

ALL PROGRAMS FREE FOR FAMILIES



MARCH 2025

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

Call to Pre-register for
Programs



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Great Barrington Family Resource Center 141 West Avenue 413-528-0298/gbfrc@csoinc.org						1
2	10:30-11:30 Mondays for Moms 4-5 Homework Help	1-2:30 Parenting Journey II 4-5 Homework Help	4-5 Homework Help 4-5:30 Art Hour	10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers Program	4-5:30 Entre Nos 5-7 Family Fun Day: Flower Planting	Open 9am—12pm 8
9	10-11:30 Mondays for Moms 4-5 Homework Help	1-2:30 Parenting Journey II 4-5 Homework Help 6-7:30 LGBTQ + Family Friends Group	4-5 Art Hour 4-5 Homework Help 6:30-7:30 Fathers Support Group	10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers Program	4-5:30 Entre Nos	15
16	10-11:30 Mondays for Moms 4-5 Homework Help	1-2:30 Parenting Journey II 4-5 Homework Help	4-5 Homework Help 4-5:30 Art Hour 6-8 Workshop PPAL-Moving Forward Together: Building a Foundation of Support	10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers Program	4-5:30 Entre Nos 5-7 Family Meal Series: Corned Beef & Cabbage	Open 9am—12pm 22
23/30	10-11:30 Mondays for Moms 4-5 Homework Help	1-2:30 Parenting Journey II 4-5 Homework Help	4-5 Homework Help 4-5:30 Art Hour	10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers Program	4-5:30 Entre Nos	29

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: *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.

Nurturing in Recovery: *Chandra & Shasta*

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

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 night of planting flowers in a pot.

Family Meal Series: *All Staff*

Join the FRC staff and other families for a night of Corned Beef and Cabbage.

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.

Mondays for Moms: *Candice*

In person social hour for moms to connect and chat.

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: *Jason*

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

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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 FREE PASSES!

-MASS MoCA-

Contact Us to Reserve a Family Pass!