

ALL PROGRAMS FREE FOR FAMILIES

APRIL 2025

The FRC
is open
Mon–Fri,
9 a.m.–5 p.m.



CLINICAL
& SUPPORT
OPTIONS

Call to Pre-register for
Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Office Closed Professional Development Day 1	4-5 Homework Help 4-5:30 Art Hour 2	10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers 3	4-5:30 Entre Nos 4	Open 9am–12:30pm Brunch and Learn PPAL Workshop 5
6	10-11 Parents Helping Parents 4-5 Homework Help 7	1-2:30 Parenting Journey II 4-5 Homework Help 6-7:30 LGBTQ + Family Friends Group 8	1-4 ABC Group 4-5 Homework Help 4-5:30 Art Hour 9	10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Father 10	4-5:30 Entre Nos 5-7 Family Meal Series: Enchiladas 11	12
13	10-11 Parents Helping Parents 4-5 Homework Help 14	1-2:30 Parenting Journey II 4-5 Homework Help 15	4-5 Homework Help 4-5:30 Art Hour 6-8 Dinner and Workshop PPAL-Socializing Online 16	10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 17	4-5:30 Entre Nos 18	Open 9am–12pm Family Fun Day: Easter Eggs and Other Crafts 19
20	Office Closed Patriots Day 21	1-2:30 Parenting Journey II 4-5 Homework Help 22	4-5 Homework Help 4-5:30 Art Hour 23	10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 24	4-5:30 Entre Nos 25	26
27	10-11 Parents Helping Parents 4-5 Homework Help 28	1-2:30 Parenting Journey II 4-5 Homework Help 29	1-4 ABC Group 4-5 Homework Help 4-5:30 Art Hour 30	Great Barrington Family Resource Center 141 West Avenue 413-528-0298/gbfrc@csoinc.org		

PROGRAM DESCRIPTIONS

Classes

Nurturing Fathers Program: *Jason*

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

Parenting Journey I: *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.

Parenting Journey II Group: *Candice & Shasta*

A parenting class about self-care practices, raising awareness of past and present factors influencing parenting styles, supporting children and nurturing family relationships.

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: *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 the FRC staff and other families for a morning of tie dying Easter eggs and other Easter crafts!

Family Meal Series: *All Staff*

Join the FRC staff and other families for a night of eating delicious enchiladas!

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.

Parents Helping Parents: *Chandra, Maria & Shasta*

An ongoing weekly support group for parents. Attend every week or as needed. Offered in person or 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: *Candice & 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

Shasta Bona — Program Director

Shasta.Bona@csoinc.org Ext. 9504

Candice Amendola—Supervising Clinician

Candice.Amendola@csoinc.org Ext. 9503

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 Ext. 9502

Jason Godfrey — Nurturing Fathers Program

Jason.Godfrey@csoinc.org Ext. 9501



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!