Summer 2011 Programs

Franklin School, 16 Franklin St., Melrose
Phone: 781-662-2722
Fax: 781-662-6669

Email: nsfamilynet@hallmarkhealth.org

Website: www.hallmarkhealth.org
We are listed under Clinical Programs.

Summer Schedule:

Open Tuesdays only during summer
July 12 – August 23

Center will be closed the following days for vacation:
July 1 – July 11
Aug. 26 – Sept. 5
We will re-open for the fall on Tuesday, Sept. 6.

Office Hours: Tuesdays 9 AM – 1 PM

Drop-In Play (Birth – 47 months)
Tuesdays 9:00 AM – 12:30 PM

Come visit and enjoy the company of other families while playing in our large playroom. Toys, books, puzzles, blocks, a play kitchen and more will entertain both you and your child. While you're here, check out our lending library of books and videos on a wide range of parenting topics.

Drop-In Play Guidelines to Remember

Sign in when you arrive each day. We are a peanut free and juice box free network. Please make every effort to clean up as you go and before you leave. Involve your child in cleaning up. Clean up activities help children sort, organize and gain a sense of accomplishment. All diapers *must* be bagged and carried home. Have fun!

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Updating our Mailing List – Response Required

Along with this mailing, you will find a brief form to complete and return in order ***to remain on our mailing list***. Please mail, e-mail or fax the information to us by July 12th. E-mail subscribers receive our quarterly program schedules and weekly updates on local events and happenings plus it saves us $$$$. Please let us know of any address changes, including e-mails, in the future so that we don't lose touch with you.

Thank you for your cooperation.

Kathy's Corner

We will begin our summer schedule as of July 1st. The drop- in playroom will be open on Tuesdays, July 12th – August 23rd, from 9 AM – 12:30 PM. The Parent Infant Group will be meeting on the same dates from 10 AM – 11 AM. Thanks to a grant through the Melrose Cooperative Bank, we will also be bringing you our Annual Tunes and Tales Series at the Beebe Estate. See listing of dates and entertainers on page 2. Though the Network will not be open for drop-in each day, we will be checking e-mail and phone messages each day. If you have a question, need a resource, or want to borrow a book or Lit Kit, leave a message and someone will return your call within 24 hours. If you need a more timely answer, please call Eileen Dern, the Director of Community Services at Hallmark Health at 781-338-7552. Have a wonderful summer. I hope to see you at one of our summer events. Peace, Kathy

Together We Can Make a Difference!

Parent & Infant Group — Drop-In

(Ages Birth – 6 months)

Tuesdays, July 12 - August 23
10:00 AM – 11:00 AM

Join other parents of infants up 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 are welcome. The group will meet at the North Suburban Child & Family Resource Network. Call 781-662-2722 for directions.

Suggested donation: $5 per class

If you are in need of assistance while the Family Resource Network is closed,
please contact Director of Community Services at Hallmark Health, Eileen Dern at 781-338-7552.

Family Activities

Tuesday Tunes & Tales

Sponsored by Melrose Cooperative Bank

Location: The Beebe Estate Lawn, 235 W. Foster Street, Melrose
In case of rain: First Congregational Church, 121 W. Foster Street, Melrose
BYO Picnic: 5:30 PM (No picnic in case of rain) Entertainment: 6:00 PM – 7:00 PM

Tuesday, July 12 **Liz Buchanan and Gordon MacFarland** ***Drop-In***

Liz Buchanan will be joined by Gordon MacFarland to present a fun, interactive concert all ages will love. Count on lots of singing along and dancing to the music of this Parents' Choice Award winning performer and songwriter. You'll be "Feeling Groovy" and "Catching the Beat" with a great mix of original tunes and fun classics.

Tuesday, July 26 **" Big Joe" The Storyteller** ***Drop-In***

Big Joe, that was the name given to him by the preschoolers he taught, and it is the same name he now uses as a professional storyteller. Hailed as "One of the best in the business" by the Boston Globe, Big Joe has been delighting children and families for many years with his exciting storytelling show. With a huge collection of original and classic tales as well as a box filled with puppets, props, and surprises, Big Joe has added lots of humor and fun to Tuesday Tunes and Tales each year. If you love stories, you will love the unique and wonderful experience of seeing Big Joe the Storyteller!

Tuesday, August 9 **Tom Knight's Music and Puppet Show** ***Drop-In***

Tom Knight Puppets is a vibrant collection of original songs and skits, each 3-5 minutes long, with variety enough to keep even the very youngest children waiting to see what will happen next. While Tom sings to pre-recorded music tracks, puppets like Henry the Magician, the Little Elephant, Andy the Recycling Guy, and Allie the Alligator act out the stories of the songs. Besides the visual appeal, almost every segment has a part for the audience, including hand motions, singing along, or doing simple dance steps. Visit www.TomKnight.com.

Tuesday, August 23 **" Scott Kepnes"** ***Drop-In***

Delighting audiences with his funny blend of funky folk, rock tunes and stories, Scott Kepnes has been entertaining for children and family audiences throughout New England and beyond for over 20 years. With an abundance of audience participation, upbeat energy and ability to connect with the audience, Scott is a crowd pleaser for all ages.

Special thanks to the Beebe Estate and the First Congregational Church for their continued support.

Places to Go and Things to Do

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 for offerings. Melrose: 781-665-2314, Stoneham: 781-438-1325 and Wakefield: 781-246-6334.

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

The DCR offers a variety of family activities throughout the summer, including playgrounds and swimming pools. Spray pools open May 28th for weekends only and large pools open on June 25th. Visit their website www.mass.gov/dcr for schedules and more exciting ideas for quality family time. Go to www.hatchshell.com for a listing of "Free Friday Flicks".

Babes in the Woods Hikes: Friends of the Middlesex Fells offers Babes in the Woods hikes on Tuesdays and Adventure Babes and Aerobic Babes on alternate Thursdays. Visit www.fells.org for more information on the different types of hikes and their schedules.

Local Recreation Departments Contact Information

Melrose Recreation Dept. http://www.cityofmelrose.org/dept_recreation.cfm
Wakefield Recreation Dept. www.wakefield.ma.us/public_documents/wakefieldma_depts/recreation

Free Fun Fridays Calendar: Go to www.highlandstreet.org.

Free Bowling Passes for Kids: Visit the website www.kidsbowlfree.com for more information.

Stoneham Theatre: Tickets and show times are available at www.stonehamtheatre.org or by calling 781-279-2200.

Discounted Stone Zoo and Franklin Park Zoo Passes: Call the Network at 781-662-2722 to check on availability and to reserve a day. The pass will allow 2 adults and 4 children (18 and under) admittance for $2 a person.

Community Programs and Support

Childcare and Preschool Information: 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 with concerns about their child's development can request an evaluation for 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 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. While the Melrose Family Room is full for the 2010-2011 season, if you are interested in being put on the waitlist for September 2011, please email Jennifer at newmembers@melrosefamilyroom.org. For more information visit 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. 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: (Donations to the food pantries can be made through the Family Resource Network.)

Melrose: A Servant's Heart, Faith Evangelical Church, 200 Franklin Street, Melrose, 781-662-8226;
Pantry of Hope, First Baptist Church, 561 Main Street, Melrose, 781-665-4470.
Stoneham: First Congregational Church, 1 Church Street, Stoneham, 781-438-0097.
Wakefield: Wakefield Interfaith Food Pantry, Americal Civic Center, 467 Main Street, Wakefield, 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. 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.

Support Programs

Grandparents Raising Grandchildren In Harmony
The Family Resource Network offers a support group for grandparents raising their grandchildren or other relatives raising a young family member. The group meets twice a month from Sept. to June. Call 781-662-2722 for additional resources and information.

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. This program is paid for by the North Suburban WIC Nutrition Program.

The Baby Café: A drop-in program offering breastfeeding support and assistance from professionals and other moms. Each location is run by Hallmark Health lactation consultants and counselors. Melrose-Wakefield Hospital Baby Café, Melrose is held at The Church of the Nazarene, 2 Short Street, Melrose, (781-979-6455) on Wednesday 6 PM – 8 PM and Friday 10 AM – 12 PM. The Malden WIC Baby Café, Malden is held at the WIC office, 239 Commercial Street, Malden, (781-338-7578), on Tuesday from 5 PM – 7 PM.

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.

Mothers Helping Mothers: Sponsored by the Family Resource Network's Family Assistance Program and the North Suburban WIC Program. If you are in need of a helping hand, call 781-338-7579. Available free items include books,diapers, gently used maternity clothes, infant and children's clothing (to size 10), and baby essentials such as swings, strollers, bouncy seats and pack 'n plays. If you have gently used items you would like to donate, call Karen at 781-338-7607. We appreciate your generosity, but please, no adult clothing, toys, or car seats. Disposable diapers are always accepted, even opened packages of diapers.

Healthy Families: Healthy Families is a home visiting program for first-time parents age 20 and under. 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. Based at Hallmark Health, Healthy Families Melrose/Wakefield serves Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, and Wakefield. HEALTHY FAMILIES MASSACHUSETTS is funded by the Children's Trust Fund. For further info, call 781-338-7550.

Hallmark Health Community Health Education Classes

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

The New Dad Difference August 3
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 August 3
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 July 9 or August 6
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 July 9 or August 6
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 July 23 or August 16
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 prospective employers. Cost: $45

Family & Friends CPR for Babysitters July 9 or August 6
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

Hallmark Health Nutrition Programs

To register, please visit www.Hallmarkhealth.org and click on "Events Calendar" or call 781-979-3615.

Shopping with Tots: Are your shopping trips with your toddler stressful? Do you frantically run through the store and grab whatever you can before your toddler melts down? Come join a Registered Dietitian from Hallmark Health to learn successful strategies for a healthier trip to the grocery store! Bring your toddler (2-5 years old) for a scavenger hunt through the store! We'll make food-shopping fun with colors and numbers! Offered August 9th at 9:30AM.

Go, Glow, Grow: Feeding toddlers can be challenging-- how do you know if they are getting enough of everything? Or, too much? Do you feel like your toddler is going to turn into a chicken nugget or french fry? Come to this casual class to talk about the foods that children need to go, glow, and grow! Offered July 12th at 6:30PM. Led by a Hallmark Health Registered Dietitian.

Sponsors of the Family Resource Network

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 nsfamilynet@hallmarkhealth.org for additional information.

B Yoga Center offers classes for adults and children! Family Yoga Class offered the last Saturday of every month from 11 am - Noon. Adult classes include Yoga All Levels, Early Morning Yoga, Heated Vinyasa Flow, Gentle and many others! Yoga Teacher Training starts this Fall 2011. Class, session and all other information is on our website. Mention you are a Family Resource Network member at the front desk and receive 10% off our 5, 10 or 15 class cards. We are located at 537 Main Street, Melrose MA. Call 781-475-2520 or visit www.byogacenter.com.

Follow Your Art is a community art studio offering creative art experiences honoring the artist in everyone and dedicated to making art accessible to all. Creative arts groups for toddlers through adults, individual art sessions, private groups and workshops, and art therapy services are offered. FYA is run by Kris Rodolico, an artist and art therapist with 15 years of experience working with children and adults. To learn more, go to www.follow-your-art.com.

Lucky Karat Gold Buying Company – "$$$ A Cash for Gold Business $$$": Exchange old, broken, unworn gold, sterling silver or platinum jewelry for payment on the spot! Turn in today while the price of gold is over $1,500 an ounce. Other items accepted: Coins (gold or silver), sterling silver serving pieces and flatware. Private consults and group parties available. I also support fundraisers. Book your event today contact Michele @ (781) 640-6914 or e-mail me at luckykarat@comcast.net. Mention this ad and receive an additional 10% Payout!

Melrose Dance DynamiX: The newest dance studio in Melrose, is offering summer camps, teen and adult dance and fitness classes, and competition teams! Buy a family, summer fitness/dance class card for only $100. Hurry and register now for great deals. Leslie Breen has a dance degree, is certified in yoga, and licensed in Zumba. She has ten years of dance team coaching at the high school level and is a registered Dance Educator, K-12. Check out www.melrosedancedynamix.com. Contact her now with questions or to sign up.

Reading Gymnastics Academy, Inc. We are the leader in providing quality instruction in Gymnastics. For 30 years we have taught children from when they begin to walk through 18 years old. We offer PLAYGYM - our parent and child program for ages 1 to 3; Jr. Gymnastics for our Pre-Schoolers ages 3 to 5. Regular gymnastics and Boys Power Tumbling are for ages Kindergarten to 18. We offer fun vacation camps during the summer and school holidays. Check us out at www.readinggymnastics.com or email us at gymnast@readinggymnastics.com. We are located at 172 Woburn Street, Reading, and can be reached at 781-944-2277.

More Network Sponsors

Roman Music Therapy Services and Sprouting Melodies: We've Sprouted Again! Join us for Sprouting Melodies, an early childhood music program for newborns - 6year olds, including our NEW Music Makers Drop-off Class for 3-6 year olds. Two 4-week Summer Sessions with 5 Class Pass Available. 50% discounts for siblings and multiples. Learn more about our programs for children, teens and adults with special needs. Visit us online at www.RomanMusicTherapy.com or www.SproutingMelodies.com. Call 781-665-0700 for more information.

Sign to Me, Sing to Me! Would you like to be able to have more meaningful "conversations" with your one year old? Would you like to increase your toddler's vocabulary and preschooler's early literacy skills? Sign to Me, Sing to Me teaches basic American Sign Language through songs and games that parents and teachers can use to enhance communication and learning. We offer Private Playgroups for parents/caregivers, Workshops for teachers and other organizations, and Enrichment Classes for daycares and schools. Please call Jill Tully at (781) 710-3672 or visit the website at www.signtomesingtome.com for more information.

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.

Community Partners

The Melrose Y is an organization dedicated to building strong kids, strong families and strong communities. Every day the Y and its neighbors work side-by-side to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. The Y offers a variety of opportunities to volunteer, give back and to take an active role in making personal and lasting change – to improve our communities and the quality of life for kids, neighbors and individuals. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. This makes for confident kids today and contributing and engaged adults tomorrow. The Melrose Y offers youth many opportunities to learn, grow and thrive in a place they can feel comfortable exploring new interests and passions. Through childcare, fitness, enrichment and sports programs, swimming and camp, the Y makes sure that every child has an opportunity to envision a positive future, and to take an active role in strengthening their community and themselves for a lifetime. Visit us to find out more about our Summer Classes, our Family Events, and our Summer Camps. We are located at 497 Main Street in Melrose. Or you can call 781-665-4360 for additional information or visit our website at www.melroseymca.org.

Family Network Sizzlin' Summer Raffle

Six raffle prizes will be drawn at our Tuesday Tunes & Tales concerts this summer. Raffle tickets can be purchased at the Network or at the concerts. You can also view the raffle prizes on our website, print out a form to purchase tickets, and mail it in to the Network. Go to www.hallmarkhealth.org (we are listed under Clinical Programs). You need not be present to win. Thanks for your continued support and GOOD LUCK!

Don't forget to respond to our mailing list update request. It is especially critical to let us know if your e-mail address changes. If the old address is not deleted "from cyberspace" our mailing will still be delivered to that old address and we will not be notified that it was not deliverable or that you did not get it.