

ALL PROGRAMS FREE FOR FAMILIES

JANUARY 2026

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



CLINICAL
& SUPPORT
OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FRC Drop-In Visitors Are Always Welcome! But pre-registration is required for many groups. Use the QR code to register. Or call (413) 528-0298 .			12-1 Nurturing Families in Recovery	4-5:30 Entre Nos	
4	10-11 Parents Helping Parents 6-7:30 Fathers Helping Fathers	12-1 Lunch & Learn: Emotion Coaching for Young Children 4-5 Homework Help	12-2 Cooperative Co-parenting 4-5:30 Art Hour	1	2	3
5		6	7	8	9	10 Open for Office Hours 9am-12pm
11	10-11 Parents Helping Parents 6-7:30 Parenting in America 6-7:30 Fathers Helping Fathers	4-5 Homework Help	12:30-4:30 Kids Club 4-5:30 Art Hour	12-1 Nurturing Families in Recovery 4:30-5:45 Family Fun Day! 6-7:30 Path to Citizenship	4-5:30 Entre Nos	16
18	10-11 Parents Helping Parents 6-7:30 Parenting in America 6-7:30 Fathers Helping Fathers	4-5 Homework Help 5-6 Dinner & Workshop: Balance Work with Your New Baby's Needs	4-5:30 Art Hour	12-1 Nurturing Families in Recovery 4-5 Homework Help 6-7:30 Path to Citizenship	4-5:30 Entre Nos 5-6:30 Family Meal Series: Chinese Cuisine Night	17 Open for Office Hours 9am-12pm
25	10-11 Parents Helping Parents 6-7:30 Parenting in America 6-7:30 Fathers Helping Fathers	4-5 Homework Help	4-5:30 Art Hour	12-1 Nurturing Families in Recovery 4-5 Homework Help 6-7:30 Path to Citizenship	4-5:30 Entre Nos	31
26	27	28	29	30		

PROGRAM DESCRIPTIONS

CLASSES

Nurturing Fathers Group: Jason

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

Nurturing in Recovery: Chandra & Lona

Parents explore effects of substance abuse on themselves and their families, and strengthen their recovery for 17 weeks.

Cooperative Co-parenting: Shasta & Lona

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.

Parenting in America: Maria & Pat

A parenting class designed to help immigrant parents and caregivers raise children in the United States. Participants honor their cultural values while learning practical strategies for navigating parenting challenges, school systems, and daily life.

Path to Citizenship: Patricia and Maria

A supportive citizenship class where participants can practice common citizenship questions, review key civics topics, and build confidence in a comfortable, low-pressure setting as they prepare for the U.S. citizenship process.



Great Barrington FRC
141 West Ave., Great Barrington
413.528.0298

ARTS & CULTURE

Art Hour (Ages 5-12): Dahiana & Emily

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

Get creative and let your imagination run wild! Families will design and build their own imaginary creatures in this fun, hands-on craft. Co-sponsored with the Mason Library.

Family Meal Series: All Staff

Gather the family and join us for a flavorful night of Chinese cuisine! Enjoy a shared meal, great conversation, and a warm community atmosphere that brings everyone to the table.

SUPPORTS

Entre Nos: Dahiana & Emily

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

An ongoing, weekly support group for parents. Attend every week or as needed. Offered in person and on Zoom.

Fathers Helping Fathers Support Group: Peer -Led

A safe, welcoming virtual space for dads to connect, share, and support one another while focusing on parenting skills, emotional well-being, and building strong, healthy family relationships.

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.

Kids Club (Ages 6-12): Emily & Dahiana

Spend your half day with us at Kids Club! Enjoy a fun afternoon of crafts, games, and activities with friends. Lunch and snacks are provided!

FRC STAFF CONTACTS

Shasta Bona — Program Director

Shasta.Bona@csoinc.org Ext. 9504

Maria Mejia — Family Support Worker

Maria.Mejia@csoinc.org Ext. 9514

Lona Barney — Family Support Worker

Lona.Barney@csoinc.org Ext. 9519

Chandra Rodrigues — Family Partner

Chandra.Rodrigues@csoinc.org Ext. 9512

Patricia Boland — Educational Liaison

Patricia.Boland@csoinc.org Ext. 9513

Emily Delgado — Family/Youth Activity Coordinator

Emily.DelgadoGalarza@csoinc.org Ext. 9511

Dahiana Herrera Cortes — Childcare Worker

Dahiana.Herrera@csoinc.org

Jason Godfrey — Nurturing Fathers Program

Jason.Godfrey@csoinc.org Ext. 6601

WE HAVE FREE DIAPERS!

Available anytime during our office hours.

CSOINC.ORG