



**SUPPORT GROUPS**

**FATHER’S SUPPORT GROUP-MONDAYS 5-6:30 PM**  
**MOTHER’S SUPPORT GROUP-WEDNESDAY 2-3PM**  
**LATINO SUPPORT GROUP-FRIDAY 10AM-12 PM**  
**YOUNG LIFE TEEN PROGRAM**  
**WEDNESDAY’S 7 PM-9PM**  
**INFORMATION & REFERRAL**  
**MONDAY—FRIDAY’S FROM 9 AM TO 4 PM**

**GRUPOS DE APOYO**

**GRUPO APOYO DE PADRES LUNES 5– 6:30 PM**  
**GRUPO APOYO DE MADRES MIERCOLES DE 2-3PM**  
**GRUPO APOYO LATINO VIERNES 10AM—12PM**  
**GRUPO DE JOVENES YOUNG LIFE**  
**MIERCOLES 7-9PM**  
**INFORMACION Y REFERIDO**  
**LUNES—VIERNES DE 9 AM A 4 PM**

**EVIDENCE BASED PROGRAMS**

**The Parenting Journey:** Introduces parents/ caregivers to a positive approach toward increasing self-care, understanding factors that influence their parenting style and building on their strengths to support their children and create a more nurturing family.

**Nurturing Families:** This parenting education program was designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child rearing practices.

**Nurturing Program for Families in Recovery:** Is built on the principles of relational development. We believe that success and satisfaction of parents and children improve as certain essential factors become more vital and pervasive within the relationship

**PROGRAMAS BASADOS EN EVIDENCIA**

**The Parenting Journey:** Introduce a padres/madres hacia un enfoque positivo en cuidado propio, en entender los factores que influencia su estilo de criar a sus niños, y edificar en sus destrezas y apoyar a sus niños y crear una familia mas emocionalmente nutrida.

**Nurturing Families:** Este programa de educación para padres y madres fue diseñado para edificar estilos de crianza mas positivos como alternativa a practicas de crianzas que son abusivas y negligentes.

**Programa de Nutrir a Familias en Recuperación:** Edificado en los principios de desarrollo relacional. Creemos que los logros y satisfacciones de padres, madres, y niños mejoran cuando ciertos factores esenciales son mas vital y persuasivo dentro de la relación entre padre, madre, y hijos.

**CRAYOUTH SERVICES——SERVICIOS PARA JOVENES CRA (envueltos en la Corte)**

**Administration of the Fast CANS (Child Adolescent Needs Strengths Assessment) for Children Requiring Assistance Community Healthlink LMHC, and Family Support Plan Development, Community Healthlink Family Partner**

**Administración Asesoramiento del Fast CANS (Nino Adolescente Asesoramiento Necesidades y Destrezas). Community Healthlink LMHC, and Family Support Plan Development, Community Healthlink Family Partner**

**MOC Fitchburg Family Resource Center**  
**356B Broad Street 4th Fl.**  
**Fitchburg, MA 01420**  
**Tel. 978-829-0163 Fax: 978-829-0165**

*The MOC Fitchburg Family Resource Center is funded through the Department of Children and Families*