



MOC FAMILY RESOURCE CENTER

JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
1 Nurturing Fathers 5:00pm - 7:00pm	2 Grandparent/Kin Support Group 11:00AM - 12:00PM	3 Mothers Group: Let's Talk 11:00AM - 12:00PM ESL w/Spanish American Center 4:30PM - 6:30PM	4 Game Changers Social Youth Group 4:30PM-6:00PM	5	6 Info & Referrals PHONE ONLY 10:00AM - 2:00PM 7
8 Nurturing Fathers 5:00pm - 7:00pm	9	10 Mothers Group: Let's Talk 11:00AM - 12:00PM Transforming Trauma 12:00PM - 1:30PM ESL w/Spanish American Center 4:30PM - 6:30PM	11 Keep Calm & Carry On @ MOC YIC 18 Fairmount St. 4:00PM-5:00PM Community Safety Event 4:00PM - 6:00PM	12 Latino Support Group Walk-Ins Welcome 11:00AM - 12:00PM	13 14
15 Nurturing Fathers 5:00pm - 7:00pm	16 Grandparent/Kin Support Group 11:00AM - 12:00PM	17 'Man Cave' Men's Event 5:30pm - 7:00pm Mothers Group: Let's Talk 11:00AM - 12:00PM Transforming Trauma 12:00PM - 1:30PM ESL w/Spanish American Center 4:30PM - 6:30PM	18 CFCE Playgroup @ FRC for ages 0-6 10:00AM - 11:00AM	19 MOC CLOSED IN OBSERVANCE OF JUNE TEENTH	20 Info & Referrals PHONE ONLY 10:00AM - 2:00PM 21
22 Nurturing Fathers 5:00pm - 7:00pm	23	24 Mothers Group: Let's Talk 11:00AM - 12:00PM Transforming Trauma 12:00PM - 1:30PM ESL w/Spanish American Center 4:30PM - 6:30PM	25 Keep Calm & Carry On @ MOC YIC 18 Fairmount St. 4:00PM-5:00PM Game Changers Social Youth Group 4:30PM-6:00PM END OF SCHOOL CELEBRATION!	26 Latino Support Group Walk-Ins Welcome 11:00AM - 12:00PM Family Welcome Summer Event 12:00PM - 2:00PM	27 28
29 Nurturing Fathers 5:00pm - 7:00pm	30 Grandparent/Kin Support Group 11:00AM - 12:00PM	Information & Referrals Walk-Ins Welcome! Monday - Friday: 8:30AM - 4:30PM 1 st & 3 rd Saturday: 10AM - 2PM (By Phone) Call or Email us to register or learn more about our offerings! *All Classes/Events are in-person at the FRC unless otherwise indicated		June is National Safety Month! This is a time to recognize that everyone deserves to feel safe, supported, respected, and proud of who they are. Whether protecting our physical health, prioritizing mental wellness, fostering welcoming communities, or creating environments where people feel seen and valued, safety starts with caring for one another. Together, we can help build communities where everyone has the opportunity to thrive with confidence and dignity.	

Explanation of programs & services:

The Nurturing Fathers Program

REGISTRATION REQUIRED - IN-PERSON

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

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.

Mothers Group: Let's Talk

WALK-INS WELCOME - IN-PERSON

A group setting that supports & encourages meaningful conversations on:

- Postpartum mental health
- Feeding and sleeping difficulties
- Managing stress & self care
- Parenting skills & communication styles
- Behavior concerns
- Bonding with your child

ESL w/Spanish American Center

REGISTRO OBLIGATORIO - EN PERSONA

Inglés como Segundo Idioma (ESL)
Para registrarse: comuníquese con el Centro Hispanoamericano. Se reúne en el FRC todos los miércoles de mayo, de 4:30PM a 6:30PM.

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!

END OF SCHOOL YEAR CELEBRATION ON JUNE 25th!

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: 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).

REGISTER BY JUNE 9TH

Information & Special Events

Community Safety Event

RSVP REQUIRED

JUNE 11th 4:00PM TO 6:00PM

A family-friendly event with hands-on safety stations for kids ages 7-16 covering bike, heat/sun, hydration, fire, and water safety, and 911 awareness. Fun activities, learning, and giveaways! Special Guests: Fitchburg PD!

'Man Cave' Men's Event

JUNE 17th 5:30PM TO 7:00PM

In honor of Father's Day we are hosting a men's event free food, games, activities for youth, raffle, and resources.

Family Welcome Summer Event

JUNE 26th 12:00PM TO 2:00PM

Activities: Music, Games, Crafts, Resources, Food & More. Come and meet our Resource Center and staff!

CFCE Playgroup Ages 0-6

IN-PERSON: JUNE 18th 10:00AM

Encouraging learning through interactive play, socialization, and school readiness.

Information & Referrals

WALK-INS WELCOME:

Monday to Friday 8:30am to 4:30pm

BY PHONE ONLY:

Every 1st & 3rd Saturday 10am to 2pm
The FRC is here to help families identify and connect with resources, mental health support & 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

