

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

SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	CLOSED	4–5 Homework Help	10:30-12 Parenting Journey I 4-5:30 Art Hour 4-5 Homework Help	4-5 Homework Help 5-6 Fathers Support Group	4-5:30 Entre Nos 5-7 Grandparents Day Celebration	7	
8	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help	4-5 Homework Help 6:30-8 LGBTQ+ Family/ Ally Support Group	10:30-12 Parenting Journey I 4-5:30 Art Hour 4-5 Homework Help	4-5 Homework Help 5-6 Fathers Support Group	4-5:30 Entre Nos	Open 9am-12pm 14	
15	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help	4-5 Homework Help	10:30-12 Parenting Journey I 4-5:30 Art Hour 4-5 Homework Help	4-5 Homework Help 5-6 Fathers Support Group	4-5:30 Entre Nos 5-7 Birria Taco Family Dinner	21	
22	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help	4-5 Homework Help	10:30-12 Parenting Journey I 4-5:30 Art Hour 4-5 Homework Help	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers	4-5:30 Entre Nos	Open 9am-12pm 28	
29	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help	Great Barrington Family Resource Center 141 West Ave Call Us: 413-528-0298 Drop-Ins Welcome! (But pre-registration required for groups)					30

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 and agencies in the community for our third annual Family Resource Fair! Saturday, August 24th from 10AM-2PM.

Family Meal Series: *All Staff*

Join the FRC and other families in the community for a backyard BBQ. Burgers and hot dogs will be served with various side dishes and ice cream sundaes for dessert.

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+ 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.

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): *Chandra*

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

FRC STAFF CONTACTS

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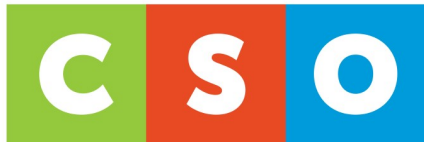
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& SUPPORT
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Great Barrington Family Resource Center

141 West Ave., Great Barrington, MA
413.528.0298

CSOINC.ORG

WE HAVE FREE PASSES!

MASS MoCA

Contact Us to Reserve a Family Pass!