

SEPTEMBER 2026



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT & SUN

1

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

Active Parenting 4th edition (online)
12:00pm-1:30pm

2

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

3

Game Changers Social Youth Group
4:30pm-6:00pm

4

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

5

Info & Referrals VIRTUAL
10:00am-2:00pm

6

MONDAY

7



FRC CLOSED

8

9

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

10

11

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

12

13

14

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

15

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

16

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

17

Game Changers Social Youth Group
4:30pm-6:00pm

18

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

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

19

Info & Referrals VIRTUAL
10:00am-2:00pm

20

21

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

22

23

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

24

25

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

26

27

28

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

29

30

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

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*

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

Active Parenting

FIRST FIVE YEARS

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

4TH EDITION

6 sessions focused on parenting skills & strategies: mutual respect, communication, responsibility, discipline, self-esteem, goals of behavior, school success (ages 5-12).

TWEENS/TEENS

6 sessions focused on mutual respect, communication, responsibility, discipline and reducing risks for teenagers (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.

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