



MOC FAMILY RESOURCE CENTER

MAY 2026

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT & SUN

May is Mental Health Awareness Month
Mental health challenges can affect the whole family by impacting relationships, communication, and daily life. This month, we encourage families to support one another, have open conversations about mental health, and remember that seeking help is a strong and positive step. 

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

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

Info & Referrals
PHONE ONLY
10:00AM - 2:00PM

Active Parenting
Tweens/Teens:
GRADUATION!
12:00PM - 1:30PM

Nurturing Fathers
5:00pm - 7:00pm

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

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

Transforming Trauma
12:00PM - 1:30PM

ESL w/Spanish American Center
4:30PM - 6:30PM

Keep Calm & Carry On
@ MOC YIC
18 Fairmount St.
4:00PM-5:00PM

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

Mothers Wellness Brunch
10:00AM - 12:00PM

Nurturing Fathers
5:00pm - 7:00pm

Navigating Screen Time & Internet Safety
9:00AM - 10:00AM

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

Transforming Trauma
12:00PM - 1:30PM

ESL w/Spanish American Center
4:30PM - 6:30PM

Keep Calm & Carry On
@ MOC YIC
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Latino Support Group
Walk-Ins Welcome
11:00AM - 12:00PM

Court Service Center
Walk-Ins Welcome
9:00AM - 1:00PM

Info & Referrals
PHONE ONLY
10:00AM - 2:00PM

Nurturing Fathers
5:00pm - 7:00pm

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

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

Transforming Trauma
12:00PM - 1:30PM

ESL w/Spanish American Center
4:30PM - 6:30PM

CFCE Playgroup @ FRC
for ages 0-6
10:00AM - 11:00AM

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

MEMORIAL DAY
MOC CLOSED

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

ESL w/Spanish American Center
4:30PM - 6:30PM

Explanation of programs & services:

Mothers Group: Let's Talk

A Mother's Time to Resource
REGISTRATION REQUIRED - 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

Latino Support Group

WALK-INS WELCOME - IN-PERSON

Activities include:

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

Keep Calm & Carry On

REGISTRATION REQUIRED - IN-PERSON

@ **MOC YIC**: 18 Fairmount St. Fitchburg, MA
 Learn, practice & discuss emotion regulation skills and how to improve your wellness. (co-ed, ages 11-13).

ESL w/Spanish American Center

REGISTRO OBLIGATORIO - EN PERSONA

Inglés como Segundo Idioma (ESL)
 Para registrarse: comuníquese con el Centro Hispanoamericano. Se reúne en el FRC todos los miércoles de mayo, de 4:30PM a 6:30PM.

Active Parenting

GRADUATION - TWEENS/TEENS

6 sessions (began on 3/23) focused on mutual respect, communication, responsibility, discipline and reducing risks for tweens/teens ages 12-17.

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.

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.

Court Service Center

WALK-INS WELCOME
MAY 15TH 9:00AM TO 1:00PM

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

Transforming Trauma

REGISTRATION REQUIRED - ZOOM

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

Game Changers: Social Youth Group

REGISTRATION REQUIRED - IN-PERSON

After-school group for ages 10+. Activities include arts & crafts, games, conversations about bullying, safety, mindful journaling, and movies!

Information & Special Events

Mothers Wellness Brunch Event

REGISTRATION REQUIRED - IN-PERSON
MAY 8TH 10:00AM TO 12:00PM

Join us for a free brunch with wellness resources and activities to honor all of the hardworking Moms!

Screen Time & Internet Safety

HYBRID: May 13th 9:00AM to 10:00AM
 Parent workshop to help support their children's screen time & safety online.

CFCE Playgroup Ages 0-6

IN-PERSON: May 21st 10:00AM
 Interactive playgroup for children encouraging learning through play, socialization, and school readiness.

Information & Referrals

WALK-INS WELCOME:

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

BY PHONE ONLY:

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:** 978-785-5343
- **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:** 978-878-3077
- **Women, Infants & Children (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
- **Youth Innovation Center:** 978-516-5055

