

ALL PROGRAMS FREE FOR FAMILIES

JUNE 2025

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
1	10-11 Parents Helping Parents 12-2 Lunch and a workshop: How to protect your child's mental health 4-5 Homework Help 2	4-5 Homework Help 3	4-5 Homework Help 4-5:30 Art Hour 4	4-5 Homework Help 5-6 Fathers Support Group 5	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Hike: Benedict Pond Loop Trail at Beartown State Forest 6	Open 9am—12:30pm 7
8	10-11 Parents Helping Parents 4-5 Homework Help 9	4-5 Homework Help 5-6 LGBTQ + Family Friends Group 10	4-5 Homework Help 4-5:30 Art Hour 11	4-5 Homework Help 5-6 Fathers Support Group 12	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Meal Series: End of the school year Barbeque 13	14
15	10-11 Parents Helping Parents 4-5 Homework Help 16	4-5 Homework Help 17	4-5 Homework Help 1-4 ABC Group 4-5:30 Art Hour 4-6 Dinner and Workshop: LGBTQ+: What do all these letters mean? 18	4-5 Homework Help 5-6 Fathers Support Group 19	4-5 Homework Help 4-5:30 Entre Nos 20	Open 9am—12:30pm Drop in Art Making 21
22	10-11 Parents Helping Parents 4-5 Homework Help 23	4-5 Homework Help 24	4-5 Homework Help 4-5:30 Art Hour 25	4-5 Homework Help 5-6 Fathers Support Group 26	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Fun Day: Flower press magnets 27	28
29	10-11 Parents Helping Parents 4-5 Homework Help 30	<p>Great Barrington Family Resource Center 141 West Avenue 413-528-0298/gbfrc@csoinc.org</p>				

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.

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.

Saturday Art Making: *Rachel*

A time to drop in and make some art. Projects for kids and for adults will be set up. Also a time to bring in projects that are being worked on.

Family Fun Day: *All Staff*

Join the FRC staff and other families for an evening of making flower press magnets!

Family Meal Series: *All Staff*

Join the FRC staff and other families for an end of the school year Barbeque!

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: *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 & Rachel*

A free drop-in meeting for parents, families, and allies of the LGBTQ+ community. Have questions? Send an email to: southcounty-lgbtqfamilies@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 & Rachel*

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

FRC STAFF CONTACTS

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CLINICAL
& SUPPORT
OPTIONS

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!