

# ALL PROGRAMS FREE FOR FAMILIES



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
<b>Great Barrington Family Resource Center</b> 141 West Ave Call Us: 413-528-0298 Drop-Ins Welcome! (But pre-registration required)			10:30-11:30 Nurturing Families in Recovery 4-5:30 Art Hour: Rainbow Activity 4-5 Homework Help	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers Program	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Fun Day: Plant Flowers	Open 9am–12pm
5	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help	4-5 Homework Help	10:30-11:30 Nurturing Families in Recovery 4-5:30 Art Hour: Mothers Day Cards 4-5 Homework Help	4-5 Homework Help 5-6 Fathers Support Group	4-5 Homework Help 4-5:30 Entre Nos	11
12	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help	4-5 Homework Help 6:30-8 LGBTQ+ Family and Friends Group	10:30-11:30 Nurturing Families in Recovery 12-4:30 ABC GROUP 4-5:30 Art Hour: Egg Carton Jellyfish 4-5 Homework Help	4-5 Homework Help 5-6 Fathers Support Group 4:30-6 Berkshire Pulse Moving Life Stories 6:00-ELPAC Meeting	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Meal Series: Garden Tea Party	Open 9am–12pm
19	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help	4-5 Homework Help	10:30-11:30 Nurturing Families in Recovery 4-5:30 Art Hour: Paper Plate Turtle Project 4-5 Homework Help	4-5 Homework Help 5-6 Fathers Support Group	4-5 Homework Help 4-5:30 Entre Nos	25
26	Closed for Holiday	4-5 Homework Help	10:30-11:30 Nurturing Families in Recovery 4-5:30 Art Hour: Paper Roll Octopus 4-5 Homework Help	4-5 Homework Help 5-6 Fathers Support Group	4-5 Homework Help 4-5:30 Entre Nos	

# 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*

Join the FRC to celebrate spring by planting flowers with families in the community.

### **Family Meal Series:** *All Staff*

Join us and other families in the community to celebrate Mother's Day with a Garden Tea Party.

## 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](mailto: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.

### **ABC GROUP:** *Candice & Chandra*

Kids will engage in fun, outdoor, and physical activities with peers in order to learn and practice social skills such as team work, communication, conflict resolution, and trust building.

## FRC STAFF CONTACTS

### **Jason Godfrey — Program Director**

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### **Candice Amendola-Couture—Supervising Clinician**

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### **Shasta Bona — Family Support Worker**

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### **Chandra Rodrigues — Family Partner**

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### **Patricia Boland—School Liaison**

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### **Laurie Daley—Admin/Activities**

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### WE HAVE FREE PASSES!

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

Contact Us to Reserve a Family Pass!



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OPTIONS

**Great Barrington Family Resource Center**

141 West Ave., Great Barrington, MA

413.528.0298

**CSOINC.ORG**