

# JANUARY 2026

MON

TUE

WED

THU

FRI

SAT

## Info & Referrals:

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

(No appointment needed)

For information or to register for any classes or events,  
please call: (978) 516-5042 or email [FRC@mocinc.org](mailto:FRC@mocinc.org)

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

1

MOC CLOSED  
NEW YEARS DAY

2

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

3

5

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

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

6

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

7

Mothers Group:  
Let's Talk (In Person)  
11:00AM - 12:00PM

ESOL Classes  
(facilitated by SAC)  
4:30-6:00pm

8

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

9

10

12

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

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

13

14

Mothers Group:  
Let's Talk (In Person)  
11:00AM - 12:00PM

ESOL Classes  
(facilitated by SAC)  
4:30-6:00pm

15

16

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

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

17

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

Finding referrals,  
mental health services,  
navigating school  
concerns

19

MOC CLOSED  
MARTIN LUTHER  
KING JR. DAY

20

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

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

21

Mothers Group:  
Let's Talk (In Person)  
11:00AM - 12:00PM

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

22

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

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

23

24

26

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

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

27

Mediation Services  
with BSEA  
(Caregiver Workshop)  
4:30PM-6:00PM

28

Mothers Group:  
Let's Talk (In Person)  
11:00AM - 12:00PM

ESOL Classes  
(facilitated by SAC)  
4:30-6:00pm

29

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

30

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

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## 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 behaviors.

### Grandparent/Kin Support Group

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

### Other programs located @ the Fitchburg Family Resource Center:

#### 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

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.

### Active Parenting First Five Years

4 sessions focused on child development, building a bond, and effective discipline.

### Transforming Trauma

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

### Social Youth Group: 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!

### Keep Calm & Carry On - 6 session series (RSVP BY JANUARY 20)

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

### Other Services on site:

#### Court Service Center

January 16<sup>th</sup> 9am - 1pm

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

### 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

### Latino Support Group

Activities include:

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

### Events at the FRC: (RSVP Required)

#### Mediation Workshop w/ BSEA

January 27<sup>th</sup>  
4:30pm - 6:00pm

### Other MOC Services

- **Childcare & Head Start Services** : 978-343-0185
- **Fuel Assistance (HEAP)**: 978-342-4520
- **Weatherization**: 978-342-7025
- **EA Shelter**: 866-584-0653
- **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

