Click the links below for more information about new programming for graduate and undergraduate student parents:

- **Dissertation Writing Group for Student Parents**
- **Support Group for Single Parents/Caregivers**
- **U203 The Science of Thriving** - 1 credit course focused on stress reduction and active coping - special student parent section via Zoom
- **Study Lounge and Family Meals** (with supervised child care) - details to come
Thank you so much to those who came to our Trunk or Treat Event in October! It was great to see so many families!

FRIENDSGIVING FAMILY BRUNCH

Saturday November 19th @ 11am

Come connect with fellow student parent families and enjoy a delicious meal on us!

Space is limited so please register in advance here. Registration is required.

Hampshire Dining Commons - private room, 141 Southwest Cir, Amherst MA 01003
OPD provides professional skills training for graduate students and postdocs in: Career Preparation, Communication, Grants and Fellowships, Personal Development, Teaching

Each year, OPD organizes about 400 free events for UMass graduate students and postdocs. These events are held in person or online, making it more flexible for students!

Some interesting facts about this department:
- 4, week-long dissertation retreats each year!
- OPD participants are awarded over $1.2 million in external grants and fellowships each year!
- More than 5,000 participants every year!

CAREER DEVELOPMENT AND PROFESSIONAL CONNECTIONS HUB
- Connect with your School's Career Center
- Check out the 2022-2023 Career Fair calendar
- Make an appointment with a career advisor
- Get help with resumes and cover letters
**Fuel Assistance**

$$ Stay ahead of the cold! $$

Winter is just around the corner - the time to apply for fuel assistance is now! Available to both homeowners and renters, Community Action’s Fuel Assistance Program helps income-eligible participants afford their home heating expenses, even if your cost of heat is included in your rent.

More info [here](#).

Feel free to reach out to us if you live outside of Hampshire or Franklin counties and need the fuel assistance program near you.

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**The Sidney F. Toy Fund**

The Sidney F. Smith Toy Fund distributes vouchers worth $40 to families for each child from age 1 to 14. Eligible families must live in any Hampshire County community except Ware, or in the southern Franklin County towns of Deerfield, Sunderland, Whately, Shutesbury and Leverett.

Apply for the Toy Fund [here](#).
Moulikatou's goal is to be a professional accountant in a public accounting firm - and she is well on her way to achieving it! She began her career at UMass in the Fall of 2020, earning her Bachelor's of Business Administration in Accounting at Eisenberg in May 2022 and enrolling in Eisenberg's Master's of Science in Accounting program in the summer of 2022. Moulikatou gave birth to her daughter during COVID when classes were remote and returned to in-person classes when her daughter was 5 months old spring semester 2022. She is set to graduate with her Master's in May 2023. Moulikatou and her daughter enjoy singing and dancing together.

Q: What is hardest about being both a student and a parent?
M: It is very stressful and requires a lot of time. Prioritizing the important tasks and classes are strategies that makes it easier. Commuting to campus in Spring of 2022 when I was 5 months postpartum was the biggest challenge.

Q: What are you most proud of?
M: Being able to secure a full time job upon graduation!

Q: What type of supports have been helpful to you while you've been in school?
M: Student Parent Programs helped with my child care expenses when I returned to campus - and SPP staff advice and encouragement.
November '22
Community Events & Activities

LOCAL FARMS

McCRAZY'S FARM (S. Hadley)
Hayrides to the pumpkin patch
$4 each person
(children two and under are free!)
Saturday & Sundays from 10am-5pm.
For more info, check their website.

Park Hill Orchard (Easthampton)
Art in the Orchard 2022
Open every day through November 27
The sculpture show is free.
For more info, check the website.

YANKEE CANDLE VILLAGE
South Deerfield
Santa's Arrival - Nov 26th, 9am - 12pm
Tree Lighting - Nov 17th 5pm - 7pm
Please see website for more information.

BRIGHT NIGHTS AT FOREST PARK
Springfield
Nov 23 - Jan 1, 2023
$23 per car
* Nov 23 - Opening Night Special - $6 per car
Here's the website.

LIBRARY EVENTS
November
10th: @10:30am-11:15am - Storytime and Play (0-5)
12th: @4pm-5pm - Words Together Poetry (13-17)
14th: @10am-10:45am - Little Kid Yoga
17th: @10:30am-11:15am - Storytime and Play (0-5)
18th: @3:30pm-5pm - Teen Lounge (11-17)
21st: @10am-10:45am - Little Kid Yoga
22nd: @4:15pm - 5pm - Italian Lessons for Kids

JONES LIBRARY
Amherst, Massachusetts