

ALL PROGRAMS FREE FOR FAMILIES



The FRC is open
 Mon–Fri,
 9 a.m.–5 p.m.
 and on 1st & 3rd
 Saturdays
 9 a.m.–12 p.m.



CLINICAL
 & SUPPORT
 OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Great Barrington Family Resource Center 141 West Ave Call Us: 413-528-0298 Drop-Ins Welcome! (But pre-registration required)			10:30-11:30 Nurturing Families in Recovery 4-5:30 Art Hour: Rainbow Activity 4-5 Homework Help 1	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers Program 2	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Fun Day: Plant Flowers 3	Open 9am–12pm 4
5	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help 6	4-5 Homework Help 7	10:30-11:30 Nurturing Families in Recovery 4-5:30 Art Hour: Mothers Day Cards 4-5 Homework Help 8	4-5 Homework Help 5-6 Fathers Support Group 9	4-5 Homework Help 4-5:30 Entre Nos 10	11
12	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help 13	4-5 Homework Help 6:30-8 LGBTQ+ Family and Friends Group 14	10:30-11:30 Nurturing Families in Recovery 12-4:30 ABC GROUP 4-5:30 Art Hour: Egg Carton Jellyfish 4-5 Homework Help 15	4-5 Homework Help 5-6 Fathers Support Group 4:30-6 Berkshire Pulse Moving Life Stories 6:00-ELPAC Meeting 16	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Meal Series: Garden Tea Party 17	Open 9am–12pm 18
19	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help 20	4-5 Homework Help 21	10:30-11:30 Nurturing Families in Recovery 4-5:30 Art Hour: Paper Plate Turtle Project 4-5 Homework Help 22	4-5 Homework Help 5-6 Fathers Support Group 23	4-5 Homework Help 4-5:30 Entre Nos 24	25
26	Closed for Holiday 27	4-5 Homework Help 28	10:30-11:30 Nurturing Families in Recovery 4-5:30 Art Hour: Paper Roll Octopus 4-5 Homework Help 29	4-5 Homework Help 5-6 Fathers Support Group 30	4-5 Homework Help 4-5:30 Entre Nos 31	

PROGRAM DESCRIPTIONS

CLASSES

Nurturing Fathers Group: *Jason*

An evidence-based, 13-week training course designed to teach parenting and nurturing skills to men.

Parenting Journey 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.

Active Parenting Group: *Shasta, Pat, & Maria*

Active Parenting will give you skills to achieve a fuller, more satisfying family life... and help your children achieve greater happiness and success.

Nurturing in Recovery: *Chandra, Laurie, & Shasta*

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

ARTS & CULTURE

Art Hour (Ages 5–12): *Maria & Laurie*

Engage in fun and creative art projects.

Family Fun Day: *All Staff*

Join the FRC to celebrate spring by planting flowers with families in the community.

Family Meal Series: *All Staff*

Join us and other families in the community to celebrate Mother's Day with a Garden Tea Party. Family Photo shoots are available. Contact us to sign up.

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.

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 and 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 southcounty-lgbtqfamilies@gmail.com.

LGBTQ+ Preteen Group: *Candice*

For ages 8-13 LGBTQ+ and allies to share and make connections in a safe space.

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: *Candice & Chandra*

Kids will engage in fun, outdoor, and physical activities with peers in order to learn and practice social skills such as team work, communication, conflict resolution, and trust building.

FRC STAFF CONTACTS

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Great Barrington Family Resource Center

141 West Ave., Great Barrington, MA
413.528.0298

CSOINC.ORG

WE HAVE FREE PASSES!

- MASS MoCA • Hancock Shaker Village
- Norman Rockwell Museum
- Trustees of Reservations

Contact Us to Reserve a Family Pass!