

ALL PROGRAMS FREE FOR FAMILIES

MARCH 2026

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 |
|-----------|---|--|---|---|--|--|
| 1 | 10-11 Parents Helping Parents 3:30-5:00 Cultural Kitchen 6-7:30 Fathers Helping Fathers 2 | 11-12:30 Parenting Journey I 4-5 Homework Help 3 | 4-5:30 Art Hour 4 | 12-1 Nurturing Families in Recovery 4-5 Homework Help 6-7:30 Path to Citizenship 5 | 4-5:30 Entre Nos 6 | Open for Office Hours 9am-12pm 7 |
| 8 | 10-11 Parents Helping Parents 3:30-5:00 Cultural Kitchen 6-7:30 Fathers Helping Fathers 9 | 11-12:30 Parenting Journey I 4-5 Homework Help 10 | 12-1 Lunch & Learn: Middle & High School Success - Make Homework Work 4-5:30 Art Hour 11 | 12-1 Nurturing Families in Recovery 4-5 Homework Help 12 | 5-6:30 Family Fun Day + Family Meal Series: Dessert Potluck & St. Patrick's Day Crafts 13 | 14 |
| 15 | 10-11 Parents Helping Parents 3:30-5:00 Cultural Kitchen 6-7:30 Fathers Helping Fathers 16 | 11-12:30 Parenting Journey I 4-5 Homework Help 17 | 12:30-4:30 Kids Club 4-5:30 Art Hour 18 | 12-1 Nurturing Families in Recovery 4-5 Homework Help 19 | 4-5:30 Entre Nos 20 | FLO Matchbox/ Hot Wheels Club 10am-11am 21 |
| 22 | 10-11 Parents Helping Parents 3:30-5:00 Cultural Kitchen 6-7:30 Fathers Helping Fathers 23 | 11-12:30 Parenting Journey I 4-5 Homework Help 5:30-7:30 Kitchen Table Talks 24 | 4-5:30 Art Hour 25 | 12-1 Nurturing Families in Recovery 4-5 Homework Help 26 | 4-5:30 Entre Nos 5-7 CHP Parent Workshop: Check Yourself Before You Wreck Yourself 27 | 28 |
| 29 | 10-11 Parents Helping Parents 3:30-5:00 Cultural Kitchen 6-7:30 Fathers Helping Fathers 30 | 11-12:30 Parenting Journey I 4-5 Homework Help 31 |  <p>FRC Drop-In Visitors Are Always Welcome! But pre-registration is required for many groups. Use the QR code to register. Or call (413) 528-0298.</p> | | | |

PROGRAM DESCRIPTIONS

CLASSES

Nurturing Fathers Group: *Jason*

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

Nurturing in Recovery: *Chandra & Lona*

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

Parenting Journey I: *Chandra*

This an evidence-based, online class that supports parents and caregivers in self-care, reflection, and building strong family relationships through guided discussions.

ARTS & CULTURE

Art Hour (All Ages): *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 longer projects.

Family Fun Day + Meal Series: *All Staff*

Join us for a cozy Potluck & Dessert Night where families share favorite dishes and kids enjoy a fun leprechaun craft activity. A sweet evening of food, creativity, and community connection.

Cultural Kitchen (Ages 8-16): *Rania & Jenny*

Join us for fun and hands-on cooking classes where young people learn to prepare simple and delicious meals and snacks, while developing culinary skills and confidence.

Peace at Home — Parent Workshops: *Shasta*

Join us monthly for a Lunch & Learn or Dinner & Workshop where families watch a brief Peace at Home video and take part in a guided discussion. A welcoming space to learn and connect. Food provided, with a virtual option available.

Kitchen Table Talks + Community Care Sessions:

Laura & Joshua

A small-group gathering for parents and caregivers focused on family wellbeing and substance use. Includes dinner, guided conversation, a relaxing wellness activity, and childcare.

CHP Parent Workshop — Check Yourself Before You Wreck Yourself: *Kim & Rania*

A parent workshop offering real-life strategies for supporting children with big feelings, including tantrums /tough transitions. Dinner and childcare provided.

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.

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

Shasta.Bona@csoinc.org Ext. 9504

Paola Di Tolla — Supervising Clinician

Paola.DiTolla@csoinc.org Ext. 6019

Maria Mejia — Family Support Worker

Maria.Mejia@csoinc.org Ext. 9514

Lona Barney — Family Support Worker

Lona.Barney@csoinc.org Ext. 9519

Chandra Rodrigues — Family Partner

Chandra.Rodrigues@csoinc.org Ext. 9512

Patricia Boland — Educational Liaison

Patricia.Boland@csoinc.org Ext. 9513

Emily Delgado — Family/Youth Activity Coordinator

Emily.DelgadoGalarza@csoinc.org Ext. 9511

Dahiana Herrera Cortes — Childcare Worker

Dahiana.Herrera@csoinc.org

Jason Godfrey — Nurturing Fathers Program

Jason.Godfrey@csoinc.org Ext. 6601



Great Barrington FRC
141 West Ave., Great Barrington
413.528.0298

CSOINC.ORG