



Northern Berkshire Community Coalition



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Grandparents Raising Grandchildren 10am-12pm @Adams COA	4 Fall Foliage Children's Fair @Noel Field 9:30am
5	6	7 Co-Parenting 5:30pm-7:30pm	8 Parenting Together 10am-12pm @UNO Parenting Journey 5:30pm-7:30pm	9	10	11 Learn Through Play @ UNO
12	13 Office Closed	14 Co-Parenting 5:30pm-7:30pm	15 Parenting Journey 5:30pm-7:30pm	16	17 Grandparents Raising Grandchildren 10am-12pm @Spitzer Center	18 Open Office Hours 9am-12pm
19	20 YEP 5pm-6:30pm	21 YLP 5pm-7pm Co-Parenting 5:30pm-7:30pm	22 Parenting Together 10am-12pm @UNO TWW 5pm-7pm Parenting Journey 5:30pm-7:30pm	23	24 Downtown Trick-or-Treat 4:30pm-6pm	25
26	27 YEP 5pm-6:30pm	28 YLP 5pm-7pm Co-Parenting 5:30pm-7:30pm	29 TWW 5pm-7pm Parenting Journey 5:30pm-7:30pm	30	31 Office Closed	
		<div> <div>The FRC is open: Mon-Wed, 9am-6pm Thurs, 9am-5pm Fri, 9am-4:30pm</div> <div>Drop-Ins Welcome (but some programs require registrations) For more information call: (413) 665-7588</div> </div>				

# Our Programs

For more information call 413-663-7588 or visit [nbccoalition.org](http://nbccoalition.org)

- **Co-Parenting**

The overall emphasis of *Cooperative Parenting and Divorce* is to offer children of divorce the opportunity to grow in a home environment free from being caught in the middle of their parents' hostility. The goals of this program are to:

Assist parents in shifting their role from former spouses to co-parents

Educate parents regarding the impact of parental conflict on their child's development

Help parents identify their contribution to conflict while increasing impulse control

Teach parents anger management, communication and conflict-resolution skills

Educate parents about children's issues in divorce

- **Parenting Journey**

This is a 12 weeks program. Its mission is to create safer, more resilient families by supporting them in developing their inner strengths, life skills, and network of resources they need to succeed. Parents who have found value in the program are parents who struggle to manage personal and professional obligations, come from diverse social, cultural, and economic backgrounds, have experienced violence or childhood trauma, in recovery, experience mental health issues, or are working to regain custody of their children.

- **YEP (Youth Empowerment Program)**

After school program for middle schoolers

- **YLP (Youth Leadership Program)**

After school program for high schoolers

- **TWW (Teen Writing Workshop)**

A writing and drawing program for youths 13yrs-19yrs

- **Parenting Together**

Parent support group

- **Grandparents Raising Grandchildren**

Support group for grandparents that are raising their grandchildren

**All programs are free and open to all.**

**Transportation and childcare available with 24 hrs notice**

**If the group classes that are running at this time do not meet the needs of a client, we will work one-on-one with the client until a group class is available.**