

ALL PROGRAMS FREE FOR FAMILIES

# JANUARY 2026

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>FRC Drop-In Visitors Are Always Welcome!</b> But pre-registration is required for many groups. Use the QR code to register. Or call <b>(413) 528-0298</b>.</p>				<p>12–1 Nurturing Families in Recovery</p> <p><b>1</b></p>	<p>4–5:30 Entre Nos</p> <p><b>2</b></p>	
	<p>10–11 Parents Helping Parents 6–7:30 Fathers Helping Fathers</p> <p><b>5</b></p>	<p>12–1 Lunch &amp; Learn: Emotion Coaching for Young Children 4–5 Homework Help</p> <p><b>6</b></p>	<p>12–2 Cooperative Co-parenting 4–5:30 Art Hour</p> <p><b>7</b></p>	<p>12–1 Nurturing Families in Recovery 4–5 Homework Help</p> <p><b>8</b></p>	<p>4–5:30 Entre Nos</p> <p><b>9</b></p>	<p>Open for Office Hours 9am–12pm</p> <p><b>10</b></p>
	<p>10–11 Parents Helping Parents 6–7:30 Parenting in America 6–7:30 Fathers Helping Fathers</p> <p><b>12</b></p>	<p>4–5 Homework Help</p> <p><b>13</b></p>	<p>12:30–4:30 Kids Club 4–5:30 Art Hour</p> <p><b>14</b></p>	<p>12–1 Nurturing Families in Recovery 4:30–5:45 Family Fun Day! 6–7:30 Path to Citizenship</p> <p><b>15</b></p>	<p>4–5:30 Entre Nos</p> <p><b>16</b></p>	<p><b>17</b></p>
	<p>10–11 Parents Helping Parents 6–7:30 Parenting in America 6–7:30 Fathers Helping Fathers</p> <p><b>19</b></p>	<p>4–5 Homework Help 5–6 Dinner &amp; Workshop: Balance Work with Your New Baby's Needs</p> <p><b>20</b></p>	<p>4–5:30 Art Hour</p> <p><b>21</b></p>	<p>12–1 Nurturing Families in Recovery 4–5 Homework Help 6–7:30 Path to Citizenship</p> <p><b>22</b></p>	<p>4–5:30 Entre Nos 5–6:30 Family Meal Series: Chinese Cuisine Night</p> <p><b>23</b></p>	<p>Open for Office Hours 9am–12pm</p> <p><b>24</b></p>
<p><b>25</b></p>	<p>10–11 Parents Helping Parents 6–7:30 Parenting in America 6–7:30 Fathers Helping Fathers</p> <p><b>26</b></p>	<p>4–5 Homework Help</p> <p><b>27</b></p>	<p>4–5:30 Art Hour</p> <p><b>28</b></p>	<p>12–1 Nurturing Families in Recovery 4–5 Homework Help 6–7:30 Path to Citizenship</p> <p><b>29</b></p>	<p>4–5:30 Entre Nos</p> <p><b>30</b></p>	<p><b>31</b></p>

# 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.

## 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

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