

B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	
Name of Parenting Class	Language(s) Offered	Start Date	Duration (Number of weeks)	Time	Region	FRC	Registration Link	Contact Name to Register	Contact Phone #	Contact Email	Registration End Date	Notes	Age ranges of children (click all that apply)	Small description of training.	
1	Parenting Journey 1	eng	5/26/26	12	10:00:00 AM	Western	Great Barrington	<a href="https://forms.office.com/Pages/ResponsePage.aspx?id=wgech8eM0nemt5bhd3YvXn0B-jsg8sJ87gDV-J6UM1zV9F-zrjz-M0BtUyVWj0WVYwQNH0E82Nydu">https://forms.office.com/Pages/ResponsePage.aspx?id=wgech8eM0nemt5bhd3YvXn0B-jsg8sJ87gDV-J6UM1zV9F-zrjz-M0BtUyVWj0WVYwQNH0E82Nydu</a>	Chandra	4135280298	Chandra.Rodrigues@csoinc.org	6/12/26	Tuesdays and Thursdays 10-11:30am	All ages	Parenting journey 1 on zoom, Tuesdays and Thursdays
2	Parenting Journey 2	English	5/28/26	12	6:00:00 PM	Boston	Boston	<a href="https://www.eventbrite.com/e/19885716-001877aff-oddtdcreator">https://www.eventbrite.com/e/19885716-001877aff-oddtdcreator</a>	Lisa M. Ingravera	617-467-8179	lingravera@thethehome.org	6/6/26	Must have completed Parenting Journey 1 already	All ages	Part 2 of the Parenting Journey 1 12 week class. Deep dive into parent attitudes around parenting from their established positionality.
3	Active Parenting: Cooperative Coparenting	English	6/2/26	8	2:00:00 PM	Western	Great Barrington	<a href="https://forms.cloud.microsoft/r/C3PM0SPz7">https://forms.cloud.microsoft/r/C3PM0SPz7</a>	Shasta Bona	(413) 528-0298	Shasta.Bona@csoinc.org	6/1/26	N/A	All ages	This program helps coparents shield their children from parental conflict. Over 8 sessions, parents learn to guide their children through the process of recovery while establishing a cooperative long-term relationship with the other parent.
4	Active Parenting First Five Years	English	6/9/26	4	11:00:00 AM	Western	Westfield		Rachel Sporbert	413-296-6104	rsporbert@gandarcacenter.org	6/6/26	Class will be offered in-person or virtually depending on participant needs.	All ages	Active Parenting First Five Years is a free, evidence-based parenting class designed for parents and caregivers of children ages 0-5. The program helps families build strong parent-child relationships, understand early childhood development, and learn positive discipline and communication strategies to support healthy emotional and behavioral growth.
5	Nurturing Fathers	English	6/11/26	13	6:00:00 PM	Northeast	Lynn	<a href="https://docs.google.com/forms/d/e/1FAIpQLSdmhHx9zUwZ6Yv0U8S6E0246WwKZ6Tj8C66eAr0aFwW/viewform?usp=hasdat">https://docs.google.com/forms/d/e/1FAIpQLSdmhHx9zUwZ6Yv0U8S6E0246WwKZ6Tj8C66eAr0aFwW/viewform?usp=hasdat</a>	Olivia Grinstead	338-883-2401	ogrinstead@centerboard.org	9/3/26	Our goal is to help fathers develop nurturing, healthy family relationships in a supportive and engaging environment.	All ages	The program is designed to strengthen fathers' parenting skills by building on their existing strengths and supporting positive involvement with their children.
6	Active Parenting of Teens	English	6/15/26	6 weeks	10:00:00 AM	Western	Amherst		Alexiz Cruz	413-549-0297	alexiz.cruz@csoinc.org	6/12/26	N/A	Middle School, High School	Class for parents of teens that offers practical tools to handle challenges, improve communication and build positive relationships.
7	Nurturing Fathers	English	6/17/26	13	4:00:00 PM	Southeast, Cape Cod, & Plymouth Islands			Jazmin Kennedy	(774) 283-6531	jkennedy@baystatecs.org	6/24/26	This group is ONLY IN PERSON, we can provide transportation to participants if transportation barriers exist.	All ages	A 13 week group that meets in person at the Plymouth Family Resource Center to support fathers in strengthening their skills and building bonds with their children! Transportation can be provided if needed for individuals to join (through Uber).
8	Active Parenting First Five Years	English	6/22/26	5	4:00:00 PM	Southeast, Cape Cod, & Taunton Islands			Britany Freitas	774-501-2633 x112	bfreitas@oldcolonyymca.org	6/17/26	This course is being offered in partnership with Attleboro FRC	Newborn to Preschool	active parenting for children ages 0-5
9	Cooperative Parenting	English	7/7/26	8 weeks	2:00:00 PM	Western	North Adams		Nancy Kennedy	413-663-7588	nkennedy@nbccoalition.org	7/7/26	Ideally both parents attend the class, but it is not necessary	All ages	The overall emphasis of cooperative parenting is to offer children the opportunity to grow in a home environment free from being caught in the middle of their parents' hostility
10	Nurturing Fathers	English	7/15/26	13	4:00:00 PM	Southeast, Cape Cod, & Attleboro Islands			Megan	774-203-1516	mbarlow@oldcolonyymca.org	7/6/26	N/A	All ages	This program covers the importance of a father's role, parenting strategies and child development and building strong family relationship.
11	Active Parenting of Teens	English	7/16/26	6	9:30:00 AM	Southeast, Cape Cod, & Attleboro Islands			Megan Barlow or Sydney Williams	774-203-1516	attleborofrc@oldcolonyymca.org	7/9/26	n/a	Middle School, High School	Active Parenting of Teens is a program that will give you confidence and courage to meet the challenges and savor the joys of your children's teen years. The class is based on sound principles of children and adolescent development and it provides families with indispensable parenting help.
12	Active Parenting 4th Edition	English	7/27/26		12:00:00 PM	Central	Fitchburg		Juan Cruz	(978) 516-5042	jcruz@mocinc.org	7/13/26	n/a		
13	Cycle 4 Cooperative Coparenting Through Separation or Divorce	English	8/1/26		12:00:00 AM	Central	Worcester		Cory Harmon	508-796-1411	ywfrcoinc@sevenhills.org	8/1/26	start date and time TBD	All ages	This in-person evidence-based parenting course supports parents and caregivers navigating divorce or separation while prioritizing their children's emotional well-being and fostering cooperative co-parenting relationships.
14	Active Parenting the First Five Years	English	8/3/26		12:00:00 PM	Central	Fitchburg		Clara Nogueiras	(978) 516-5042	cnogueiras@mocinc.com	7/27/26	n/a		
15	Parenting Journey 1	eng	8/5/26	12	12:00:00 PM	Western	Great Barrington	<a href="https://forms.office.com/Pages/ResponsePage.aspx?id=wgech8eM0nemt5bhd3YvXn0B-jsg8sJ87gDV-J6UM1zV9F-zrjz-M0BtUyVWj0WVYwQNH0E82Nydu">https://forms.office.com/Pages/ResponsePage.aspx?id=wgech8eM0nemt5bhd3YvXn0B-jsg8sJ87gDV-J6UM1zV9F-zrjz-M0BtUyVWj0WVYwQNH0E82Nydu</a>	Chandra	4135280298	Chandra.Rodrigues@csoinc.org	8/20/26	Wednesdays	All ages	Parenting journey 1
16	Nurturing Fathers	English	8/10/26		6:00:00 PM	Central	Fitchburg		Doel Mossseth	(978) 516-5042	dmossseth@mocinc.org	7/27/26	n/a		
17	Active Parenting of Teens	English	8/10/26		12:00:00 PM	Central	Fitchburg		Kristen Cole	(978) 516-5042	kcrole@mocinc.org	7/27/26	n/a		
18	Nurturing Parenting Motherhood Edition	English	9/1/26	12	4:30:00 PM	Southeast, Cape Cod, & Brockton Islands			Claudia Cunha	508-857-0272	daudia.cunha@ccbrockton.org	8/26/26	For registration you can contact Tawaska Bryant 508 - 897 - 5420 or Claudia Cunha 508-857-0272, email claudia.cunha@ccbrockton.org or	All ages	An evidence-based initiative designed to build nurturing parenting skills with topics to include communication, empathy, stress management & bonding/attachment.
19	Parenting Journey	Spanish	9/8/26	12	12:00:00 PM	Central	Worcester		Carmen Rivera Garcia	508-796-1411	ywfrcoinc@sevenhills.org	9/6/26	N/A	All ages	Apoyando a los padres a comprender cómo su crianza influye en sus decisiones y comportamientos como padres.
20	Padres Carinosos/Nurturing Fathers	Spanish	9/9/26	13	10:00:00 AM	Central	Worcester		Samantha	508-796-0126	slacroix@sevenhills.org	8/31/26	Miércoles/Wednesdays, 10am-12pm	All ages	Un programa de crianza basado en la evidencia, diseñado específicamente para padres. Este programa ayuda a los padres a desarrollar habilidades de crianza positivas, fortalecer las relaciones con sus hijos y adoptar enfoques afectuosos y empáticos para la disciplina y la comunicación efectiva.  A través de la discusión guiada, la reflexión y herramientas prácticas, los participantes aprenden estrategias respaldadas por la investigación que promueven un desarrollo infantil saludable, mejoran las relaciones familiares y crean entornos hogareños seguros, estables y de apoyo.  An evidence-based parenting program designed specifically for parents. This program helps parents develop positive parenting skills, strengthen relationships with their children, and adopt nurturing and empathetic approaches to discipline and effective communication.  Through guided discussion, reflection, and practical tools, participants learn research-backed strategies that promote healthy child development, improve family relationships, and create safe, stable, and supportive home environments.
21	Active Parenting 4th Edition	English	10/5/26		12:00:00 PM	Central	Fitchburg		Juan Cruz	(978) 516-5042	jcruz@mocinc.org	7/27/26	n/a		
22	Active Parenting of Teens	English	10/19/26		12:00:00 PM	Central	Fitchburg		Kristin Cole	(978) 516-5042	kcrole@mocinc.org	9/28/26	n/a		