Fall 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.

Daily Drop-In Play Hours

September 6 – December **22**
Monday-Friday 9:00 AM – 12:30 PM

Office Hours

Monday-Friday 9:00 AM – 1:00 PM

The Network will be closed:

Monday, Oct. 10 (Columbus Day)
Nov. 24 - 25 (Thanksgiving Break)
Dec. 23 – 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 Franklin Street.

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

Registration for fall classes begins Wednesday, September 7.

Please Note:
To ensure that we have complete and correct information, it is important that you speak to a staff member when registering for a program by phone. We would appreciate it if you would not leave a phone message. Classes are subject to change due to enrollment. Advance registration for drop-in classes is not necessary.

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Kathy's Korner

The Family Resource Network is proud to be selected as one of 15 sites in MA to pilot the Help Me Grow Program through the Dept of Early Education and Care. Using the Ages and Stages Questionnaires, parents are able to monitor their child's growth and development physically, emotionally, and socially. The questionnaires are completed on line. The results are shared with the family through the Family Resource Network. Participating in the program allows you to be an active participant in your child's development. Working together, we will be able to give your child the best education and resources to ensure they are growing up to be the best that they can be. If you are interested in learning more, please contact Kathy.

Together We Can Make A Difference.

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 and surrounding towns. Resources for services for older children are also available. If you are not on our mailing list and would like to receive future mailings, please call us. 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.

Expectant Parents, Infant & Pre-Toddler Programs

Parent & Infant Group **(Ages 0 - 6 months)** **Suggested Donation: $5 per class** **Drop-In**

Mondays 11:00 AM – 12:30 PM Sept. 12 – Dec. 12 (No group Oct.10 and Nov.21)

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 **Suggested Donation: $5 per class** **Drop-In**

Fridays, Sept. 16- Dec. 16 (No group Oct. 28 and Nov. 25)

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

Wobblin' Walkers (14 - 20 months) 9:30 AM - 10:30 AM

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.

NOTE: Suggested donations are optional and families will not be refused participation due to inability to donate.

Expectant and New Parent Open House **Registration Required**

Monday, October 24 7:00 PM – 8:00 PM at the Family Resource Network 781-662-2722

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

Hallmark Health 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. This program is paid for by the North Suburban WIC Nutrition 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. Childcare support is available. A new session will begin in September. Please call 781-338-7607 for additional information and to register.

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. Melrose-Wakefield Hospital Baby Café, Malden, funded by MA State WIC, is held at the WIC office, 239 Commercial Street, Malden, (781-338-7578), on Tuesday from 5 PM – 7 PM.

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.

Snow Policy: In case of inclement weather on school days, when the Melrose Public Schools are closed the Family Resource Network center will be closed. School closings are posted on TV channels 4, 5 and 7. If schools have a delayed opening, please call our office to check our schedule. If it starts to snow or ice during the day, please call the office to check if we will close early. For safety purposes, in the case of any snow or ice on Saturday Drop-In Play days or during school vacation week, please call the office to make sure we are open.

Shoes and Boots off During the Winter: Because of the sand, salt and snow this time of year, we ask all visitors to take off their shoes and boots before entering the drop-in playroom and classroom. Feel free to bring extra socks or slippers.

Toddler Programs

Fall Registration starts Wednesday, Sept.7th **To register, call 781-662-2722**

- Please register for only one program at this time. Child should be specified age at start of group.
- *Very Important*: At time of registration, please let us know if you will be bringing an infant. For our Play and Learn groups, infants 0–5 months may accompany the caregiver 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.

Toddler Play and Learn Groups

These six-week play and learn sessions are designed for parents/caregivers and children to enjoy interacting with peers while learning literacy skills, singing songs and participating in activities and simple arts and crafts. Toddlers should be 21 months of age at the start of the group. Younger siblings ages 6-20 months may attend and should be registered along with the older child. Facilitated by a Family Resource Network Parent Child Educator.

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 donate. You can speak with Kathy or Barbara confidentially. Cash, checks and credit cards are accepted. Suggested donations are tax-deductible and non-refundable. Please make checks payable to Hallmark Health.

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

You may also register siblings 6-20 months with a terrific toddler age older sibling.
Please choose one six-week session at this time. If you would like both sessions, check back with us Oct. 3rd for availability.

Session 1: Weeks of Sept. 12 through Oct. 17 Mondays – no class Oct. 10, last class is Oct. 24

Session 2: Weeks of Oct. 31 through Dec. 12 No classes the week of Thanksgiving

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	**Wednesdays**	**10:45 AM – 11:45 AM**
Group 5	**Thursdays**	**9:15 AM - 10:15 AM**
Group 6	**Thursdays**	**10:45 AM - 11:45 AM**

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

Tuesdays, Sept. 13 – Oct. 18 10:45 AM - 11:45 AM

Come join other dads for an hour of music, play, crafts, stories, snack time and sharing ideas. Led by Family Resource Network Dad Noah Smith, this is a great opportunity to meet other dads and for your child to enjoy time with you.

Healthy Toddlers in Motion (Ages 3 and 4 years old) Registration required

Tuesdays, Nov. 1 – Dec. 13 10:45 AM - 11:45 AM (No class Nov. 22)

This six-week series is for children 3 and 4 years old and their caregivers. You will learn about appropriate eating habits for toddlers, strategies for getting them to eat, and fun physical activities to do with your toddler to help encourage a healthy lifestyle. Facilitated by staff members from Hallmark Health's Rehabilitation and Nutrition Departments.

Hallmark Health Education 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! Participants will receive a Shaw's gift card at the end of the class. Offered October 11th 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: Sept. 13th at 6:30 PM. Led by a Hallmark Health Registered Dietitian.

North Suburban Child & Family Resource Network

Parent Education

Registration starts Wednesday, Sept. 7th Call 781-662-2722

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

PLEASE NOTE: A suggested donation of $5 for each parent education workshop will be collected when you sign in the night of our workshops. Suggested donations are optional and families will not be refused participation due to inability to donate. To receive a Certificate of Attendance, an additional $5 will be collected.

Preparing Your Child for Preschool **Registration required**

Tuesday, October 4 7:00 PM -9:00 PM Location: Perkins Hall, Melrose/Wakefield Hospital

Are you looking for a preschool for your child and wondering what makes a quality childcare program or 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. Learn what makes a quality childcare program, and what to look for when deciding what preschool program is right for your child and family. Presenter Patti Kheboian has over 20 years experience working with children and families in a variety of capacities.

Raising Confident Boys **Registration required**

Wednesday, November 9 7:00 PM – 9:00 PM Location: Perkins Hall, Melrose-Wakefield Hospital

How do we help boys grow to their full potential as responsible adults? Discussion will include the importance of raising a boy with a balance of encouragement for expressing emotions and sensitivity, the freedom to try new challenges, and how to take on appropriate challenges without engaging in risky behavior. We will also look at the importance of positive family relationships in the development of confident and caring males. You will be given specific language and techniques to use with your sons as they move through their developmental stages. Facilitated by Rick Irving, LICSW.

Raising Confident Girls **Registration required**

Tuesday, November 15 7:00 PM -9:00 PM Location: Perkins Hall, Melrose/Wakefield Hospital

Raising girls today can be a challenge for parents, and for girls themselves. We want them to grow up to be confident and to feel good about themselves and their abilities. In this workshop we will discuss strategies we can use to help foster our daughters' "I can do anything!" attitude. We will also look at the important part that fathers and male role models can play in helping girls grow up feeling confident and secure. You will leave with specific ideas and language you can use to help your daughters. Facilitated by Rick Irving, LICSW.

The 9th Annual Child Care and Family Resources Expo

Wednesday, November 2 Galvin Middle School Cafeteria
6:30 PM – 8:00 PM 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, childcare centers, family childcare programs and family support programs located in Melrose, Stoneham and Wakefield. Sponsored by the North Suburban Child & Family Resource Network. For more information, call 781-662-2722.

Family Activities

Daily Drop-In Playtime at the Network **(Children under 4 years old)**

Monday-Friday 9:00 AM – 12:30 PM (Sept. 6 – Dec. 22 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)** **Registration required**

Wednesday, Sept. 14 10:00 AM – 11:00 AM (Walkers – wooded trail) **Call 781-662-2722**

Friday, Oct. 14 10:00 AM – 11:00 AM (Walkers – wooded trail)

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. A special thanks goes out to Mike Nelson and Mike Bruce from the MA Department of Conservation and Recreation for leading these hikes.

Stoneham Theatre: Please support Stoneham Theatre, a sponsor of our family fun events.

Coming soon: Fall Young Company education classes September 17 - November 13, Workshops and a Show! Classes available for grades 1 through 12. On the 2nd Saturday of each Mainstage show, Stoneham Theatre offers a show specific workshop and students receive a ticket to the matinee performance. For details call 781-587-7914 or education@stonehamtheatre.org.

Upcoming Mainstage shows: Steel Magnolias, Buddy Cop 2, The Nutcracker and Sister's Christmas Catechism. For information about Mainstage performances and to order tickets call the Box Office at 781-279-2200 or visit www.stonehamtheatre.org.

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. Schedules are available at the Family Resource Network and on-line at www.fells.org. 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. Visit the DCR website www.mass.gov/dcr for other family activities throughout the year.

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 Dads: If you are interested in getting together with other Dads in Melrose, Stoneham, Wakefield and surrounding communities, send an e-mail to nsfamilynet@hallmarkhealth.org. We will forward this to our father program 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 Public Library: 781-665-2314, Stoneham Public Library: 781-438-1325 and Wakefield's Lucius Beebe Memorial Library: 781-246-6334.

Weekend Programs

October is Fire Prevention Month

Visit to the Firehouse **(Ages 2.5 – 5 years)** **Registration required**
Call 781-662-2722

Saturday mornings 10:00 AM

October 1 Stoneham Fire Station – Central Street
October 15 Wakefield Fire Station – Crescent Street
October 22 Melrose Fire Station – Main Street

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 15 10AM - 2 PM 27 Hamilton St.**
Registration is not required for Saugus Open House.

Moments with Molly: National Fire Prevention Week is October 9-15. Here are a few suggestions of books to read with your child. Arthur's Fire Drill, by Marc Brown; Big Frank's Fire Truck, by Leslie Mcguire; Dot the Fire Dog, by Lisa Desimini; Fire! Fire!, by Gail Gibbons; Fire Safety, by Paul Myers Gross; Firefighter A-Z, by Chris L. Demarest; It's Time to Call 911: What to do in an Emergency, by Penton Overseas; No Dragons for Tea: Fire Safety for Kids by Jean Pendziwol; Stop, Drop and Roll (A Book about Fire Safety), by Margery Cuyler and The Fire Cat, by Esther Averill.

"Home for the Holidays" Pancake Breakfast Proceeds to benefit the Family Resource Network

Saturday, December 3 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 1 year, $3.50 per person for all others

The Family Resource Network will hold its fifth annual Pancake Breakfast featuring pancakes, fruit and beverages. After breakfast pick up a trolley at various stops around Melrose and take part in all the fun "Home for the Holidays" activities across the city. Call to reserve one of six half-hour seatings. Each child will receive a goodie bag. Come enjoy a delicious breakfast and support the Family Resource Network.

Huge Fall Clothing & Equipment Sale –

Saturday, Sept. 24 9:30 AM – 12:30 PM Admission: $1.00
Location: Americal Civic Center, 467 Main St., Wakefield

The North Suburban Parents of Multiples Fall Sale is the one sale you won't want to miss! There are 29 sellers. Awesome deals on gently used children clothing, toys and equipment.

Hallmark Health VNA and Hospice Artisan Craft Fair Call 781-338-7902 for more information

Saturday, October 22nd 10-3pm Free Admission
Location: Americal Civic Center, 467 Main St., Wakefield

This fair offers unique one-of-a-kind crafts for gift giving and plenty of parking. Spaces for vendors available ($50 fee).

Santa's Polar Express Train Ride Sponsored by Hallmark Health VNA and Hospice

Saturday, December 10 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: $20 Adult, $15 Child (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 and click on the train icon for further details or call 781-338-7902.

Hallmark Health Support Programs

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. Provided in collaboration with Families First Parenting and NCECP.

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. Trained bereavement counselors and volunteers facilitate the group. There is also a separate parent support group offered at the same time. Classes begin Sept. 21st and meet seven times between then and December. 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.

Mothers Helping Mothers: 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. The store will have fall and winter clothes starting September 12 and will accept fall and winter clothing donations beginning September 15th. 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 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 5

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 5

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 10, October 1

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 10, October 1

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 October 15

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 September 10, October 1

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

Community Support Programs

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 speak with you about any questions and concerns.

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.

The Center for Early Relationship Support of Jewish Family & Children's Services provides a variety of support services to parents of children birth to five, including free weekly support groups, free home visiting from volunteer mothers called "Visiting Moms", postpartum depression support, and parent consultations. For more information visit www.jfcsboston.org/CERS.

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 Ani at newmembers@melrosefamilyroom.org. For more information visit www.melrosefamilyroom.org.

Melrose YMCA is an organization dedicated to building strong kids, strong families and strong communities. Every day the Y and it's 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 online, on Facebook, or in person to find out more about our Fall Classes, our Family Field Day, the 2nd Annual Spooky Sprint & Monster Bash, Stuffed with Turkey Family Dodgeball Tournament, Flick & Floats, Holiday Extravaganza, and our Parents Night Out. We are located at 497 Main Street in Melrose. You can call 781-665-4360 for additional information or visit our website at www.melroseymca.org or Facebook at Melrose Family YMCA.

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.

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

Community Support Programs

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

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.

Hallmark Health's Stride For Health, Sunday, October 2nd, 8 am at the TD Banknorth Garden

Please join us for the 4th Annual Hallmark Health and Boston Bruins® Stride For Health on Sunday, October 2, 2011 at 8:00AM at the TD Banknorth Garden. This years 1.5 Mile walk will start at the TD Banknorth Garden and bring walkers through the historic North End ending back at the TD Banknorth Garden for a festival full of music, fun, activities, and PRIZES for the whole family. The proceeds from the Fourth Annual Hallmark Health Stride for Health Walk will benefit Hallmark Health's Cardiac & Endovascular Care. To register, go to www.hallmarkhealth.org.

The Healthy, Wealthy and Wise Women Series: Montvale Plaza, Montvale Ave., Stoneham

This three-part series will empower you with important information from Hallmark Health clinicians about how to be healthy, wealthy and wise about your personal health needs. A light supper will be served. These seminars are free, but registration is required. For more information and to register please go to www.hallmarkhealth.org. You need not attend all seminars to participate.

- Wed, Sept. 21, 2011 The Breast News for Women 5:30 – 8:30 pm
- Wed, Oct. 19, 2011 Finding the Wise Woman Inside of You- "The Wise Women's Health Club" 5:30 – 9:00 pm
- Thurs. Nov. 3, 2011 A Wealth of Knowledge Awaits You: "Cancer Talks For Women" 5:30 – 8:30 pm

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 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. Mommy & Baby Yoga offered on Thursdays from 9:45-10:45 am starting Sept. 8th. Adult classes include Heated Vinyasa Flow, Early Morning Yoga, Gentle and many others! Yoga Teacher Training starts October 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

Attorney Anna Bastian dedicates her practice to Wills, Trusts, Estates, and Real Estate. In the field of Estate Planning, she works with her clients to create individualized safety nets for their families, with the goal of anticipating and preventing conflicts and confusion. She offers convenient consultation hours. 20 West Emerson Street, Melrose, 781-665-7031. Visit www.annabastianlaw.com for more information.

Network Sponsors

Bay State Centre Family Chiropractic: Pediatric Care – Pregnancy Care – Webster Certified (non-invasive Breech Turning Technique) – Adult Care - Wellness Care – Special Needs/Handicapped Accessible.
Infants & Children – Chiropractic care research has demonstrated to offer improved health for your children suffering from such problems as Asthma, Allergies, ADD/ADHD, Scoliosis, Colic, Ear Infections & Bed Wetting as well as numerous other childhood health and medical problems.
Expectant Mothers – Adjustments can relieve and prevent common discomfort experienced throughout pregnancy. Our care has helped turn Breech babies and lead to an easier, safer delivery for you and your baby.
Wellness Care – Chiropractic care offers conservative, non-invasive, drug-free solutions to improve the Quality of Your Life and Health. 340 Main St, Ste 102, Melrose MA ~ phone: 781-662-3333 ~ email: info@baystatedc.com ~ website: www.BayStateDC.com.

Bodyography encourages you to visit our one of a kind Wellness Center in the area. We continue to celebrate our 10th Anniversary of doing business in Melrose as we enjoy our new location at 467 Main Street. Our award-winning Center offers Massage Therapy, Chinese & Japanese Style Acupuncture, Chinese Herbal Medicine, Skin Care including Facials, Waxing, DermaSound Treatments and Personal Training. Bodyography has the distinction of offering Facial Rejuvenation Acupuncture, as well as Bamboo Fusion Massage both currently exclusive to Bodyography at this time. Stop in to visit and see what you've been missing. Visit us on Facebook as well as www.bodyography.net. We welcome NSCFRN members. Take advantage of 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 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.

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 and a new space at the Reading Athletic Club in Reading. 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, or call 781-558-5084.

Roman Music Therapy Services and Sprouting Melodies: 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. Six-week Fall Sessions begin on September 12 and October 31. Family Sprouts class on Wednesday is great for Sibling Pairs! 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. Mention this ad and receive $5 off first playgroup.

The Gabler Alignment Method: Living in Your Core: Karen Gabler, Licensed Certified Massage Therapist, is the Creator, Teacher and Practitioner of this method. Relieves pain, strain, and stress. Improves posture. Creates structural stability and buoyancy. Increases ease of movement. Teaches how to sit, stand, and walk in alignment. Improves well-being. Offices in Cambridge, Melrose and Cape Cod. Contact Karen at 617-448-1285 or kmgabler@comcast.net.

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.