

ALL PROGRAMS FREE FOR FAMILIES

The FRC is open
Mon–Fri,
9 a.m.–5 p.m.
and on 2nd & 4th
Saturdays
9 a.m.–12 p.m.



CLINICAL
& SUPPORT
OPTIONS

NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-Ins Welcome! (But pre-registration is required for many groups. Call for more information.) (413) 528-0298						Cultural Kitchen 11-12:30pm 1
2	10-11 Parents Helping Parents 6-7:30 Fathers Helping Fathers 3	2-4 Active Parenting — 4th Edition 4-5 Homework Help 4	4-5:30 Art Hour 5:30-7:15 Kitchen Table Talks: Facilitator Training 5	12-1 Nurturing Families in Recovery 4-5 Homework Help 6-7:30 Nurturing Fathers 6	4-5:30 Entre Nos 5-6:30 Family Meal Series: Empanada Night 7	Open for Office Hours 9am-12pm Cultural Kitchen 11-12:30pm 8
9	10-11 Parents Helping Parents 6-7:30 Fathers Helping Fathers 10	12-1 Lunch and Learn: Children with Anxiety — How Can I Help? 2-4 Active Parenting — 4th Edition 4-5 Homework Help 11	12-2 Cooperative Co-parenting 4-5:30 Art Hour 5:30-7:15 Kitchen Table Talks: Facilitator Training 12	12-1 Nurturing Families in Recovery 4-5 Homework Help 6-7:30 Nurturing Fathers 13	4-5:30 Entre Nos 14	Cultural Kitchen 11-12:30pm 15
16	10-11 Parents Helping Parents 6-7:30 Fathers Helping Fathers 17	9-5 Young Mental Health First Aid Training 2-4 Active Parenting — 4th Edition 4-5 Homework Help 18	12-2 Cooperative Co-parenting 4-5:30 Art Hour 19	12-1 Nurturing Families in Recovery 4-5 Homework Help 6-7:30 Nurturing Fathers 20	4-5:30 Entre Nos 21	Family Fun Day with Cultural Kitchen! 10am-12pm 22
23/30	10-11 Parents Helping Parents 6-7:30 Fathers Helping Fathers 24	2-4 Active Parenting — 4th Edition 4-5 Homework Help 5-6 Dinner and Workshop: IEP and 504 Meetings 25	12-2 Cooperative Co-parenting 4-5:30 Art Hour 26	Closed for Holiday 27	Closed for Holiday 28	29

PROGRAM DESCRIPTIONS

CLASSES

Nurturing Fathers Group: *Jason*

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

Active Parenting 4th Edition: *Shasta & Lona*

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 & Lona*

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

Cooperative Co-parenting: *Shasta & Lona*

Parents learn to defuse conflict by minimizing blame and taking responsibility for their contribution while establishing a positive, long-term, cooperative relationship with the other parent.

ARTS & CULTURE

Art Hour (Ages 5-12): *Dahiana & Emily*

This class provides a place to engage in fun and creative art projects. Different art activities every week for kids. Adults work on a monthly projects.

Cultural Kitchen (Ages 11-18): *Jenny & Rania*

Join us for fun, hands-on cooking classes where youth learn to make simple, delicious meals and snacks while building kitchen skills and confidence.

Family Fun Day: *All Staff*

Join us and other families in making your very own take & bake apple pies to bring home and enjoy!

Family Meal Series: *All Staff*

Join the FRC staff and other families for an empanada night! Good food, new friends, and fun for all ages.

SUPPORTS

Entre Nos: *Dahiana & Emily*

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*

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

Fathers Helping Fathers Support Group: *Peer -Led*

A safe, welcoming virtual space for dads to connect, share, and support one another while focusing on parenting skills, emotional well-being, and building strong, healthy family relationships.

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 (Ages 4-10): *Chandra & Dahiana*

Activities based counseling group working on social skills like emotional regulation, team work, and conflict resolution.

FRC STAFF CONTACTS

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CLINICAL
& SUPPORT
OPTIONS

Great Barrington Family Resource Center

141 West Ave., Great Barrington, MA
413.528.0298

WE HAVE FREE DIAPERS!

Available anytime during our office
hours.



(To learn more about our programs
or register for an upcoming event,
feel free to contact us or scan the
QR code to sign up!)

CSOINC.ORG