

ALL PROGRAMS FREE FOR FAMILIES

MAY 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				10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 1	4-5 Homework Help 4-5:30 Entre Nos 2	Open 9am—12:30pm 3
4	10-11 Parents Helping Parents 12-2 Lunch and a Workshop: Uncomplicating the Complicated: Chaos to Calm 4-5 Homework Help 5	1-2:30 Parenting Journey II 4-5 Homework Help 6	4-5 Homework Help 4-5:30 Art Hour 7	10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 8	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Fun Day: DIY Self-Care Products for Mother's Day 9	10
11	10-11 Parents Helping Parents 4-5 Homework Help 12	1-2:30 Parenting Journey II 4-5 Homework Help 5-6 LGBTQ + Family Friends Group 13	4-5 Homework Help 4-5:30 Art Hour 14	10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 15	4-5 Homework Help 4-5:30 Entre Nos 16	Open 9am—12:30pm Drop in Art Making 17
18	10-11 Parents Helping Parents 4-5 Homework Help 19	1-2:30 Parenting Journey II 4-5 Homework Help 20	4-5 Homework Help 1-4 ABC Group 4-5:30 Art Hour 6-8 Dinner and Workshop: Solving Parenting/Child Behaviors 21	10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 22	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Meal Series: Latin American Dessert 23	24
25	Office Closed Memorial Day 26	1-2:30 Parenting Journey II 4-5 Homework Help 27	4-5 Homework Help 4-5:30 Art Hour 28	10-11:30 Parenting Journey I 4-5 Homework Help 5-6 Fathers Support Group 29	4-5 Homework Help 4-5:30 Entre Nos 30	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.

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 DIY Self-Care Products that can also be a present for Mother's Day!

Family Meal Series: *All Staff*

Join the FRC staff and other families for a night of eating Latin American Desserts!

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: 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, Kate, 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!