



# Fall 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

Sept. 8 - Dec. 23  
Monday-Friday 9:30 AM - 12:30 PM

## Office Hours

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

## The Network will be closed:

Monday, Oct. 11 (Columbus Day)  
Nov. 25-26 (Thanksgiving break)  
Dec. 24 - Jan. 2 (Holiday break)

**Network Location:** The Family Resource Network is located in 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 Street is reserved for the Early Childhood Center during school hours.

On Tuesday, Sept. 7<sup>th</sup> we will be taking registration by phone only. The Network will be closed.

We will re-open Wed., Sept. 8<sup>th</sup>

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.

**Moments with Molly:** I am now settled into my new office at the Family Resource Network and enjoyed meeting many families this summer. I hope to be a valuable resource to families on child care and child development issues. September is often the time for beginning a new program and parents and children may feel nervous about this new venture. Please feel free to stop by my office, call me at the Family Resource Network or email me at [goyette@wakefield.k12.ma.us](mailto:goyette@wakefield.k12.ma.us). I would be happy to give you some great articles on Separation Anxiety and Parent-Teacher Communication.

**Kathy's Korner:** What a wonderful summer we have had. Our Tuesday Tunes and Tales and our Wednesday drop in play times have enabled us to see our old friends and make some new friends too. The warm summer nights spent listening to the music of Marcus Gale, Debbie and Friends, Jeannie Mack and stories by Big Joe brought over 200 people each night to the lawn of the Beebe Estate. Thanks for coming out and supporting our programs and for passing on the word about the Family Resource Network. We are here to assist you and celebrate with you in the most important job you have, raising a child. We look forward to our first year as the North Suburban Child and Family Resource Network. Together We Can Make A Difference. Peace, Kathy

**Family Resource Network Sick Policy:** To keep the Network 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 staff reserves the right to ask a family to leave the Network 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 Child & Family Resource 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 program offering breastfeeding support and assistance from professionals and other moms, all in a relaxed environment with coffee, tea, and snacks. Led by Hallmark Health lactation consultants. Call 781-979-MILK for locations and times.

**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 will start on Wednesday, September 15 and meet for 7 sessions: 9/29, 10/13, 10/27, 11/10, 12/1 and 12/15 2010. 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.

**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 USDA. Contact the Malden office 781-338-7578 to see if you are eligible.

**Free Clothing Store:** Sponsored by the Family Resource Network's 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:** 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      October 6 or December 1

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      October 6 or December 1

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      September 11, October 2, November 6 or December 4

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      September 11, October 2, November 6 or December 4

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 Network families \$35.

### Babysitting Basics      September 18, October 16, November 20 or December 11

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      September 11, October 2, November 6 or December 4

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



### Parent & Infant Group

(Ages 0 - 6 months)

Drop-In

**Mondays 11:00 AM - 12:30 PM** September 13 - December 13 (No group Oct. 11 & Nov. 22)

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, September 17 - December 17** (No group Oct. 29 & Nov. 26)

**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 Family Resource Network Parent Child Educator.*

## Hallmark Health Programs (pre-natal through 12 months)

### Meet the "Baby Care Experts"

**Wednesday, Sept. 29 or Dec. 8 7:00 PM - 9:00 PM**

To register call (800) 540-9191

**Dutton Center, 1117 Main St., Wakefield**

Because little ones don't come with instructions ... the baby is born, everyone is excited, but now what do you do? There are so many books, DVDs, web sites and conflicting advice. How do you decide what is best for you and your family? Come and meet the Hallmark Health pediatricians and family physicians. Our doctors will help you care for your new baby and teach you how to be the best parents you can be! Choosing the right healthcare provider for your baby is an important decision. To register call (800) 540-9191 or go to [www.hallmarkhealth.org](http://www.hallmarkhealth.org) and select 'Events Calendar' and 'Baby Care Experts'.

**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.

**Creative Coping for New Moms:** This program is designed for first time moms with children under the age of one. Join us for this eight-week program that offers presentations on special parenting topics and a free lunch. Transportation assistance and childcare is available. Creative Coping meets on Wednesdays, September 29 - November 17, from 11:30 AM - 1:00 PM at the WIC office, 239 Commercial Street in Malden. Please call 781-338-7607 for additional information and to register.

## Network News

**Need to Talk?** 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 or e-mail to set a time that we can reserve just for you. The Network has community resources and parenting information that we can share with you to help make your parenting journey as easy as possible.

**Family Resource Network 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.

**Food Pantry Donations:** Don't forget to bring a non-perishable food item with you when you visit the Network for us to donate to one of the four area Food Pantries. Baby food, lunch box snacks and juice boxes are always appreciated.

### North Suburban Child & Family Resource Network Governing Council Meetings

**Thursday, September 16 6:30 PM - 8:00 PM** Location: Purpose School, Church St., Stoneham

**Thursday, November 18 To Be Determined**

The Family Resource Network's Governing Council meets 6 times a year. The Council develops family programming and staff development for early childhood educators, organizes fundraisers and provides guidance to the Family Resource Network. The Council is comprised of staff members, early childhood educators, parents, local business owners, and representatives from area human service agencies. The Council is lead by tri-chairs who represent parents, educators and the community. We encourage you to attend and become involved. All meetings are open to the public. Call 781-662-2722 for more information.



**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 and must be received on or before the first class. Suggested donations are tax-deductible and non-refundable. Please make checks payable to Hallmark Health.

**Fall Registration starts Tuesday Sept. 7<sup>th</sup>**

**To register, call 781-662-2722**

- 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, please let us know if you will be bringing an infant. Only infants 0-5 months (at start of group) may accompany the parent and must be in a front or backpack at all times.
- Please bring a peanut free snack and a drink in a sippy cup for your child. Please, no juice boxes.

**Two sessions are available:**

**Session 1:** Week of Sept. 13 through week of Oct. 18  
(Monday class: No class Oct. 11, last class Oct. 25)

**Session 2:** Week of Nov. 1 through week of Dec. 13  
(No classes the week of Thanksgiving)

Please choose one session at this time. If you would like to register for both sessions, check back with us starting October 1<sup>st</sup> for availability.

**Terrific Toddlers**

**(Ages 21 months - 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 Family Resource Network Parent Child Educator. Choose session 1 or 2 above.

- Group 1 Mondays 9:15 AM - 10:15 AM
- Group 2 Tuesdays 9:15 AM - 10:15 AM
- Group 3 Wednesdays 9:15 AM - 10:15 AM
- Group 4 Thursdays 9:15 AM - 10:15 AM

**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 Family Resource Network Parent Child Educator. Choose session 1 or 2 above.

- Group A Tuesdays 10:45 AM - 11:45 AM
- Group B Thursdays 10:45 AM - 11:45 AM

**Dads & Toddlers**

**(Ages 12 months - 47 months)**

**Registration required**

**Wednesdays 10:45 AM - 11:45 AM**

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 Family Resource Network Parent Child Educator. Choose session 1 or 2 above.

**Ways to Help the Network:** Each donation, no matter how big or small, is appreciated. We are always in need of "Clorox Anywhere Hard Surface Sanitizing Spray", baby wipes, air freshener, double stick tape and glue sticks. Large area rugs, new or used in good condition, are needed for our classrooms. Our "Change for a Change" jars are always open for loose change you may find in your pockets or on your dresser. You would be surprised how fast it adds up. Thanks for all your continued support!



Registration starts Tuesday, Sept. 7<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. \*\*

**Financial Wellness: Strategies to Save and Debt Management**

**Registration required**

Thursday, September 30

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose-Wakefield Hospital

Learn the secrets of financial wellness and how to make the most out of our money. Learn about new consumer credit laws passed in 2010 and take steps to handle credit and manage debt wisely. Presented by Laura Lucas, YWCA Malden, Financial Literacy Project Manager.

**Is My Child Ready for Preschool? Am I Ready?**

**Registration required**

Wednesday, October 20

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

What makes a quality childcare program? Is there any real learning in preschool or is it all play? This workshop will give participants a chance to learn what preschool directors and teachers want every parent to know before their child begins preschool. We will discuss how and what you can be doing now to prepare your child and yourself for a successful transition into preschool. Parents will be able to share their feeling and thoughts on this very important decision ahead of them and learn some key strategies in preparing for the big day. We will also discuss what parents should look for to help them decide what preschool program is right for their child and family. Presenter Patti Kheboian has over 20 years experience working with children and families in a variety of capacities.

**No Whine With Dinner:**

**Registration required**

**150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms**

Wednesday, November 17

7:00 PM - 8:30 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

Melrose resident and national author (*The Moms' Guide to Meal Makeovers*), Janice Bissex has just released a new cookbook that helps busy parents turn mealtime whines into "wows" with nutritious and delicious recipes kids (and parents) will love. As a registered dietitian, she understands the importance of serving healthy, balanced meals. But as a mom she realizes that no matter how super-nutritious a meal is, if kids reject it, no one wins. "No Whine with Dinner" includes 150 kid-tested recipes - from Smiley Face Casserole and Grab-and-Go Granola Bars to Piping-Hot Peanut Butter Soup and Buffalo Chicken Pizza Pies - that are nutritious, easy to make, and best of all, delicious. Join us for a delicious evening full of great tips and recipes. Signed copies of "No Whine With Dinner" will be available for the special price of \$20.



**The 8th Annual Child Care and Family Resources Expo**

Wednesday, November 3

6:30 PM - 8:00 PM

Galvin Middle School Cafeteria

525 Main St., Wakefield

Looking for childcare or preschool for now or the future? If so, this FREE event is for you! Gather information from nursery schools, child care centers, family child care programs and family support programs located in Melrose, Stoneham and Wakefield. The event is sponsored by the North Suburban Child & Family Resource Network. For more information, call 781-662-2722.

**E-mails Save Us \$\$\$\$!**

Join our e-mail list to not only receive our program flyers but also updates of local happenings and events at the Family Resource Network. Send a request by e-mail with your name, address and phone number to nsfamilynet@hallmarkhealth.org. Help us save a tree!! Thank you!



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

Monday-Friday 9:30 AM - 12:30 PM (Sept. 8 - Dec. 23 See page 1 for dates closed.)

Drop-in playtime at the North Suburban Child & Family Resource 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, parking and days the center will be closed.

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

Tuesday, Sept. 28 1:00 PM - 2:00 PM (Walkers - wooded trail)

Tuesday, Oct. 26 10:00 AM - 11:00 AM (Walkers - wooded trail)

## Registration required

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. These hikes are not intended for strollers. We give a special thanks to Mike Nelson and the DCR Park Rangers for their collaboration. Visit their website [www.mass.gov/dcr](http://www.mass.gov/dcr) for other family activities throughout the year.

**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 Resource Network and on-line at [www.fells.org](http://www.fells.org).

**Discounted Zoo Passes:** Call the Family Resource 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 Network office. **Call 781-662-2722 to reserve a day.**

**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.

**Family Resource 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 borrowed 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 Borrow:** 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.

**Stoneham Theatre:** Please support the Stoneham Theatre, who provides free space for our family fun events. For additional information and to order tickets call 781-279-7885 or visit [www.stonehamtheatre.org](http://www.stonehamtheatre.org).

**Perfect Harmony** September 9 - October 3, 2010

This comedy is about the greatest a cappella group in high school singing history, seventeen-time national champions, The Acafellas. It is also about their classmates and female counterparts, perennial runners up, The Ladies in Red.

**Turn of the Screw** October 21 - November 7, 2010

Charmed by a handsome man of business, an eager governess is hired to care for his two orphaned wards. His only request: "Never trouble me. Never." As unexpected occurrences turn sinister and ghostly visions intrude, she vows to protect the children at all cost.

**The Best Christmas Pageant Ever** November 26 - December 23, 2010

Best Christmas Pageant Ever is a family friendly romp about a small town Christmas Pageant hijacked by the rowdiest kids in town and just when the Pageant seems beyond all repair the true spirit of Christmas is found in the most unexpected places.



**October is Fire Prevention Month**

<b><u>Visit to the Firehouse</u></b>	<b>(Ages 2.5 - 5 years)</b>	<b><u>Registration required</u></b>
Saturday mornings 10:00 AM	October 2	Wakefield Fire Station - Crescent St.
	October 16	Melrose Fire Station - Main St.
	October 23	Stoneham Fire Station - Central St.

Join other parents and tots for a tour of one of our local Fire Stations. Children can climb up in the fire trucks, become familiar with firefighters in gear, see where calls get answered, and learn some basic fire safety skills.

**\*\*Special Open House at Saugus Fire Station**      **October 9      10AM - 2 PM      27 Hamilton St.**  
**Registration is not required for Saugus Open House.**

**Saturday Drop-In Playtime**      **(Ages 0 - 47 months)**      **Drop-In**

**Saturdays 9:30 AM - 11:00 AM**      **Nov. 13, Nov. 20, Dec. 4, Dec. 11 and Dec. 18**  
**Location: North Suburban Child & Family Resource Network, 16 Franklin Street, Melrose**

Come down and enjoy our large playroom. A great time for working parents to unwind and a fun place for dads to hang out with the kids while giving Mom time to herself. A Family Resource Network Parent Child Educator will be on hand to lead songs and activities.

*\*For safety purposes, in case of any snow or ice, please call the office to make sure we are open.\**

**"Home for the Holidays" Pancake Breakfast**      **Proceeds to benefit the Family Resource Network**  
**Saturday, December 4 8-11 AM**      **Location: Melrose Wakefield Hospital Cafeteria**  
**Six seatings: 8:00, 8:30, 9:00, 9:30, 10:00, 10:30 AM**

**Free for children under 5 yrs., \$1 for children 5 - 12 yrs. (accompanied by an adult)**  
**\$5 for teens, adults and seniors**

The Family Resource Network will hold its fourth annual Pancake Breakfast featuring pancakes, fruit and beverages. You can then pick up a trolley at various stops around Melrose and take part in all the fun "Home for the Holidays" activities across the city. Meet up with friends at the Family Resource Network from 9:30 AM to 11:00 AM for drop in-play. Call to reserve one of six half-hour seatings. Door prizes will be given away at each seating. This annual event is sponsored by Hallmark Health to benefit the Family Resource Network.

**Santa's Polar Express Train Ride**      **Sponsored by Hallmark Health VNA and Hospice**  
**Saturday, December 11**      **Departs from Anderson Commuter Rail Station, 100 Atlantic Ave. Woburn.**  
**Four rides to choose from: Noon, 2 PM, 4 PM or 6 PM. Each ride takes about one hour.**  
**Cost: \$15 per rider (Infants under one year free - must sit on adult lap).**

Enjoy a magical journey for kids of all ages. Guests on board the train enjoy hot chocolate and cookies while listening to the classic tale "The Polar Express". Santa, Mrs. Claus, the Snow Princess and other characters board the train and greet the children. Go to [www.hallmarkhealthhomecare.org](http://www.hallmarkhealthhomecare.org) and click on the train icon for further details or call 781-338-7902.

**Children's Clothing, Toy & Equipment Sale** - **Sponsored by the North Suburban Parents of Multiples**  
**Saturday, September 11      9:30 AM - 12:00 Noon      Admission: \$1.00      Over 30 sellers**  
**Location: Americal Civic Center, 467 Main St., Wakefield      This is one sale you don't want to miss!**

**Registration starts Tuesday, September 7<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. \*\***



### **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. A staff member will 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 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 Judy Santa Maria at 781-942-4888 ext. 4022.

**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 is now accepting new members for the 2010-2011 season! 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. For more info or to join, please email Jennifer at [newmembers@melrosefamilyroom.org](mailto:newmembers@melrosefamilyroom.org) or check out [www.melrosefamilyroom.org](http://www.melrosefamilyroom.org).

**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

**The above community programs and supports are not sponsored by Hallmark Health or the Network.**

**Women's Health Services:** Visit <http://www.hallmarkhealth.org/womens-health> to find out what Hallmark Health offers for women's health. Includes information on area Alliances Against Violence, mammograms, the Melrose Wakefield Hospital Maternity Department, Maternal Child Health Services, financial counseling and more.

**The North Suburban Child and Family Resource Network** is a community based family and early childhood educators support and education program. To participate, you need only be a parent, early childhood educator, or caregiver of a child from birth through entering kindergarten, 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 and educators 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 Wakefield Public Schools, in collaboration with the Melrose and Stoneham Public Schools and Hallmark Health. Additional funding sources are from a variety of grants and the generous donations from our families and supporters.



## ***Benefit Hockey Game***

***to support the North Suburban Child & Family Resource Network***



**Melrose Senior Pride &  
Boston Bruins Legends**

**VS**

**Malden Magic**

***Sunday, November 14***

***4 – 6 PM***

***Stoneham Arena, Stoneham, MA***

***Donation: \$10 Adults, \$5 Senior and Children (under 12 years)***

***For Tickets call: 781-662-2722***

## **Melrose “Home for the Holidays” Pancake Breakfast**

Sponsored by Hallmark Health (proceeds to benefit the Family Resource Network)

**Saturday, December 4**

**8 AM – 11AM (six ½ hour seatings)**

**Melrose Wakefield Hospital Cafeteria**

Free for children under 5 yrs.; \$1 for children 5 - 12 yrs. (accompanied by an adult); and \$5 for all others

Start your Holiday season off with a nice breakfast complete with pancakes, fruit and beverages. Then hop on a trolley in Melrose and enjoy the many activities around town during Melrose’s “Home for the Holidays”. Call 781-662-2722 to reserve a time for the breakfast. Door prizes, raffles and more.

### **Family Resource Network Sponsors**

The Family Resource 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 [nfamilynet@hallmarkhealth.org](mailto:nfamilynet@hallmarkhealth.org) for additional information.

**Bay State Centre Family Chiropractic, LLC:** When you want to start living a healthier life and 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 and/or wellness care, we are here to help. We care for 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 and education on Chiropractic Health Care visit us at [www.BayStateDC.com](http://www.BayStateDC.com) and also at [www.masschiro.org](http://www.masschiro.org) or you can email your health questions to Dr. Darragh at [sd1771@yahoo.com](mailto:sd1771@yahoo.com).

**B Yoga Center** offers classes for children and adults! Adult classes include Yoga All Levels, Early Morning Yoga, Candlelight, Heated Vinyasa Flow and many others! Special Fall workshops and Reiki. Mention you are an NSFN member and receive 10% off a 5, 10 or 15 class card. Mommy & Baby, Toddler, Kids (5-10) and Young Girls Yoga (10-14 - girls only) are back! Fall sessions for kids classes start again September 2010 - Register online through our website or call us. NOW LOCATED at 537 Main Street, Melrose MA. Call 781-475-2520 or visit [www.byogacenter.com](http://www.byogacenter.com).



**Bodyography:** 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. NSCFRN members enjoy a 25% discount on Infant Massage Instruction and a 10% discount on all other services. 781.665.4005

**Follow Your Art** is a community art studio that provides art experiences for everyone, adapted to anyone. Basic art principles and a variety of media are presented in open-ended sessions that allow for individual artistic expression. Exploration of art materials is welcome, and personal discovery is encouraged as participants learn about their creative strengths through their work. Join our process-oriented art group for caregivers and toddlers together! Explore toddler-safe art materials perfect for sensory exploration and mess-making while learning techniques for promoting creative development. For complete information including current schedule go to [www.follow-your-art.com](http://www.follow-your-art.com) or call 781-462-1221.

**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.

**Market Dunya:** Are you looking for a Mediterranean market that has options and healthy things to eat? We are just a few minutes away. You can find jams, cheeses, olives, dried nuts, juices, butter, fine grains, couscous, chocolates, coffee, and much more. We also have fresh goat, lamb, chicken, and beef cut to order. Come try us out! Our prices are great and our friendly staff will assist you with any questions you have about the products. You won't be disappointed. Our products are the finest. Location: 35 Lebanon St, Malden For more information call 781 322-2322.

**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.

**Melrose Boot Camp** is a dynamic strength and conditioning fitness program, primarily held outdoors, with sessions running year round. MBC offers a solid 45 minutes of group-supported morning exercise. Along with the physical fitness component, teammates receive emails with motivational quotes, healthy recipes, exercise tips and alerts to local fitness events. Whether you would like to jumpstart a fitness habit or enhance your overall athletic performance, MBC can help you realize your individual goals with it's fun, supportive and dynamic team approach to fitness. For more information please visit~ [www.melrosebootcamp.com](http://www.melrosebootcamp.com).

**Roman Music Therapy Services:** Your local resource for music and child development. Offering Sprouting Melodies, an early childhood music program and Early Intervention Services, our Board Certified Music Therapists will show you how to use music to help your child reach his or her potential. Sprouting Melodies is open to all children 0-5 years of age with delays or typical development. 50% Discount for siblings and multiples. Visit us online at [www.romanmusictherapy.com](http://www.romanmusictherapy.com) or [www.sproutingmelodies.com](http://www.sproutingmelodies.com). For more information call 781-665-0700.

**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!

Hallmark Health System/North Suburban Child & Family Resource Network makes no representation as to the quality or safety of any product, person or service being promoted through paid sponsorship in this publication.