

ALL PROGRAMS FREE FOR FAMILIES

# APRIL 2024

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
	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help <b>1</b>	4-5 Homework Help <b>2</b>	10:30-11:30 Nurturing Families in Recovery 4-5:30 Art Hour: Easter Activity 4-5 Homework Help <b>3</b>	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers <b>4</b>	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Fun Day: Berkshire Pulse Moving Life Stories <b>5</b>	Open 9am-12pm <b>6</b>
<b>7</b>	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help <b>8</b>	4-5 Homework Help 6:30-8 LGBTQ+ Family and Friends Group <b>9</b>	10:30-11:30 Nurturing Families in Recovery 12-4:30 ABC Group 4-5:30 Art Hour: Lunch Bag Puppets 4-5 Homework Help <b>10</b>	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers <b>11</b>	4-5 Homework Help 4-5:30 Entre Nos <b>12</b>	<b>13</b>
<b>14</b>	Closed for Holiday <b>15</b>	4-5 Homework Help <b>16</b>	10:30-11:30 Nurturing Families in Recovery 4-5:30 Art Hour: Lady Bug Craft 4-5 Homework Help <b>17</b>	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers <b>18</b>	4-5 Homework Help 4-5:30 Entre Nos 5-7 Family Meal Series: Make Your Own Arepas <b>19</b>	Open 9am-12pm <b>20</b>
<b>21</b>	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help <b>22</b>	4-5 Homework Help <b>23</b>	10:30-11:30 Nurturing Families in Recovery 12-4:30 ABC Group 4-5:30 Art Hour: Wind Chime Activity 4-5 Homework Help <b>24</b>	4-5 Homework Help 5-6 Fathers Support Group 6-7:30 Nurturing Fathers <b>25</b>	4-5 Homework Help 4-5:30 Entre Nos <b>26</b>	<b>27</b>
<b>28</b>	10-11 Parents Helping Parents 10:30-11:30 Mondays for Moms 4-5 Homework Help <b>29</b>	4-5 Homework Help <b>30</b>	<b>Great Barrington Family Resource Center</b> 141 West Ave Call Us: 413-528-0298 Drop-Ins Welcome! (But pre-registration required)			

# 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*

In April, let the FRC get you moving! A free dance workshop, through Berkshire Pulse, for Berkshire Immigrants and allies. Join us for Moving Life Stories (MLS) to tell your personal journeys through dance.

### **Family Meal Series:** *All Staff*

Join us and other families in the community for build your own Arepas.

## 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 [southcountylgbtqfamilies@gmail.com](mailto:southcountylgbtqfamilies@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.

**Moving Life Stories (MLS)** is a creative movement class, through Berkshire Pulse, for the Berkshire immigrant population and their allies to share their personal journeys through movement games, exercise, and dancing.

## FRC STAFF CONTACTS

### **Jason Godfrey — Program Director**

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### **Candice Amendola-Couture—Supervising Clinician**

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### **Laurie Daley—Admin/Activities**

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

Contact Us to Reserve a Family Pass!