

ALL PROGRAMS FREE FOR FAMILIES



COVID-19 NOTICE:
 Programming is being held virtually online. The FRC remains open Mon–Fri, 9am–5pm.



CLINICAL & SUPPORT OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2	9-9:45 Parent's Helping Parent's 1-2 Activity 4-5 Homework Help 6-7:30 Parenting Journey	3-4 School Support Group 4-5 Homework Help	9:30-10:30 Coffee/Tea 1-2 Activity 3-4 Youth Emotional Grp. 4-5 Homework Help	3-4 School Support Grp. 4-5 Homework Help 6-7:30 Nurturing Fathers	9:30-10:30 Coffee/Tea 3-4 Youth Emotional Support Group 4-5 Homework Help	3	
9	9-9:45 Parent's Helping Parent's 1-2 Activity 4-5 Homework Help 6-7:30 Parenting Journey	3-4 School Support Group 4-5 Homework Help	9:30-10:30 Coffee/Tea 1-2 Activity 3-4 Youth Emotional Grp. 4-5 Homework Help	3-4 School Support Grp. 4-5 Homework Help 6-7:30 Nurturing Fathers	9:30-10:30 Coffee/Tea 3-4 Youth Emotional Support Group 4-5 Homework Help	4	
16	9-9:45 Parent's Helping Parent's 1-2 Activity 4-5 Homework Help 6-7:30 Parenting Journey	3-4 School Support Group 4-5 Homework Help	9:30-10:30 Coffee/Tea 1-2 Activity 3-4 Youth Emotional Grp. 4-5 Homework Help	3-4 School Support Grp. 4-5 Homework Help 6-7:30 Nurturing Fathers 5-6 Foster Parent Support Group	9:30-10:30 Coffee/Tea 3-4 Youth Emotional Support Group 4-5 Homework Help	5	
23	9-9:45 Parent's Helping Parent's 1-2 Activity 4-5 Homework Help 6-7:30 Parenting Journey	3-4 School Support Group 4-5 Homework Help	9:30-10:30 Coffee/Tea 1-2 Activity 3-4 Youth Emotional Grp. 4-5 Homework Help	3-4 School Support Grp. 4-5 Homework Help 6-7:30 Nurturing Fathers	9:30-10:30 Coffee/Tea 3-4 Youth Emotional Support Group 4-5 Homework Help	6	
30	CLOSED FOR MEMORIAL DAY	Please note our Foster Parent Support Group Starts this month!!! Learn More at the FRC CALL US! 413-582-0298					7
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PROGRAM DESCRIPTIONS

FAMILY SUPPORT PROGRAMS

Parent's Helping Parent's -Parents and caregivers share and learn about raising children and adolescents with behavioral and emotional challenges in this peer-led support group. For information, call Shasta (413) 528-0298 ext. 9504.

Nurturing Fathers Group -Dads find support for the challenges of parenthood through a 13-week program. New group starts April 1st. Thursdays 6-7:30pm via Zoom. Pre-registration is required. To register, please contact Jason at (413) 528-0298 ext. 5901 or Ryan at 413-528-0298, ext. 9505.

Youth Emotional Support Group - Is a free service for young people aged 11-18 looking for support with their well-being. Some of the things we can support you with: Your mood, feeling anxious, self-esteem, anger issues, relationships at home or with friends, and disengagement from school. Contact Ryan at 413-528-0298, ext. 9505

Foster Parent Support Group- — A free, open group for all foster parents (foster, adoptive, and kinship). We offer a safe space to share concerns, challenges and successes with other foster parents. No one will understand what your journey is like better than another foster parent. Contact Shasta at 413-528-0298, ext 9504.

Coffee/Tea and Conversation -

A time to chat and connect with others. For info, call Debbie at 413-528-0298, ext. 9500

Chill and Skill- Parenting Classes

Presenter for month of April- Peace at Home, Offering 2 Zoom Sessions this month.

4/5 Set the Stage for Cooperative Co-Parenting:, Support Your Children 8:15-9PM
4/13 Parenting Teens- Power Struggles and Effective Discipline 8:15-9PM

School Support Group - Schooling is going so crazy right now, and having to manage all of the stresses that are following the "new normal", let us help each other. Due to Covid we are offering support through a Zoom link.

Parenting Journey Group -Parenting Journey is a parenting class that is designed to help parents increase their self-care practices, raise awareness of past and present factors that influence their parenting styles, enhance their parenting skills, and utilize their strengths to support their children and build nurturing family relationships. Through a combination of hands-on activities and guided discussions, you will develop knowledge and skills that support you as a parent and role model. Contact Shasta @ 413-528-0298, Ext 9504

EDUCATION PROGRAMS

Homework Help -Bring your homework (K-12), and get help from one of our staff. For info, call Jason at (413) 528-0298 ext. 9501. Due to Covid the following Precautions need to be followed. Call ahead for a time slot.

ARTS & CULTURE PROGRAMS

Activity Time -A time for kids to relax and have some much needed fun and to do during a free time. Activities will be contact free delivered to your home the day before. For info, call Debbie at (413) 528-0295, ext. 9500. Fingers crossed we will be offering these soon at the FRC in person.

FRC Staff and Contact Information

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