

# Spring 2010 Programs

Franklin School, 16 Franklin St., Melrose  
Phone: 781-662-2722

Email: [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org)  
[www.hallmarkhealth.org/northsuburban.html](http://www.hallmarkhealth.org/northsuburban.html)

## Daily Drop-In Play Hours

April 2 - June 25

Monday-Friday 9:30 AM - 12:30 PM

## Office Hours

Monday-Friday 9:00 AM - 1:00 PM

## The Center will be closed:

Monday, April 5 (Registration)

Monday, April 19 (Patriot's Day)

Monday, May 31 (Memorial Day)

**Center Location:** The Family Network is located on the lower level of the Franklin School (corner of Main St. and Franklin St.) in Melrose. Our entrance is on the right side of the building off the driveway. Parking is not allowed in the driveway.

**Parking:** The school parking lot is located at the end of Greenleaf Place off of Franklin Street.

**Playground:** The playground along Main St. is reserved for the Early Childhood Center during school hours.

## Spring Program Registration Begins Monday, April 5<sup>th</sup>

On April 5<sup>th</sup> we will be taking registration by phone only. Center will be closed.

To ensure that we have complete and correct information, it is important that you speak to a staff member when registering for a program. We would appreciate it if you would not leave a phone message.

## Please Note:

- Advance registration for drop-in classes is not necessary.
- Classes are subject to change due to enrollment.

## E-mails \$ave Us \$\$\$\$!

Join our e-mail list to not only receive our program flyers but also updates of local happenings and events at the NSFN. Please send an e-mail with your name, address and phone number to [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org). Help us save a tree!! Thank you!

**Kathy's Korner:** Thank you everyone for your continued support. Your participation in our Play and Learn groups, fundraisers, and donations of supplies are appreciated. With your help, we continue to bring in new members and grow. Our best outreach comes from you, the caregivers; as you spread the news to people you meet. At this time of year our state legislators are working on the final figures for the FY 2011 budget. We are fortunate to have wonderful State Representatives and Senators who are there for us being supportive and speaking on our behalf. Continue your outreach and thank them for advocating for the NSFN. Everybody likes to know that what he or she is doing is noticed and appreciated. Too often we only speak up when things are not going the way we would like them to. A little "thank-you" can go a long way. Share your story of how the NSFN has made an impact on your life. Together We Can Make A Difference.

Peace, Kathy

**Family Network Sick Policy:** To keep the NSFN a safe and healthy environment for all families, we ask that you do not attend the Network if you or your child are not feeling well or are exhibiting any of the following symptoms: severe coughing, frequent sneezing, runny nose, fever, sore throat, conjunctivitis, vomiting or diarrhea. If your child is prescribed an antibiotic, please wait a full 24 hours before returning to the Network. The NSFN staff reserves the right to ask a family to leave the Center if any of the above symptoms are present. Thank you for your understanding and desire to keep all of our families healthy.



**Grandparents Raising Grandchildren In Harmony**

**Registration required**

The North Suburban Family Network offers a support group for grandparents raising their grandchildren or other relatives raising a young family member. The program meets from 9:00 AM - 11:00 AM on the second and fourth Monday of each month at the Life Care Center of Stoneham. The two-hour sessions offer support and speakers on subjects chosen by the participants. You are not alone. Come meet other grandparents who are actively raising their grandchildren. Please call the office at 781-662-2722 for more information or to register.

**The Baby Café:** A drop-in center offering breastfeeding support and assistance from professionals and other moms, all in a relaxed environment with coffee, tea, and snacks. Wednesdays 6:00 PM - 8:00 PM; Fridays 10:00 AM - Noon at Hope Alliance Church, lower level, 84 Green St., Melrose. For more information call (781) 979-6455. Led by Hallmark Health lactation consultants.

**Kids & Grief Support Groups:** Hallmark Health Visiting Nurse Association and Hospice, Inc. provide bereavement support to children ages 5 to 12 who have lost a loved one. The group meets on the 2nd and 4th Wednesday of the month. Trained bereavement counselors and volunteers facilitate the group. There is also a separate parent support group offered at the same time. Please Call Judy Seifert, Bereavement Coordinator, at (781) 338-7861 to register or for additional information.

**The North Suburban WIC:** Are you struggling to meet your weekly food bill? Are you a new mom on unpaid maternity leave? Has your family recently experienced a reduction in work hours or job loss? You might be eligible for WIC benefits. The North Suburban WIC, a program of Hallmark Health, is a health and nutrition program sponsored by the Massachusetts Department of Public Health and the Department of Agriculture. Contact the Malden office 781-338-7578 to see if you are eligible.

**Free Clothing Store:** Sponsored by the NSFN Family Assistance Program and the North Suburban WIC Program. Available items include books, gently used maternity clothes, infant and children's clothing (to size 10), diapers and baby essentials such as cribs, swings, strollers, bouncy seats and pack 'n plays. If you are in need of a helping hand, call 781-338-7579. If you would like to donate items, call 781-338-7607.

**Healthy Families** is a home visiting program for first-time parents age 20 and under. Based at Hallmark Health, Healthy Families Melrose/Wakefield serves Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, and Wakefield. Healthy Families provides home visits, prenatal and parenting education, mentoring, family-focused groups and activities, and connects families to community services and resources. Services are free, confidential, and offered during pregnancy and until the child turns three. HEALTHY FAMILIES MASSACHUSETTS is funded by the Children's Trust Fund. For further information, please call (781) 338-7550.

**Hallmark Health Family Education Classes**

Call (781) 338-7561 for locations, times & to register.

**The New Dad Difference** April 7 or June 2

Expectant and new dads learn how to apply their unique talents to parenting in this 2-hour class. Class offered every other month. Cost: \$25

**The Art of Becoming a New Mother** April 7 or June 2

Expectant and New Moms: Do you ever wonder how you'll become the mother you hope to be? Well, don't worry you are not alone! Join other new and expectant Moms to discuss topics such as picturing yourself in your new role, parent-proven tips for calming a fussy baby, chasing the "blues" away, coping with fatigue and other essential topics such as returning to work while breastfeeding, home safety and much more. Class offered every other month. Cost \$25; \$40 if taken with The New Dad Difference class.

**Family & Friends First Aid for Children** April 10, May 1 or June 5

Learn how to manage illness and injuries in a child for the first few minutes until professional help arrives. Cost: \$15, \$10 if taken with Family & Friends CPR Training.

**Family & Friends CPR Training** April 10, May 1 or June 5

Learn how to respond in case of emergencies such as drowning, electrical shock and allergic reactions. Skills taught include choke saving skills. This is a must for all family caregivers including grandparents. Cost: Regularly \$45, special for NSFN families \$35.

**Babysitting Basics** April 10, May 8 or June 12

This engaging program is designed to help your babysitter learn child safety skills, how to play with children, calm a fussy baby and more. Participants must be at least 11 years old and have completed the fifth grade. To ensure personal safety, our program does not provide a list of babysitting graduates to perspective employers. Cost: \$45

**Family & Friends CPR for Babysitters** April 10, May 1 or June 5

This course is informative and easy-to-learn. It is a great choice for families seeking rescuer and relief of choking skills for their current babysitter. Cost: \$35 for graduates of Babysitting Basics. Call 781-338-7561 for more information.

**Looking for a Doctor?**

To find a physician near you  
call:  
1-800-540-9191  
[www.hallmarkhealth.org](http://www.hallmarkhealth.org)

## Expectant Parents, Infant & Pre-Toddler Programs



**Feeling Fit & Fabulous:** Are you at least 16 weeks along in your pregnancy? Are you interested in healthy eating and exercise to help keep you and your baby healthy? Would you like to meet other pregnant women? If you answered yes to any of these questions, this program is for you. Call Karen at 781-338-7607 for more information about this free program offered by Hallmark Health.

### Expectant and New Parent Open House

**Wednesday, May 5 6:30 PM - 7:30 PM at the Family Network**

If you are a new parent (child 12 months or younger) or expectant parent and do not know about the North Suburban Family Network, please join Kathy Harlow, Program Manager, for a special evening open house. Come visit our center, see our Resource Library, meet other parents and find out about the free programs we offer for families. Also learn about the other family programs that Hallmark Health has to offer. Moms, dads and infants are welcome. For additional info, call 781-662-2722.

### Registration Required

**781-662-2722**

### Parent & Infant Group

**(Ages 0 - 6 months)**

**Drop-In**

**Mondays 11:00 AM - 12:30 PM May 3 - June 14 (No class May 31)**

Join other parents and caregivers of infants, newborn to 6 months, for support and information. Discuss the joys and challenges of being a new parent. Learn about growth and development, feeding patterns, soothing a fussy child, sleep habits, and other topics. Moms and dads welcome. Led by a Maternal Child Nurse.

### Pre-Toddler Play and Learn Groups

**Fridays, May 7 - June 11**

**Creepin' Crawlers (7 - 13 months) 10:45 AM - 11:45 AM**

**Wobblin' Walkers (14 - 20 months) 9:15 AM - 10:15 AM**



**Drop-In**

Songs and other developmental play activities will delight you and your child. Share experiences and information with other parents. Learn more about development, temperament, parenting strategies and other topics. The age ranges listed are flexible. Led by a NSFN Parent Child Educator.

## Network News

**Chats with Kathy:** If you would like to talk about a parenting issue, ask about preschools or daycare centers, or any topic of interest to you, please feel free to call, e-mail or set a time that I can reserve just for you. The NSFN has community resources and parenting information that we can share with you to help make your parenting journey as easy as possible.

**NSFN Family Assistance Program:** If you have gently used children's clothing, cribs or baby equipment that you want to donate, call Karen Andrews at 781-338-7607 to arrange drop-off or pick-up. We appreciate your generosity, but please, no adult clothing, toys, or car seats. Disposable diapers are always accepted, even opened packages of diapers.

### Joint Meetings of The North Suburban Family Network (NSFN) and The Community Partnership For Children of Melrose, Stoneham and Wakefield (CPC)

**Wednesday, April 28 6:30 PM - 8:00 PM Location: NS Family Network**

Starting in fiscal year 2011, the NSFN and the CPC will be funded by one grant, the Coordinated Family and Community Engagement Grant through the MA Department of Early Education and Care. Beginning July 1, 2010, we will be known as The North Suburban Child and Family Resource Network. The coalition will be comprised of staff, early childhood educators, parents, local business people and representatives of human service agencies. Meetings are open to the public.

### **WE NEED YOUR E-MAIL ADDRESS: We are tightening our belts in every aspect of operation.**

In an effort to keep costs down and to have better communication with you between mailings, we are asking people currently receiving our schedule by regular mail to consider changing to e-mail. Please e-mail us at [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org) and state your name and address or call the office. Thank you for your support.



**Important:** We are asking for a suggested donation of \$40 per child to participate in a six-week Toddler Play and Learn group (listed below). Families with more than one child in the same group will be asked for a suggested donation of \$60 per family. Suggested donations are optional and families will not be refused participation due to inability to pay. You can speak with Kathy or Barbara confidentially. Cash, check and credit card payments are accepted. We would appreciate payment on or before the first class. Suggested donations are tax-deductible and non-refundable. Checks should be made payable to Hallmark Health.

**Registration starts April 5<sup>th</sup>**      **To register, call 781-662-2722**  
**On April 5<sup>th</sup> we will be taking registration by phone only. Center will be closed.**

- Child should be specified age at start of group.
- If you know you will not be able to attend 2 or more classes, please do not sign up for that session.
- **Very Important:** At time of registration, let us know if you will be bringing an infant. Infants 0-5 months at the start of the group may accompany the parent. For the safety of your infant, a sling or front pack should be used.
- Bring a peanut free snack and a drink in a sippy cup for your child. **Please, no juice boxes.**

**Terrific Toddlers**      **(Ages 21 - 47 months)**      **Registration required**

These six-week sessions are for parent/caregiver and child to enjoy interacting with peers, singing songs, simple arts and crafts and sharing a story. Facilitated by a NSFN Parent Child Educator.

<b>Group 1 Mondays</b>	<b>9:15 AM - 10:15 AM</b>	<b>May 3 - June 14</b>	<b>(No class May 31)</b>
<b>Group 2 Tuesdays</b>	<b>9:15 AM - 10:15 AM</b>	<b>May 4 - June 8</b>	
<b>Group 3 Wednesdays</b>	<b>9:15 AM - 10:15 AM</b>	<b>May 5 - June 9</b>	
<b>Group 4 Thursdays</b>	<b>9:15 AM - 10:15 AM</b>	<b>May 6 - June 10</b>	
<b>Group 5 Thursday</b>	<b>10:45 AM - 11:45 AM</b>	<b>May 6 - June 10</b>	

**Super Sibs**      **(Ages 6 months - 47 months)**      **Registration required**

This playgroup is designed for parents with a Terrific Toddler (21-47 months) and a younger sibling (6-20 months). These six-week sessions are for parent/caregiver and children to enjoy interacting with peers, singing songs, simple arts and crafts and sharing a story. Facilitated by a NSFN Parent Child Educator.

**Tuesdays      10:45 AM - 11:45 AM      May 4 - June 8**

**Dads & Toddlers**      **(Ages 12 - 47 months)**      **Registration required**

This registered playgroup is for Dads or other male caregivers and their toddler(s). This six-week session gives you an opportunity for you and your child to enjoy interacting with peers, singing songs, doing simple arts and crafts and sharing a story. Facilitated by a NSFN Parent Child Educator.

**Wednesdays      10:45 AM - 11:45 AM      May 5 - June 9**

**The North Suburban Family Network, a program of Hallmark Health,** is a community based family support and education program. To participate, you need only be a parent or caregiver of a child from birth to entering school and live or work in Melrose, Stoneham, or Wakefield. If you are not on our mailing list and would like to receive future mailings, please call us. Families outside the district may participate in our drop-in programs or, if space is available, our registered programs. Most programs are free of charge. Funding is provided by a grant from the Massachusetts Department of Early Education and Care through the Melrose Public Schools, other various grants and the generous donations from our families and supporters.



Registration starts Monday, April 5<sup>th</sup>

Call 781-662-2722

\*\* Please mark dates on your calendar for programs that you register for. Call if you need to cancel. \*\*

*The following four workshops are sponsored in collaboration with the  
Community Partnership for Children of Melrose, Stoneham, and Wakefield.*

### **How Will the School Bus Know Where to Go?**

#### **Kindergarten & Other Transitions**

**Registration required**

Monday, April 12

7:00 PM – 9:00 PM

Location: Perkins Hall, Melrose-Wakefield Hospital

Research and experience tell us that a successful transition to Kindergarten can contribute to long-term success in school. Therefore, it is most important that this transition is a successful one. This workshop will discuss ways to ensure a smooth adjustment and prepare children and their families to meet the challenges of this very important life event. Facilitated by Dr. Maxine Weinreb, an educational psychologist.

#### **Young Bullies and Victims**

**Registration required**

Thursday, April 29

7:00 PM – 9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

This workshop will cover the components of bullying behavior at the pre-school to Kindergarten level. Although we do not typically think of little children as bullies and victims, they do exist, and it is up to us to identify and change the patterns for these youngsters. We will be looking at where bullying behavior comes from and what drives the behavior for these little children. We will also look at who are the likely targets of a bully. We will then discuss how to intervene to change the behavior and response patterns of both the bully and the victim. Finally, we will cover language and techniques for setting limits on bullies and increasing the likelihood that they can develop pro-social behaviors. Facilitated by Rick Irving, LICSW.

#### **Talking About Safety**

**Registration required**

Thursday, May 20

7:00 PM – 8:30 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

With the nice weather coming, out come the bikes, pools, and trips to the playgrounds. Officers Jim Applegate and Chuck Byrne of the Melrose Police Department will share information about keeping your child safe and street smart. Officer Applegate is the Melrose Police Department's car seat safety person. His talk will include a section on proper car seat installation. Kathy Harlow, Program Manager of the NSFN will speak on talking to your child about personal safety.

#### **Saying Hello and Saying Goodbye: Transitions and Young Children**

**Registration required**

Tuesday, June 8

7:00 PM – 9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

Whether it's the morning daycare drop-off, or a few hours with a babysitter or grandmother, waving goodbye as our child weeps can be challenging for both child and parent. Yet at the other end of the day, the same child may ignore us or throw a tantrum when it's time to go home! This workshop will remind us of the valuable life lessons that toddlers and preschoolers learn from these experiences of separation and reunion. We will discuss the dos and don'ts of drop-offs, and how we can help children---and parents---feel more comfortable and confident through the normal transitions of everyday life. Facilitated by Debbie Weinstock-Savoy, PhD, LICSW.

#### **Maneuvering the Maze (4 Part Series)**

**Registration required**

Mondays, May 3, 10, 17, and 24

7 – 9 PM

Location: Perkins Hall, Melrose-Wakefield Hospital

When a child has special needs, locating supports can be an overwhelming process! Presenters will provide an overview of the available services and how to access them. Learn about working with school systems and special education laws, government benefits and family support. There is no charge for these workshops.

Sponsored by The Arc of East Middlesex, The Family Networks of Malden-Everett, North Suburban and Medford, Mass Families Organizing for Change, Family Ties and Riverside Community Care. Register by calling Judy Santa Maria, The Arc of East Middlesex 781 942-4888 x 1-4022 or email [familysupport@thearc.org](mailto:familysupport@thearc.org).



**Drop-In Playtime** (Children under 4 years old)

Monday-Friday 9:30 AM - 12:30 PM (April 2 - June 25 See page 1 for dates closed.)

Drop-in playtime at the Family Network is a wonderful opportunity to play and interact with your child. Come down and enjoy the company of other families with young children while playing in our large playroom. Books, puzzles, toys, blocks and more await you and your child. Please refer to page one for entrance location and days the center will be closed.

**Woodland Nature Walks** (For 2½ - 5 year olds)

**Registration required**

Wednesday, May 5 10:00 AM - 11:00 AM (Walkers - wooded trail)  
Thursday, June 10 1:00 PM - 2:00 PM (Walkers - wooded trail)

Call 781-662-2722

Join a DCR Park Ranger as we take a slow half-mile walk on the trails of Breakheart Reservation. Along the way we will talk about the animals and plants that live there, how they benefit from each other, why they are important to people and what we can do to help protect our natural resources. The Massachusetts Department of Conservation and Recreation has many family activities. Go to <http://www.mass.gov/dcr/> for more information. This program is run in collaboration with the MA Department of Conservation and Recreation. Special thanks to Mike Nelson for his assistance.

**Activities through the Mass. Dept. of Conservation & Recreation - DCR**

The DCR offers a variety of family activities throughout the spring, including Babes in the Woods hikes. Visit their website [www.mass.gov/dcr](http://www.mass.gov/dcr) for schedules and more exciting ideas for quality family time.

**Babes in the Woods:** A program of the Friends of the Middlesex Fells and the DCR.

Join others for a walk in the woods on Tuesdays and Thursdays, 10-11:30 AM. Tuesday walks are accessible for caregivers and children of all ages in backpacks, jogging strollers, on sled or on foot. Thursday hikes are tailored for caregivers, preschoolers and children in backpacks. Strollers are not recommended. Cancellations due to weather will be posted on the Friends telephone 781-662-2340. Walks and hikes are free and do not require pre-registration. Schedules are available at the Family Network and on-line at [www.fells.org](http://www.fells.org).

**Discounted Zoo Passes:** Call the Family Network to reserve a day pass to the Stone Zoo or Franklin Park Zoo. The pass entitles you to an admission rate of \$2 per person for two adults and four children (18 years and under). Passes are laminated and need to be picked up and returned to the NSFN office. Call 781-662-2722 to reserve a day. Our Zoo Pass renewal was made possible by the generous donation of William Burton, CPA.

**Calling All Weekday Dads:** If you are interested in getting together with other Dads in the Melrose, Stoneham, Wakefield and surrounding communities, send an e-mail to [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org). We will forward this to our father representative who will add you to the e-mail list to receive future outing messages.

**NSFN Lending Library:** Browse through our extensive library covering a wide variety of parenting topics. Please stop by the office to check out books and videos you would like to take home. Books can be kept for two weeks and videos for one week. Did you miss a workshop? Check with the office to see if we have it on DVD.

**Lit Kits Available To Take Home:** Lit Kits contain toddler books, puzzles, and activities designed around topics such as the four seasons, community helpers, the hospital, zoo animals, transportation and more. We also have a Music and Movement kit that is great for home playgroups and birthday parties. It includes music CDs, instruments, parachute, beanbags, and scarves.

**Visit Your Local Library:** Each of our communities has a wonderful children's library run by dedicated and talented librarians. Libraries are more than just books. Libraries have passes to area museums, lit kits, offer story hours, music programs and programs for new moms. Call your local children's library to see what is happening today.  
Melrose Library: 781-665-2314, Stoneham Library: 781-438-1325 and Wakefield Library: 781-246-6334.



**Family Fun at the Stoneham Theatre**

**Ben Rudnick and Friends**

**(Ages 2 - 6 years)**

**Registration required**

**Saturday, April 24**

**10:00 AM - 11:00 AM**

**781-662-2722**

**Location: Stoneham Theater, 395 Main Street, Stoneham (Please, no food or drink in the theatre.)**

Since the release of Emily Songs in 2000, Ben Rudnick and Friends have been playing family friendly music featuring instantly hum-able original songs and fun spins on well-known traditional material. Ben Rudnick & Friends play the hippest family music around. With countless awards to their credit, including FIVE Parent's Choice awards and Independent Music Awards Peoples Choice for Best Children's Music Album, their adventurous, high-energy blend of happy, upbeat acoustic music is guaranteed to entertain the entire family. Bending musical styles from country to bluegrass, rock to second-line New Orleans, their original songs and fun takes on familiar tunes make you sing, make you dance and make you happy. Join the fun! . Join us for a "rockin" good time. Great for all ages, young and old. This program is supported by our local Community Partnership for Children and a grant from the Stoneham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. Special thanks to the Stoneham Theatre for their continued support.

**Festival By The Lake Craft Fair**

On Saturday, June 12<sup>th</sup>, Wakefield holds their annual **Festival By The Lake Craft Fair**. This year, the **Parents of Tots** organization will be organizing and running the Children's Games, Bouncy Houses and Pony Rides. Come join us for this fabulous fun filled family event. All these events make this a perfect Saturday out with the family. The fair sponsored by the Wakefield Center Neighborhood Association (WCNA).

**Huge Spring Clothing & Equipment Sale - Sponsored by the North Suburban Parents of Multiples**

**Saturday, April 10 9:30 AM - 12:00 Noon Admission: \$1.00**

**Location: Americal Civic Center, 467 Main St., Wakefield**

This is one sale you won't want to miss. There is something for everyone and all at great prices.

**Stoneham Theatre Presents**

Tickets and show times are available at [stonehamtheatre.org](http://stonehamtheatre.org)  
or by calling 781-279-2200

**My Fair Lady April 8 - May 2**

Based on George Bernard Shaw's Pygmalion, this Lerner & Loewe masterpiece is one of the greatest musicals of the century. When self-absorbed professor Henry Higgins wagers that he can make a proper lady out of Cockney flower girl Eliza Doolittle, Eliza and Henry both begin a transformation that neither of them could anticipate. Come hear all of your favorite songs: "I Could Have Danced All Night," "On the Street Where You Live," and "I've Grown Accustomed to Her Face." Directed by Caitlyn Lowans.

**Gaslight May 27 - June 13**

Bella Manningham worries that her husband may be right when he says she's going mad. But on one eventful night, a mysterious stranger arrives and Bella begins to understand the truth behind the disappearing pictures, mysteriously dimming lights and haunting footsteps from above. Immortalized in a 1944 film treatment starring Ingrid Bergman, Patrick Hamilton's chamber mystery is a twisty and twisted portrait of a late Victorian London marriage. By Patrick Hamilton and directed by Weylin Symes.

**Registration starts Monday, April 5**

**Call 781-662-2722**

**\*\* Please mark dates on your calendar for programs that you register for. Call if you need to cancel. \*\***



**Community Partnership for Children (CPC) of Melrose, Stoneham and Wakefield** is a unique program dedicated to providing support for children's school readiness by planning and coordinating a wide range of services at the community level for children and families. The CPC provides information on financial assistance options for early education and care opportunities, facilitates access to resources for providers to increase program quality, facilitates access to comprehensive services for children, and coordinates (along with the North Suburban Family Network) family support and education activities. If you would like information on childcare financial assistance, early education and care program options, or referrals for family support programs in Melrose, Stoneham and Wakefield, please call the CPC today at (781) 246-6425. The CPC is a non-profit program funded by the Massachusetts Department of Early Education and Care, through the Wakefield Public Schools.

**Childcare and Preschool Information:** [www.eec.state.ma.us](http://www.eec.state.ma.us)

The Massachusetts Dept. of Early Education and Care website allows parents and caregivers to request a listing by town of all licensed childcare providers and preschools. Our office has a checklist of what to look for when visiting the sites. Kathy, the NSFN program manager and former childcare provider, would be happy to talk with you about any questions and concerns you have.

**Criterion Stoneham Early Intervention:** Do you have questions or concerns about your infant or toddler's development? Has your pediatrician recommended that you request an evaluation? Any parent or guardian can ask for a developmental assessment of their birth to three year old by calling the Criterion Stoneham Early Intervention Program. An assessment will be scheduled to determine his/her strengths and needs and if your family is eligible for services. Please call Mary at 781-935-3855.

**Arc of East Middlesex (EMARC):** Our mission is to provide and promote services and supports for persons with intellectual disabilities and their families. We annually serve over 700 people from Burlington, Everett, Lynn, Lynnfield, Malden, Medford, Melrose, North Reading, Reading, Saugus, Stoneham, Wakefield and Woburn. For additional information call 781-942-4888.

**Parents of Children With Food Allergies:** A group of moms who have children with food allergies meet to discuss their challenges and share resources. If you are interested in meeting and would like to be added to our e-mail list, please contact Emily at [emilyvalentino@yahoo.com](mailto:emilyvalentino@yahoo.com). We will be meeting on Wednesday March 17th at 7 pm at the Melrose Family Room in the Green Street Baptist Church, 179 Green Street, Melrose and then again on April 20th at 11:15 am at the North Suburban Family Network, 16 Franklin Street, Melrose.

**Parents of Tots:** Parents of Tots is a volunteer-run non-profit organization dedicated to supporting families with young children under six years old in Wakefield and surrounding towns. It provides parents with the means to build a supportive social network for themselves and their children. Membership is \$25 a year and includes a monthly newsletter from September - June. Visit [www.parentsoftots.org](http://www.parentsoftots.org) to register.

**Melrose Family Room:** The Melrose Family Room, located in the Green Street Baptist Church in Melrose, is a non-profit, cooperative organization providing a gathering place for member families with infants, toddlers and preschool children. The room is a wonderful place to play, talk, discuss parenting concerns, and in general, get to know families from Melrose and surrounding communities. The room is open to members for drop-in playtime Monday through Saturday from 8:00 AM to 8:00 PM and Sunday from 2:00 PM to 8:00 PM. The room has reached the maximum number of families for the current season but we are currently accepting families for the 2010-2011 wait list. For more info or to be placed on the wait list, please contact Betsy at [betsy888@gmail.com](mailto:betsy888@gmail.com).

**Melrose Babysitting Exchange:** Finding and affording a babysitter can be challenging. A babysitting cooperative is a way for parents to meet and trade hours of babysitting time. For more information call Chris at 781-662-0840.

**Melrose Mothers Group:** Join other working and stay-at-home moms for a weekly breakfast get-together during the school year with childcare provided for 1-6 year olds. Wednesdays 9 AM - 11 AM. \$15 annual fee with a \$30 a month childcare fee. \$5 more for each additional child. Call Karen for location and additional information (781) 662-7469.

**Parents Helping Parents:** Are you a parent feeling overwhelmed, isolated or stressed? This evening group, facilitated by trained volunteers, provides a place for support, sharing, and encouragement with other parents with similar concerns. Call 1-800-882-1250. For more information, visit [www.parentshelpingparents.org](http://www.parentshelpingparents.org). **24-Hour Parental Stress Line 1-800-632-8188**

**"211" Information Center:** A resource available to families both on-line and via phone is the "MA 211" information center. This service will assist you with finding information about resources available in your area. Go to <http://www.mass211.org> or dial "211" for assistance.

**Local Food Pantries:** **Melrose:** A Servant's Heart, Faith Evangelical Church, 200 Franklin St., 781-662-8226; Pantry of Hope, First Baptist Church, 561 Main St., 781-665-4470. **Stoneham:** First Congregational Church, 1 Church Street, 781-438-0097.

**Wakefield:** Wakefield Interfaith Food Pantry, First Baptist Church, 8 Lafayette Street, 781-245-2510.

**Malden:** Bread of Life 511 Main Street, Malden 781-397-0404

**These community programs and supports are not sponsored by Hallmark Health or the NSFN.**



*You are invited to a special fundraising event to benefit the NS Family Network.*

**Pampering with a Purpose**

**Sunday, May 2 1:00 pm – 5:00 pm**

**Oak Grove Village Clubhouse, 12 Island Hill Ave. (off of Main St.), Melrose, MA**

**\$30 per person**

*The elegant Oak Grove Village Clubhouse is the perfect setting for a relaxing afternoon. Enjoy a women's fashion show featuring maternity fashions from ChulaMama and fashions from Tra Tutti, a one-of-a kind online designer consignment shop, carrying high-end and vintage designer brands, with a philanthropic twist. Indulge yourself in live music and delicious light refreshments. For a small additional charge, there will be specialty services available: mini-manicures, massages, make-up and skin consults, facial waxing, fake eyelashes and wine tasting by Alfalfa Farms Winery.*

*Be on hand as Cindy Campbell of SmartRoutes, our Master of Ceremony for the event, announces the winners of our fantastic raffles. Last year the event sold out quickly, so be sure to get your tickets soon.*

***Tickets are available at the North Suburban Family Network.***

***Make checks payable to "Hallmark Health". For credit card ticket sales, call the Network at 781-662-2722.***

**Pampering With a Purpose Raffle**

*Need a Spa Night for you and your girlfriends...something to do with the kids on a rainy summer day... perhaps a romantic overnight in Boston for you and your loved one.... maybe a relaxing yoga class is more your speed.... whatever it is you want, The 3rd Annual Pampering with a Purpose Raffle has something for you!*

***Below are just a few of the amazing raffle prizes that could be yours on May 2nd.***

*Overnight with breakfast for 2 at the Hilton in Boston's Financial District, Sheraton Colonial or the Westin Waltham!*

*Two 10 class passes and 4 sessions of personal training at Fitlife Studios!*

*Two passes for 10 visits to Monkey Joes!*

*45 minutes of birthday party entertainment by jeanniemack,*

*A Kidzfun Birthday party!*

*A family home portrait sitting with Rebekah Kay Photography!*

*Four full day passes to CoCo Key!*

*Dinner out to Mexico Lindo, Turners Seafood Grille, Gaetano's or Bertucci's!*

*Look for the entire list of raffle items at the beginning of April on the Family Network website and at the center. Can't attend but want to buy chances for our raffle? Call 781-662-2722 for more information. You do not need to be at the event to win. Raffle tickets will sell for \$10 for 25 tickets. You choose which prizes your tickets go towards, eliminating unwanted prizes! Pre-raffle sales will begin in early April..... GOOD LUCK!!!!*

**Family Network Sponsors**

**The Family Network is offering businesses the opportunity to sponsor our Quarterly Program Flyer. The fee for each quarterly sponsorship is \$25. Please e-mail us a short description of your business. Call 781-662-2722 or e-mail us at [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org) for additional information.**

**Avon:** Spring is coming! Want a new Look? Need help finding the right colors for you? Trying to find the right skin care? Call me or visit my Web Site. Need a gift for a New Mom or a Teacher? Birthday Gifts for Men, Woman and Kids. Call me about Gift Baskets, Baby shower and Wedding shower Favors, Fundraisers for your Schools or Organizations. Jessica Francis: 508-237-1589  
[www.youravon.com/jessicafancis](http://www.youravon.com/jessicafancis) or [jesseeka25@yahoo.com](mailto:jesseeka25@yahoo.com).

**B Yoga** offers classes for children and adults. Adult classes include All Levels, Early Morning Yoga, Candlelight Yoga, Heated Vinyasa Flow, Yoga for Weight Loss, Special workshops and more. Mention you are an NSFN member and receive 10% off class cards. The ever popular Toddler, Kids (5-10) and Girls Empower Yoga (12-16 - girls only) are back! Spring sessions for kids classes start again March 2010 (discounts on siblings) - Register online through our website or call. We're located at 376 Washington St., Malden MA 02148, close to the Orange Line - Oak Grove T Station on the Melrose/Malden line. Call 781-475-2520 or visit [www.byogacenter.com](http://www.byogacenter.com).



**Bay State Centre Family Chiropractic, LLC. :** When you want to start living a healthier life and be pro-active with your life or are sick and tired of being sick and tired, then let us adjust you back to health! Whether you are looking for short term relief, restorative care or wellness care, we are here to help. We take care of infants, children, pregnant moms and adults with all kinds of health and medical conditions and custom tailor our technique so that you are most comfortable. For more information visit us at [www.BayStateDC.com](http://www.BayStateDC.com) or email your health question to Dr. Darragh at [sd1771@yahoo.com](mailto:sd1771@yahoo.com).

**Bodyography:** Located at 340 Main Street, Melrose, Bodyography is the only Wellness Center on the North Shore offering Massage Therapy, Chinese and Japanese Style Acupuncture, Chinese Herbal Medicine and Skin Care utilizing the nationally recognized Glymed Product line (as seen on The Doctors). Our practitioners are committed to providing proven therapeutic practices to yield personalized health and wellness to the community with passion, empathy and expertise. Please visit our website at [www.bodyography.net](http://www.bodyography.net) for a complete list of services. NSFN members enjoy a 25% discount on Infant Massage Instruction and a 10% discount on all other services. 781.665.4005

**Creative Memories:** Are you looking for help organizing and sharing your photo memories? Contact me to learn more about photo organization, displays, albums and scrap booking options that work for you. Host your own Get-Together and you can earn 15% in free product! Jodi Teixeira, Independent Creative Memories Consultant, 781-665-6887, [cmcjtex@verizon.net](mailto:cmcjtex@verizon.net) or shop 24/7 at [www.mycmsite.com/cmcejtex](http://www.mycmsite.com/cmcejtex) and have it delivered to your door.

**Juliet Leydon, REALTOR, RE/MAX Heritage, LLC** – Juliet specializes in helping really great people market the pants off their homes! Out-of-the-box property promotion includes evening champagne receptions, exterior property spotlighting, virtual tours and blanket online marketing. Are you a buyer? Juliet also works with great buyers and guides them through the whole buying process by helping them make smart and informed real estate decisions. Call her today at 781-367-2099 or [JulietLeydon@comcast.net](mailto:JulietLeydon@comcast.net) for a free consultation.

**Kidzfun:** Kidzfun is a dynamic and exciting music and movement program offering weekly classes for toddlers through age 6, as well as the best birthday parties around for ages 2-10. We have a beautiful large facility in Wakefield. Our main goal is to encourage and nurture a love for physical fitness, healthy lifestyles, and being valued and accepted in a group for each child's uniqueness. Owner, Theresa McLennan, has over 30 years teaching children's fitness. Check us out at [www.kidzfunparties.com](http://www.kidzfunparties.com), or call 781-558-5084.

**Mary Kay:** Are you looking for a makeup consultation? Wondering what is out there to help you look the best you can? Call Michelle Theodore, Independent Beauty Consultant for Mary Kay and set up an appointment for your private beauty consultation. Visit my website at [www.marykay.com/mtheodore](http://www.marykay.com/mtheodore) to see the many wonderful Mary Kay products. I can be reached at: [mtheodore@marykay.com](mailto:mtheodore@marykay.com) or by phone at: Home 781-245-2153, Cell 617-512-9884.

**Roman Music Therapy Services** provides exceptional music therapy services to individuals, schools and agencies and serves as a resource for the community concerning the uses of music for healthy child growth and development. In addition, Roman Music Therapy Services offers Sprouting Melodies, an early childhood music program created and taught by a Board Certified Music Therapist in Melrose located at 423 Main Street. These classes benefit children experiencing developmental delays, as well as children meeting all of their developmental milestones. Find out more and register for classes online at [www.romanmusictherapy.com](http://www.romanmusictherapy.com) or call Meredith Pizzi, MT-BC at 781-420-4669.

**Sign to Me, Sing to Me!** Teach your child to communicate before they can speak...and well beyond! Sign to Me, Sing to Me classes teach infants, toddlers, and preschoolers (and their parents and teachers!) basic American Sign Language through music, games, and play. Using ASL with infants and toddlers allows them to communicate with others clearly as well as reduce frustration. As they get older, preschoolers can use their signing skills to enhance their pretend play and improve literacy skills. We offer private playgroups, workshops, and enrichment classes for daycares and preschools. Please check the website for more information: [www.signtomesingtome.com](http://www.signtomesingtome.com) or call (781) 710-3672. Come sing and sign with us!

**Tanya Neff, REALTOR:** As a proud member of the RE/MAX Heritage team located in Melrose, I work with buyers and sellers in Boston's North Suburban area specializing in Melrose, Wakefield, Reading, and Stoneham. I'm committed to providing the highest level of professionalism and customer service in buying or selling your home. Visit my website at [www.tanyanef.com](http://www.tanyanef.com) to view homes in your area. Have a question about Real Estate? I'd love to help! I can be reached at: [tanyanef@remax.net](mailto:tanyanef@remax.net) or by phone at: 781-517-0241.

**Usborne Books** are incredible Children's books (babies, teens and adults like them too!) at reasonable prices. Call today to have a home show and earn free books for your family. Order online from my web site. Great for Baby Shower gifts, Christenings, Birthdays, Teachers gifts. Call about Special Occasion gift baskets. Ask me about fundraisers, too! Jessica Francis: 508-237-1589, [www.myubam.com/D3247](http://www.myubam.com/D3247) or [jesseeka25@yahoo.com](mailto:jesseeka25@yahoo.com).

**Quality Child Care by Caring Providers:** The Independent Day Care Providers Network (IDCPN) is a group of family childcare providers in Reading. We are all licensed by the Department of Early Education and Care. Some of our specialties include; full & part-time care, hourly & daily rates, caring for infants through school aged children, developmentally appropriate learning activities, all providers are cpr/first aid certified and participate in professional workshops and training seminars, low child-to-provider ratios. For more information or a referral to a provider who can meet your family's needs, please visit [www.readingdaycare.com](http://www.readingdaycare.com).

**Hallmark Health System/NSFN makes no representation as to the quality or safety of any product, person or service being promoted through paid sponsorship in this publication.**