

ALL PROGRAMS FREE FOR FAMILIES

# JANUARY 2024

The FRC  
is open  
Mon–Fri,  
9 a.m.–5 p.m.  
Call for details!



CLINICAL  
& SUPPORT  
OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Closed for Holiday <b>1</b>	4–5 Homework Help <b>2</b>	4–5 Art Hour 4–5 Homework Help <b>3</b>	4–5 Homework Help <b>4</b>	4–5 Homework Help 4–5:30 Entre Nos 5–7 Family Fun Day: Día de Reyes Magos <b>5</b>	Opened 9–12pm <b>6</b>
<b>7</b>	10–11am Parents Helping Parents 10:30–11:30am Monday for Moms 4–5 Homework Help <b>8</b>	4–5 Homework Help 6:30–8 LGBTQ+ Family/ Ally Support Group <b>9</b>	12–1pm Lunch and Learn: Infant Toddler Brain Development: Why Parents Matter so Much 4–5 Art Hour 4–5 Homework Help <b>10</b>	4–5 Homework Help <b>11</b>	4–5 Homework Help 4–5:30 Entre Nos <b>12</b>	<b>13</b>
<b>14</b>	Closed for Holiday <b>15</b>	4–5 Homework Help <b>16</b>	4–5 Art Hour 4–5 Homework Help <b>17</b>	12–1 Lunch and Learn: Post Pandemic Parenting 4–5 Homework Help <b>18</b>	4–5 Homework Help 4–5:30 Entre Nos 5–7 Family Meal Series: Sancocho <b>19</b>	Opened 9–12pm <b>20</b>
<b>21</b>	10–11am Parents Helping Parents 10:30–11:30am Monday for Moms 4–5 Homework Help <b>22</b>	4–5 Homework Help <b>23</b>	4–5 Art Hour 4–5 Homework Help <b>24</b>	4–5 Homework Help <b>25</b>	4–5 Homework Help 4–5:30 Entre Nos <b>26</b>	<b>27</b>
<b>28</b>	10–11am Parents Helping Parents 10:30–11:30am Monday for Moms 4–5 Homework Help <b>29</b>	4–5 Homework Help <b>30</b>	4–5 Art Hour 4–5 Homework Help <b>31</b>	Drop-Ins Welcome! (But pre-registration is required for many groups.) Call for more information. Call Us: 413-528-0298		

# 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, Maria, & 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*

Engage in fun and creative art projects.



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**Great Barrington Family Resource Center**

141 West Ave., Great Barrington, MA  
413.528.0298

### **Family Fun Day:** *All Staff*

In January, come in and join us for the celebration of the day of the three kings.

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

Join us for sancocho, a Latin American traditional stew.

## 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.

### **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

### **Lunch & Learn (L&L):** *Chandra & Shasta*

Peace at Home Parenting Center has two great free live session this month. The topics are: Infant Toddler Brain Development: Why Parents Matter So Much and Post Pandemic Parenting: You Can't Hack Everyday Actions that Really Matter to Your Child.

### **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.

## FRC STAFF CONTACTS

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

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

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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!

**CSOINC.ORG**