

39 Pleasant Street, Stoneham, MA

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

We are listed under Clinical Programs.

**The Family Resource Network Center is closed during summer, June 22 - Sept. 2.**

*Office hours* are by appointment only. We will be checking our phone messages and e-mails daily.

*The Drop-in playroom*, which is used for the YMCA summer camp, is not open during the summer. Please see Pages 2 and 3 for other family activities.

**The Network will resume regular hours for the fall on September 3<sup>rd</sup>.**

**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).

**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. Our goal is to help parents and caregivers 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 and caregivers build connections that will extend beyond the Family Resource Network. 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.

## Kathy's Korner:

Enjoy the slower pace of summer, the longer days, beautiful sunsets, time with family and friends, trips to the beach or pool, and of course, the Boston Red Sox. Hope to see you at one of our playtimes in the park, or Tunes and Tales events. Remember, Together We Can Make a Difference.  
Peace, Kathy

## 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 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 can either complete the questionnaire based on your child's age in the comfort of your own home, or make an appointment to meet with a staff member to review and discuss at our office. Once completed, you and a staff member can talk about 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.

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

**Wednesdays, 10:00 AM - 11:30 AM July 10 - August 14**

**Location: Dutton Center, 1117 Main Street, Wakefield (near the Most Blessed Sacrament Church)**

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. 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 System lactation consultant 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 or at the Everett WIC office, Everett City Hall, 484 Broadway, Room 1A, (617-387-2097), on Thursday from 5 PM - 7 PM.

**Breastfeeding Support Beyond Discharge:** The Massachusetts Department of Public Health has awarded Hallmark Health System a grant to support breastfeeding beyond the early days. If you are concerned about your ability to breastfeed your baby - please contact Sharon Julien at 781-979-6455. Sharon is a registered nurse and board certified lactation consultant who will guide you to the services you need in order for you to meet your breastfeeding goals.

**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. The facilitator is certified in Motherwell Maternity Fitness.

**Creative Coping for New Moms:** This free 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 or to register for our next session in September of 2013. This program is funded by The Children's Trust Fund in collaboration with Hallmark Health System.

**Playtime in the Parks**

Join staff members from the Family Resource Network from 10 AM - 11:30 AM at the park for a morning of fun with friends. Please make sure you sign in with us at the park. We will bring bubbles, puzzles, books, information regarding other family fun and resources in the community. At 11:00 am we will gather to sing some songs, read a book, bring out the parachute or have a parade. This is a great opportunity to meet up with friends or come and make some new friends. Don't forget your sunscreen, a drink and a snack. If it is raining, we will not be playing. Call the Family Resource Network at 781-279-0300 if you are in doubt.

**Stoneham Location: Steele Park/Munchkin Park, Pine Street behind Stoneham Town Hall No registration required.**

Thursday July 18 10 AM - 11:30 AM

Tuesdays August 6 and August 20 10 AM - 11:30 AM

**Wakefield Location: Sullivan Memorial Park, off Salem Street No registration required.**

(Four blocks west of the Salem Street & Lowell Street intersection)

Tuesdays July 9 and July 23 10 AM - 11:30 AM

Thursday August 15 10 AM - 11:30 AM

**Melrose Recreation Dept. - Story Time & Parachutes Registration required, call: 781-979-4179**

**Ages:** 2 - 5 years old **Cost:** \$14 **Time:** 10:15am - 11:00am **Dates:** Fridays, July 12 - Aug 9 **Location:** \*See Below

Lay your blanket down under a shaded tree or under the hot summer sun and join the Melrose Recreation Department as Kathy Harlow from the Family Resource Network reads new and classic story time books to all in attendance. Kathy will share ideas of things to do with kids at home to reinforce the story and also to keep literacy a part of each day. After we are done reading, all participants will have a chance to work off that energy by running underneath and all around our giant parachute. Our Story Time and Parachutes is led by our Park Instructors, but parents are encouraged to jump in to help. After the class, stay and enjoy our Pizza Party Friday event with our supervised bounce house!

**Dates & Locations for Story Time & Parachutes: \*Location for this program changes each Friday\***

**July 12** Gooch Park (Florence, Maple, Vinton St.); **July 19** Hesseltine Park ( Hesseltine Ave.); **July 26** Volunteer Park (Warren and Melrose St.); **Aug 2** Lincoln Park, (Pleasant St. Rear Lincoln School); **Aug 9** Common Park (Laurel and Foster St.)

## Tuesday Tunes & Tales

### *Sponsored by Melrose Cooperative Bank*

Location: The Beebe Estate Lawn, 235 W. Foster Street, Melrose

In case of rain: First Congregational Church, 121 W. Foster Street, Melrose

**BYO Picnic: 5:30 PM (No picnic in case of rain) Entertainment: 6:00 PM - 7:00 PM**

#### Tuesday, July 23

#### "Big Joe" The Storyteller

Drop-In

Big Joe, which was the name given to him by the preschoolers he taught, is the same name he now uses as a professional storyteller. People often describe his storytelling style as "exciting", "animated", "energetic" and "amazing"! Big Joe has been delighting children and families for many years with his exciting storytelling show. With a huge collection of original and classic tales as well as a box filled with puppets, props, and surprises, Big Joe has added lots of humor and fun to Tuesday Tunes and Tales each year. If you love stories, you will love the unique and wonderful experience of seeing Big Joe the Storyteller! See more about Big Joe at [www.bigjoe.com](http://www.bigjoe.com).

#### Tuesday, August 13

#### Scott Kepnes

Drop-In

Delighting audiences with his funny blend of funky folk, rock tunes and stories, Scott Kepnes has been entertaining audiences throughout New England and beyond for over 20 years. With an abundance of audience participation, upbeat energy and ability to connect with the audience, Scott will entertain the whole family. Get ready to sing-along, hop-along and dance-along! A hand clapping, foot stomping, funky rock and roll good time! See more about Scott Kepnes at <http://scottkepnes.com>.

**Special thanks to the Beebe Estate, the First Congregational Church and Melrose Cooperative Bank for their continued support.**

## Places to Go and Things to Do

**Visit Your Local Library:** Each of our communities has a wonderful children's library run by dedicated and talented librarians. Libraries are more than just books. Libraries have passes to area museums, lit kits, offer story hours, music programs and programs for new moms. The summer reading program this summer is "Dig into Reading". Call your local children's library for offerings. Melrose: 781-665-2314, Stoneham: 781-438-1325 and Wakefield: 781-246-6334.

**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).

**Outdoor Activities through the Mass. Dept. of Conservation & Recreation - DCR:** The DCR offers a variety of family activities throughout the summer, including playgrounds and swimming pools. Visit their website [www.mass.gov/dcr](http://www.mass.gov/dcr) for schedules and more exciting ideas for quality family time. Go to [www.hatchshell.com](http://www.hatchshell.com) for a listing of "Free Friday Flicks".

**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 on select Tuesdays, Thursdays and Saturdays from 10:00 - 11:30 AM. Schedules are available at the Family Resource Network office and on-line at [www.fells.org](http://www.fells.org). Please note these hikes are not suitable for strollers. No dogs please. 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.

#### Local Recreation Departments Contact Information

Melrose Recreation Dept. [http://www.cityofmelrose.org/dept\\_recreation.cfm](http://www.cityofmelrose.org/dept_recreation.cfm)

Wakefield Recreation Dept. <http://wakefieldrec.net>

**Stoneham Theatre:** Join us for our 2013 Summer Festival! *Starmites Lite, Bye, Bye Birdie, The Wiz, Jekyll & Hyde, The Handless Maiden, and Bernarda Alba* will be performed on the Mainstage by our young company August 9 - 18, 2013. Adult tickets are \$15. Student tickets are \$10. For more information, please call our Box Office at (781) 279-2200 or visit us online at [www.stonehamtheatre.org](http://www.stonehamtheatre.org). Other upcoming shows: The Marvelous Wonderettes; July 5 -28, 2013 and The Movin' Out Band; August 24.

**Free Fun Fridays Calendar:** Go to [www.highlandstreet.org](http://www.highlandstreet.org).

**Free Bowling Passes for Kids:** Visit the website [www.kidsbowlfree.com](http://www.kidsbowlfree.com) for more information.

**Greater Boston Area Things To Do:** Visit the website [www.bostoncentral.com](http://www.bostoncentral.com) for weekly listings.

### 10 Simple Ways to Build Your Child's Brain This Summer

*Adapted from the "Well Centered Child Magazine", May 2001*

1. Make one day a week library day. Enjoy a special outing by packing a lunch and stopping in a park on the way home. Find a shade tree, settle down together and enjoy your books.
2. Put some peeled and broken crayons of various colors in paper cups. Cover with plastic wrap, and set them in the sun on a hot day. They'll melt and turn into round multi-colored crayons.
3. Help your child make funny hats by cutting a head sized hole in paper plates or empty cereal boxes.
4. Show your child the Big Dipper in the stars. Make sure your child knows what a dipper is first. Use a soup ladle to dip up some water before you go out.
5. Have your child tell you a story. Write it down, word-for-word, just the way it's told. Some very good stories are only a sentence or two long. Maybe you could act it out together.
6. Finger paint with shaving cream or liquid starch. For liquid starch, have your child help you mix together 2 cups of cornstarch and 1 cup of water in a large bowl or plastic tub.
7. Take some toys outdoors to wash. It's not only fun, it's a good chance to sort and organize them. With all the pieces together, they'll be lots more fun to play with on a rainy day.
8. Make colorful bubble prints. Mix food coloring in bubble solution. Then go outdoors and blow the bubbles at sheets of white paper.
9. Have a summer art show. If you've saved sample of your children's art work over the past year, now's a good time to exhibit the whole collection. Have your children invite a friend or relative over for a tour. You might even want to play some background music and serve refreshments.
10. Poke some holes in the bottom of a paper cup. Put a flashlight in it and shine it at the ceiling to make stars in your child's bedroom at night.

*This is the only summer your child will be exactly the age he or she is right now. Be sure to savor it. Tell your child how much you love him or her. Say it for no other reason than because it's true.*



**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.

### Let's Talk Literacy

Summer offers many unique opportunities to weave literacy into everyday activities with your child. Beach trips, swimming in a pool, or family barbecues provide ideal opportunities for conversation, book reading, and looking at letters; skills that will help your child become a reader and writer later in life. Try some of these tips for making your child's summer full of literacy fun.

**Be a reader yourself.** When you read newspapers and books and write letters and lists, you show your young child how reading and writing are useful. By demonstrating why reading and writing are important, you will motivate your child to become a reader and writer.

**Set aside a consistent time each day for reading aloud.** Choose a read-aloud time that fits your family's summer schedule and stick to it every day. Your baby, toddler, or young child will look forward to this special time together.

**Connect read-aloud choices to summer activities.** Read your child a book about the beach, such as *Sea, Sand, Me!*, before or after a beach trip, or read *The Very Lonely Firefly* after your child discovers fireflies at a family cookout.

**Check out summer programs at your local public library.** Many feature special story times, sing-alongs, and puppet shows during the summer. These programs offer fun opportunities for your child to expand his language-and literacy-related skills.

**Look at letters and words as you enjoy summer activities.** As you walk to the park, point out stop signs and letters in street signs. When you visit the local pool, point out the list of pool rules and read them out loud.

**Take books along on outings.** Pack some books in your beach bag or picnic basket, and bring a stack of books on long car rides.

*Adapted from My PBS Parents, Reading and Language articles.*

**Summer Reading Resources:** [www.readingrockets.org](http://www.readingrockets.org) [www.thechildrensbookreview.com/books-by-age](http://www.thechildrensbookreview.com/books-by-age)  
[www.scholastic.com/summer](http://www.scholastic.com/summer) [www.education.com/seasonal/summer-reading](http://www.education.com/seasonal/summer-reading) [www.pbsparents.org](http://www.pbsparents.org)

**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 including a free weekly group on the North Shore, 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 [www.jfcsboston.org/CERS](http://www.jfcsboston.org/CERS) and [www.facebook.com/JFCS.CERS](https://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 781-587-2314.

**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](mailto:newmembers@melrosefamilyroom.org). For more information visit [www.melrosefamilyroom.org](http://www.melrosefamilyroom.org)

**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 [www.ne-arc.org](http://www.ne-arc.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) 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.

**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: Patty White-Lambright 781-979-2160 [pwhite-lambright@melrose.mec.edu](mailto:pwhite-lambright@melrose.mec.edu)
- Stoneham: Sandra A Fulmer 781-279-3840 Ext. 4 [sfulmer@stonehamschools.org](mailto:sfulmer@stonehamschools.org)
- Wakefield: 781-246-6416 Special Education Office

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

**Hallmark Health Community Health Education Classes**

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

**The New Dad Difference**

August 7

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**

August 7

Expectant and New Moms: Do you ever wonder how you'll become the mother you hope to be? Well, don't worry you are not alone! Join other new and expectant Moms to discuss topics such as picturing yourself in your new role, parent-proven tips for calming a fussy baby, chasing the "blues" away, coping with fatigue and other essential topics such as returning to work while breastfeeding, home safety and much more. Class offered every other month. Cost \$25, \$40 if taken with The New Dad Difference class.

**Family & Friends First Aid for Children**

July 13 or August 10

Learn how to manage illness and injuries in a child for the first few minutes until professional help arrives.

Cost: \$15, \$10 if taken with Family & Friends CPR Training.

**Family & Friends CPR Training**

July 13 or August 10

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**

July 27 or August 24

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**

July 13 or August 10

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)

**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 <http://www.mass211.org> 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.

**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 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 Bouchotte at 781-338-7570 or e-mail her at mbouchotte@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 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 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.

**Financial Counseling:** 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.

**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

## 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.

**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.

**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 ~ website: [www.BayStateDC.com](http://www.BayStateDC.com)

**Canterbury Children's Center** - 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 [www.canterburychildrenscenter.com](http://www.canterburychildrenscenter.com). 5 Bryant Street Wakefield (781) 245-9636

**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.

**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 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

**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 through 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. Summer Session 1 July 8th - August 3rd and Summer Session 2 August 5th - August 31st. Go to [SproutingMelodies.com](http://SproutingMelodies.com) to sign up today.

**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: Danver's Recreation Department, Andover's Kids Club, Tewksbury's Turf Time, Wakefield's Sullivan Park and Americal Civic Center, Reading's Recreation Department, 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: [boston.supersoccerstars.com](http://boston.supersoccerstars.com). Email: [boston@supersoccerstars.com](mailto:boston@supersoccerstars.com) Phone: [781-777-7171](tel:781-777-7171)

**Tall Spire Nursery School-** 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](http://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 [www.thechildrensgathering.com](http://www.thechildrensgathering.com), or call 781-246-3761 for more information. The Children's Gathering . . . Education with Love!

**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.**