

A PROGRAM OF HALLMARK HEALTH

Fall 2009 Programs

Franklin School, 16 Franklin St., Melrose Phone: 781-662-2722

Email: nsfamilynet@hallmarkhealth.org www.hallmarkhealth.org/northsuburban.html

Daily Drop-In Play Hours

Sept. 14 - Dec. 18

Monday-Friday 9:30 AM - 12:00 PM

Office Hours

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

The Center will be closed:

Monday, Sept. 7 (Labor Day)
Monday, Oct. 12 (Columbus Day)
Nov. 26-27 (Thanksgiving break)
Dec. 21 - Jan. 1 (Holiday break)

<u>Center Location</u>: The Family Network is located in the lower level of the Franklin School (corner of Main St. and Franklin St.) in Melrose. Our entrance is on the right side of the building off the driveway. Parking is not allowed in the driveway.

<u>Parking:</u> The school parking lot is located at the end of Greenleaf Place off of Franklin Street.

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

Fall Program Registration

Mark your calendar!

In-district families*:

Tues., Sept. 8 - Toddler groups only Wed., Sept. 9 - All other programs

Out-of-district families*:

Thurs., Sept. 10 - All programs

*In-District: Families who live or work in Melrose, Stoneham or Wakefield

No walk-in registration.

Center will be closed.

Due to the high volume of calls during registration, callers wanting to register should keep trying until they speak to a staff member. No messages, please.

Note:

- Classes fill quickly, so please mark your calendar to register.
- Drop-In programs do not require advance registration. Please sign in that day!
- When you register, please mark your calendar with program dates so you won't miss out!
- Classes are subject to change due to enrollment.

Kathy's Korner: I am excited to start the North Suburban Family Network fall season on Monday, September 14th. Registration for our toddler play and learn groups will begin on Tuesday, September 8th at 9 AM. Starting this fall we are asking for a suggested donation to participate in these groups. Our survey last spring indicated that the drop-in playroom and the play and learn groups were two important parts of our program that families wanted to see continue. People also said they would be willing to make a small donation to participate. Donations collected will enable us to continue our important mission of educating and supporting the caregivers of young children. If you are unable to make the suggested donation, you will still be able to participate. Please speak to Kathy or Barbara. We look forward to another year of making new connections through family fun events, parent workshops and our play and learn opportunities. Together We Can Make A Difference. Peace, Kathy

<u>Chats with Kathy:</u> If you would like to talk about a parenting issue, ask about preschools or daycare centers, or any topic of interest to you, please feel free to call, e-mail or set a time that I can reserve just for you. The NSFN has community resources and parenting information that we can share with you to help make your parenting journey as easy as possible.

Family Network Sick Policy: To ensure that the NSFN is 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 NSFN staff reserves the right to ask a family to leave the Center if any of the above symptoms are present. Thank you for your understanding and desire to keep all of our families healthy.



Support Programs



Grandparents Raising Grandchildren In Harmony

Registration required

The North Suburban Family Network, in collaboration with the Melrose, Stoneham and Wakefield Councils on Aging, and supported by community donations, offers a support group for grandparents and grandchildren. The program meets from 9:00 AM - 11:00 AM on the second and fourth Monday of each month at the Life Care Center of Stoneham. The two-hour sessions offer support and speakers on subjects chosen by the participants. You are not alone. Come meet other grandparents who are actively raising their grandchildren. The next meeting is on Monday, September 14th. Please call the office at 781-662-2722 for more information or to register.

The Baby Café: A drop-in center offering breastfeeding support and assistance from professionals and other moms, all in a relaxed environment with coffee, tea, and snacks. Wednesdays 6:00 PM - 8:00 PM; Fridays 10:00 AM - Noon at Hope Alliance Church, lower level, 84 Green St., Melrose. For more information call (781) 979-6455. Led by Hallmark Health lactation consultants.

Calling All Dads: If you are interested in getting together with other Dads in the Melrose, Stoneham, Wakefield and surrounding communities, send an e-mail to Tony at tonyangeles@gmail.com to learn about weekly playgroups and other outings.

Kids & Grief Support Groups: Hallmark Health Visiting Nurse Association and Hospice, Inc. provide bereavement support to children ages 5 to 13 who have lost a loved one. Kids and Grief Support Groups are designed to meet the needs of the two different age groups with a support group for children ages 5-8 and a group for children ages 9-13. Trained bereavement counselors and volunteers facilitate these groups. There is also a separate parent support group offered at the same time. Please Call Judy Seifert, Bereavement Coordinator, at (781) 338-7861 to register or for additional information.

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

Free Clothing Store: Sponsored by the NSFN Family Assistance Program and the North Suburban WIC Program. Available items include books, gently used maternity and infant clothing (to size 6), diapers and baby essentials such as cribs, swings, strollers, bouncy seats and pack 'n plays. If you are in need of a helping hand, call 781-338-7579.

NSFN Family Assistance Program: If you have gently used children's clothing, cribs or baby equipment that you want to donate, call Karen Andrews at 781-338-7607 to arrange drop-off or pick-up. We appreciate your generosity, but please, no adult clothing, toys, or car seats. Disposable diapers are always accepted, even opened packages of diapers.

Food Pantry Donations: Don't forget to bring a non-perishable food item with you when you visit the NSFN for us to donate to one of the four area Food Pantries. Baby food, lunch box snacks and juice boxes are always appreciated.

Hallmark Health Family Education Classes

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

The New Dad Difference October 7 or December 2

Expectant and new dads learn how to apply their unique talents to parenting in this 2-hour class. Class offered every other month. Cost: \$25

The Art of Becoming a New Mother October 7 or December 2

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.

Family & Friends First Aid for Children Sept. 26, Nov. 7 or Dec. 5

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.

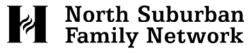
Family & Friends CPR Training Sept. 26, Nov. 7 or Dec. 5

Learn how to respond in case of emergencies such a 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 NSFN families \$35.

Looking for a Doctor?

To find a physician near you call: 1-800-540-9191

www.hallmarkhealth.org



A PROGRAM OF HALLMARK HEALTH

Infant & Pre-Toddler Programs



Parent & Infant Group

(Ages 0 - 6 months)

Mondays 11:00 AM - 12:30 PM Sept. 14 - Dec. 14 (No class Oct. 12 and Nov. 23)

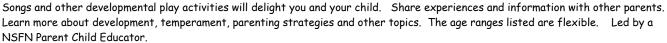
Join other parents and caregivers of infants, newborn to 6 months, for support and information. Discuss the joys and challenges of being a new parent. Learn about growth and development, feeding patterns, soothing a fussy child, sleep habits, and other topics. Moms and dads welcome. Led by a Maternal Child Nurse.

Pre-Toddler Play and Learn Groups

Fridays, September 18 - December 18 (No class Oct. 30 and Nov. 27)

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

Wobblin' Walkers (14 - 20 months) 9:15 AM - 10:15 AM



Expectant and New Parent Open House

Registration Required

Wednesday, December 9

6:30 PM - 8:00 PM at the Family Network

781-662-2722

If you are a new parent (child 12 months or younger) or expectant parent and do not know about the North Suburban Family Network, please join Kathy Harlow, Program Manager, for a special evening open house. Come visit our center, see our Resource Library, meet other parents and find out about the free programs we offer for families. Also learn about the other family programs that Hallmark Health has to offer. Moms, dads and infants are welcome. For additional info, call 781-662-2722.

CPC Annual Child Care Expo



Wednesday, November 4 6:30 PM - 8:00 PM

Galvin Middle School Cafeteria 525 Main St., Wakefield

Looking for childcare or preschool for now or the future? If so, this FREE event is for you! Gather information from nursery schools, childcare centers, family childcare programs and family support programs located in Melrose, Stoneham and Wakefield. The event is free and sponsored by the Community Partnership for Children of Melrose, Stoneham and Wakefield, a non-profit program funded by the Mass. Department of Early Education and Care through the Wakefield Public Schools. For more information, call 781-246-6425.

Childcare and Preschool Information: www.eec.state.ma.us

The Massachusetts Dept. of Early Education and Care website allows parents and caregivers to request a listing by town of all licensed childcare providers and preschools. Our office has a checklist of what to look for when visiting the sites.

Network News

Upcoming Coalition Meetings

Wednesdays, Sept. 23 & Nov. 18

6:30 PM - 8:00 PM

The North Suburban Family Network is run by a Coalition comprised of staff, parents, local business people and representatives of human service agencies. The success of the network is based on all these people coming to the table, collaborating and sharing ideas. Our parents are a large part of that process. We meet every other month for 1.5 hours. Be a part of the future of the NSFN. Call 781-662-2722 for more information.

Town Day Fairs: The NSFN will have an information table at both the Stoneham Town Day (Saturday, 9/12) and the Melrose Victorian Fair, (Sunday, 9/13). We are looking for people to donate an hour or two of your time to help us share the word about the NSFN and sign up new families. Call the office if you are interested. 781-662-2722.

Volunteers Needed: Do you know someone who can give a few hours a week to the family network? We are looking for someone who can help answer doors and greet families coming to class or drop-in play. Hours would be from 9 am - 11 am any day during the week. A smiling face to greet you at the door is so important.

NSFN Lending Library News: Browse through our extensive library covering a wide variety of parenting topics. Please stop by the office to check out books and videos you would like to take home. Books can be kept for two weeks and videos for one week. Did you miss a workshop? Check with the office to see if we have it on DVD.

Drop-In



Toddler Programs



Important: Beginning in September 2009, we are asking for a suggested donation of \$40 per child to participate in a six- week Toddler Play and Learn group (listed below). Families with more than one child in the same group will be asked for a suggested donation of \$60 per family. Suggested donations are optional and families will not be refused participation due to inability to pay. You can speak with Kathy or Barbara confidentially. Cash, check and credit card payments are accepted and must be received on or before the first class. Suggested donations are non-refundable.

To register, call 781-662-2722

Sept. 8 - In-district families (Registration for toddler playgroups)

Sept. 9 - In-district families (Registration for all other programs)

Sept. 10 - Out-of-district families (Registration for all programs)

- Limit one toddler playgroup <u>below</u> per child. Child must be specified age at start of group.
- If you know you will not be able to attend 2 or more classes, please do not sign up for that session.
- <u>Very Important</u>: At time of registration, please let us know if you will be bringing an infant. Only infants 0-4 months (at start of group) may accompany the parent and must be in a front or backpack at all times.
- Please bring a peanut free snack and a drink in a sippy cup for your child. Please, no juice boxes.

Two sessions are available:

Session 1: Week of Sept. 14 through week of Oct. 19

(Monday class: No class Oct. 12, last class Oct. 26)

Session 2: Week of Nov. 2 through week of Dec. 14

(No classes the week of Thanksgiving)

Please choose one session at this time. Check with us the week before classes start for availability if you'd like to register for another session.

Terrific Toddlers

(Ages 21 - 47 months)

Registration required

These six-week sessions are for parent/caregiver and child to enjoy interacting with peers, singing songs, simple arts and crafts and sharing a story. Facilitated by a NSFN Parent Child Educator. Choose session 1 or 2 above.

 Group 1 Mondays
 9:15 AM - 10:15 AM

 Group 2 Tuesdays
 9:15 AM - 10:15 AM

 Group 3 Wednesdays
 9:15 AM - 10:15 AM

 Group 4 Thursdays
 9:15 AM - 10:15 AM

Super Sibs

(Ages 5 months - 47 months)

Registration required

This playgroup is designed for parents with a Terrific Toddler (21-47 months) and a younger sibling (5-20 months). These sixweek sessions are for parent/caregiver and children to enjoy interacting with peers, singing songs, simple arts and crafts and sharing a story. Facilitated by a NSFN Parent Child Educator. Choose session 1 or 2 above.

Group A Tuesdays 10:45 AM - 11:45 AM
Group B Thursdays 10:45 AM - 11:45 AM

Dads & Toddlers

(Ages 12 - 47 months)

Registration required

Wednesdays 10:45 AM - 11:45 AM

This new playgroup is for Dads or other male caregivers and their toddler(s). This six-week session gives you an opportunity for you and your child to enjoy interacting with peers, singing songs, doing simple arts and crafts and sharing a story. Facilitated by a NSFN Parent Child Educator. Choose session 1 or 2 above.



Parent Education



To register, call 781-662-2722

Wednesday, Sept. 9 - For in-district families

Thursday, Sept. 10 - For out-of-district families

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

The following workshops are sponsored in collaboration with the Community Partnership for Children of Melrose, Stoneham, and Wakefield

Helping Families Be Resilient in a Changing World

Registration required

Monday, September 28

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose-Wakefield Hospital

Living calmly has become more and more of a challenge for families, in part due to financial and job worries, increased parental stress around income stability, and regular exposure to news about disease and disasters in our country and around the world. At the same time, we as parents are trying to figure out how to help our children develop a sense of security and confidence that we do not always feel. In this workshop, we will look at how our children sense our stress, how we can help them feel that their lives are secure, and how to develop specific reassuring interactions with them that will help them develop a sense of confidence, not only in themselves, but in their families' abilities to manage life's challenges successfully. Facilitated by Rick Irving, LICSW.

Making Your Home Healthier

Registration required

Wednesday, October 14

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

Join us for this informative event on how to create a healthier family environment in five easy steps: managing pests safely, using non-toxic products, cleaning up indoor air, shopping smart, and using plastics wisely. We'll learn how to make non-toxic cleaning products, offer tips about healthy food choices, and get information about natural body products. This event is presented by Healthy Child Healthy World and LUNA Mom's Club in collaboration with Hallmark Health and other local community experts.

Is My Child Ready for Preschool? Am I Ready?

Registration required

Thursday, October 22

7:00 PM -9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

What makes a quality childcare program? Is there any real learning in preschool or is it all play? This workshop will give participants a chance to learn what preschool directors and teachers want every parent to know before their child begins preschool. We will discuss how and what you can be doing now to prepare your child and yourself for a successful transition into preschool. Parents will be able to share their feeling and thoughts on this very important decision ahead of them and learn some key strategies in preparing for the big day. We will also discuss what parents should look for to help them decide what preschool program is right for their child and family. Presenter Patti Kheboian has over 20 years experience working with children and families in a variety of capacities.

Act Your Age: Birth to Age 2

Registration required

Monday, November 16

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose-Wakefield Hospital

Translating knowledge of early development into practical ideas and strategies can be difficult for parents and professionals alike. This session will fill in our gaps in knowledge about what infants and toddlers need in order to move from one developmental stage to another. There will be particular emphasis on their first relationships and developmental behaviors such as mouthing objects, tantrums, biting and other forms of hurting, breath holding, screeching, toileting woes, head banging, power struggles, destructiveness and clinging. Presented by Jeanine Fitzgerald, Certified Behavioral Consultant.

Act Your Age: Ages 3 to 5 Years

Registration required

Monday, November 30

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose-Wakefield Hospital

Translating knowledge of preschool development into practical ideas and strategies can be difficult for parents and professionals alike. This session will fill in the gaps in our knowledge about what preschoolers need as they navigate the uncharted waters toward the next developmental stage. There will be particular emphasis on developmental behaviors such as inappropriate language, separation, sexuality, not listening, bedtime and mealtime woes, dishonesty, and war, weapons and superheroes play. Presented by Jeanine Fitzgerald, Certified Behavioral Consultant.

The North Suburban Family Network, a program of Hallmark Health, is a community based family support and education program. To participate, you need only be a parent or caregiver of a child under the age of 4 and live or work in Melrose, Stoneham, or Wakefield. If you are not on our mailing list and would like to receive future mailings, please call us. Families outside the district may participate in our drop-in programs or, if space is available, our registered programs. Most programs are free of charge. Funding is provided by a grant from the Massachusetts Department of Early Education and Care through the Melrose Public Schools, other various grants and the generous donations from our families and supporters.



Family Activities



Drop-In Playtime (Children under 4 years old)

Monday-Friday 9:30 AM - 12:00 Noon (Sept.14 - Dec.18 See page 1 for dates closed.) Saturday 9:30 AM - 11:00 AM (Nov. 14, Nov. 21, Dec. 5, Dec. 12)

Drop-in playtime at the Family Network is a wonderful opportunity to play and interact with your child. Come down and enjoy the company of other families with young children while playing in our large playroom. Books, puzzles, toys, blocks and more await you and your child. Please refer to page one for entrance location and days the center will be closed.



E-mails \$ave Us \$\$\$\$! In an effort to keep costs down and to have better communication with you between mailings, we are asking people currently receiving our schedule by regular mail to consider changing to e-mail. Please e-mail us at nsfamilynet@hallmarkhealth.org and state your name and address or call the office. Thank you for your support.

Woodland Nature Walks (For 2.5 - 4 year olds) Registration required

Tuesday, Sept. 22 10:00 AM - 11:00 AM Location: Breakheart Reservation, Saugus Tuesday, Oct. 13 10:00 AM - 11:00 AM Location: Breakheart Reservation, Saugus

Join a DCR Park Ranger as we take a slow half-mile walk in the wooded 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. These hikes are not intended for strollers. The Massachusetts Department of Conservation and Recreation has many family activities. Go to http://www.mass.gov/dcr/ for more information.

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

Join others for a walk in the woods on Tuesdays, 10-11:30 AM, alternating weekly between strolls (can be done with a regular stroller) and hikes (harder terrain). Cancelled only if it is raining, snowing, or if roads are dangerous. Schedules are at the Family Network, on-line at www.fells.org, or by calling 781-662-5214.

<u>Santa's Polar Express Train Ride</u> sponsored by Hallmark Health VNA and Hospice. Sunday, December 6, 2009. Departs from Anderson Commuter Rail Station, 100 Atlantic Ave. Woburn. Four rides to choose from: Noon, 2 PM, 4 PM or 6 PM. Enjoy a magical journey for kids of all ages. Cost: \$15 per rider (Infants under one year free - must sit on adult lap. Go to www.hallmarkhealthhomecare.org and click on the train icon for further details or call 781-338-7902.

<u>Discounted Zoo Passes:</u> Call the Family Network to reserve a day pass to the Stone Zoo or Franklin Park Zoo. The pass entitles you to an admission rate of \$2 per person for two adults and four children (18 years and under). Passes are laminated and need to be picked up and returned to the NSFN office. Call 781-662-2722 to reserve a day. Our Zoo Pass renewal was made possible by the generous donation of William Burton, CPA.

<u>Lit Kits Available To Take Home:</u> Lit Kits contain toddler books, puzzles, and activities designed around topics such as the four seasons, community helpers, the hospital, zoo animals, transportation and more. We also have a Music and Movement kit that is great for home playgroups and birthday parties. It includes music CDs, instruments, beanbags, and scarves.

<u>Visit Your Local Library:</u> Each of our communities has a wonderful children's library run by dedicated and talented librarians. Libraries are more than just books. Libraries have passes to area museums, lit kits, offer story hours, music programs and programs for new moms. Call your local children's library to see what is happening today.

Melrose Library: 781-665-2314, Stoneham Library: 781-438-1325 and Wakefield Library: 781-246-6334.

To register, call 781-662-2722

Wednesday, Sept. 9 - For in-district families Thursday, Sept. 10 - For out-of-district families



Saturday Programs



October is Fire Prevention Month

Visit to the Firehouse (Ages 2.5 - 5 years) Registration required

Saturday mornings 10:00 AM October 3 Melrose Fire Station - Main St.

October 24 Stoneham Fire Station - Central St.

October 17 Wakefield Fire Station - Crescent St.

*Special Open House at Saugus Fire Station October 10 10AM - 2 PM 27 Hamilton St.

Join other parents and tots for a tour of one of our local Fire Stations. Children can climb up in the fire trucks, become familiar with firefighters in gear, see where calls get answered, and learn some basic fire safety skills.

Family Fun at the Stoneham Theatre

Scott Kepnes (Ages 2.5 - 5 years) Registration required

Saturday, November 7 10:00 AM - 11:00 AM 781-662-2722

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

Delighting audiences with his funny blend of funky folk, rock tunes and stories, Scott Kepnes has been entertaining children and family audiences throughout Massachusetts, New Hampshire and beyond for over 20 years. With an abundance of audience participation, Scott's wide repertoire delights the youngest to the oldest and everyone in between. This program is supported by our local CPC and a grant from the Stoneham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. Special thanks to the Stoneham Theatre for their continued support.

Saturday Drop-In Playtime (Ages 0 - 47 months)

Drop-In

Saturdays 9:30 AM - 11:00 AM Nov. 14, Nov. 21, Dec. 5 and Dec. 12

Location: North Suburban Family Network, 16 Franklin Street, Melrose

Come down and enjoy our large playroom. A great time for working parents to unwind and a fun place for dads to hang out with the kids while giving Mom time to herself. A NSFN 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 to make sure we are open.

Melrose Home For The Holidays Saturday, December 5, 2008 Mark your calendar!

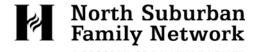
Beginning at 8 am, the NSFN will hold its third annual pancake breakfast at the Melrose Wakefield Hospital Cafeteria. You can then pick up a trolley at various stops around town and take part in all the fun activities across the city. Stop by the NSFN from 9:30 AM to 11:00 AM for drop in play, a craft or to meet up with friends. This annual event is a wonderful beginning to the holiday season. Don't miss out. Further information on the breakfast will be posted at the Family Network and in the local newspapers at a later time.

Children's Clothing, Toy & Equipment Sale - Sponsored by the North Suburban Parents of Multiples

Saturday, September 12 9:30 AM - 12:00 Noon Admission: \$1.00 Over 30 sellers
Location: Americal Civic Center, 467 Main St., Wakefield This is one sale you don't want to miss!

To register, call 781-662-2722

Wednesday, Sept. 9 - For in-district families who live or work in Melrose, Stoneham, or Wakefield Thursday, Sept. 10 - For families who do not live or work in Melrose, Stoneham, or Wakefield



Community Programs and Support



Community Partnership for Children (CPC) of Melrose, Stoneham and Wakefield is a unique program dedicated to providing support for children's school readiness by planning and coordinating a wide range of services at the community level for children and families. The CPC provides information on financial assistance options for early education and care opportunities, facilitates access to resources for providers to increase program quality, facilitates access to comprehensive services for children, and coordinates (along with the North Suburban Family Network) family support and education activities. If you would like information on childcare financial assistance, early education and care program options, or referrals for family support programs in Melrose, Stoneham and Wakefield, please call the CPC today at (781) 246-6425. The CPC is a non-profit program funded by the Massachusetts Department of Early Education and Care, through the Wakefield Public Schools

<u>Developmental Dilemmas:</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 can ask for a developmental assessment of 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 Mary at 781-935-3855, ext. 60.

Melrose Babysitting Exchange: Finding and affording a babysitter can be challenging. A babysitting cooperative is a way for parents to meet and trade hours of babysitting time. For more information call Melissa at 781-665-1099.

<u>Parents of Children With Food Allergies:</u> A group of 5 moms who have children with food allergies are going to begin meeting this fall to discuss their challenges and share supports. If you are interested in meeting and would like to be added to their email list, please contact Emily at emilyvalentino@yahoo.com.

Melrose Mothers Group: Join other working and stay-at-home moms for a weekly breakfast get-together during the school year with childcare provided for 1-6 year olds. Wednesdays 9 AM - 11 AM. \$15 annual fee with a \$30 a month childcare fee. \$5 more for each additional child. Call Karen for location and additional information (781) 662-7469.

<u>Parents Helping Parents:</u> Are you a parent feeling overwhelmed, isolated or stressed? This evening group, facilitated by trained volunteers, provides a place for support, sharing, and encouragement with other parents with similar concerns. Call 1-800-882-1250. For more information, visit www.parentshelpingparents.org. **24-Hour Parental Stress Line 1-800-632-8188**

New "211" Information Center: A new 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 Alliance Against Violence: MAAV will hold its 14th Annual Walk and Candlelight Vigil on Sunday, October 25th at 4:00 PM at the Melrose Veterans Memorial Middle School. For 14 years, MAAV has worked to reduce domestic violence in our community. For more information, visit their website at www.maav.org or call Jackie Lavender Bird at (781) 662-2010.

B Yoga Center: NSFN members receive a 10 % discount on any class card package. They offer classes 7-days a week (Hatha, Vinyasa Flow, Pre-Natal, Core Strengthening & more). Kid's YOGA sessions new for Fall 2009/Winter 2010. Call 781-475-2520 for details or visit the website www.byogacenter.com.

Infant Massage by Bodyography: Did you know your baby could benefit from massage therapy? Numerous studies have indicated some of the benefits of infant massage include promoting restful sleep, healthier weight gain, reducing colic & reducing gas. Learn the wonderful art of infant massage during a four part series held at Bodyography. Call Emily at 781-665-4005 for more information. NSFN members receive a one time 25% discount on infant massage, and a one time 15% discount on massage therapy, acupuncture or skin care.

<u>Stroller Strides:</u> This is a total fitness program for moms and is not just a walk in the park! Classes include strength training and cardio work, all with your little ones by your side. All fitness levels are welcome! Fall classes held on Tues/Thurs/Sat at Lake Quannapowitt in Wakefield, and Wed/Fri at Pine Banks Park in Melrose. Your first class is free, and NSFN families receive a 10% discount off your first class package purchase. Contact christiana@strollerstrides.net, call 1-800-676-1784 or visit www.strollerstrides.net/greaterbostonnorth.

<u>Local Food Pantries:</u> Melrose: A Servant's Heart, Faith Evangelical Church, 200 Franklin St., 781-662-8226; Pantry of Hope, First Baptist Church, 561 Main St., 781-665-4470. **Stoneham:** First Congregational Church, 1 Church Street, 781-438-0097. **Wakefield:** Wakefield Interfaith Food Pantry, First Baptist Church, 8 Lafayette Street, 781-245-2510.

These community programs and supports are not sponsored by Hallmark Health or the North Suburban Family Network.