



Northern Berkshire Community Coalition



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 PJR 1:30pm-3:30pm	4 GRG 10am-12pm @ Adams COA	5
6	7 Office Closed	8	9 Parenting Together 10am-12pm @UNO	10 PJR 1:30pm-3:30pm	11 nbCC Community Assessment 10am-12pm	12 Learn Through Play @ UNO 9am GRG photoshoot 9am-12pm
13	14	15	16	17 PJR 1:30pm-3:30pm	18 GRG 10am-12pm @ Spitzer Center	19 Dads & Bows 10am-12pm @ CCB
20	21	22	23 Parenting Together 10am-12pm @UNO	24 PJR 1:30pm-3:30pm Grocery Shopping on a Budget 5pm-7pm @ TBD	25	26
27	28	29	30			
		The FRC is open: Mon-Wed, 9am-6pm Thurs, 9am-5pm Fri, 9am-4:30pm Drop-Ins Welcome (but some programs require registrations) For more information call: (413) 665-7588				

Our Programs

For more information call Nancy Kennedy 413-663-7588, or email nkennedy@nbccoalition.org

- **Grandparents Raising Grandchildren Photoshoot**
A photo session by a professional photographer. Each family will receive a 8X10 printed photo and the digital version as well. Fee is \$10 per family (limited scholarships available). Registration is required, place are limited.
- **Dads & Bows**
A fun and interactive event where fathers and father figures can learn simple hair styling techniques while spending meaningful one-on-one time with their daughters. Registration is required
- **Grocery Shopping on a Budget**
Learn tips on how to grocery shop on a budget; how you can eat healthy on a small budget. Registration is required
- **Parenting Journey in Recovery**
Addiction is complicated and difficult to overcome. Parents and caregivers in recovery face the additional challenge of building strong, positive relationships with their children while maintaining their recovery, which can be both rewarding and at times, daunting. Parenting Journey in Recovery provides a valuable source of support and enhances awareness of triggers that may bring about a recurrence of substance use disorders or addiction. Personal recovery, accountability, positive actions and hard work are only some of the topics discussed by group members.
Community Needs Assessment
ALL ARE WELCOME!
Monthly forums return! Join us for our September forum, a brainstorming session to talk about you are seeing in your community. What's going well and what needs to change? We'll base this season of forums on the results.
- **Parenting Together**
Parent support group
- **Grandparents Raising Grandchildren**
Support group for grandparents that are raising their grandchildren

If the group classes that are running at this time do not meet the needs of a client, we will work one-on-one with the client until a group class is available.

All programs are free and open to all.

Transportation and childcare available with 48 hrs notice