



MOC FAMILY RESOURCE CENTER

AUGUST 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT & SUN

3

Nurturing Fathers Graduation
5:00pm - 7:00pm

Summer Camp
9:00am - 1:00pm

4

Active Parenting 4th Edition
1:00PM - 2:30PM

Summer Camp
9:00am - 1:00pm

5

Transforming Trauma
12:00PM - 1:30PM

Mothers Group
1:30PM - 2:30PM

Summer Camp
9:00am - 1:00pm

6

Summer Camp Last Day Family Celebration
9:00am - 1:00pm

7

Latino Support Group
Walk-Ins Welcome
11:00AM - 12:00PM

8

9

10

Active Parenting First Five Years
12PM - 1:30PM

Active Parenting Tweens/Teens
12PM - 1:30PM

11

Active Parenting 4th Edition
1:00PM - 2:30PM

12

Mothers Group: Let's Talk
11AM - 12:00PM

13

14

Latino Support Group
Walk-Ins Welcome
11:00AM - 12:00PM

15

Info & Referrals VIRTUAL
10:00AM - 2:00PM

16

17

Active Parenting First Five Years
12PM - 1:30PM

Active Parenting Tweens/Teens
12PM - 1:30PM

18

Grandparents/Kin Support Group
11:00AM - 12:00PM

Active Parenting 4th Edition
1:00PM - 2:30PM

19

Mothers Group: Let's Talk
11AM - 12:00PM

Back to School Workshop
4PM - 6PM

20

21

Court Services
Walk-Ins Welcome
9:00AM - 1:00PM

Latino Support Group
Walk-Ins Welcome
11:00AM - 12:00PM

22

23

24

Active Parenting First Five Years
12PM - 1:30PM

Active Parenting Tweens/Teens
12PM - 1:30PM

Nurturing Fathers
5:00pm - 7:00pm

25

Active Parenting 4th Edition
1:00PM - 2:30PM

26

Mothers Group: Let's Talk
11AM - 12:00PM

27

28

Latino Support Group
Walk-Ins Welcome
11:00AM - 12:00PM

29

30

31

Active Parenting Tweens/Teens
12PM - 1:30PM

Nurturing Fathers
5:00pm - 7:00pm

Information & Referrals

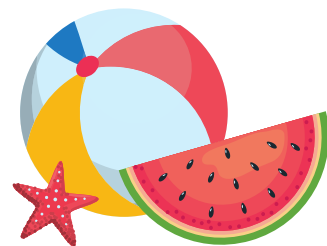
Walk-Ins Welcome!

Monday - Friday: 8:30AM - 4:30PM

1st & 3rd Saturday: 10AM - 2PM (By Phone)

Call or Email us to register or learn more about our offerings!

*All Classes/Events are in-person at the FRC unless otherwise indicated



Explanation of programs & services:

The Nurturing Fathers Program

REGISTRATION REQUIRED - IN-PERSON

This 13-week evidence-based program helps fathers build nurturing skills, strengthen bonds with their children & cultivate positive parenting attitudes & behaviors.

Back to School Workshop

IN-PERSON: AUGUST 19th 4-6PM

Join us at this fun workshop that will prep families for Back to School season.
Contact the FRC for more details!

FRC Summer Camp

REGISTRATION REQUIRED - IN-PERSON

Monday to Thursday, 9:00am to 1:00pm
Ages 8 to 12 years old
Last Day August 6th (families welcome to come celebrate!)

This summer program invites youth to join us for arts, crafts & science activities, mini-hoop basketball, cornhole & skee-ball, boardgames, cards, walks to Goodrich playground (weather permitting), and more!
Breakfast and lunch are generously provided by The Spanish American Center's Verano Alegre program!

Grandparent/Kin Support Group

REGISTRATION REQUIRED - IN-PERSON

This group provides information & resources to grandparents & kinship who are serving as the primary caregivers to children.

Latino Support Group

WALK-INS WELCOME - IN-PERSON

Join us on Friday's for:

- Mindfulness exercises
- Arts & crafts
- Nutrition Information/workshops
- Iron Chef: Conversational English
- Cultural activities

Mothers Group: Let's Talk

A Mother's Time to Resource WALK-INS WELCOME - IN-PERSON

A group setting that supports & encourages meaningful conversations on:

- Postpartum mental health
- Feeding and sleeping difficulties
- Managing stress & self care
- Parenting skills & communication styles
- Behavior concerns
- Bonding with your child

Court Services

WALK-INS WELCOME

August 21st 9:00am to 1:00pm

First come, first serve assistance filing legal documents for divorce, guardianship, paternity, child support, parenting time & small claims issues.

Active Parenting

FIRST FIVE YEARS

6 sessions focused on mutual respect, communication, responsibility, discipline and reducing risks for tweens/teens ages 12-17.

4TH EDITION

6 sessions focused on parenting skills & strategies: mutual respect, communication, responsibility, discipline, self-esteem, goals of behavior, school success (ages 5-12).

TWEENS/TEENS

6 sessions focused on mutual respect, communication, responsibility, discipline and reducing risks for teenagers (ages 12-17).

Transforming Trauma

REGISTRATION REQUIRED - ZOOM

8-week skill-building program helping parents/caregivers support children who have experienced trauma (0-18yo).

Information & Referrals

WALK-INS WELCOME:

Monday to Friday 8:30am to 4:30pm

VIRTUAL:

Every 1st & 3rd Saturday 10am to 2pm
The FRC is here to help families identify and connect with resources, mental health support & school-related concerns.

Programs @ the Fitchburg FRC:

Health Law Advocates (HLA) Mental Health Advocacy Program

HLA is a non-profit public interest law firm whose mission is to provide pro bono legal representation to low-income residents.

What services does MHAP for Kids offer?

- Begin or improve special education services
- Secure and/or coordinate community-based mental health services
- Collaborate with Dept. of Children & Families, Dept. of Mental Health, & Dept. of Developmental Services
- Advocate for education accommodations
- Assist with health insurance coverage

MOC Fitchburg Community Connections Coalition

FCCC vision is to build a comprehensive continuum of family support that strengthens families. FCCC works collaboratively with Fitchburg residents, city and state government officials, law enforcement, service providers and non-profit organizations to support child abuse prevention. To learn more, email us at FCCC@mocinc.org

MOC Parents as Teachers (PAT)

The goal of the Parents as Teachers (PAT) model is to provide parents with child development knowledge and parenting support, provide early detection of developmental delays and health issues, prevent child abuse and neglect, and increase children's school readiness.

To learn more, email us at PAT@mocinc.org

Additional MOC Programs & Services:

- **Behavioral Health Services:** 978-878-3100
- **Childcare & Head Start:** 978-343-0185
- **Coordinated Family & Community Engagement (CFCE):** 978-632-3600
- **Fuel Assistance (HEAP):** 978-342-4520
- **Energy (Weatherization):** 978-342-7025
- **Emergency Shelter:** 866-584-0653
- **FIRST Steps Together:** 978-956-3209
- **Homework Help Center:** 978-516-5055
- **Reproductive Health Services:** 978-878-3100
- **Women, Infants & Children (WIC):** (978) 345-6272
Locations: Fitchburg, Leominster, Gardner, Ayer, Barre, Winchendon
- **Youth Innovation Center:** 978-516-5055

**For more Making Opportunity Count events, visit:
www.makingopportunitycount.org/events**