



NOVEMBER 2025

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Info & Referrals:

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

(No appointment needed)

For more information or to register for any classes/events,
please call: **(978) 516-5042**

**Classes/events are in-person unless specified otherwise*

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**Active Parenting
of Teens**
12:00PM-1:30PM
(Zoom)

Nurturing Father's Group
5:00PM - 7:00PM
(Virtual)

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

**Keep Calm & Carry On
(Teen Wellness)**
5:00PM - 6:00PM

**Game Changer Social
Youth Group**
4:00PM - 6:00PM

Cultural Potluck
5:00PM - 6:30PM

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

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**Active Parenting
of Teens**
12:00PM-1:30PM
(Zoom)

Nurturing Father's Group
5:00PM - 7:00PM
(Virtual)

**MOC CLOSED FOR
VETERANS DAY**

Transforming Trauma
12:00PM - 1:30PM
(Zoom)

**Keep Calm & Carry On
(Teen Wellness)**
5:00PM - 6:00PM

Info & Referrals
(Finding Referrals,
Mental Health
Services, Navigating
School Concerns)
10:00AM - 2:00PM

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**Active Parenting
of Teens**
12:00PM-1:30PM
(Zoom)

Nurturing Father's Group
5:00PM - 7:00PM
(Virtual)

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

Transforming Trauma
12:00PM - 1:30PM
(Zoom)

**Help! My Child Keeps
Missing School Workshop**
5:00PM - 6:00PM

**Game Changer Social
Youth Group**
4:00PM - 6:00PM

Court Service Center
9:00AM - 1:00PM
(Walk-In)

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

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**Active Parenting
of Teens**
12:00PM-1:30PM
(Zoom)

Nurturing Father's Group
5:00PM - 7:00PM
(Virtual)

Transforming Trauma
12:00PM - 1:30PM
(Zoom)

**MOC CLOSED FOR
THANKSGIVING**

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THANKSGIVING**

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 behavior.

Grandparent/Kin Support Group

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

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!

Other programs housed at the Fitchburg Family Resource Center

Health Law Advocates (HLA) is a non-profit public interest law firm whose mission is to provide pro bono legal representation to low-income residents having trouble accessing or paying for needed medical services. HLA is committed to ensuring universal access to quality health care in Massachusetts, particularly for those who are most at risk due to such factors as race, gender, disability, age, immigration status or geographic location. With its partner organization, Health Care for All, HLA combines legal expertise with grassroots organizing and policy reform to advance the statewide movement for universal health care access.

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.

Active Parenting of Teens

- < How to effectively communicate with teens
- < Understanding ten goals
- < provide tools for your teens they need to behave in a responsible way
- < Be a positive influence on your adolescent
- < Risk reduction of teen years (alcohol, drugs, sexuality, and violence)

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

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 – conversational English
 - < Cultural activities

Other Services this month

Court Service Center
When: November 21, 2025
Time: 9:00am to 1:00pm
First come, first served basis
Worcester Court Service Center

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.

Happening in the Community

Cultural Potluck

When: November 6, 2025

Time: 5:00PM – 6:30PM

Where: Fitchburg Family Resource Center

76 Summer Street, Suite 230, Fitchburg | (978) 516-5042

Fitchburg Family Resource Center is a program of Making Opportunity Count and is funded by the Department of Children & Families.