

# MOC FAMILY RESOURCE CENTER

# FEBRUARY 2026

MON

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WED

THU

FRI

SAT

## Info & Referrals:

**Monday - Friday | 8:30AM - 4:30PM**  
(No appointment needed)

For information or to register for classes & events,  
please call: (978) 516-5042 or email [FRC@mocinc.org](mailto:FRC@mocinc.org)  
**\*Classes/events are in-person unless specified otherwise**

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**Active Parenting**  
4<sup>th</sup> Edition (Zoom)  
12:00PM-1:30PM

**Nurturing Fathers**  
**Program** (virtual)  
5:00pm - 7:00pm

3

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

4

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

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

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

5

**Keep Calm & Carry On**  
(11-13yo)  
@ MOC 40 Fairmount  
4:00PM-5:00PM

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

6

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

7

9

**Active Parenting**  
4<sup>th</sup> Edition (Zoom)  
12:00PM-1:30PM

**Youth Art Event**  
RSVP Recommended  
3pm to 6pm

**Nurturing Fathers**  
**Program** (virtual)  
5:00pm - 7:00pm

10

11

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

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

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

12

**Keep Calm & Carry On**  
(11-13yo)  
@ MOC 40 Fairmount  
4:00PM-5:00PM

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14



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**MOC Closed**  
*Presidents Day*

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

**Family Event: Black**  
**History Celebration**  
12PM-2PM

18

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

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

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

19

20

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

**Court Service Center**  
(Walk-In)  
9:00AM - 12:00PM

21

**Information & Referrals**  
10:00AM - 2:00PM

Finding referrals,  
mental health services,  
navigating school  
concerns

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**Active Parenting**  
4<sup>th</sup> Edition (Zoom)  
12:00PM-1:30PM

**Active Parenting**  
**First Five Years** (Zoom)  
12:00PM-1:30PM

**Nurturing Fathers**  
**Program** (virtual)  
5:00pm - 7:00pm

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25

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

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

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

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**Keep Calm & Carry On**  
(11-13yo)  
@ MOC 40 Fairmount  
4:00PM-5:00PM

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# Explanation of programs and services:

## Active Parenting: 4<sup>th</sup> Edition (5 to 12 year olds) Registration Required

6 sessions focused on parenting skills & strategies: mutual respect, communication, responsibility, discipline, self-esteem, goals of behavior, school success

## Grandparent/Kin Support Group

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

## Keep Calm & Carry On (11 to 13 year olds)

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

## Latino Support Group (Walk-Ins)

Activities include:

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

## Mothers Group: 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

## The Nurturing Fathers Program

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

## Social Youth Group: Game Changers

(After-school program - youth ages 10 up)  
Activities include arts & crafts, games, conversations about bullying, safety, mindful journaling, and movie nights!

## Transforming Trauma

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

## ESL (English as a Second Language)

taught by the  
Spanish American Center  
Wednesdays in February & March  
4:30pm to 6:30pm

## Court Service Center

February 20<sup>th</sup> (walk-in) 9am to 12pm  
First come, first serve: walk-in assistance  
filing legal documents for divorce, guardianship, paternity, child support, parenting time & small claims issues

## Family Event: Black History Celebration

Tuesday, February 17th  
12pm to 2pm  
RSVP recommended

## Youth Art Event

Monday, February 9th  
3pm to 6pm  
RSVP Recommended

## Information & Referrals

10:00AM - 2:00PM  
Finding referrals, mental health services, navigating school concerns

## Additional programs @ the Fitchburg FRC:

**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 (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.

## Additional MOC Programs & Services:

- **Behavioral Health Services:** 978-785-5343
- **Childcare & Head Start:** 978-343-0185
- **Coordinated Family & Comm. 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

