

JANUARY 2026

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SAT

Info & Referrals:

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

(No appointment needed)

For information or to register for any classes or events, please call: (978) 516-5042 or email FRC@mocinc.org

*Classes/events are in-person unless specified otherwise

5

Active Parenting
First Five Years
12:00PM-1:30PM
(Zoom)Nurturing Fathers
Program (virtual)
5:00pm - 7:00pm

6

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

7

Mothers Group:
Let's Talk (In Person)
11:00AM - 12:00PMESOL Classes
(facilitated by SAC)
4:30-6:00pm

1

MOC CLOSED
NEW YEARS DAY

8

Social Youth Group
Game Changers (RSVP)
4:30PM-6:00PM

2

Latino Support Group
(Walk-In)
11:00AM - 12:00PM

3

12

Active Parenting
First Five Years
12:00PM-1:30PM
(Zoom)Nurturing Fathers
Program (virtual)
5:00pm - 7:00pm

13

Mothers Group:
Let's Talk (In Person)
11:00AM - 12:00PMESOL Classes
(facilitated by SAC)
4:30-6:00pm

14

15

Court Service Center
(Walk-In)
9:00AM - 1:00PMLatino Support Group
(Walk-In)
11:00AM - 12:00PM

17

Information &
Referrals
10:00AM - 2:00PMFinding referrals,
mental health services,
navigating school
concerns

19

MOC CLOSED
MARTIN LUTHER
KING JR. DAY

20

Grandparent/Kin
Support Group
11:00AM - 12:00PMActive Parenting
First Five Years
12:00PM-1:30PM
(Zoom)

21

Mothers Group:
Let's Talk (In Person)
11:00AM - 12:00PMTransforming Trauma
12:00PM - 1:30PM
(Zoom)

22

Keep Calm & Carry On
(11-13yo)
@ MOC 40 Fairmount
4:00PM-5:00PMSocial Youth Group
Game Changers (RSVP)
4:30PM-6:00PM

23

24

26

Active Parenting
First Five Years
12:00PM-1:30PM
(Zoom)Nurturing Fathers
Program (virtual)
5:00pm - 7:00pm

27

Mediation Services
with BSEA
(Caregiver Workshop)
4:30PM-6:00PMMothers Group:
Let's Talk (In Person)
11:00AM - 12:00PMESOL Classes
(facilitated by SAC)
4:30-6:00pm

29

Keep Calm & Carry On
(11-13yo)
@ MOC 40 Fairmount
4:00PM-5:00PMLatino Support Group
(Walk-In)
11:00AM - 12:00PM

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Explanation of programs and services:

The Nurturing Fathers Program

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

Grandparent/Kin Support Group

Provides information/resources to grandparents/kinship raising their grandchildren.

Other programs located @ the Fitchburg Family Resource Center:

Health Law Advocates (HLA)

Mental Health Advocacy Program

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

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.

Parents as Teachers

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.

Active Parenting First Five Years

4 sessions focused on child development, building a bond, and effective discipline.

Transforming Trauma

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

Social Youth Group: Game Changers

An after-school program for youth ages 10 up. Activities include arts & crafts, games, conversations about bullying, safety, mindful journaling, and movie nights!

Keep Calm & Carry On - 6 session series

(RSVP BY JANUARY 20)

Learn, practice & discuss emotion regulation skills and how to improve your wellness. (coed, ages 11-13yo)
 Located at MOC Youth Center: 40 Fairmount St.

Other Services on site:

Court Service Center

January 16th 9am - 1pm

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

Let's Talk...A Mother's Time to Resource

A group setting that supports & encourages meaningful conversations on:

- Postpartum mental health
- Feeding and sleeping difficulties
- Managing stress
- Parenting skills
- Behavior concerns
- Communication styles
- Bonding with your child
- Self Care

Latino Support Group

Activities include:

- Mindfulness exercises
- Arts & crafts
- Information/ workshops on nutrition
- Iron Chef Challenge—conversational English
- Cultural activities

Events at the FRC:

(RSVP Required)

Mediation Workshop w/ BSEA

January 27th

4:30pm - 6:00pm

Other MOC Services

- **Childcare & Head Start Services** : 978-343-0185
- **Fuel Assistance (HEAP)**: 978-342-4520
- **Weatherization**: 978-342-7025
- **EA Shelter**: 866-584-0653
- **WIC**:
 - Fitchburg: 978-345-6272
 - Leominster: 978-534-0772
 - Gardner: 978-632-7733
 - Ayer: 978-722-0191,
 - Barre: 978-630-3344,
 - Winchendon: 978-345-6272

