am



MONDAY - 5  
COFFEE CLUB, 226 Union Street, 9 - 10 am



TUESDAY - 6  
PARENT EDUCATION: *From Scratch*,  
226 Union St., 10:30 am  
DADS & KIDS CREATE, Vermont Arts Exchange, 48  
Main St. N. Benn., 6 – 7:30 pm



WEDNESDAY - 7  
PLAYGROUP, Arlington Community House  
\*Parent-led, 3842 VT Rt. 7A, Arlington,  
10 – 11:30 am  
NEEDLE FELTING: LITTLE OWLS,  
226 UNION STREET, 3:30-5:30 pm



THURSDAY - 8  
BRAIN LAB PLAYGROUP  
226 Union Street, 9 – 10 am  
HOUSING NAVIGATION, 244 Union St., 10 – 11 am  
MUSICAL PLAYGROUP, Bennington Free Library, 10:30 – 11:30 am



FRIDAY - 9  
WEEKLY WALKING GROUP,  
Willow Park, 9 - 10 am  
PLAYGROUP, Bennington Free Library,  
Bennington, 10 – 11:30 am



MONDAY- 12  
COFFEE CLUB, 226 Union Street, 9 - 10 am



TUESDAY - 13  
FAMILIES AT THE CENTER (FAC),  
\*Families Meet: 12 – 2 pm, Unitarian Universalist  
Church  
MAKING MEALS & MEMORIES  
226 Union Street, 4 – 6 pm  
DADS & KIDS CREATE, Vermont Arts Exchange, 48  
Main St. N. Benn., 6 – 7:30 pm



WEDNESDAY - 14  
PLAYGROUP, Arlington Community House  
\*Parent-led, 3842 VT Rt. 7A, Arlington,  
10 – 11:30 am



THURSDAY - 15  
BRAIN LAB PLAYGROUP  
226 Union Street, 9 – 10 am  
HOUSING NAVIGATION, 244 Union St., 10 – 11 am  
BUDGETING WORKSHOP, 244 Union St., 1 – 2 pm



FRIDAY - 16  
WEEKLY WALKING GROUP,  
Willow Park, 9 - 10 am  
PLAYGROUP, Bennington Free Library,  
Bennington, 10 – 11:30 am  
MAYCA PLAYGROUP, 160 Benmont Ave,  
5 – 6 pm



MONDAY- 19  
COFFEE CLUB, 226 Union Street, 9 - 10 am



TUESDAY- 20  
PARENT EDUCATION: *Self-Care*,  
226 Union Street, 10:30 – 11:30 am



WEDNESDAY - 21  
SWIMMING PLAYGROUP, Bennington Rec Center,  
9:30 – 10:30 am  
PLAYGROUP, Arlington Community House  
\*Parent-led, 3842 VT Rt. 7A, Arlington,  
10 – 11:30 am



THURSDAY - 22  
BRAIN LAB PLAYGROUP  
226 Union Street, 9 – 10 am  
HOUSING NAVIGATION, 244 Union St., 10 – 11 am



FRIDAY - 23  
WEEKLY WALKING GROUP,  
Willow Park, 9 - 10 am  
PLAYGROUP, Bennington Free Library,  
Bennington, 10 – 11:30 am  
COMMUNITY PICNIC, 238 Union Street,  
11:30 am – 1 pm



SATURDAY - 24  
WILD ADRIATIC FUNDRAISER CONCERT,  
Unihog, Hoosick Falls, Doors open 6 pm



MONDAY- 26  
SUNRISE CLOSED IN OBSERVANCE OF  
MEMORIAL DAY



TUESDAY- 27  
PARENT EDUCATION: Parents Social,  
226 Union Street, 10:30 am  
RESUME WRITING WORKSHOP  
244 Union St., 11 am – 12 pm



WEDNESDAY - 28  
PLAYGROUP, Arlington Community House  
\*Parent-led, 3842 VT Rt. 7A, Arlington,  
10 – 11:30 am  
IT TAKES A VILLAGE: Parent/Caregiver Support  
Group, Bennington Community Market, 239 Main  
Street, 1:30 – 2:30 pm



THURSDAY - 29  
BRAIN LAB PLAYGROUP  
226 Union Street, 9 – 10 am  
HOUSING NAVIGATION, 244 Union St., 10 – 11 am  
SUNRISE ADVISORY COUNCIL, 226 Union Street, 12 – 2 pm



FRIDAY - 30  
PARENTS AS TEACHERS (PAT), Group  
Connections, Willow Park, 9 – 10 am  
PLAYGROUP, Bennington Free Library,  
Bennington, 10 – 11:30 am



SUNRISE FAMILY RESOURCE CENTER is  
Bennington County's Parent Child Center,  
part of the Vermont Parent Child Center Network.

Check our website,  
[SUNRISEPCC.COM](http://SUNRISEPCC.COM), and  
our Facebook page for  
current news and updates!

244 UNION STREET  
BENNINGTON, VT 05201  
802-442-6934

