

# Spring 2013 Programs

39 Pleasant Street, Stoneham, MA

Phone: 781-279-0300 Fax: 781-279-0306

Email: nsfamilynet@hallmarkhealth.org

Website: <a href="https://www.hallmarkhealth.org">www.hallmarkhealth.org</a>
We are listed under Clinical Programs.

#### Office Hours

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

#### Daily Drop-In Play Hours

April 1 - June 21 (see dates closed below) Monday-Friday 9:30 AM - 12:30 PM

#### The Network will be closed:

April 15 - 19 (School vacation week)
(YMCA After School Program will be open that week.)
Monday, May 27 (Memorial Day)

Network Location: The Family Resource Network is located at 39 Pleasant Street, Stoneham (Pleasant Street Crossing building). Our door is located at the back of the building just past the Melrose YMCA Childcare and School Age Program entrances (we share space with them).

<u>Parking:</u> 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 supports all parents, caregivers and educators of children prenatal through entering kindergarten who live or work in Melrose, Stoneham or Wakefield as well as other surrounding communities. 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 System. Additional funding sources are from a variety of grants and the generous donations from our families and supporters. A community-based program, our goal is to help parents create a healthy family environment as well as to promote family well-being through education and community support. The Family Resource Network provides parent education workshops, playgroups, support groups, family activities and information on parenting and community resources. The programs help parents build connection that will extend beyond the Family Resource Network while helping to enhance your child rearing skills. 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 781-279-0300.

## Registration for spring classes begins Tuesday, April 16.

#### 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 dropin classes is not necessary.

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Kathy's Korner: One of my favorite quotes is "One hundred years from now it will not matter what kind of car I drove, what kind of house I lived in, how much money I had in my bank account, or what my clothes looked like. But, the world may be a little better because I was important in the life of a child." Every day, you make a difference in the life of your child. You are their first teacher, and foster the foundation of brain development and learning during these early years. Talking, playing, listening, reading, pretending and exploring all help your child to learn and grow. Our lives are very busy. Take the time to bring out the inner child in you and have some family fun that not only teaches, but also strengthens the family bonds. Visit some of the many yard sales or flea markets and see who can come home with the best bargain for a dollar. Fly a kite, see who can jump rope the most times, ride bikes, go to the park, plan a scavenger hunt and invite friends over. Go to the airport and watch the planes take off. Lie on the ground and see what shapes the clouds look like. For the rainy days of April, make a puzzle, bake cookies, have an indoor picnic, finger paint with pudding, build a city using Legos or blocks and get out the matchbox cars. Put on the music and dance and sing! I am sure you can come up with some of your own too! Our children grow quickly; take time today to play...Play is a child's work. Together We Can Make A Difference. Kathy





### **Expectant Parents, Infant & Pre-Toddler Programs**

<u>Parent & Infant Group</u> (Newborn - 6 months) Suggested Donation: \$5 per class Mondays 11:00 AM - 12:30 PM April 1 - June 17 (No class April 15, 29 and May 27) Drop-In

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.

<u>Pre-Toddler Play and Learn Groups</u>
Suggested Donation: \$5 per class
<u>Drop-In</u>

Fridays, April 5 - June 21 (No class April 19 and 26)

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. Groups are led by a Parent Child Educator. Suggested donations are optional and tax deductible.

#### Hallmark Health Programs

<u>The Baby Café:</u> A drop-in program offering breastfeeding support and assistance from professionals and other moms. Each location is run by Hallmark Health System 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. For information regarding the upcoming MA State WIC funded Baby Café in Everett, call 617-387-2097.

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 sponsored by the North Suburban WIC Nutrition Program. Facilitator is certified in Motherwell Maternity Fitness.

<u>Creative Coping for New Moms:</u> 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. Please call 781-338-7607 for additional information and to register. This program is partially funded by the Boston Bruins Foundation in collaboration with Hallmark Health System.

Ages and Stages Developmental Screenings: As parents, we want to know that our child is on track developing and learning all that they can. Through the Department of Early Education and Care, we have received access to the Ages and Stages Developmental and Social Emotional Growth questionnaire. The Ages and Stages screening tool is a great way to learn more about your child's development. You complete the questionnaire based on your child's age in the comfort of your own home, and then return the information to the Family Resource Network. Once completed, you and a staff member can review the results and see what we can do 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.

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

Join others for a guided hike in the woods. Hikes have expanded to three days per week. Schedules are available at the Family Resource Network and on-line at <a href="https://www.fells.org">www.fells.org</a>. 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 <a href="https://www.mass.gov/dcr">www.mass.gov/dcr</a> for other DCR family activities throughout the year.

<u>Discounted Zoo Passes:</u> 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.

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.



# **Toddler Programs**

#### Registration starts Tuesday, April 16

To register, call 781-279-0300

- Please register for only one program at this time. Child should be specified age at start of group.
- <u>Very Important</u>: 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 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 between the ages of 12 to 47 months 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.

| Spring S | <u>Session</u> | <u>May/June</u>       |                 |                   |
|----------|----------------|-----------------------|-----------------|-------------------|
| Group 1  | Mondays        | 9:15 AM - 10:15 AM    | May 6 - June 17 | (No class May 27) |
| Group 2  | Tuesdays       | 10:45 AM - 11:45 AM   | May 7 - June 11 |                   |
| Group 3  | Wednesday      | s 9:15 AM - 10:15 AM  | May 8 - June 12 |                   |
| Group 4  | Wednesday      | s 10:45 AM - 11:45 AM | May 8 - June 12 |                   |
| Group 5  | Thursdays      | 9:15 AM - 10:15 AM    | May 9 - June 13 |                   |
| Group 6  | Thursdays      | 10:45 AM - 11:45 AM   | Mav 9 - June 13 |                   |

#### Alphabet Soup

(Ages 2 - 4 years)

#### Registration required

This six-week play and learn group is designed for parents/caregivers and children from 2 - 4 years old. The group will use reading, singing, crafts, and play to learn letters of the alphabet while developing your child's pre reading skills. A Parent Child Educator will facilitate the group.

Group A Tuesdays 9:15 AM - 10:15 AM May 7 - June 11

## Seven Tips for Early Literacy Learning: From Knowing Your ABCs to Learning to Read

By Amy Mascott from www.pbsparents.org

Hooray! Your child can sing the alphabet like a pro! Now what? Once your child has mastered letter recognition, what can you do to help her get on the path to literacy? Here are seven important tips to consider after your child has learned the letters of the alphabet, but before she's reading fluently. 1. Focus on the letters of her name. 2. Recognize each letter and know their sounds. 3. Introduce uppercase and lowercase letters. 4. Practice early writing techniques. 5. Connect objects with words. 6. Practice print referencing. 7. Read, read! Read with your child every day, many times a day. Read books, signs, posters—anything with words. Read in the morning, in the afternoon, and at night. Read at the park, in the living room, at the pool. Read print everywhere you can find it! Most importantly, make an effort to celebrate your child's successes, because learning to read is something to smile about.

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. So, have fun and read, read!



## **Parent Education**

#### Registration starts Wednesday, April 16 Call 781-279-0300

<u>PLEASE NOTE:</u> 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.

#### Success from the Start - Early Childhood Development Series

From an infant's first cry to a young child's first word, early childhood is filled with developmental milestones and critical moments in which a child's world needs sensitive and enriching experiences in order to make the most of this phase of development. This Early Childhood series focuses on key areas of social and emotional development and gives strategies for parents/caregivers to support their child's needs in order to provide a foundation for future learning, strong relationships, and psychological and emotional health. The series is a collaboration with Families First Parenting Programs. Debra Broadley facilitates all workshops.

#### Communication and Language Development

Registration required

Thursday, April 25 7:00 - 9:00 PM

Location: Perkins Hall, Melrose Wakefield Hospital

Young children listen with their whole bodies as they naturally soak up emotions through tone of voice, facial expressions, touch, and gestures of those around them. Parents/caregivers can set the stage for effective communication now and in the future by attuning to their children's cues and needs as their ability to communicate grows. In this session, parents/caregivers will review typical language development in children and learn strategies to support it.

#### Playing with Their World: Play in Early Childhood

Registration required

Tuesday, May 14 7:00 - 9:00 PM

Location: Perkins Hall, Melrose Wakefield Hospital

A parent has an important role in their child's world of play. From setting up a variety of play experiences and clarifying their personal values about play, parents help provide enrichment and opportunities that have a lasting effect on their child's physical, cognitive, and social-emotional development. This session will allow parents to increase their knowledge about the benefits of play and how they can create a learning space and influence their child's world of play.

Through the Eyes of a Child: Media Violence in Early Childhood

Registration required

Monday, June 3 7:00 - 9:00 PM

Location: School of Nursing, Lawrence Memorial Hospital, 170 Medford Ave., Medford

Exposure to media violence can negatively impact brain development in young children and affect behavior in the short and long term. Parents play a crucial role in protecting children from and helping them understand the media they consume. In this session, parents will learn to assess and understand their children's exposure to violence in the media, effects of that exposure, and how they can use their influence to minimize both exposure and impact.

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

Registration required

Wednesdays April 3, 10, 17 and 24 7:00 PM -9:00 PM

Call 781-942-4888 × 4022

Location: Perkins Hall, Melrose-Wakefield Hospital

When a child has special needs, locating supports can be an overwhelming process! Presenters will provide an overview of the available services and how to access them. Learn about working with school systems and special education laws, government benefits and family support. There is no charge for these workshops. The series is sponsored by EMARC, The North Suburban Child and Family Resource Network, The Medford Family Network, Mass Families Organizing for Change, Family Ties and Riverside Community Care.

Register by calling Judy Santa Maria, EMARC 781-942-4888  $\times$  4022 or email familysupport@theemarc.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 (April 1 - June 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 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.

#### Saturday Musical Family Fun

#### Macaroni Soup with Carole Peterson (Ages 2 - 5 years)

Registration required

Saturday, April 27

10:00 AM - 11:00 AM

781-279-0300

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

It's a sing-along, dance-along, do-along Family Concert with Carole Peterson! Got Sticky Bubble Gum on your nose? A case of the wiggles? Parents recommend an hour of MACARONI SOUP MUSIC! An award-winning children's musician and educator, Carole will keep everyone happily engaged with a high-energy, participatory concert, complete with a "Snowball Freeze Fight" she's bringing from Chicago! Take a look at www.macaronisoup.com! This program is funded by a generous donation from Kappa Delta Psi of Melrose and presented in collaboration with Stoneham Theatre.

#### Woodland Nature Walks (For $2\frac{1}{2}$ - 5 year olds)

Registration required Call 781-279-0300

3:00 PM - 4:00 PM (Walkers - wooded trail) Wednesday May 15 Wednesday June 12

10:30 AM - 11:30 AM (Walkers - wooded trail)

Join Daniel Donovan 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 Daniel Donavan from the MA Department of Conservation and Recreation for leading these hikes.

Stoneham Theatre: Join us for our Spring Session 2 young company classes! Some of the classes offered include: Welcome to the Hop!, Singing Stories, Jazz/Funk for Musical Theatre, Physical Comedy, and Intro to Acting. Classes are for students in grades 1 to 12 and run from April 27 - June 17, 2013. For more information, please call our Box Office at (781) 279-2200 or visit us online at www.stonehamtheatre.org. Other upcoming shows: Thoroughly Modern Millie; April 18 - May 12, 2013 and These Shining Lives; June 6 -June 23, 2013.

#### BRAIN BUILDING IN PROGRESS WEEK APRIL 15 - 19

Whenever you see children interacting and learning in enriching environments, what you are really seeing is brain building in progress. The latest science shows that these early experiences actually build the architecture of the developing brain; much like a house is built from the bottom up. Each sequential step lays the groundwork for the next set of skills — like reading and math — and a lifetime of learning, success and productive, responsible citizenship. What is the most important thing we can all do? Have an engaging interaction with a young child. Read a book with a toddler and have a conversation about it. Play peek-a-boo with a baby. Or, take the time to be completely fascinated by the artwork of a young neighbor, niece or nephew. Get down to their level. Look them in the eye. And really, really listen. Every interactive experience that an adult has with a young child creates valuable connections that permanently wire the architecture of an amazing work in progress. All of us are brain builders. Put on your hard hat and get building for your child's future success. Go to www.brainbuildinginprogress.org for more information.



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.



## **Community Programs and Support**

#### Childcare and Preschool Information: <a href="http://www.eec.state.ma.us/ChildCareSearch/EarlyEduMap.aspx">http://www.eec.state.ma.us/ChildCareSearch/EarlyEduMap.aspx</a>

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.

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. CERS is currently also seeking new Visiting Mom volunteers to serve the northern suburbs, including Malden, Melrose and Wakefield. For more information, visit <a href="https://www.jfcsboston.org/CERS">www.jfcsboston.org/CERS</a> and <a href="https://www.fcsboston.org/CERS">www.fcsboston.org/CERS</a> and <a href="https://www.fcsboston.org/CER

<u>Criterion Stoneham Early Intervention:</u> 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'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, please email Tracy at newmembers@melrosefamilyroom.org. For more information visit <a href="https://www.melrosefamilyroom.org">www.melrosefamilyroom.org</a>

The Northeast Arc is dedicated to providing lifelong individualized supports to people with or at risk of developing disabilities, and their families, ensuring opportunities to choose and realize their goals of where and how they learn, live, work, socialize and play. We have a variety of programs: early intervention, recreation, personal assistance, advocacy, transition services, etc. Our main number is 978-762-4878 our website is <a href="www.ne-arc.org">www.ne-arc.org</a>.

<u>Parents Helping Parents:</u> 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 <u>www.parentshelpingparents.org</u> or call 1-800-632-8188, which also functions as a 24-hour helpline for parents.

<u>Parents of Tots:</u> 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.

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

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.

**Homelessness Education Liaisons:** 

Melrose: Patricia White-Lambright 781-979-2160 or pwhite-lambright@melrose.mec.edu
Stoneham: Tom Arria 781-279-3810 or tarria@stonehamschools.org
Wakefield: Kevin Pierce 781-246-6414 or piercek@wakefield.k12.ma.us

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



## Hallmark Health System Support Programs

<u>Grandparents Raising Grandchildren In Harmony:</u> 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.

<u>Kids & Grief Support Groups</u>: Hallmark Health System 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 System, 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.

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. If you have gently used items you would like to donate, call 781-338-7607. The store now has spring 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 Melrose/Wakefield is a home visiting program for first-time parents (age 20 and under) living in Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, and Wakefield. \*Available in Everett for parents 22 and under through the MA Home Visiting Initiative\*. Based at Hallmark Health System, Healthy Families provides home visits, prenatal and parenting education, family-focused groups and activities, and connects families to community resources. Services are free and offered during pregnancy and until the child turns three. HEALTHY FAMILIES MASSACHUSETTS is funded by the Children's Trust Fund. For further information, please call 781-338-7550.

<u>Financial Counseling:</u> 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 to determine your eligibility for services.

<u>Look aHEAD to a Healthy Future:</u> 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.

# Hallmark Health Medical Center Health Fair April 15th 10:00 AM - 2:00 PM

Hallmark Health Medical Center, 30 Newcrossing Road, Reading

Wondering what to do with the kids on Patriot's Day? Need some health care advice after filing your taxes? Don't want to travel into Boston during the Marathon? Come to the Hallmark Health Medical Center Health Fair in Reading. It's a fun, free and healthy event for parents and kids. Teddy Bear/Doll clinic, face painting, tattoos, refreshments, raffles, various health screenings and much more! For more information, please call 800-540-9191.



Looking for a Doctor?

To find a physician near you

call:

1-800-540-9191

www.hallmarkhealth.org



## Hallmark Health System Community Health Programs

#### Hallmark Health Community Health Education Classes

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

#### The New Dad Difference

April 3 or June 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

April 3 or June 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

April 6, May 4 or June 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

April 6, May 4 or June 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 Family Resource Network families \$35.

#### Safe Sitter

April 13, May 11 or June 15

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

April 6, May 4 or June 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.

#### My Life, My Health Call 781-279-0300 for information on upcoming sessions.

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.

"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 <a href="http://www.mass211.org">http://www.mass211.org</a> or dial "211" for assistance.

Need a Resource? Give Us a Call: Do you need help finding a service or program to meet your family's needs? We have information for a variety of services and programs. If we don't have it we will work together to find the resources you need. The Family Resource Network can help. Give us a call at 781-279-0300.



## **Family Resource Network Sponsors**

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 for additional information.

<u>Attorney Anna Bastian</u> 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 <u>www.annabastianlaw.com</u> for more information.

<u>B Yoga</u> 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 <a href="https://www.byogacenter.com">www.byogacenter.com</a>.

#### 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  $\sim$  phone: 781-662-3333  $\sim$  email: info@baystatedc.com  $\sim$  website: www.BayStateDC.com

<u>Canterbury Children's Center</u> - we are a traditional pre-school program that additionally offers extended day care. Canterbury is open year round 7:00 a.m.-6:00 p.m. Canterbury was established in 1966 and is a non-profit and non-denominational program. We are a play based school that strives to meet the needs of all the children and families in our care. Please contact the Executive Director, Janas Storey Mercer, to set up a tour of the center or visit us on the web at <a href="https://www.canterburychildrenscenter.com">www.canterburychildrenscenter.com</a>. 5 Bryant Street Wakefield (781) 245-9636

<u>Desperate Lousewives@</u> 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).

<u>Kidzfun</u> 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 <a href="https://www.kidzfunparties.com">www.kidzfunparties.com</a>, or call 781-558-5084.

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 <a href="https://www.melrosedaycarecenter.com">www.melrosedaycarecenter.com</a> or call us at 781-662-6539 for a tour.

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## **More Network Sponsors**

Melrose Family YMCA Childcare Centers in Stoneham and Melrose 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 Stoneham Director Maureen at 781-279-2002 or Melrose Director Cathy at 781-665-8522 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 <a href="https://www.melroseymca.org">www.melroseymca.org</a>.

Roman Music Therapy Services and Sprouting Melodies® - Sprouting Melodies® is a music therapy based childhood program designed and led by Board Certified Music therapists to create child-centered musical experiences for the whole family in each and every music class. Sprouting Melodies® integrates all that we, as music therapists, know about young children, development and musical responses. Sprouting Melodies® provides consistent music experiences though which the child's overall development is supported and strengthened. Parents are given specific tools and music strategies to support their child's growth at home. Spring Session 1 April 8th - May 18th and Spring Session 2 May 20th - June 29th. Go to SproutingMelodies.com to sign up today.

Stoneham Theatre: Join us for our Spring Session 2 young company classes! Some of the classes offered include: Welcome to the Hop!, Singing Stories, Jazz/Funk for Musical Theatre, Physical Comedy, and Intro to Acting. Classes are for students in grades 1 to 12 and run from April 27 - June 17, 2013. For more information, please call our Box Office at (781) 279-2200 or visit us online at <a href="https://www.stonehamtheatre.org">www.stonehamtheatre.org</a>. Other upcoming shows: Thoroughly Modern Millie; April 18 - May 12, 2013 and These Shining Lives; June 6 - June 23, 2013.

At <u>Super Soccer Stars</u>, 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: Danver's Recreation Department, Andover's Kids Club, Tewksbury's Turf Time, Wakefield, Winchester and Arlington Recreation Departments and more! Also, join us for Shine classes, designed especially for individuals with developmental disabilities, and Kick & Play, our pre-soccer and movement program for 12 to 24-month-olds! For more information or to enroll in a class: Website: <a href="mailto:boston@supersoccerstars.com">boston@supersoccerstars.com</a> Phone: 781-777-7171

<u>Tall Spire Nursery School-</u> a private preschool nestled in the town center of Wakefield, where curiosity and creativity are fostered with care to build a community of students with a true love of learning. Our "center based" learning approach allows the children to engage in hands-on activities within our five "centers" which reflect the developmental skills essential for a well-rounded preschool experience. We offer two and three half-day programs for children ages 2.9 to 5 years. To schedule a school tour please contact Director Kathy Relihan at 781-245-4098/781-864-3210 or visit our website @ www.tallspire.com

The Children's Gathering is a fully licensed, year-round preschool and pre-K program, offering half-day and full-day enrollment for children 2.9 - through 6 years of age. We have been serving Wakefield and the surrounding communities since 1984, at 101 Cedar Street, Wakefield MA. Please visit us at <a href="https://www.thechildrensgathering.com">www.thechildrensgathering.com</a>, or call 781-246-3761 for more information. The Children's Gathering . . . Education with Love!

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