

MOC FAMILY RESOURCE CENTER APRIL 2026

Standing with children & families during Child Abuse Prevention Month

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT & SUN

Preventing child abuse is a shared responsibility to ensure every child grows up safe and supported. In Massachusetts, we are committed to empowering caregivers and fostering safe, healthy, and loving environments where all children can thrive. ❤️

1
Mothers Group: Let's Talk
11:00AM - 12:00PM
Transforming Trauma
12:00PM - 1:30PM

2
Keep Calm & Carry On @ MOC YIC
18 Fairmount St.
4:00PM-5:00PM
Game Changers Social Youth Group
4:30PM-6:00PM

3
Latino Support Group
Walk-Ins Welcome
11:00AM - 12:00PM

4
Info & Referrals
PHONE ONLY
9:00AM - 12:00PM
5

6
Active Parenting of Tweens/Teens
12:00PM - 1:30PM
Nurturing Fathers GRADUATION!
5:00pm - 7:00pm

7
Grandparent/Kin Support Group
11:00AM - 12:00PM

8
Mothers Group: Let's Talk
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Transforming Trauma
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9
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10

11
12

13
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12:00PM - 1:30PM

14

15
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16
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4:30PM-6:00PM

17
Latino Support Group
Walk-Ins Welcome
11:00AM - 12:00PM
Court Service Center
Walk-Ins Welcome
9:00AM - 1:00PM

18
Info & Referrals
PHONE ONLY
9:00AM - 12:00PM
19

PATRIOTS DAY
MOC CLOSED

21
Grandparent/Kin Support Group
11:00AM - 12:00PM

22
Mothers Group: Let's Talk
11:00AM - 12:00PM
Transforming Trauma
12:00PM - 1:30PM

23

24

25
26

27
Active Parenting of Tweens/Teens
12:00PM - 1:30PM
Nurturing Fathers In-Person
5:00pm - 7:00pm

28

29
Mothers Group: Let's Talk
11:00AM - 12:00PM
Transforming Trauma
12:00PM - 1:30PM

30
Keep Calm & Carry On @ MOC YIC
18 Fairmount St.
4:00PM-5:00PM

Information & Referrals
Walk-Ins Welcome!
Monday - Friday: 8:30AM - 4:30PM
1st & 3rd Saturday's 9AM - 12PM (By Phone)
***All Classes/Events are in-person at the FRC unless otherwise indicated**
Call or Email us to register or learn more about our offerings!

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
- Parenting skills
- Behavior concerns
- Communication styles
- Bonding with your child
- Self Care

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).

Latino Support Group

WALK-INS WELCOME - IN-PERSON

Activities include:

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

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!

Active Parenting

REGISTRATION REQUIRED

Tweens/Teens - ZOOM

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

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.

The Nurturing Fathers Program

REGISTRATION REQUIRED - IN-PERSON

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

Court Service Center

WALK-INS WELCOME

APRIL 17TH 9:00AM TO 1:00PM

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

Information & Referrals

WALK-INS WELCOME:

During normal business hours - Monday to Friday 8:30am to 4:30pm

BY PHONE ONLY:

Every 1st and 3rd Saturday of the month - 9am to 12pm

The Family Resource Center is here to help families identify and connect with resources, mental health support & navigating 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

