

Winter 2014 Programs

39 Pleasant Street, Stoneham, MA

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

Email: nsfamilynet@hallmarkhealth.org

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

Office Hours

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

Daily Drop-in Play Hours

Jan. 2 - May 2, 2014 (see dates closed below) Monday-Friday 9:30 AM - 12:30 PM See Page 5 for Saturday Drop-in dates.

The Network will be closed:

Dec. 23 - Jan. 1 (Holiday school vacation) Monday, Jan. 20 (Martin Luther King Day) Feb. 17 - 21 (School Vacation) April 18 - 25 (Good Friday & School Vacation)

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 lot is along and behind building. Please be aware of signs for specific "no parking" and "2 hour" parking limitations and 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 a variety of grants and 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. Programs and activities are located in Melrose, Stoneham or Wakefield. 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 classes begins Monday, January 6, 2014

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.

Table of Contents

	<u> </u>
Page 1	Hours of Operation
Page 2	Expectant Parent Programs
Page 2	Parent & Infant Programs
Page 2	Pre-Toddler Programs
Page 3	Toddler Programs
Page 4	Parent & Caregiver Education Classes
Page 5	Family Activities, Drop-In Playtimes
Page 6	Community Programs & Support
Page 7-8	Hallmark Health System Education & Support
Page 9	Sick Policy & Inclement Weather Policy
Page 9-10	Network Sponsors

Kathy's Corner

The Family Resource Network is overseen by a Governing Council made up of representatives from area agencies, early childhood educators, parents as well as a local pediatrician. Parent representation assists us in our mission of offering support and education to caregivers and families with young children. Our meetings are held bi-monthly at the Family Resource Network from 6:30 pm - 8:00 pm. Next meetings are Thursday, January 16th and Thursday, March 20th. We have lots to do in 2014 and would love some new faces and ideas! If interested call or e-mail Kathy. Together We Can Make A Difference. Peace, Kathy

Dads and Kids Open House

Monday, January 6, 2014 10:00 AM - 11:00 AM

Calling all dads! Are you interested in meeting other dads? The Family Resource Network would like to talk to you. On Monday, January 6th, join us at the Family Resource Network, 39 Pleasant Street, Stoneham, for a drop in play especially for dads. Let's talk about what the Family Resource Network can do to support you and enhance your fathering experience. If you are unable to attend, but are interested in learning about future events, please contact Kathy at 781-279-0300 or e-mail kharlow@hallmarkhealth.org.



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 Jan. 13 - April 14 (No group Jan. 20 and Feb. 17) 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. Group is led by Kathy Harlow, Family Resource Network Program Manager. Suggested donations are optional and tax deductible.

Pre-Toddler Play and Learn Groups

Suggested Donation: \$5 per class

Drop-In

Fridays, Jan. 17 - April 11 (No group Feb. 21)

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

The Baby Café: A drop-in program offering breastfeeding support and assistance. Pregnant mothers interested in learning about breastfeeding are welcome to attend. Baby Cafés are facilitated 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 or at the Everett WIC office, Everett City Hall, 484 Broadway, Room 1A, (617-387-2097), on Thursday from 5 PM - 7 PM.

Feeling Fit & Fabulous: Are you at least 16 weeks along in your pregnancy? Are you interested in learning about what to eat and exercises to do that will 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®.

<u>Creative Coping for New Moms:</u> 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 February. The program is partially funded by The Children's Trust in collaboration with Hallmark Health System.

Feeling Good: Discovering Your Strong and Healthy Self: A six session wellness program for women. It is designed to enhance your physical, economic, social and emotional well-being. Learn strategies to be happier, healthier and more productive. The next session will be held on Friday evenings from 6:30 pm - 8:00 pm, beginning Fri., Feb. 28 and ending on Fri., April 4, 2014. Group will be held at the Medford Family Network, 489 Winthrop St., Medford. Child care available for children ages four and older. Pre-registration for childcare is required to ensure adequate staffing. Call 781-393-2106 for questions and registration.



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. For additional brain building activities to do with your child, visit our website at www.hallmarkhealth.org. We are listed under Clinical Programs.



Toddler Programs

Registration begins Monday, January 6, 2014

To register, please call 781-279-0300

- <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 0-7 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 8-20 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 one year and older 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 a staff member confidentially when registering. 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 to 3 year olds)

Registration required

You may also register siblings 8-20 months with a terrific toddler age older sibling.

Session 1 January/February

Group 1	Wednesdays	9:15 AM - 10:15 AM	January 15 - Feb. 26	(No class Feb. 19)
Group 2	Wednesdays	10:45 AM - 11:45 AM	January 15 - Feb. 26	(No class Feb. 19)
Group 3	Thursdays	9:15 AM - 10:15 AM	January 16 - Feb. 27	(No class Feb. 20)
Group 4	Thursdays	10:45 AM - 11:45 AM	January 16 - Feb. 27	(No class Feb. 20)

Session 2 March/April

Group 1	Wednesdays	9:15 AM - 10:15 AM	March 12 - April 16
Group 2	Wednesdays	10:45 AM - 11:45 AM	March 12 - April 16
Group 3	Thursdays	9:15 AM - 10:15 AM	March 13 - April 17
Group 4	Thursdays	10:45 AM - 11:45 AM	March 13 - April 17

Alphabet Soup

(Ages 2 - 4 year olds)

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.

Session 1 <u>January/February</u>

Group A	Tuesdays	9:15 AM - 10:15 AM	January 14 - Feb. 25	(No class Feb. 18)
Group B	Tuesdavs	10:45 AM - 11:45 AM	Januarv 14 - Feb. 25	(No class Feb. 18)

Session 2 March/April

Group A	Tuesdays	9:15 AM - 10:15 AM	March 11 - April 15
Group B	Tuesdays	10:45 AM - 11:45 AM	March 11 - April 15

Come Learn With Me at the ECC (Ages $2\frac{1}{2}$ - $3\frac{1}{2}$ years)

Registration required

Location: Melrose Early Childhood Center, 16 Franklin Street, Melrose

Session #1 Numbers and Counting: Fridays, January 17 - February 28 (no class February 21) 10 AM - 10:45 AM Session #2 Growing a Garden: Fridays, March 7 - April 11 10 AM - 10:45 AM

Designed for children who will be eligible for or in preschool next fall, this program will use literacy, math and science concepts that will help prepare them for school. Each week we will read a story and participate in an activity or game to reinforce what we have learned. Parents will be given additional information and things to do at home with their child. This storytime is a collaboration of the Melrose Early Childhood Center and the Family Resource Network.





Parent & Caregiver Education Classes

Registration starts Monday, January 6, 2014

Call 781-279-0300

PLEASE NOTE: A suggested donation of \$5 for each parent & caregiver 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.

Our parent & caregiver education classes this year are made possible by a generous donation from the Melrose Rotary Club.

Rotary is a worldwide organization of more than 1.2 million business, professional, and community leaders. Members of Rotary clubs, provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. The Family Resource Network is grateful for their support.

Raising Confident Boys

Registration required

7:00 - 9:00 PM Tuesday, January 21

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

Beyond Begging, Bossing and Bribing

Registration required

Thursday, February 6

7:00 - 9:00 PM

Location: Perkins Hall, Melrose Wakefield Hospital

Have you ever heard someone say "What part of no don't you understand?" or "Because I said so, that's why!" Or maybe you have thought there has to be a better way to get children to listen. This session explores four choices about how to raise, teach and discipline children. When you leave, your "toolbox" will be full of effective strategies.

Presented by Jeanine Fitzgerald, a Certified Human Behavior Consultant and owner of the Better Behavior Bureau.

move through their developmental stages. Presented by Rick Irving, LICSW, a licensed social worker for over 30 years.

Picky Eaters

Registration required

Thursday, March 13

7:00 - 9:00 PM

Location: Perkins Hall, Melrose Wakefield Hospital

Have you ever had questions or concerns about your child's eating habits? If so, this is the workshop for you! Throughout the evening, we will be discussing the "division of responsibility" feeding model, common reasons for picky eating, as well as common solutions/tips in order for you to better encourage your child to eat a more balanced, and healthy diet. This workshop will be presented by North Suburban WIC Nutritionists.

Different Children, Different Needs

Registration required

Wednesday, April 2

7:00 - 9:00 PM

Location: Perkins Hall, Melrose Wakefield Hospital

"Children are not things to be molded, but people to be unfolded." This workshop will explore the unique pattern of influence upon a child's behavior and development, with particular detail on the inherited temperament, Together, we will explore the concept of "goodness of fit" between the child's traits and those of the adult caregiver. This workshop is uplifting, empowering and fun! Presented by Jeanine Fitzgerald, a Certified Human Behavior Consultant and owner of the Better Behavior Bureau.

Maneuvering the Maze (3 Part Series)

Registration required

Wednesdays March 12, 19 and 26, 7:00 PM -9:00 PM

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 x 4022 or email familysupport@theemarc.org.

Visit Your Local Library: Libraries are more than just books. Libraries have passes to area museums, lit kits, offer story hours, music programs and programs for new moms. Call your local children's library for offerings. Melrose: 781-665-2314, Stoneham: 781-438-1325 and Wakefield: 781-246-6334.

Outdoor Activities through the Mass. Dept. of Conservation & Recreation - DCR: The DCR offers a variety of family activities throughout the year. Visit their website www.mass.gov/dcr for schedules and exciting ideas for quality family time.

Babes in the Woods Hikes: For questions and dates, go to www.fells.org or call Friends of the Middlesex Fells at 781-662-2340.



Family Activities

Winter Fun Brain Building Activities

Adapted from Parenting.com

Break out these fun and creative ideas when you're cooped up indoors.

<u>Family-Photo Bingo:</u> Improve your child's memory and help him learn about your family tree with this photo game. Take nine family photos and arrange them into rows of three, then give your child nine checkers pieces to serve as bingo chips. When someone calls out "Daddy" or "Grandma," your child covers the photo with the card. Whoever gets three in a row wins.

<u>Grandparent Greetings:</u> Haul out the craft supplies and set up a home Hallmark business. First your child creates the card with stickers, glitter, cut-out magazine photos, or whatever else he likes. Then you ask him what he wants to say to the recipient, and you write it inside.

<u>Signature Storytelling:</u> Try this trick at bedtime to give new life to old stories. Start reading one of your child's favorite books. When you get to a critical point in the action, challenge him to take charge of the tale and add his own twist.

<u>Bowl-a-rama:</u> Small empty water bottles and a rubber ball are all you need to transform the family room into a bowling alley. Six bottles should suffice for bowling pins. If the bottles fall over too easily, fill them up with a little water or dry pasta for some extra weight.

<u>Mini Car Wash:</u> Gather up your child's fleet of cars, trucks, and spaceships for a detailing job that'll put your local garage to shame.

Load them all into the tub and give them a cleaning with plant sprayers and empty squeeze bottles.

<u>Masking-Tape Marvels:</u> Who would have thought that a humble roll of masking tape could provide so much fun? Make a hopscotch pattern or mock balance beam on the living room floor.

<u>Daily Drop-in Playtime at the Network</u> (Children under 5 yrs. old)

Drop-in

Monday-Friday 9:30 AM - 12:30 PM January 2 - May 2 (See page 1 for dates closed, location and parking.)

Location: North Suburban Family Network, 39 Pleasant Street, Stoneham

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.

<u>Saturday Drop-in Play & Learn Time at the Network</u> (Children under 5 years old)

Drop-in

Saturdays 9:30 AM - 11:00 AM Jan. 4, 11 and 25; Feb. 1, 8 and 22; March 1, 8, 22 and 29

Location: North Suburban Family Network, 39 Pleasant Street, Stoneham

Come and enjoy our large playroom. It's a great time for working parents to unwind and a fun place for caregivers to hang out with the kids. A Family Resource Network Parent Child Educator will be on hand to lead songs and activities.

For safety purposes, in case of any snow or ice, please call the office at 781-279-0300 to make sure we are open.

Registration begins Monday, January 6, 2014

To register, please call 781-279-0300

Toe Jam Puppet Band

(Ages 2 - 5 years)

Registration required

Saturday, January 18

10:00 AM - 11:00 AM

781-279-0300

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

The Toe Jam Puppet Band performances are very active, encouraging kids and parents to sing and dance along with the band as they entertain with a unique combination of original songs, masterful shadow puppetry, storytelling and just plain old good fun! This program is funded by a grant from the Stoneham Arts Council, a local agency supported by the Massachusetts Cultural Council and presented in collaboration with Stoneham Theatre. Visit www.toejampuppetband.com.

Music and Movement with Kidzfun (Ages 2 - 5 years)

Registration required

Saturday, February 8 Sessions: 9:30 - 10:00 AM 10:10 - 10:40 AM 10:50 - 11:20 AM 11:30 AM - 12:00 Noon Location: First Congregational Church, 121 West Foster Street, Melrose

Theresa McLennan of Kidzfun will conduct a half hour program of music and movement that will delight your child and teach them about simple fitness. Choose one of four 30-minute sessions offered. This program is funded by a donation from the Melrose Cooperative Bank and presented in collaboration with the First Congregational Church of Melrose. Visit www.kidzfunparties.com.

Tom Knight's Music and Puppet Show (Ages: 2 - 5 years)

Registration required

Saturday, March 15 10:00 AM - 11:00 AM (Please, no food or drink in the theatre.)

Location: The Savings Bank Theater, Wakefield High School, 60 Farm Street, Wakefield

Tom Knight Puppets is a vibrant collection of original songs and skits with variety enough to keep even the very youngest children waiting to see what will happen next with puppets like Henry the Magician, the Little Elephant and Andy the Recycling Guy. It appeals to the child in all of us, while effortlessly teaching manners, science, musical styles, and more. This program is funded by a donation from the Rotary Club of Wakefield and presented in collaboration with Wakefield Public Schools. Visit www.TomKnight.com.



Community Programs and Support

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 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 and www.jfcsboston.org/CERS and www.fcsboston.org/CERS and www.jfcsboston.org/CERS and www.fcsboston.org/CERS and www.jfcsboston.org/CERS and <a href="https://www.jfcsbosto

<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: 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.

"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.

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, email newmembers@melrosefamilyroom.org. For more information visit 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.

<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> 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 Street, 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
Stoneham: Sandra A Fulmer 781-279-3840 Ext. 4 sfulmer@stonehamschools.org

Wakefield: Lyn O'Neil 781-246-6416 lyn.o'neil@wpsk12.org

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



Hallmark Health System & Other Support Programs

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.

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.

<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 Program: 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 Clothing Closet: If you are in need of a helping hand, call 781-338-7579 to make an appointment for the store. 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 fall and winter clothing available. We appreciate your generosity, but please, no adult clothing (except maternity clothes), 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. For further information, please call 781-338-7550.

<u>Financial Counseling:</u> Federal Law mandates that all Massachusetts residents have health insurance. If you are uninsured or underinsured, the Certified Application Counselors at Lawrence Memorial and Melrose-Wakefield hospitals are there to help all Massachusetts residents 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.



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

February 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 February 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

January 11, February 1 or March 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

January 11, February 1 or March 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: \$45, special for Family Resource Network families \$35.

Safe Sitter

January 25 or February 19

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

January 11, February 1 or March 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 781-338-7561 for additional CPR and First Aid classes.

Feeling Good: Discovering Your Strong and Healthy Self: A six session wellness program for women. It is designed to enhance your physical, economic, social and emotional wellbeing. Learn strategies to be happier, healthier and more productive. The next session will be held on Friday evenings from 6:30 pm - 8:00 pm, beginning Fri., Feb. 28 and ending on Fri., April 4, 2014. Group will be held at the Medford Family Network, 489 Winthrop St., Medford. Child care available for children ages four and older. Pre-registration for childcare is required to ensure adequate staffing. Call 781-393-2106 for questions and registration.

My Life, My Health Information Session:

Call 781-279-0300 to register

Monday, January 20 10 am - 11 am

Perkins Hall Melrose Wakefield Hosp., 585 Lebanon St. Melrose

My Life, My Health, a six-session community workshop offered by Hallmark Health System, is 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. Come learn more about the series and when the next session will be held.

<u>Pain Self-Management Program</u>

Call Joya Pezzuto at 781-338-7823 to register.

Hallmark Health VNA & Hospice Wednesdays, January 8th - February 12th, 2014

Location: Saltonstall Building, 121 Riverside Ave., Medford MA

This free six-session program can help you learn to manage pain so that you can continue living a satisfying and fulfilling life. Open to adults of all ages who have a primary diagnosis of pain or care for people who do. Registration is required as space is limited.

7th Annual Women and Heart Disease Seminar

Call 1-781-979-6338 to register.

Saturday, February 8 9:30 AM - 2 PM

Location: Plaza, 54 Montvale Ave., Stoneham

In recognition of the American Heart Association's Red Dress Day - Hallmark Health's Cardiac and Endovascular Center will be hosting their 7th Annual Women and Heart Disease Seminar on Saturday, February 2. This year's free event will again be held at the Montvale Plaza in Stoneham from 9:30 am to 2 pm. To register for this event, please call 781-979-6338 or register on-line at www.hallmarkhealth.org and select the Events Calendar (listed under programs). Join us for a fun and educational day including three informative speakers, lunch, lots of resources and screenings to help you stay healthy!

Page 9



Family Resource Network Sponsors

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.

In case of inclement weather on school days, when the Stoneham Public Schools are closed, the Family Resource Network 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 inclement weather on Saturday Drop-in Play days, please call the office to make sure we are open. Due to sand, salt and snow during the colder months, 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.

The Family Resource Network is offering businesses the opportunity to sponsor our Quarterly Program Flyer. A quarterly sponsorship listing is \$35 or annual listing is \$100. 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 parents to protect their children and assets in the event of a tragedy. Consultations may be scheduled during the week or on weekends. 20 West Emerson Street, Melrose. Phone: 781-665-7031; email: annabastianesq@comcast.net. Visit www.annabastianlaw.com for more information.

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 are held M-W-F mornings right in Winchester. We have fabulous indoor locations all winter long, so no need to miss your workout due to Mother Nature. For more information, please go to www.BabyBootCamp.com or email owner Kristen Herlihy directly at Kristen.Herlihy@BabyBootCamp.com. Your first class is always free, so what are you waiting for?

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 www.canterburychildrenscenter.com. 5 Bryant Street Wakefield (781) 245-9636

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. Follow Your Art is run by Kris Rodolico, an artist and art therapist with 15 years of experience working with children and adults. New address: 416 Main St., Melrose. To learn more, go to www.follow-your-art.com.

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

<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 www.kidzfunparties.com, or call 781-558-5084.

Melrose Day Care Center (MDCC) and Preschool 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 to 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 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

<u>Melrose YMCA</u> 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.

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. Winter Session 1: Jan. 6 - Feb. 15, Winter Session 2: Feb. 17 - March 29 Go to RomanMusicTherapy.com to sign up today.

Stoneham Theatre: Season 14 continues with a murder, mystery, musical comedy, SOMETHING'S AFOOT (February 27 - March 23, 2014), the World Premiere of THE UNBLEACHED AMERICAN (April 10 - April 27, 2014), and the Broadway musical, THE SECRET GARDEN (May 15 - June 8, 2014). Stoneham Theatre is located at 395 Main Street in Stoneham. For more information, please call our Box Office at (781) 279-2200 or visit us online at www.stonehamtheatre.org.

<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, 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: supersoccerstars.com. Email: boston@supersoccerstars.com or Phone: 781-777-7171.

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.