

Name of Parenting Class (Please type the name of the Parenting Journey, Active Parenting, or Family Nurturing Center Curriculum)	Age ranges of children (click at that apply)	Who is this class for?	Small description of training	Class Format	Language(s) Offered	Start Date	Time	Duration (Number of weeks)	Region	FRC	Contact Name to Register	Contact Phone #	Contact Email	Registration End Date	Notes	Registration Link
Active Parent 4th Edition 6 to 12 years old.		Parents		Online	English	7/28/26	1:00:00 PM		Central	Fitchburg	Juan Cruz	508-210-9820	jczuz@mcinc.org		7/24/26 N/A	
Active Parenting First Five Years	Newborn to Preschool	Mothers, Fathers, & Families	A comprehensive video-based discussion program for parents, early childhood staff, and caregivers of children ages birth to 5 that addresses basic skills, the stages of development, and more.	Hybrid	English	7/28/26	9:30:00 AM	6	Central	Gardner	Summer Haggerty-Meeker or Kelley MacLean	978-730-1275	Summer.HaggertyMeeker@csoinc		7/24/26 N/A	
Active Parenting the First Five Years	Newborn- 5years old			Online	English	8/3/26	12:00:00 PM		Central	Fitchburg	Clara Nogueiras	(978) 516-5042	cnogueiras@mcinc.com		7/27/26 n/a	
Active Parenting- 4th Edition	Elementary School, Middle School	Mothers, Fathers, & Families	A comprehensive parenting program helping parents of kids ages 5 to 12 raise responsible, cooperative children who can resist negative peer pressure and thrive.	Online	English	8/4/26	2:00:00 PM	7	Western	Great Barrington	Shasta Bona	(413) 528-0298	Shasta.Bona@csoinc.org		8/3/26 n/a	https://forms.office.com/r/0G7PzIKT7W?origin=bpi-link
Parenting Journey I	All ages		Parenting Journey I	Online	eng	8/5/26	12:00:00 PM	12	Western	Great Barrington	Chandra	4135280298	Chandra.Rodriguez@csoinc.org		8/20/26 Wednesdays	https://forms.office.com/Pages/ResponsePage.aspx?id=afceae1d6d0daems8ba337a0bb8-jdsfs-BSTgVU-JBUkM17YSEwQrAGORU-wZlpHVVWtNdeICL2bJdA
Parenting Journey in Recovery	All ages	Mothers, Fathers, & Families	Substance use disorders are complicated and difficult to overcome. Parents and caregivers living with addiction face the additional challenge of building strong, positive relationships with their children while maintaining their recovery, which can be both rewarding and daunting.	In Person	English	8/27/26	1:30:00 PM	12 weeks	Western	North Adams	Nancy Kennedy	413-663-7588	nkenneydy@nbcccoalition.org		8/27/26 Lunch and childcare provided	email nkenneydy@nbcccoalitio n.org
Active Parenting of Teens				Online	English	8/10/26	12:00:00 PM		Central	Fitchburg	Kristen Cole	(978) 516-5042	kcole@mcinc.org		7/27/26 n/a	
Parenting Journey I	All ages	Mothers, Fathers, & Families	Parenting Journey held virtually from 12-1:30pm Tues and Thurs for 6 weeks	Online	English	9/8/26	12:00:00 PM	6	Southeast, Cape Cod, & Islands	Taunton	Sade Sinsous	774-601-2633 x105	sinsous@goldcoastnynmca.org		8/27/26 This class is being held virtually twice a week on Tuesdays and Thursdays from 12-1:30 for 6 weeks.	call or email to register
Parenting Journey	All ages		Apoyando a los padres a comprender cómo su crianza influye en sus decisiones y comportamientos como padres.	Online	Spanish	9/8/26	12:00:00 PM	12	Central	Worcester	Carmen Rivers Garcia	508-796-1411	yiwfcyounc@sevenhills.org		9/6/26 N/A	
			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 efectivos y empáticos para la disciplina y la comunicación efectiva.													
Padres Cariosos/Nuturing Fathers	All ages		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.	Online	Spanish	9/9/26	10:00:00 AM	13	Central	Worcester	Samantha	508-796-0126	slacrok@sevenhills.org		8/31/26 Mécrocles/Wednesdays, 10am-12pm	
			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.													
Active Parenting of Teens	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	In Person	English	7/16/26	9:30:00 AM	6	Southeast, Cape Cod, & Islands	Attleboro	Megan Barlow or Sydney Williams	774-203-1516	attleborofrc@oldcolonynmca.org		7/9/26 n/a	
Nurturing Parenting Motherhood edition	All ages		An evidence-based initiative designed to build nurturing parenting skills topics to include communication, empathy, stress management and bonding/attachment.	In Person	English	9/1/26	4:30:00 PM	13 weeks	Southeast, Cape Cod, & Islands	Brockton	Claudia Cunha	508-436-4178	claudia.cunha@ccbrockton.org		8/25/26 The best contact way of contact is email.	
Nurturing Parenting Motherhood Edition	All ages		An evidence-based initiative designed to build nurturing parenting skills with topics to include communication, empathy, stress management & bonding/attachment.	In Person	English	9/1/26	4:30:00 PM	12	Southeast, Cape Cod, & Islands	Brockton	Claudia Cunha	508-857-0272	claudia.cunha@ccbrockton.org		8/26/26 For registration you can contact Tawauka Bryant 508 - 897 - 5420 orClaudia Cunha 508-857-0272, email claudia.cunha@ccbrockton.org or	
Nurturing Fathers				In Person	English	8/10/26	6:00:00 PM		Central	Fitchburg	Doe! Mossetty	(978) 516-5042	Dmossefity@mcinc.org		7/27/26 n/a	
Nurturing Fathers	All ages	Fathers	Join our next 13-week Nurturing Fathers Program, an evidence-based curriculum designed to support fathers and male caregivers in strengthening relationships with the children in their lives	In Person	English	7/14/26	6:00:00 PM	13	Western	Greenfield	David Cole/FRC Staff	413-475-1555	familycenter@communityaction.us		7/13/26 Dinner provided. Childcare and transportation supports available	
Nurturing Fathers Program	All ages	Fathers	Supporting fathers in developing skills and growing as parents.	In Person	English	8/5/26	5:30:00 PM	15	Western	Holyoke	Jaeden Alejandro	413-532-9300		8/6/26 Registration is required!		https://forms.office.com/r/7dK4kxkxwt
Parenting in America	All ages	Mothers, Fathers, & Families		In Person	Spanish	7/9/26	4:30:00 PM	12	Northeast	Lawrence	Indhira Lara Lugo	978-975-8800	LaraLugo@fmv.org		7/8/26	call to register
Active Parenting of Teens	High School	Mothers, Fathers, & Families		In Person	Spanish	7/16/26	4:30:00 PM	6	Northeast	Lawrence	Jenny Perez	978-975-8800	JPerez@fmv.org		7/15/26	
Nurturing Fathers	All ages	Fathers		In Person	Spanish	8/11/26	5:00:00 PM	13	Northeast	Lawrence	Yolanda Cruz-Bondbeck	978-975-8800	YCruzBondbeck@fmv.org		8/10/26	
Parenting in America	All ages	Mothers, Fathers, & Families	Parenting in America is an evidence-informed parent education program designed to help parents and caregivers strengthen their parenting skills, improve family relationships, and support the	In Person	Spanish	7/9/26	5:00:00 PM	12	Northeast	Lawrence	Indhira Lara Lugo	978-975-8800	llaralugo@fmv.org		7/15/26 We will be enrolling participants two weeks after group has started.	
			Active Parenting of Teens is an evidence-based parent education curriculum designed to help parents and caregivers navigate the unique challenges of raising adolescents ages 11-18. The program provides practical strategies to strengthen parent-teen relationships, improve communication, and guide teens toward responsible decision-making while fostering independence.													
			The curriculum focuses on topics such as:													
Active Parenting of Teens	Middle School, High School	Mothers, Fathers, & Families	Understanding adolescent development and behavior. Building positive communication and strengthening family relationships. Using effective discipline and setting appropriate boundaries. Encouraging responsibility, respect, and accountability. Helping teens resist peer pressure and make healthy choices. Addressing issues such as social media, bullying, substance use, and mental health. Preparing teens for adulthood through problem-solving and decision-making skills.	In Person	Spanish	7/16/26	5:00:00 PM	5	Northeast	Lawrence	Jenny Perez	978.3276605	jperez@fmv.org		7/15/26 Attendance to all five sessions is a requirement	
			Through interactive discussions, activities, and real-life scenarios, parents gain the knowledge and confidence to support their teens during this important stage of development while creating a positive, respectful, and nurturing family environment.													
Cooperative Parenting	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	In Person	English	7/7/26	2:00:00 PM	8 weeks	Western	North Adams	Nancy Kennedy	413-663-7588	nkenneydy@nbcccoalition.org		7/7/26 Ideally both parents attend the class, but it is not necessary	
Parenting Journey	All ages	Mothers, Fathers, & Families	Parenting Journey	In Person	English	7/23/26	3:30:00 PM	13	Southeast, Cape Cod, & Islands	Plymouth	Jazmin Kennedy	774-283-6531	jkennedy@baystateca.org		7/29/26 Parenting Journey 1 - In Person ONLY. Transportation can be provided through Uber if needed. Ran by Alice and Steve at the PFRC.	
Nurturing Families	All ages		Family members learn how to build their nurturing skills and understanding of healthy development, appropriate expectations, and discipline with dignity.	In Person	English	8/11/26	5:00:00 PM	15	Northeast	Salem	Jeanrine Helen	978-296-8088	jhelen@pwtc.org		8/18/26 Families must complete an intake with the Pathways Family Resource Center to register for the class.	
Cycle 4 Cooperative Coparenting Through Separation or Divorce	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.	In Person	English	8/1/26	12:00:00 AM		Central	Worcester	Cory Hamon	508-796-1411	yiwfcyounc@sevenhills.org		8/1/26 start date and time TBD	
Nurturing Families in Substance Abuse Recovery	All ages	Mothers, Fathers, & Families	Parenting Class and support for parents and caregivers who are in present or past recovery of substance abuse.	In Person	English	9/10/26	5:30:00 PM	12 weeks	Northeast	Salem	Jeanrine Helen	978-296-8088	jhelen@pwtc.org		9/10/26 Intake with the Pathways Family Resource Center is required.	
Nurturing Fathers Program	All ages	Fathers	Nurturing fathers Group helps men develop nurturing attitudes and skills. This is a 14 week, group-based program, helps men experience and practice the very attitudes and skills that translate into nurturing behavior.	In Person	English	9/2/26	5:30:00 PM	14	Southeast, Cape Cod, & Islands	New Bedford	Savannah Cardenas	(508) 994-4521 x120	scardenas@unitedwayofnfb.org		9/1/26 Dinner provided as well as childcare	
Parenting Journey	All ages	Mothers, Fathers, & Families	In Parenting Journey 1, a small group of parents and caregivers meet for 2 hours a week for 12 weeks. The program includes a combination of hands-on activities and thoughtful conversations while sharing a family-style meal. In this group, you'll have a chance to gently explore your own childhood experiences and consider how they influence the way you parent today.	In Person	English	8/10/26	5:00:00 PM	12 Weeks	Southeast, Cape Cod, & Islands	Attleboro	Lynn or Michelle	774-203-1516	attleborofrc@oldcolonynmca.org		8/5/26 Dinner is provided weekly	
Parenting in America	All ages	Mothers, Fathers, & Families	Parenting in America is a 12-week program offered through the Parenting Journey network that supports immigrant and culturally diverse parents in embracing their strengths while adapting to life in the United States	In Person	Spanish	9/15/26	10:30:00 AM	12	Boston	Chelsea	Leslie Flores	617-437-8550		12/1/26 https://forms.office.com/r/0G7PzIKT7W?origin=bpi-link		
Nurturing Parents	All ages	Mothers, Fathers, & Families	In-person training about being Nurturing Parents.	In Person	English	9/16/26	11:00:00 AM	12	Southeast, Cape Cod, & Islands	Fall River	Liduvina Huertas	508-837-2842	lh Huertas@frfssa.org		9/9/26 The class will be from 11am-1pm every Wednesday for 12 week.	
Active Parenting 4th Edition	All ages	Mothers, Fathers, & Families	Learn practical ways to support learning at home, build positive relationships with teachers, encourage responsibility, and help your child develop habits that lead to lifelong success.	Online	English	10/5/26	12:00:00 PM		Central	Fitchburg	Juan Cruz	(978) 516-5042	jczuz@mcinc.org		7/27/26 n/a	
Active Parenting 4th edition	All ages	Mothers, Fathers, & Families	Explore simple, everyday ways parents can nurture courage, resilience, and self-esteem while encouraging independence and a positive self-image.	In Person	English & Spanish	10/6/26	5:30:00 PM	1 Day	Western	Holyoke	Yarlee	413-532-9300		9/22/26 Looking forward to you joining us!		
Active Parenting 4th Edition	All ages	Mothers, Fathers, & Families		In Person	English	10/13/26	5:30:00 PM	1 day	Western	Holyoke	Yarlee	413-532-9300		9/29/26 Looking forward to you joining us!		
Active Parenting of Teens	All ages	Mothers, Fathers, & Families	Discover how to listen effectively, express expectations clearly, and build mutual respect while strengthening your connection with your child.	Online	English	10/19/26	12:00:00 PM		Central	Fitchburg	Kristen Cole	(978) 516-5042	kcole@mcinc.org		9/28/26 n/a	
Active Parenting 4th Edition	All ages	Mothers, Fathers, & Families		In Person	English	10/22/26	5:30:00 PM	1 Day	Western	Holyoke	Yarlee	413-532-9300		10/26/26 Looking forward to you joining us!		