

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 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help <b>2</b>	4-5 Homework Help <b>3</b>	4-5 Homework Help 4-5:30 Art Hour 6-7:30 Nurturing Fathers <b>4</b>	4-5 Homework Help 5-6 Fathers Support Group 5-7 Parenting in America 6-7:30 Nurturing Fathers <b>5</b>	4-5:30 Entre Nos 5-6:30 Movie & Hot Chocolate <b>6</b>	<b>7</b>
<b>8</b>	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help <b>9</b>	4-5 Homework Help 6:00-7:30 LGBTQ+ Family/ Ally Support Group <b>10</b>	1-4 ABC Group 4-5 Homework Help 4-5:30 Art Hour 6-7:30 Nurturing Fathers <b>11</b>	4-5 Homework Help 5-6 Fathers Support Group 5-7 Parenting in America 6-7:30 Nurturing Fathers <b>12</b>	4-5:30 Entre Nos <b>13</b>	<b>Open</b> 9am—12pm <b>14</b>
<b>15</b>	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help <b>16</b>	4-5 Homework Help <b>17</b>	4-5 Homework Help 4-5:30 Art Hour 6-7:30 Nurturing Fathers <b>18</b>	4-5 Homework Help 5-6 Fathers Support Group 5:30-7:30 CHP Monthly Parent Workshop 5-7 Parenting in America 6-7:30 Nurturing Fathers <b>19</b>	4-5:30 Entre Nos 4-6:30 Cookie Decorating <b>20</b>	<b>21</b>
<b>22</b>	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help <b>23</b>	4-5 Homework Help <b>24</b>	<b>Christmas Day</b> <b>Office Closed</b> <b>25</b>	4-5 Homework Help 5-6 Fathers Support Group 5-7 Parenting in America 6-7:30 Nurturing Fathers <b>26</b>	4-5:30 Entre Nos <b>27</b>	<b>Open</b> 9am—12pm <b>28</b>
<b>29</b>	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help <b>30</b>	4-5 Homework Help <b>31</b>	<b>Great Barrington Family Resource Center</b> 141 West Avenue 413-528-0298/gbfrc@csoinc.org			

# PROGRAM DESCRIPTIONS

## CLASSES

### **Nurturing Fathers Group:** *Jason*

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

### **Parenting Journey Group:** *Chandra & Shasta*

A parenting class about self-care practices, raising awareness of past and present factors influencing parenting styles, supporting children and nurturing family relationships.

### **Nurturing in Recovery:** *Chandra & Shasta*

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

### **Parenting in America:** *Shasta & Maria*

Parenting in America encourages parents to honor their cultural heritage while also helping them develop new culturally responsive practices and strategies.

## ARTS & CULTURE

### **Art Hour (Ages 5-12):** *Maria & Rachel*

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.

### **Family Fun Day:** *All Staff*

Join us and other families to watch a holiday movie and drink Hot Chocolate.

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

Join us and other families in a night of making graham cracker houses and decorating cookies.

## SUPPORTS

### **Entre Nos:** *Maria & Rachel*

This group provides a safe and encouraging space for participants to share their stories and connect with other Latina immigrant women in the community.

### **Mondays for Moms:** *Candice*

In person social hour for moms to connect and chat.

### **Parents Helping Parents:** *Chandra, Maria & Shasta*

An ongoing, weekly support group for parents. Attend every week or as needed. Offered in person and on Zoom.

### **Fathers Support Group:** *Jason*

This platform offers new fathers and experienced fathers alike the opportunity to express and learn among their peers.

### **LGBTQ+ Family and Friends Group:** *Jason & Rachel*

A free drop-in meeting for parents, families, and allies of the LGBTQ+ community. Have questions? Send an email to: [southcountylgbtqfamilies@gmail.com](mailto:southcountylgbtqfamilies@gmail.com).

### **LGBTQ+ Preteen Group:** *Candice*

For ages 8-13 LGBTQ+ and allies to share and make connections in a safe space.

## 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.

### **ABC Group (Ages 4-10):** *Candice & Chandra*

Activities based counseling group working on social skills like emotional regulation, team work, and conflict resolution.

## FRC STAFF CONTACTS

### **Jason Godfrey — Program Director**

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& SUPPORT  
OPTIONS

**Great Barrington Family Resource Center**

141 West Ave., Great Barrington, MA  
413.528.0298

**CSOINC.ORG**

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