

ALL PROGRAMS FREE FOR FAMILIES

APRIL 2024

The FRC is open
 Mon–Fri,
 9 a.m.–5 p.m.
 and on 1st & 3rd
 Saturdays
 9 a.m.–12 p.m.



CLINICAL
 & SUPPORT
 OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help 1	4-5 Homework Help 2	10:30-11:30 Nurturing Families in Recovery 4-5:30 Art Hour: Easter Activity 4-5 Homework Help 3	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers 4	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Fun Day: Berkshire Pulse Moving Life Stories 5	Open 9am-12pm 6
7	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help 8	4-5 Homework Help 6:30-8 LGBTQ+ Family and Friends Group 9	10:30-11:30 Nurturing Families in Recovery 12-4:30 ABC Group 4-5:30 Art Hour: Lunch Bag Puppets 4-5 Homework Help 10	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers 11	4-5 Homework Help 4-5:30 Entre Nos 12	13
14	Closed for Holiday 15	4-5 Homework Help 16	10:30-11:30 Nurturing Families in Recovery 4-5:30 Art Hour: Lady Bug Craft 4-5 Homework Help 17	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers 18	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Meal Series: Make Your Own Arepas 19	Open 9am-12pm 20
21	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help 22	4-5 Homework Help 23	10:30-11:30 Nurturing Families in Recovery 12-4:30 ABC Group 4-5:30 Art Hour: Wind Chime Activity 4-5 Homework Help 24	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers 25	4-5 Homework Help 4-5:30 Entre Nos 26	27
28	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help 29	4-5 Homework Help 30	Great Barrington Family Resource Center 141 West Ave Call Us: 413-528-0298 Drop-Ins Welcome! (But pre-registration required)			

PROGRAM DESCRIPTIONS

CLASSES

Nurturing Fathers Group: *Jason*

An evidence-based, 13-week training course designed to teach parenting and nurturing skills to men.

Parenting Journey Group: *Chandra & Shasta*

A parenting class about self-care practices, raising awareness of past and present factors influencing parenting styles, supporting children and nurturing family relationships.

Active Parenting Group: *Shasta, Pat, & Maria*

Active Parenting will give you skills to achieve a fuller, more satisfying family life... and help your children achieve greater happiness and success.

Nurturing in Recovery: *Chandra, Laurie, & Shasta*

Parents explore effects of substance abuse on themselves and their families, and strengthen their recovery for 17 weeks.

ARTS & CULTURE

Art Hour (Ages 5–12): *Maria & Laurie*

Engage in fun and creative art projects.

Family Fun Day: *All Staff*

In April, let the FRC get you moving! A free dance workshop, through Berkshire Pulse, for Berkshire Immigrants and allies. Join us for Moving Life Stories (MLS) to tell your personal journeys through dance.

Family Meal Series: *All Staff*

Join us and other families in the community for build your own Arepas.

SUPPORTS

Entre Nos: *Maria*

This group provides a safe and encouraging space for participants to share their stories and connect with other Latina immigrant women in the community.

Mondays for Moms: *Candice*

In person social hour for moms to connect and chat.

Parents Helping Parents: *Chandra Maria & Shasta*

An ongoing, weekly support group for parents. Attend every week or as needed. Offered in person and on Zoom.

Fathers Support Group: *Jason*

This platform offers new fathers and experienced fathers alike the opportunity to express and learn among their peers.

LGBTQ+ Family and Friends Group: *Jason*

A free drop-in meeting for parents, families, and allies of the LGBTQ+ community. Have questions? Send an email to southcountylgbtqfamilies@gmail.com.

LGBTQ+ Preteen Group: *Candice*

For ages 8-13 LGBTQ+ and allies to share and make connections in a safe space.

EDUCATIONAL PROGRAMS

ELPAC: *Maria*

A group of parent/guardian volunteers who work with the school district to support and enhance their children's education with the specific needs of English language learners in the district's school.

Moving Life Stories (MLS) is a creative movement class, through Berkshire Pulse, for the Berkshire immigrant population and their allies to share their personal journeys through movement games, exercise, and dancing.

FRC STAFF CONTACTS

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CLINICAL
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Great Barrington Family Resource Center

141 West Ave., Great Barrington, MA
413.528.0298

CSOINC.ORG

WE HAVE FREE PASSES!

- MASS MoCA • Hancock Shaker Village
- Norman Rockwell Museum
- Trustees of Reservations

Contact Us to Reserve a Family Pass!