

ALL PROGRAMS FREE FOR FAMILIES

OCTOBER 2025

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



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			4–5:30 Art Hour 1	4–5 Homework Help 6–7:30 Nurturing Fathers 2	4–5:30 Entre Nos 3	Family Fun Day! 10am–12pm 4
5	10–11 Parents Helping Parents 6–7:30 Fathers Helping Fathers 6	4–5 Homework Help 7	12–1 Lunch and Learn: Growth Thinking and Self-Worth 4–5:30 Art Hour 8	4–5 Homework Help 6–7:30 Nurturing Fathers 9	4–5:30 Entre Nos 10	11
12	10–11 Parents Helping Parents 6–7:30 Fathers Helping Fathers 13	4–5 Homework Help 14	4–5:30 Art Hour 15	4–5 Homework Help 6–7:30 Nurturing Fathers 16	4–5:30 Entre Nos 5–6:30 Family Meal Series: Soup Buffet 17	Open for Office Hours 9am–12pm 18
19	10–11 Parents Helping Parents 6–7:30 Fathers Helping Fathers 20	4–5 Homework Help 21	4–5:30 Art Hour (Decorating Pumpkins!) 22	4–5 Homework Help 6–7:30 Nurturing Fathers 23	4–5:30 Entre Nos 5–6 Dinner and Workshop: Social Media — Safety and Red Flags 24	25
26	10–11 Parents Helping Parents 6–7:30 Fathers Helping Fathers 27	4–5 Homework Help 28	4–5:30 Art Hour 29	4–5 Homework Help 6–7:30 Nurturing Fathers 30	4–5:30 Entre Nos 31	

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 & Shasta*

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

Cooperative Co-parenting: *Candice, Maria & Shasta*

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.



CLINICAL
& SUPPORT
OPTIONS

Great Barrington Family Resource Center

141 West Ave., Great Barrington, MA
413.528.0298

Family Fun Day: *All Staff*

Join us for our family fun day at Windy Hill Farm for apple picking! (Please register in advance)

Family Meal Series: *All Staff*

The FRC welcomes you to join us and other families for a soup buffet dinner.

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, Maria & Shasta*

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 and Dahiana*

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

FRC STAFF CONTACTS

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WE HAVE FREE DIAPERS!

Available anytime during the office hours.

WE HAVE MASS-MOCA PASSES!

Stop by during office hours to see if they are available.

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