

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 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Closed for Holiday 1	4–5 Homework Help 2	12–1 Lunch and Learn: Perfectionism — Hidden Barrier to Wellbeing 4–5:30 Art Hour 3	4–5 Homework Help 4	4–5:30 Entre Nos 5–7 Family Hike: Thomas and Palmer Brook Reserve 5	Open for Office Hours 9am–12pm 6
7	10–11 Parents Helping Parents 8	4–5 Homework Help 9	4–5:30 Art Hour 5:30–7 Kitchen Table Talks: Facilitator Training 10	4–5 Homework Help 11	4–5:30 Entre Nos 5–6:30 Family Meal Series: Pasta bar 12	13
14	10–11 Parents Helping Parents 15	4–5 Homework Help 16	4–5:30 Art Hour 5:30–7 Kitchen Table Talks: Facilitator Training 17	4–5 Homework Help 18	4–5:30 Entre Nos 19	Family Fun Day! 11am–3pm 20
21	10–11 Parents Helping Parents 22	4–5 Homework Help 23	4–5:30 Art Hour 24	4–5 Homework Help 6–7:30 Nurturing Fathers 25	4–5:30 Entre Nos 5–6 Dinner and Work- shop: Mindfulness — Breath Work for Kids and Adults 26	27
28	10–11 Parents Helping Parents 29	4–5 Homework Help 30	Drop-Ins Welcome! (But pre-registration is required for many groups. Call for more information.) (413) 528-0298			

PROGRAM DESCRIPTIONS

CLASSES

Nurturing Fathers Group: *Jason*

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

Active Parenting 4th Edition: *Shasta & Lona*

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.

Cooperative Co-parenting: *Candice & 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): *Dahiana*

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 at Lee athletic field for family fun day.

Family Meal Series: *All Staff*

The FRC welcomes you to join us and other families for pasta bar dinner.

Family Hike: *All Staff*

Join us for a family hike at the Thomas and Palmer Brook Reserve. Located at State Road, Great Barrington, MA.

SUPPORTS

Entre Nos: *Maria & Dahiana*

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

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.

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, Dahiana, & Naomi*

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

FRC STAFF CONTACTS

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Available anytime during office hours.

WE HAVE FREE CLOTHING!

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WE HAVE MASS-MOCA PASSES!

Stop by during office hours to see if they are available.

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