May is Mental Health Awareness Month and National Speech and Language Month. May 5th through May 9th is Teachers Week!

May 2025

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

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! (3)

BRAIN LAB PLAYGROUP- Brain lab is a

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.

SUNRISE ADVISORY COUNCIL

Want to join a team of parents/caregivers

on our programs and services? Give us a call!

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

DADS & KIDS CREATE - Calling all dads and dad

child. Free, open to all, dinner included! Space is

limited, so call to learn more and RSVP!

figures! Join Sunrise & VAE for fun for you and your

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.

> **WEEKLY PLAYGROUP** Thursdays, 10:30am - 12pm

Manchester Community Library



the year.

combination of parenting education and playgroup fun, designed to facilitate serve-andreturn interactions between caregivers and their infants/toddlers.

SATURDAY STORYTIME, Sunrise will be joining that

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.

who share their thoughts and provide input to Sunrise

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.

BRAIN LAB PLAYGROUP 226 Union Street, 9 – 10 am

Playgroup facilitated by Northshire

Day School, funded by a Sunrise

Direct Service Community Grant!

HOUSING NAVIGATION, 244 Union St., 10 - 11 am

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

PLAYGROUP, Bennington Free Library,

WEEKLY WALKING GROUP,

Bennington, 10 - 11:30 am

Willow Park. 9 - 10 am

story time at the John G. McCullough Library every Saturday at 11 am for the month of May! **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



WEDNESDAY - 21

HOUSING NAVIGATION, 244 Union St., 10 - 11 am

MUSICAL PLAYGROUP, Bennington Free Library, 10:30 – 11:30 and



THURSDAY -22

THURSDAY - 1

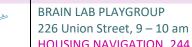
THURSDAY - 8

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

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



BRAIN LAB PLAYGROUP

HOUSING NAVIGATION, 244 Union St., 10 – 11 am BUDGETING WORKSHOP, 244 Union St., 1 – 2 pm



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

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

TUESDAY - 13

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

BRAIN LAB PLAYGROUP 226 Union Street. 9 – 10 am



HOUSING NAVIGATION, 244 Union St., 10 – 11 am

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

FRIDAY - 2

FRIDAY - 9

FRIDAY - 16

FRIDAY - 23

MONDAY-26

SUNRISE CLOSED IN OBSERVANCE OF MEMORIAL DAY

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

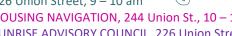


TUESDAY-27

WEDNESDAY - 28 PLAYGROUP, Arlington Community House *Parent-led, 3842 VT Rt. 7A, Arlington, 10 - 11:30 am



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



THURSDAY - 29

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.



