

ALL PROGRAMS FREE FOR FAMILIES



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

Call to Pre-register for
Programs



CLINICAL
& SUPPORT
OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Great Barrington Family Resource Center 141 West Avenue 413-528-0298/gbfrc@csoinc.org		4-5 Summer Tutoring 1	4-5:30 Art Hour 2	4-5 Summer Tutoring 3	Office Closed July 4th Holiday 4	Open 9am—12:30pm 5
6	10-11 Parents Helping Parents 12-2 Lunch and a Workshop: Teen Mental Health and Substance Use (2025) 7	4-5 Summer Tutoring 8	4-5:30 Art Hour 9	4-5 Summer Tutoring 10	9-1 ABC Group 11-1 Active Parenting 4-5:30 Entre Nos 5-7: Family Meal Series: Outdoor Picnic 11	12
13	10-11 Parents Helping Parents 14	4-5 Summer Tutoring 15	4-5:30 Art Hour 4-6: Dinner and a workshop: Parenting LGBTQ+ Youth: Let's Talk (2025) 16	4-5 Summer Tutoring 17	9-1 ABC Group 11-1 Active Parenting 4-5:30 Entre Nos 5-7 Family Hike: McAllister Park 18	Open 9am—12:30pm 19
20	10-11 Parents Helping Parents 21	4-5 Summer Tutoring 22	4-5:30 Art Hour 23	4-5 Summer Tutoring 24	9-1 ABC Group 11-1 Active Parenting 4-5:30 Entre Nos 5-7 Family Fun Day: Outdoor Games 25	26
27	10-11 Parents Helping Parents 28	4-5 Summer Tutoring 29	4-5:30 Art Hour 30	4-5 Summer Tutoring 31		

PROGRAM DESCRIPTIONS

CLASSES

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.

Active Parenting Group: *Shasta, Pat & Maria*

Active Parenting will give you skills to achieve a fuller, more satisfying family life and help your children achieve greater happiness and success..

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*

This class provides a place to engage in fun and creative art projects. Different art activities every week for kids. Adults work on monthly projects.

Family Fun Day: *All Staff*

Join the FRC staff and other families for an evening of playing backyard games.

Family Meal Series: *All Staff*

Join the FRC staff and other families for a summer picnic.

SUPPORTS

Family Hike: *Lona*

Join us for a family hike at McAllister Park. Located at Hailey Road, Great Barrington, MA. Spend time with families and enjoy the outdoors in summer in the Berkshires

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.

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: *Shasta*

This platform offers new fathers and experienced fathers alike the opportunity to express and learn among their peers.

LGBTQ+ Family and Friends Group: *Candice*

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, Shasta, Chandra*

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

FRC STAFF CONTACTS

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Great Barrington Family Resource Center

141 West Ave., Great Barrington, MA

413.528.0298

CSOINC.ORG

WE HAVE CLOTHING DONATIONS

-Great Barrington FRC-

Come by for Free Clothing!