



MOC FAMILY RESOURCE CENTER

OCTOBER 2026

Information & Referrals

Walk-ins Welcome!

Monday-Friday: 8:30am - 4:30pm
1st & 3rd 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*

THURSDAY

FRIDAY

SAT & SUN

MONDAY

TUESDAY

WEDNESDAY

5

Nurturing Fathers
(in PERSON)
5:00pm - 7:00pm

6

Grandparents/Kin Support Group
11:00am-12:00pm

7

Mother's Group: Let's Talk
11:00am-12:00pm

8

9

Latino Support Group
(walk-ins welcome)
11:00am-12:00pm

10

11

12

Indigenous Peoples' Day
FRC CLOSED

13

14

Mother's Group
11:00am-12:00pm

Know Your Education Rights
5:00pm - 6:30pm
Preregistration

15

Game Changers Social Youth Group
5:00pm-7:00pm

16

Court Services
(walk-ins welcome)
9:00am-1:00pm

Latino Support Group
(walk-ins welcome)
11:00am-12:00pm

17

Info & Referrals VIRTUAL
10:00am-1:00pm

18

19

Nurturing Fathers
(in PERSON)
5:00pm - 7:00pm

20

Grandparents/Kin Support Group
11:00am-12:00pm

21

Mother's Group: Let's Talk
11:00am-12:00pm

Hispanic Heritage Celebration
4:30pm-6:00pm
Preregistration

22

23

Latino Support Group
(walk-ins welcome)
11:00am-12:00pm

24

25

26

Nurturing Fathers
(in PERSON)
5:00pm - 7:00pm

27

28

Mother's Group: Let's Talk
11:00am-12:00pm

29

30

Latino Support Group
(walk-ins welcome)
11:00am-12:00pm

31

Explanation of programs and 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.

Latino Support Group

WALK-INS WELCOME - IN-PERSON

Join us on Friday's for:

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

Know Your Education Rights

Do you know what rights you have for your child's education?

Join the Family Resource Center and Mental Health Advocacy Program for kids to learn more about your rights to access your child's education. The presentation will focus on individualized education plans, 504 plans, and evaluations. Bring your questions! This for the back of the Calander for Know your Education Rights.

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.

Court Services

WALK-INS WELCOME

September 18th 9:00am to 1:00pm

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

Mothers Group: Let's Talk

A Mother's Time to Resource

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

Information & Referrals

WALK-INS WELCOME:

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

VIRTUAL:

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.

Game Changers: Social Youth Group

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

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:** 978-878-3100
- **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:** 978-878-3100
- **Women, Infants & Children (WIC):** (978) 345-6272
Locations: Fitchburg, Leominster, Gardner, Ayer, Barre, Winchendon
- **Youth Innovation Center:** 978-516-5055

For more Making Opportunity Count events, visit:
www.makingopportunitycount.org/events