

ALL PROGRAMS FREE FOR FAMILIES

# JULY 2024

The FRC is open  
 Mon–Fri,  
 9 a.m.–5 p.m.  
 and on 1st & 3rd  
 Saturdays  
 9 a.m.–12 p.m.



CLINICAL  
 & SUPPORT  
 OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>10-11</b> Parents Helping Parents <b>10:30-11:30</b> Mondays for Moms <b>1</b>	<b>12:30-2</b> Parenting Journey I <b>2</b>	<b>4-5:30</b> Art Hour <b>3</b>	<b>5-6</b> Fathers Support Group <b>6-7:30</b> Nurturing Fathers Program <b>4</b>	<b>4-5:30</b> Entre Nos <b>5</b>	Open 9am–12pm <b>6</b>
<b>7</b>	<b>10-11</b> Parents Helping Parents <b>10:30-11:30</b> Mondays for Moms <b>8</b>	<b>12:30-2</b> Parenting Journey I <b>6:30-8</b> LGBTQ+ Family and Friends Group <b>9</b>	<b>4-5:30</b> Art Hour <b>10</b>	<b>5-6</b> Fathers Support Group <b>6-7:30</b> Nurturing Fathers Program <b>11</b>	<b>4-5:30</b> Entre Nos <b>5-7</b> Family Meal Series: Dessert Night <b>12</b>	<b>13</b>
<b>14</b>	<b>10-11</b> Parents Helping Parents <b>10:30-11:30</b> Mondays for Moms <b>15</b>	<b>12:30-2</b> Parenting Journey I <b>16</b>	<b>4-5:30</b> Art Hour <b>17</b>	<b>5-6</b> Fathers Support Group <b>6-7:30</b> Nurturing Fathers Program <b>18</b>	<b>4-5:30</b> Entre Nos <b>5-7</b> Family Fun Day: Group Hike <b>19</b>	Open 9am–12pm <b>20</b>
<b>21</b>	<b>10-11</b> Parents Helping Parents <b>10:30-11:30</b> Mondays for Moms <b>22</b>	<b>12:30-2</b> Parenting Journey I <b>23</b>	<b>4-5:30</b> Art Hour <b>24</b>	<b>5-6</b> Fathers Support Group <b>6-7:30</b> Nurturing Fathers Program <b>25</b>	<b>4-5:30</b> Entre Nos <b>26</b>	<b>27</b>
<b>28</b>	<b>10-11</b> Parents Helping Parents <b>10:30-11:30</b> Mondays for Moms <b>29</b>	<b>12:30-2</b> Parenting Journey I <b>30</b>	<b>4-5:30</b> Art Hour <b>31</b>	<b>Great Barrington Family Resource Center</b> <b>141 West Ave</b> <b>Call Us: 413-528-0298</b> <b>Drop-Ins Welcome! (But pre-registration required)</b>		

# 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.

### **Active Parenting Group:** *Shasta, Pat, & Maria*

Active Parenting will give you skills to achieve a fuller, more satisfying family life... and help your children achieve greater happiness and success.

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

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

## ARTS & CULTURE

### **Art Hour (Ages 5–12):** *Maria*

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 long projects.

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

Join us and other families in the community for a group hike. We will meet at the Great Barrington FRC. Contact us to sign up.

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

Join the FRC and other families in the community for a dessert night. Bring your favorite dessert to share with other families. The FRC will have some of our favorites to share with the community. Please RSVP for this event so that we can ensure we have enough food for everyone. Also, please notify us of any allergies or intolerances so that we can accommodate you.

## SUPPORTS

### **Entre Nos:** *Maria*

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+ Preteen Group:** *Candice*

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

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

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).

## 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.

## FRC STAFF CONTACTS

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

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### **Candice Amendola-Couture—Supervising Clinician**

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### **Shasta Bona — Family Support Worker**

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### **Maria Mejia—Family Support Worker**

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### **Chandra Rodrigues — Family Partner**

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### **Patricia Boland—School Liaison**

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CLINICAL  
& SUPPORT  
OPTIONS

**Great Barrington Family Resource Center**

141 West Ave., Great Barrington, MA  
413.528.0298

**CSOINC.ORG**

### WE HAVE FREE PASSES!

- MASS MoCA • Hancock Shaker Village
- Norman Rockwell Museum
- Trustees of Reservations

Contact Us to Reserve a Family Pass!