

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

# DECEMBER 2025

| SUNDAY    | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|-----------|--|--|--|--|---|---|
|           | <b>10-11</b> Parents Helping Parents<br><b>6-7:30</b> Fathers Helping Fathers<br><b>1</b>  | <b>12-1</b> Lunch & Learn: Manage Academic Loss<br><b>2-4</b> Active Parenting — 4th Edition<br><b>4-5</b> Homework Help<br><b>2</b> | <b>12-2</b> Cooperative Co-parenting<br><b>12:30-4:30</b> Kids Club<br><b>4-5:30</b> Art Hour<br><b>3</b>  | <b>12-1</b> Nurturing Families in Recovery<br><b>4-5</b> Homework Help<br><b>6-7:30</b> Nurturing Fathers<br><b>4</b>  | <b>4-5:30</b> Entre Nos<br><b>5</b>   | <b>Open for Office Hours 9am-12pm</b><br><b>6</b> |
| <b>7</b>  | <b>10-11</b> Parents Helping Parents<br><b>6-7:30</b> Fathers Helping Fathers<br><b>8</b>  | <b>2-4</b> Active Parenting — 4th Edition<br><b>4-5</b> Homework Help<br><b>9</b>  | <b>12-2</b> Cooperative Co-parenting<br><b>12:30-4:30</b> Kids Club<br><b>4-5:30</b> Art Hour<br><b>10</b> | <b>12-1</b> Nurturing Families in Recovery<br><b>4-5</b> Homework Help<br><b>6-7:30</b> Nurturing Fathers<br><b>11</b> | <b>4-5:30</b> Entre Nos<br><b>12</b>  | <b>Family Fun Day! 2pm-4pm</b><br><b>13</b>       |
| <b>14</b> | <b>10-11</b> Parents Helping Parents<br><b>6-7:30</b> Fathers Helping Fathers<br><b>15</b> | <b>4-5</b> Homework Help<br><b>5-6</b> Dinner & Workshop: Children and Therapy — Lets Talk<br><b>16</b>                              | <b>12-2</b> Cooperative Co-parenting<br><b>4-5:30</b> Art Hour<br><b>17</b>                                | <b>12-1</b> Nurturing Families in Recovery<br><b>4-5</b> Homework Help<br><b>6-7:30</b> Nurturing Fathers<br><b>18</b> | <b>4-5:30</b> Entre Nos<br><b>5-6:30</b> Family Meal Series: Pizza and Movie Night<br><b>19</b> | <b>20</b>   |
| <b>21</b> | <b>10-11</b> Parents Helping Parents<br><b>6-7:30</b> Fathers Helping Fathers<br><b>22</b> | <b>4-5</b> Homework Help<br><b>23</b>  | <b>12-2</b> Cooperative Co-parenting<br><b>4-5:30</b> Art Hour<br><b>24</b>                                | <b>Closed for Holiday</b>  | <b>4-5:30</b> Entre Nos<br><b>26</b>  | <b>27</b>   |
| <b>28</b> | <b>10-11</b> Parents Helping Parents<br><b>6-7:30</b> Fathers Helping Fathers<br><b>29</b> | <b>4-5</b> Homework Help<br><b>30</b>  | <b>12-2</b> Cooperative Co-parenting<br><b>4-5:30</b> Art Hour<br><b>31</b>                                | <b>Drop-Ins Welcome!</b><br>(But pre-registration is required for many groups)<br><b>(413) 528-0298</b>                |   |   |

# 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.



CLINICAL  
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**Great Barrington Family Resource Center**

141 West Ave., Great Barrington, MA  
413.528.0298

### **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 celebrating the season with a cheerful family photoshoot and holiday fun!

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

Join the FRC staff and other families for pizza, popcorn, and a cozy movie night for the whole family!

## 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.

**WE HAVE FREE DIAPERS!**

Available anytime during our office hours.

## 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.

### **Kids Club (Ages 6-12):** *Emily & Dahiana*

Spend your half day with us at Kids Club! Enjoy a fun afternoon of crafts, games, and activities with friends. Lunch and snacks are provided!

## FRC STAFF CONTACTS

### **Shasta Bona — Program Director**

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### **Emily Delgado — Family/Youth Activity Coordinator**

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### **Dahiana Herrera Cortes — Childcare Worker**

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### **Jason Godfrey — Nurturing Fathers Program**

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(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! )

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