

Creating Lasting Family Connections

Frequently Asked Questions

What is Creating Lasting Family Connections?

Creating Lasting Family Connections (CLFC) is a program for parents and their teens to carve out time to be together and talk about ways to avoid peer pressure and have conversations about

an evidence-based program designed for parents and youth which offers training modules for both audiences. The program is designed to:

- Improve communication and conflict resolution skills for parents and youth
- Build coping mechanisms to resist negative social influences
- Practice effective refusal skills for both parents and youth
- Promote self-knowledge, personal responsibility, and respect for others
- Boost participants' knowledge and understanding about the use of tobacco, alcohol, and other drugs.

When does CLFC meet?

This program will meet on Tuesdays from 5:30 to 7:30 PM starting **October 27th 2026 to December 15th 2026**. The location is TBD.

Who should sign up to participate in CLFC?

Parents and their teens ages 13-16 years old living in northern Berkshire County.

What can I expect from this program?

Parents and youth will grow together by learning to bridge important conversations about substance use and how to make healthy choices.

Interested?

To sign up, please email Meredith Starr, at mstarr@nbccoalition.org or call the Northern Berkshire Community Coalition (nbCC) at 413-663-7588 by **Friday, Oct 16, 2026**.