

# Fall 2012 Programs

39 Pleasant Street, Stoneham, MA  
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Email: [nfamilynet@hallmarkhealth.org](mailto:nfamilynet@hallmarkhealth.org)  
Website: [www.hallmarkhealth.org](http://www.hallmarkhealth.org)  
We are listed under Clinical Programs.

## Office Hours

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

### The Network will be closed:

Monday, Oct. 8 (Columbus Day)  
Monday, Nov. 12 (Veteran's Day)  
Thursday and Friday Nov. 22 & 23  
(Thanksgiving Break)  
Monday Dec. 24 - Tuesday Jan 1, 2013  
(Holiday Break)

### Daily Drop-In Play Hours

September 11 - December 21  
Monday-Friday 9:30 AM - 12:30 PM  
*Drop-In will be closed on Stoneham School early  
release days, Oct. 2, Nov. 6 & 21, Dec. 5 & 6,  
in addition to the holidays listed above.*

**Network Location:** The Family Resource Network is located in the rear of the YMCA Child Care Center of Stoneham at 39 Pleasant Street, Stoneham.

**Parking:** Parking is located in the building parking lot. Please do not park in the lower lot near the entrances. Please respect entrance and exit routes.

**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.

### Family Resource Network Governing Council Meetings

Thursday, Sept. 13 6:30 - 8 PM Family Resource Network  
Thursday, Nov. 15 9:30 - 11 AM TBA \*

\*Limited Childcare available for daytime meetings.

**Center opens Tuesday, Sept. 11  
Registration for fall classes begins  
Monday, September 10**

**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 doors of our new space will open on Tuesday, September 11 at 9:30 am for drop-in play. We will be registering for fall programs on Monday, September 10 beginning at 9 am, by phone only. After Monday, registration can be done by phone or in person at the Family Resource Network. Our fall play and learn groups will begin the week of September 17. We are anxious to have families return to the network and enjoy our new space. The door to the Family Resource Network is at the end of the driveway off the parking lot. You will see our sandwich board outside the door. You will be able to enter the space into our foyer, and a staff member will be there to greet you from our office area. Due to space limitations, we are asking that people do not bring strollers into the network. If you do bring a stroller, please leave it outside the door before entering. Infant car seats may be brought in. We are sharing classroom space with the YMCA After School Program. On school vacations, holidays and Stoneham School early release days, we will not be open for drop-in or classes. Please read your schedule carefully so that you do not arrive to find that we are not open. Except for during our play and learn classes, we ask that parents do not bring snacks to the network. Drinks in a covered cup are welcome. Thank you for your patience and cooperation as we adjust to our new surroundings. We are excited to be here to continue to offer quality programs and assist you on your parenting journey.

Together We Can Make A Difference. Peace, Kathy

**Parent & Infant Group (Newborn - 6 months) Suggested Donation: \$5 per class Drop-In**  
**Mondays 11:00 AM - 12:30 PM Sept. 17 - Dec. 17 No class Monday Oct. 8 or Monday Nov. 12**

Join other parents and caregivers of infants, newborn to 6 months, for support and information. Discuss the joys and challenges of caring for a new baby. 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. Suggested donations are optional and tax deductible.

**Pre-Toddler Play and Learn Groups Suggested Donation: \$5 per class Drop-In**  
**Fridays, Sept. 21 - Dec. 14 No class Friday Nov. 23**

**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. Suggested donations are optional and tax deductible.

**Hallmark Health Programs**

**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.

**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 781-338-7607 for more information about this free program. This program is paid for by the North Suburban WIC Nutrition Program. Facilitator is certified in Motherwell Maternity Fitness.

**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 including healthy nutrition and physical activity for moms and babies. Childcare support is available. A new session will begin in the fall. Please call 781-338-7607 for additional information and to register.

**Parents Need "Special Care" Too! Registration Required**

"Parents Need Special Care Too!" is a six-week parenting education and support program for parents of premature infants, or infants who spent time in the Special Care Nursery for other health concerns. Facilitated by a Melrose-Wakefield Hospital maternity social worker, special topics will be presented by a variety of experts from the community. Some topics to be covered will include infant health and feeding, stress management and accessing community resources. Through this group, parents will have the opportunity to meet other parents and develop on-going relationships. Call Laura Sternberger, LICSW - Maternal /Infant Social Worker, at 781-979-3641 for dates, times, location and additional information.

**Help Me Grow:** Do you have concerns about your child's development physically, socially or emotionally? The Family Resource Network can help. Through the Department of Early Education and Care, we have received access to the Ages and Stages Developmental and Social Emotional Growth questionnaire. Parents can use this tool in the comfort of their own home. Once completed, you and a staff member can meet to go over the form and see if there are any developmental areas we can work on together to help your child reach their full potential. If you have any questions, please call our office at 781-279-0300 and speak to a staff member.

**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 understanding.

**Snow Policy:** In case of inclement weather on school days, when the Stoneham 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. 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.

**Registration starts Monday, September 10**

**To register, call 781-279-0300**

- 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. No juice boxes - please.

## 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. A Family Resource Network Parent Child Educator facilitates the groups.

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 System.

**Terrific Toddlers**

**(Ages 21 months - 47 months)**

**Registration required**

You may also register siblings 6-20 months with a terrific toddler age older sibling.

**Session 1 September/October**

Group 1	Mondays	9:15 AM - 10:15 AM	Sept. 17 - Oct. 29 (No class Oct. 8)
Group 2	Tuesdays	9:15 AM - 10:15 AM	Sept. 18 - Oct. 30 (No class Oct. 2)
Group 3	Wednesdays	9:15 AM - 10:15 AM	Sept. 19 - Oct. 24
Group 4	Wednesdays	10:45 AM - 11:45 AM	Sept. 19 - Oct. 24
Group 5	Thursdays	9:15 AM - 10:15 AM	Sept. 20 - Oct. 25
Group 6	Thursdays	10:45 AM - 11:45 AM	Sept. 20 - Oct. 25

**Session 2 November/December**

Group 1	Mondays	9:15 AM - 10:15 AM	Nov. 05 - Dec. 17 (No class Nov.12)
Group 2	Tuesdays	9:15 AM - 10:15 AM	Nov. 13 - Dec. 18
Group 3	Wednesdays	9:15 AM - 10:15 AM	Oct. 31 - Dec. 19 (No class Nov. 21 & Dec. 5)
Group 4	Wednesdays	10:45 AM - 11:45 AM	Oct. 31 - Dec. 19 (No class Nov. 21 & Dec. 5)
Group 5	Thursdays	9:15 AM - 10:15 AM	Nov. 01 - Dec. 20 (No class Nov. 22 & Dec. 6)
Group 6	Thursdays	10:45 AM - 11:45 AM	Nov. 01 - Dec. 20 (No class Nov. 22 & Dec. 6)

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

**Registration required**

Session 1	Tuesdays	10:45 AM - 11:45 AM	Sept. 18 - Oct. 30 (No class Oct. 2)
Session 2	Tuesdays	10:45 AM - 11:45 AM	Nov. 13 - Dec. 18

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

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

**Registration required**

Wednesday, Sept. 19	3:00 PM - 4:00 PM	(Walkers - wooded trail)	<b>Call 781-279-0300</b>
Thursday, Oct. 18	11:00 AM - 12:00 Noon	(Walkers - wooded trail)	

Join Lynn Hildenbrand of the DCR 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. Special thanks go out to Lynn Hildenbrand from the MA Department of Conservation and Recreation for leading these hikes.

## Parent Education

**Registration starts Monday, September 10      Call 781-279-0300**

\*\*\* 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**

Wednesday, October 17      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? 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.

### **Organizing for Busy Parents**

**Registration required**

Thursday, October 25      7:00 - 9:00 PM      Location: Perkins Hall, Melrose/Wakefield Hospital  
Is getting out the door in the morning an Olympic event? Are toys scattered throughout every room of the house? Do you have a basement/attic/closet stuffed with clothes that no longer fit your child? Is your refrigerator or cupboard empty because you forgot to go grocery shopping again? This course, taught by two professional organizers (and moms!), will share simple strategies for:

- Organizing kids rooms & clothes
- Getting out the door on time and with everything you need
- Creating realistic routines and schedules

They will reveal their favorite tools, tips and tricks for keeping it all together. You will leave with resource handouts and a strategy to tackle your own organizing challenges. This workshop will include a lecture and time for questions and answers. Facilitated by Elizabeth Goodsell, founder of That's Neat! Organizing™ and Gabriela "Gabby" Burgman, President of Claiming Space.

### **Developmental Red Flags for Children 4 - 6 Years Old**

**Registration required**

Wednesday November 14      7:00 PM - 9:00 PM      Location: Perkins Hall at Melrose Wakefield Hospital  
Are you a parent, family childcare provider or teacher wondering how to identify red flags as children approach developmental milestones? This workshop will discuss appropriate developmental milestones, as well as red flags to watch for as children in your care grow and develop. We will discuss what to be on the lookout for, and what supports are available when you have concerns. Presenters Patti Kheboian and Ruth Ann Strong come to us from the Criterion Stoneham Early Intervention Program, with a wealth of experience in working with families and children with developmental delays.

### **The 10th Annual Child Care and Family Resources Expo**

**Wednesday, November 7**

**Galvin Middle School Cafeteria, 525 Main St., Wakefield**

**6:30 PM - 8:00 PM**

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 781-279-0300.



**The Brain Building in Progress Campaign** is a public/private partnership of the Massachusetts Department of Early Education and Care, United Way of Massachusetts Bay and Merrimack Valley and a growing community of early education and child care providers, academic researchers, business leaders and individuals. Our mission is to raise awareness of the critical importance of fostering the cognitive, social and emotional development of young children by emphasizing its future impact on economic development and prosperity for everyone in Massachusetts. For more information, visit [www.brainbuildinginprogress.org](http://www.brainbuildinginprogress.org).

## Family Activities

### Daily Drop-In Playtime at the Network (Children under 5 yrs. old)

Drop-In

Monday-Friday 9:30 AM - 12:30 PM (Sept. 11 - Dec. 21, 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 playroom. Books, puzzles, toys, blocks and more await you and your child. Drinks in covered cups are welcome but please do not bring snacks. Refer to page one for entrance location, parking and days the center will be closed.

### Visit to the Firehouse

(Ages 2.5 - 5 years)

To register Call 781-279-0300

Saturday mornings 10:00 - 10:45 AM

October 13

Stoneham Fire Station - Central Street

October 20

Melrose Fire Station - Main Street

October 27

Wakefield Fire Station - Crescent 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 Saturday, Oct. 13 10AM - 2 PM 27 Hamilton St.**

Registration is not required for Saugus Open House.

### "Home for the Holidays" Pancake Breakfast With Letters to Santa

*Save the Date*

Saturday, December 1 8-11 AM

Location: Melrose Wakefield Hospital Cafeteria

Enjoy a great family breakfast and have your child bring or create a letter to Santa. His elves will be on hand to collect them. Look for more information to follow. Proceeds to benefit the Family Resource Network

### Santa's Polar Express Train Ride Saturday, December 8

Train 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).

Sponsored by Hallmark Health VNA and Hospice's Maternal/Child Health Program & the Family Resource Network.

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.

### 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, 10-11:30 AM. Schedules are available at the Family Resource Network and on-line at [www.fells.org](http://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 [www.mass.gov/dcr](http://www.mass.gov/dcr) for other DCR family activities throughout the year.

Discounted Zoo Passes: Call the Family Resource Network to receive a day pass to the Stone Zoo or Franklin Park Zoo. The pass admits 6 people at a discounted rate of \$6.00 per adult and \$4.00 per child. Passes are not valid for Zoo Lights.

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](mailto: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.

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.

**Childcare and Preschool Information:** <http://www.eec.state.ma.us/ChildCareSearch/EarlyEduMap.aspx>

The Massachusetts Dept. of Early Education and Care website allows parents and caregivers access to 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.

**The Autism Support Center (ASC)** was created to support parents and professionals who need assistance finding information and support about Autism Spectrum Disorders. Located in Danvers at 6 Southside Road in Danvers, they can be reached at 1-978-777-9135, or by e-mail at [asc@ne-arc.org](mailto:asc@ne-arc.org).

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

**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.

**EMARC:** EMARC's mission is to support, serve, and advocate for people with developmental disabilities and their families to ensure they are valued, respected and have the opportunity to fully participate in their communities. 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.

**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. If you are interested in being put on the waitlist for September 2012, please email Robin at [newmembers@melrosefamilyroom.org](mailto:newmembers@melrosefamilyroom.org). For more information visit [www.melrosefamilyroom.org](http://www.melrosefamilyroom.org)

**Parents Helping Parents:** Are you a parent feeling overwhelmed, isolated or stressed? Parents Helping Parents offers weekly support groups where parents discuss family problems and figure out ways to make things better. Current groups meet in Medford, Malden, and Salem. For location and meeting times visit [www.parentshelpingparents.org](http://www.parentshelpingparents.org) or call 1-800-632-8188 which also functions as a 24-hour helpline for parents.

**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.

**"MA 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 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  
Stoneham ACS Food Pantry, 9 Gerry Street, Stoneham, 781-392-4545

**Wakefield:** Wakefield Interfaith Food Pantry, Americal Civic Center, 467 Main Street, Wakefield, 781-245-2510

**Malden:** Bread of Life, 54 Eastern Avenue, Malden 781-397-0404  
Mobile Food Pantry, 239 Commercial St., Malden, 781-338-7574 Call for next available date and time.

**Donations to the food pantries can be made through the Family Resource Network.**

**Homelessness Education Liaisons:**

Melrose: Greg Zammuto 781-979-2290 or [gzammuto@melrose.mec.edu](mailto:gzammuto@melrose.mec.edu)

Stoneham: Tom Arria 781-279-3810 or [tarria@stonehamschools.org](mailto:tarria@stonehamschools.org)

Wakefield: Kevin Pierce 781-246-6414 or [piercek@wakefield.k12.ma.us](mailto:piercek@wakefield.k12.ma.us)

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

**Grandparents Raising Grandchildren In Harmony:** 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 September through June and meets twice a month. Please call the office at 781-279-0300 for more information and to be added to the e-mail list.

**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. Please Call Judy Seifert, Bereavement Coordinator, at 781-338-7861 for more information.

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

**North Suburban WIC Family Support Coordinator:** If you are a WIC participant, the Family Support Coordinator can meet with you and help you find additional community supports. For further information or to set up a meeting, call Madlyna Jonassaint at 781-338-7570 or e-mail her at [mjonassaint@hallmarkhealth.org](mailto:mjonassaint@hallmarkhealth.org).

**Mothers Helping Mothers:** If you are in need of a helping hand, call 781-338-7579. Available free items include books, infant and children's clothing (to size 10), and baby essentials such as swings, strollers, bouncy seats and pack 'n plays. The store will have fall/winter clothes after September 11. If you have gently used items you would like to donate, call 781-338-7607. The store now has summer clothing. We appreciate your generosity, but please, no adult clothing, toys, cribs 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, call 781-338-7550.

**Financial Counseling:** Many people today are not seeking medical attention because of the high cost and their inability to pay for it. Massachusetts Law mandates that all its residents have health insurance. If you are uninsured or underinsured, the financial counselors at Lawrence Memorial and Melrose-Wakefield hospitals are there to help families, couples or individuals apply for health insurance and obtain the care they need. Call (781) 338-7111 to make an appointment with one of our counselors and see what you may be eligible for.

**Look aHEAD to a Healthy Future:** Protect your child or athlete with Hallmark Health System's Concussion Program. The program offers community outreach education and ImPACT Testing made possible by a grant through the Boston Bruin's Foundation. Call 781-395-7750 for additional information.

**Healthy Women Dinner Series: Montvale Plaza, 54 Montvale Ave., Stoneham**  
**Call 1-800-540-9191 to register**

While you've been caring for your family, have you forgotten to take care of yourself? You are not alone! Please join Hallmark Health System's women's health experts for dinner and discussions focused on the health topics most important to women today. Participants may attend one or both sessions. These interactive lectures are free and include a light dinner. Each event begins at 5:30 p.m. Dinner will be served promptly at 6 p.m. This event is free but registration is required. Separate registration is required for each session.

**The Breast News for Women**

Uncover the latest on women's breast health, mammography, lymphedema and more. Join us for an informative and fun evening focused on women's health topics, presented by Hallmark Health System medical experts.

**Wednesday, September 12, 2012**

**A Wealth of Knowledge Awaits You: Cancer Talks for Women**

Discuss the ways women can reduce their risk for developing cancer and detect it early using age appropriate screenings. Presented by medical experts from the Hallmark Health System Hematology and Oncology Center and other Hallmark Health System services for women.

**Thursday, November 15, 2012**

### Hallmark Health Community Health Education Classes

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

#### The New Dad Difference

October 3 or December 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, \$40 if taken with the Art of Becoming a New Mother class.

#### The Art of Becoming a New Mother

October 3 or December 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

October 13, November 3 or December 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

October 13, November 3 or December 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.

#### Safe Sitter

September 29, October 27, November 10 or December 1

The Safe Sitter® Program was developed by pediatrician Patricia A. Keener, M.D.

Safe Sitter graduates gain confidence and learn how to handle situations that may happen as they care for young children. Injury prevention, getting help with emergencies, and learning how to rescue a choking infant or child are all components of the program. Topics such as safety for the sitter, running a babysitting business, as well as how to care for and nurture young children are also included in this tested program. Participants must be at least 11 years old and have completed fifth grade. To ensure personal safety, our program does not provide a list of babysitting graduates to prospective employers. Cost: \$55.00

#### Family & Friends CPR for Babysitters

October 13, November 3 or December 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 Safe Sitter® (1-day) Baby Sitting Class. Call 781-338-7561 for more information.

Call for additional CPR and First Aid classes.

#### Looking for a Doctor?

To find a physician near you  
call:

1-800-540-9191

[www.hallmarkhealth.org](http://www.hallmarkhealth.org)

#### Shopping with Tots Call 781-979-3615 or visit [www.hallmarkhealth.org](http://www.hallmarkhealth.org) and click on "Events Calendar".

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! Each family receives a \$10 gift card to Shaw's! Next date is Tuesday, October 9<sup>th</sup> at 9:30 AM.

#### My Life, My Health Call 1-800-540-9191 or register at [www.hallmarkhealth.org](http://www.hallmarkhealth.org)

My Life, My Health is a six-session community workshop designed to give adults with chronic conditions (such as arthritis, heart disease, cancer, diabetes, asthma, etc.) and/or their caregivers the knowledge and skills needed to take a more active role in their healthcare. Subjects covered at the workshops include techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments. Two upcoming sessions: Thursdays, October 4 - November 8, 9:30 AM - 12:00 Noon, Hallmark Health, 239 Commercial Street, Malden and Wednesdays, November 7 - December 12, 1:00 - 3:30 PM, Hallmark Health Stoneham Outpatient Campus, 41 Montvale Avenue, Stoneham.



The Family Resource Network is offering businesses the opportunity to sponsor our Quarterly Program Flyer. The quarterly sponsorship fee is \$25. Please e-mail us a short description of your business. Call 781-279-0300 or e-mail us at [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org) for additional information.

**Attorney Anna Bastian** dedicates her practice to Wills, Trusts, Estates, and Real Estate, working closely with her clients to create individualized safety nets for their families. Consultations may be scheduled during the week or on weekends. 20 West Emerson Street, Melrose, 781-665-7031. Visit [www.annabastianlaw.com](http://www.annabastianlaw.com) for more information.

**B Yoga Center** offers classes for adults, teens & children! Adult classes include Heated Vinyasa Flow, All Levels, Early Morning Yoga, Gentle and many others. We also offer Toddler Yoga, Girls Empower classes for Tweens & Teens. Class schedule, session info and registration and all other event information is on our website. Mention you are a Family Resource Network member at the front desk and receive 10% off a 5, 10 or 15 class card. We are located at 537 Main Street, Melrose MA and our new studio at 516 E. 2nd Street, South Boston MA. Call 781-475-2520 or visit our website at [www.byogacenter.com](http://www.byogacenter.com).

**Baby Boot Camp** is an innovative stroller-fitness program that helps moms regain or enhance pre-pregnancy fitness levels and meet the physical challenges of parenting by emphasizing strength training in a supportive environment. Classes for all fitness levels: pregnant moms, new moms recovering from pregnancy and conditioned moms with one or two stroller-aged children. Cardio drills, strength training exercises and stretching increases overall fitness, and the ab assault at the end of class means you get a total body workout! Classes will begin in the Winchester area in September! For more information, please go to [www.babybootcamp.com/ma-woburn.aspx](http://www.babybootcamp.com/ma-woburn.aspx), or email owner Kristen Herlihy directly at [Kristen.herlihy@babybootcamp.com](mailto:Kristen.herlihy@babybootcamp.com).

**Bay State Centre Family Chiropractic:** Dr. Scott Darragh  
Pediatric Care - Pregnancy Care - Adult Care - Special Needs Wellness Care Handicapped Accessible  
Chiropractic care offers conservative, non-invasive, drug-free solutions to improve the quality of your life and health. We work with infants, children and adults. Visit us at 340 Main St, Suite 102, Melrose MA ~ phone: 781-662-3333 ~ email: [info@baystatedc.com](mailto:info@baystatedc.com) ~ website: [www.BayStateDC.com](http://www.BayStateDC.com)

**Desperate Lousewives®** is an all natural lice removal service, located out of Stoneham/Reading Massachusetts. We are trained and certified technicians in "The Shepherd Method™" of strand-by-strand nit removal, servicing Massachusetts, New Hampshire and Maine. We offer headchecks and treatments in the comfort of your home and provide you and your family with guaranteed results and peace of mind. We also carry a full line of preventative products. Call Kimberly and Elisa at 1-855-GOT-LICE (1-855-468-5423).

**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](http://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](http://www.kidzfunparties.com), or call 781-558-5084.

**Linda O' and Alison; Agent Expertise.com RE/MAX Heritage**  
Real Estate has changed dramatically. Few agents are up to the challenges of strategizing for successful sales, protecting their clients from expensive mistakes and dispensing critical, but often hard, advice to clients to help them reach their goals like Alison Socha and Linda O'Koniewski and their [AgentExpertise.com](http://AgentExpertise.com) team. Today's buyers and sellers need better data and advice like never before. Call us at RE/MAX Heritage, 781.979.0100, to experience the difference.

**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.**

## More Network Sponsors

**Melrose Day Care Center (MDCC) and Pre-School** has been successfully serving families for over 30 years. MDCC strives to serve the greater Melrose Community by providing high quality early childhood care. Children from 1 month-6 yrs old are welcome. An on-site cook serves breakfast, lunch and snacks. We are open from 6:30 a.m. to 6 p.m. Monday through Friday. Please check us out at [www.melrosedaycarecenter.com](http://www.melrosedaycarecenter.com) or call us at 781-662-6539 for a tour.

**Melrose Family YMCA Childcare Center in Stoneham** Owned and operated by the Melrose YMCA, we serve families with children from six weeks to six years old. This NAEYC accredited childcare program embraces a family-centered philosophy where family interaction is welcomed and encouraged. The center also provides year round after school care for older children. Call Director Maureen at 781-279-2002 for additional information and a tour of the facility.

**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. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. 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](http://www.melroseymca.org).

**North Shore Speech Therapy** is a pediatric speech language clinic located at the junction of Route One and 128 in Peabody. We are dedicated to providing our families with outstanding pediatric speech and language therapy services. We use research-based treatment techniques to effectively evaluate and treat pediatric speech and language delays and disorders. We accept Blue Cross Blue Shield and Harvard Pilgrim insurances. For more information call Jeannette Kahn at 617-529-1573 or visit our website at [www.northshorespeechtherapy.com](http://www.northshorespeechtherapy.com).

**Roman Music Therapy Services and Sprouting Melodies:** Are you looking for ways to connect with your baby or toddler and support them in their developmental growth? Sprouting Melodies will support your child in building healthy relationships, learning to trust their environment and make life at home a lot more fun with music! We want all families to benefit and learn how making music at home benefits a young child's growth and development! Call us to learn more about our programs for children, teens and adults with special needs and older adults. Visit us online at [www.RomanMusicTherapy.com](http://www.RomanMusicTherapy.com) or [www.SproutingMelodies.com](http://www.SproutingMelodies.com) or call 781-665-0700.

**At Super Soccer Stars,** it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. For ages 2 and up! With locations throughout the Metro Boston area including: Wakefield's Sullivan Park, Lynnfield's Centre Congregational Church, Andover's Kids Club, Winchester Recreation Department, Arlington Recreation Department and more! New this Fall is our Pre - Soccer and Movement Kick & Play program for ages 12 - 24 months as well as our Special Needs Shine program for all ages. For more information or to enroll in a class: Website: [www.supersoccerstars.com](http://www.supersoccerstars.com) Email: [boston@supersoccerstars.com](mailto:boston@supersoccerstars.com) Phone: 781-777-7171.

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**NSPOM Double the Stuff Sale - North Suburban Parents of Multiples**

Saturday, September 15 9 am - Noon Admission: \$1

America Civic Center, 467 Main Street, Wakefield

The NSPOM fall sale is the one you do not want to miss.

Twenty-nine sellers and awesome deals on gently used children's clothing, toys and equipment.

**MMOTA Fall Sale**

Massachusetts Mothers of Twins Association -Founding Chapter

Saturday, September 22 9am - 1pm

Winchester High School (cafeteria), 80 Skillings Road, Winchester.

This is a great place to find terrific bargains on gently used clothing, equipment, toys, books and much more. Cash only.

**Great Deals!**