

ALL PROGRAMS FREE FOR FAMILIES

OCTOBER 2026

The FRC is open
Mon–Fri,
9 a.m.–5 p.m.
and on 2nd & 4th
Saturdays
9 a.m.–12 p.m.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FRC Drop-In Visitors Are Always Welcome! But pre-registration is required for many groups. Use the QR code to register. Or call (413) 528-0298 .			4–5 Homework Help 6–7:30 Nurturing Fathers 1	5–6 Hot Wheel and Matchbox Club 2	3
	12–1 Parents Helping Parents 6–7:30 Fathers Helping Fathers 4	3:30–4:30 Healthy Relationships Teen Group 5:30–6:30 Entre Nos 5:30–7:30 Community Care Sessions 5	12–1:30 Parenting Journey I 4–5:30 Family Activity Hour— BINGO 6	4–5 Homework Help 6–7:30 Nurturing Fathers 7	12–4:30 Kids Club—SBRSD 4–7 Online Safety Workshop for families 8	10–12 Apple Picking—Windy Hill Farm 9
	12–1 Parents Helping Parents 6–7:30 Fathers Helping Fathers 11	3:30–4:30 Healthy Relationships Teen Group 5:30–6:30 Entre Nos 12	12–1:30 Parenting Journey I 4–5:30 Family Activity Hour— Scarecrows 13	4–5 Homework Help 6–7:30 Nurturing Fathers 14	5:30–7:30 Positive Parenting Solutions Topic: Hold On To Your Kids 15	16
	12–1 Parents Helping Parents 6–7:30 Fathers Helping Fathers 18	3:30–4:30 Healthy Relationships Teen Group 5:30–6:30 Entre Nos 19	12–1:30 Parenting Journey I 12–4:30 Kids Club—BHRSD 4–5:30 Family Activity Hour— Pumpkin Painting 20	4–5 Homework Help 6–7:30 Nurturing Fathers 21	12—2 Cooperative Co-Parenting 5–7 Family Hike— Interpretive Trail @ W.E.B. Du Bois Homesite 22	9–12 Open For Office hours 23
24	12–1 Parents Helping Parents 6–7:30 Fathers Helping Fathers 25	3:30–4:30 Healthy Relationships Teen Group 5:30–6:30 Entre Nos 26	12–1:30 Parenting Journey I 4–5:30 Family Activity Hour— Sun catchers 27	4–5 Homework Help 5:30–6:30 Modern Family 6–7:30 Nurturing Fathers 28	12–2 Cooperative Co-Parenting 29	30
						31

PROGRAM DESCRIPTIONS

CLASSES

Nurturing Fathers Group: *Jason*

An evidence-based, 12-week training course designed to teach parenting and nurturing skills to men.

Parenting Journey I: *Chandra*

This is an evidence-based, online class that supports parents and caregivers in self-care, reflection, and building strong family relationships through guided discussions.

Active Parenting Cooperative Co-parenting: *Shatsta*

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

Family Activity Hour (All Ages): *Shasta*

Connect, play, and bond! Join our Parent-Child Group for fun, shared family experiences.

Family Hike: *All Staff*

Let's explore Interpretive Trail at W.E.B. Du Bois Home-site. Meet us at there!

Family Fun Day:

Apple picking at Windy Hill Farm! Just 8 family slots open—contact us now!



Great Barrington FRC
141 West Ave., Great Barrington
413.528.0298

Hot Wheels and Matchbox Club: *FLO*

Rev up your engines and bring your favorite Hot Wheels or Matchbox to trade, swap, and show off!

SUPPORTS

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.

Fathers Helping Fathers Support Group: *Peer-Led*

Dads, connect and grow together! Join our safe, welcoming virtual space to share experiences, support one another, and build strong, healthy family relationships. Together, we'll focus on practical parenting skills and emotional well-being.

Parents Helping Parents: *Chandra*

An ongoing, weekly support group for parents. Attend every week or as needed. Offered in person and on Zoom.

Modern Family: *Shasta and Lona*

A place for kinship caregivers to connect, feel supported, and get help navigating DCF, schools, courts, and other systems.

Healthy Relationships Teen Group: *Margot*

A supportive, judgment-free space for teens to explore what healthy relationships look like and build skills they can use with friends, dating partners, and online.

EDUCATIONAL PROGRAMS

Positive Parenting Solutions: Hold On To Your Kids

A judgement-free space to discuss strengthening your relationship with your children.

Community Care Sessions: *RSYP*

A supportive, peer-peer environment where a trained facilitator guides fellow parents through a pro-social, preventive approach to helping children and friends make difficult decisions about substance use. Learn to engage youth in serious discussions.

Online Safety Workshop: *FLO*

Protect your kids online! Join our Online Safety Workshop featuring expert advice from the Great Barrington Police Department and hands-on parental control tips from AJ, an IT expert. Learn to tackle cyberbullying, grooming, and privacy risks on social media and gaming. Free dinner and childcare are provided for all registered families!

FRC STAFF CONTACTS

Shasta Bona — Program Director

Shasta.Bona@csoinc.org Ext. 9504

Margot Lee — Supervising Clinician

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Patricia Boland — Educational Liaison

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Christine Viel — Admin Assist/Activities

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SPECIAL EVENT NOTICE HERE

Tuesdays & Thursdays 10am–12pm.

Bring another family member with you.

Contact Us to Reserve a Place!

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4	12–1 Padre ayudando Padre 6–7:30 Papas ayudando Papas 5	3:30–4:30 Grupo de adolescents: Relaciones Saludables 5:30–6:30 Entre Nos 5:30–7:30 Sesiones de cuidado comunitario 6	12–1:30 Crianza Journey I 4–5:30 Hora de actividades en familia— BINGO 7	4–5 Ayuda con la tarea 6–7:30 papas dedicados 8	12–4:30 Kids Club—SBRSD 4–7 Taller de seguridad en línea familias 9	10–12 Recolección de manzanas— Windy Hill Farm 10
11	12–1 Padre ayudando Padre 6–7:30 Papas ayudando Papas 12	3:30–4:30 Grupo de adolescents: Relaciones Saludables 5:30–6:30 Entre Nos 5:30–7:30 Sesiones de cuidado comunitario 13	12–1:30 Crianza Journey I 4–5:30 Hora de actividades en familia— Espantapajaros 14	4–5 Ayuda con la tarea 6–7:30 papas dedicados 15	5:30–7:30 Soluciones de crianza positive Tema: Mantén cerca a tus hijos 16	17
18	12–1 Padre ayudando Padre 6–7:30 Papas ayudando Papas 19	3:30–4:30 Healthy Relationships Teen Group 5:30–6:30 Entre Nos 20	12–1:30 Crianza Journey I 12–4:30 Kids Club—BHRSD 4–5:30 Hora de actividades en familia— Pintura de calabazas 21	4–5 Ayuda con la tarea 6–7:30 papas dedicados 22	12—2 Crianza compartida y colaborativa 5–7 Caminata familiar— Sendero interpretative en el sitio de la casa de 23	9–12 Abierto de para atención en oficina 24
25	12–1 Padre ayudando Padre 6–7:30 Papas ayudando Papas 26	3:30–4:30 Healthy Relationships Teen Group 5:30–6:30 Entre Nos 27	12–1:30 Crianza Journey I 4–5:30 Hora de actividades en familia — atrapasoles 28	4–5 Ayuda con la tarea 5:30–6:30 Familia moderna 6–7:30 Papas dedicados 29	12–2 Crianza compartida cooperativa 30	31

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