

ALL PROGRAMS FREE FOR FAMILIES

JANUARY 2025

The FRC
is open
Mon–Fri,
9 a.m.–5 p.m.
Call for details!



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|--|-------------------------|
| Great Barrington Family Resource Center 141 West Avenue 413-528-0298/gbfrc@csoinc.org | | | New Years Day Office Closed | 4-5 Homework Help 5-6 Fathers Support Group 5-7 Parenting in America | 4-5:30 Entre Nos | |
| 5 | 10-11 Parents Helping Parents 10-11:30 Mondays for Moms 4-5 Homework Help | 4-5 Homework Help | 4-5 Homework Help 4-5:30 Art Hour | 4-5 Homework Help 5-6 Fathers Support Group 5-7 Parenting in America | 4-5:30 Entre Nos 5-7 Paint and Cider | Open 9am–12pm |
| 12 | 10-11 Parents Helping Parents 10-11:30 Mondays for Moms 4-5 Homework Help | 4-5 Homework Help 6-7:30 LGBTQ + Family Friends Group | 12-4 ABC Group 4-5 Homework Help 4-5:30 Art Hour | 4-5 Homework Help 5-6 Fathers Support Group 5-7 Parenting in America | 4-5:30 Entre Nos | 18 |
| 19 | Closed for Martin Luther King Day | 4-5 Homework Help | 4-5 Homework Help 4-5:30 Art Hour | 4-5 Homework Help 5-6 Fathers Support Group 5-7 Parenting in America | 4-5:30 Entre Nos 5-7 Make your own Arepas | Open 9am–12pm |
| 26 | 10-11 Parents Helping Parents 10-11:30 Mondays for Moms 4-5 Homework Help | 4-5 Homework Help | 4-5 Homework Help 4-5:30 Art Hour | 4-5 Homework Help 5-6 Fathers Support Group 5-7 Parenting in America | 4-5:30 Entre Nos | |

PROGRAM DESCRIPTIONS

CLASSES

Nurturing Fathers Group: *Jason*

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

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.

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.

Cooperative Co-parenting: *Candice, Maria & Shasta*

Parents learn to defuse conflict by minimizing blame and taking responsibility for their contribution while establishing a positive, long-term, cooperative relationship with the other parent.

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 in painting your favorite winter scenes and drinking cider

Family Meal Series: *All Staff*

Join the FRC staff and other families in the community for making your own Arepas

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.

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

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Great Barrington Family Resource Center
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413.528.0298

CSOINC.ORG

WE HAVE FREE PASSES!

-MASS MoCA-

Contact Us to Reserve a Family Pass!