

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

OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Great Barrington Family Resource Center 141 West Avenue</p>		4-5 Homework Help 1	10:30-12 Parenting Journey I 4-5 Homework Help 4-5:30 Art Hour 2	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers 3	4-5:30 Entre Nos 5-7 Sancocho Family Dinner 4	5
6	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help 5:30-7 Jobs Club 7	4-5 Homework Help 6:30-8 LGBTQ+ Family/ Ally Support Group 8	10:30-12 Parenting Journey I 4-5 Homework Help 4-5:30 Art Hour 9	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers 10	12:30-4 ABC Group 4-5:30 Entre Nos 11	Open 9am-12pm 12
13	CLOSED 14	4-5 Homework Help 15	10:30-12 Parenting Journey I 4-5 Homework Help 4-5:30 Art Hour 16	4-5 Homework Help 5-6 Fathers Support Group 5:30-7:30 CHP Monthly Parent Workshop 6-7:30 Nurturing Fathers 17	4-5:30 Entre Nos 5-7 Halloween Themed Arts & Crafts 18	19
20	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help 5:30-7 Jobs Club 21	4-5 Homework Help 22	10:30-12 Parenting Journey I 12:30-4 ABC Group 4-5 Homework Help 4-5:30 Art Hour 23	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers 24	4-5:30 Entre Nos 5-7 Downtown Sheffield Trunk or Treat 25	Open 9am-12pm 26
27	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help 5:30-7 Jobs Club 28	4-5 Homework Help 29	4-5 Homework Help 4-5:30 Art Hour 30	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers 31	<p>Drop-Ins Welcome! (But pre-registration is required for groups.) 413-528-0298 gbfrc@csoinc.org</p>	

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.

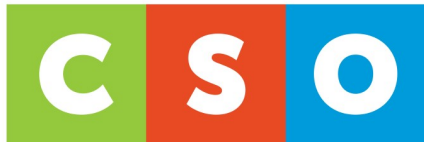
Jobs Club: *Maria*

This series of workshops will provide support in: writing tips for resume and cover letters, how to prepare for an interview, how to network, and support around legal and status issues.

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 projects.



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Great Barrington Family Resource Center

141 West Ave., Great Barrington, MA
413.528.0298

Family Fun Day: *All Staff*

Join us and other families in making some Halloween themed arts & crafts.

Family Meal Series: *All Staff*

Join the FRC staff and other families in the community for a Sancocho soup night. The traditional Latin American soup will be served with rice, and other light snacks and refreshments will be available.

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: southcounty-lgbtqfamilies@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

Jason.Godfrey@csoinc.org Ext. 9501

Candice Amendola-Couture—Supervising Clinician

Candice.Amendola@csoinc.org Ext. 9503

Shasta Bona — Family Support Worker

Shasta.Bona@csoinc.org Ext. 9504

Maria Mejia—Family Support Worker

Maria.Mejia@csoinc.org Ext. 9514

Chandra Rodrigues — Family Partner

Chandra.Rodrigues@csoinc.org Ext. 9512

Patricia Boland—School Liaison

Patricia.Boland@csoinc.org Ext. 9513

Rachel Kaufmann—Admin/Activities

Rachel.Kaufmann@csoinc.org Ext. 9500

Kate Burke—Clinical Intern

Kate.Burke@csoinc.org

WE HAVE FREE PASSES!

-MASS MoCA-

Contact Us to Reserve a Family Pass!

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