Summer 2010 Programs

Franklin School, 16 Franklin St., Melrose
Phone: 781-662-2722
Email: nsfamilynet@hallmarkhealth.org
www.hallmarkhealth.org/northsuburban.html

Summer Schedule:

Open Wednesdays only during summer
July 14 – August 25

Center will be closed these weeks for vacation:
June 28 – July 9
Aug. 30 – Sept. 6
We will re-open for the fall on Tuesday, Sept. 7.

Office Hours: Weds. 9 AM – 1 PM

Drop-In Play (Birth – 47 months)
Wednesdays 9:30 AM – 12:30 PM

Come down and enjoy the company of other families while playing in our large playroom. Toys, books, puzzles, blocks, a play kitchen and more will entertain both you and your child. Be sure to sign in. Check out our lending library of books and videos on a wide range of parenting topics while you're here.

Drop-In Play Guidelines to Remember

Please sign in and pick up toys when you and your child are finished playing. We are a peanut free and juice box free network. All diapers *must* be bagged and carried home. Family Resource Network Sick Policy applies. Have fun!

Parent and Infant Group **Drop-In**
(Ages Birth – 6 months)
Wednesdays, July 14 - August 25
10:00 AM – 11:00 AM

Join other parents of newborns and infants up 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 are welcome. The group will meet at the North Suburban Child & Family Resource Network. Call 781-662-2722 for directions.

Kathy's Korner

New and exciting things are happening at the North Suburban Family Network. Beginning July 1, 2010, we are changing our name to the North Suburban Child and Family Resource Network (NSCFRN). We will be funded by a MA Department of Early Education and Care's *Coordinated Family and Community Engagement Grant* (CFCE), through the Wakefield Public Schools, in collaboration with Hallmark Health. We welcome Molly Goyette, CFCE Grant Director, who will be joining us at the network. Molly will be working with families, assisting with childcare vouchers, providing information on area preschools and childcare programs as well as other early childhood education resources. Molly also works with the early childhood educators of local preschools, childcare centers and family child care programs. The collaboration of these two programs under one roof will allow us to better serve our families and educators, and to provide comprehensive services for families from birth through entering Kindergarten. We will be open Wednesday mornings this summer offering drop-in play from 9:30 AM – 12:30 PM and our Parent and Infant group from 10:00 AM – 11:00 AM. If you have any questions or need parenting advice, I will be checking e-mail and voice mail so please feel free to call or write. Have a great summer. Hope to see you at our summer Tunes and Tales events or at a Wednesday program.

Peace, Kathy Together We Can Make a Difference!

CFCE Grant Director

Hello, my name is Molly Goyette and I am so excited to be joining Kathy and Barbara as a part of our new NSCFRN program! I will be available for parent consultations to discuss childcare financial assistance & vouchers, early education and care program options, as well as provide referrals for family support programs in our area. I would be happy to share resources on quality indicators for childcare, licensing regulations and questions you can ask potential childcare programs, so you can find the best match for you and your child. I look forward to meeting all of the families and children in my new role at the Family Resource Network! You can reach me by phone at (781)662-2722 or e-mail at Goyette@wakefield.k12.ma.us.

If you are in need of assistance while the Family Resource Network is closed,
please contact Director of Community Services at Hallmark Health, Eileen Dern at 781-338-7552.

Music and More

Tuesday Tunes & Tales

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 13 **Debbie and Friends** ***Drop-In***

Debbie and Friends concerts are fun for the whole family. Parents and kids join in this interactive "variety Show", which includes a diverse array of styles including rock, pop, country and reggae. You'll become the Big Bad Wolf and blow the house down, fix Rosie's wrong rhymes, and share a special moment with your little ones singing "Love Is A Family". Bring your Teddy Bear and let's have some sing-along fun.

Tuesday, July 27 **Marcus Gale Music and Puppets for Everyone** ***Drop-In***

Marcus Gale features interactive concerts with lively stories and singing and dancing for everyone. His mission is to bring the gift of music and laughter to children and their families. One smiling man arrives with a guitar and his fuzzy dog pals and ... BOOM! Everyone is singing, laughing and having fun. Mr. Gale's warm humor, caring attention and personal charm make every performance a truly spontaneous and happy occasion.

Tuesday, August 10 **jeanniemack…. Performer for Kids** ***Drop-In***

Jeannie's performances include songs written by leading kids' artists, everyone's traditional favorites and her own originals. She encourages children to act out the songs by way of hand gestures, body movements, and vocal participation. Striving to please both kids and their accompanying adults, jeanniemack weaves "mini" stories, rhymes, and humor throughout her show. A performance by jeanniemack, who accompanies herself on guitar and harmonica, is always guaranteed to be lively and fun.

Tuesday, August 24 **" Big Joe" The Storyteller** ***Drop-In***

"Big Joe" is a Family Network favorite. It would not be summer without a visit from one of the most energetic and creative storytellers around. You never know what he will pull out of his trunk of props. Everyone has a good time as Joe takes classis tales and adds his own original flair. No matter what type of stories Big Joe tells, they all have one thing in common, they are fun and exciting.

Tuesday Tunes & Tales is made possible in part by a grant from the Melrose Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency, and generous donations from our families.
Special thanks to the Beebe Estate and the First Congregational Church for their continued support.

Visit Your Local Library: Each of our communities has a wonderful children's library run by dedicated and talented librarians. Libraries are more than just books. Libraries have passes to area museums, lit kits, offer story hours, music programs and programs for new moms. Call your local children's library 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 summer, including playgrounds and swimming pools. Spray pools open May 28th and large pools open on June 26th. Visit their website www.mass.gov/dcr for schedules and more exciting ideas for quality family time.

Babes in the Woods Hikes: Friends of the Middlesex Fells offers Babes in the Woods hikes on Tuesdays and Adventure Babes and Aerobic Babes on alternate Thursdays. Visit www.fells.org for more information on the different types of hikes and their schedules.

Local Recreation Departments Contact Information

Melrose Recreation Dept. www.cityofmelrose.org/departments/recreation.htm
Stoneham Recreation Dept. www.ci.stoneham.ma.us/pages/stonehamMA_recreation/index
Wakefield Recreation Dept. www.wakefield.ma.us/public_documents/wakefieldma_depts/recreation

Free Fun Fridays Calendar: Go to www.highlandstreet.org/images/stories/free_fun_fridays_printer%20friendly.pdf.

Free Bowling Passes for Kids: Visit the website www.kidsbowlfree.com for more information.

Stoneham Theatre: Tickets and show times are available at www.stonehamtheatre.org or by calling 781-279-2200.
July 8 – 25th Always…Patsy Cline and shows in August by the "young company". Great theatre without going into Boston!

Discounted Stone Zoo and Franklin Park Zoo Passes: Call the Network at 781-662-2722 to check on availability and to reserve a day. The pass will allow 2 adults and 4 children (18 and under) admittance for $2 a person.

The North Suburban Child and Family Resource Network is a community based family and early childhood educators support and education program. To participate, you need only be a parent, early childhood educator, or caregiver of a child from birth through entering kindergarten, and live or work in Melrose, Stoneham, or Wakefield. If you are not on our mailing list and would like to receive future mailings, please call us. Families and educators 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 Wakefield Public Schools, in collaboration with Hallmark Health. Additional funding sources are from a variety of grants and the generous donations from our families and supporters.

Support Programs

Calling All Dads: If you are interested in getting together with other Dads in Melrose, Stoneham, Wakefield and surrounding communities, send an e-mail to nsfamilynet@hallmarkhealth.org. We will forward it to the Dads' Group representative who will add you to the e-mail list to receive future outing messages.

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.

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.
Coming soon: A Baby Café will be opening in the Malden WIC office.

Free Clothing Store: Sponsored by the NSCFRN Family Assistance Program and the North Suburban WIC Program. Available items include books, gently used maternity clothes, infant and children's clothing (to size 10), 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. If you would like to donate items, call 781-338-7607.

Healthy Families is a home visiting program for first-time parents age 20 and under. Based at Hallmark Health, Healthy Families Melrose/Wakefield serves Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, and Wakefield. Healthy Families provides home visits, prenatal and parenting education, mentoring, family-focused groups and activities, and connects families to community services and resources. Services are free, confidential, and offered during pregnancy and until the child turns three. HEALTHY FAMILIES MASSACHUSETTS is funded by the Children's Trust Fund. For further information, please call (781) 338-7550.

Hallmark Health Family Education Classes

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

Looking for a Doctor?
To find a physician near you
call: 1-800-540-9191
www.hallmarkhealth.org

The New Dad Difference August 4
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 4
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 10 or August 7
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 10 or August 7
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 NSFN families $35.

Babysitting Basics July 24 or August 14
This engaging program is designed to help your babysitter learn child safety skills, how to play with children, calm a fussy baby and more. Participants must be at least 11 years old and have completed the fifth grade. To ensure personal safety, our program does not provide a list of babysitting graduates to perspective employers. Cost: $45

Family & Friends CPR for Babysitters July 10 or August 7
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 Babysitting Basics. Call 781-338-7561 for more information.

WE NEED YOUR E-MAIL ADDRESS: ***We are tightening our belts in every aspect of operation.***
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.

Community Programs and Support

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 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.

Arc of East Middlesex (EMARC): Our mission is to provide and promote services and supports for persons with intellectual disabilities and their families. 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 781-942-4888.

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 Chris at 781-662-0840.

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.

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 to register.

Parents Helping Parents: 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**

"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. Check the information center for free summer meals. Go to http://www.mass211.org or dial "211" for assistance.

Local Food Pantries: **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.
Malden: Bread of Life, 511 Main Street, 781-397-0404.

These community programs and supports are not sponsored by Hallmark Health or the NSCFRN.

NSCFRN Governing Council: The NSCFRN Governing Council is a committee comprised of parents, early childhood educators, members of the business community and human services representatives. The council works with the CFCE Grant Director and NSCFRN Program Manager to assist with programming, fundraising and other operations pertaining to the Network. The 1.5 hour meetings alternate from morning (offering childcare) to evening. Joining the council or a sub-committee of the council is a wonderful opportunity to give back to the Network and also learn more about your community. Sub-committees include: Fundraising, Family Programming and Supports and Provider Programming and Supports. Please call the office at 781-662-2722 or e-mail nsfamilynet@hallmarkhealth.org if you are interested in additional information. Be a part of the future of the North Suburban Child and Family Resource Network.

Family Resource Network Sponsors

The Family Resource Network is offering businesses the opportunity to sponsor our Quarterly Program Flyer. The fee for each quarterly sponsorship is $25. Please e-mail us a short description of your business. Call 781-662-2722 or e-mail us at nsfamilynet@hallmarkhealth.org for additional information.

Kidzfun: 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. 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.

Avon: Need help finding your right colors? Trying to find the right skin care? Looking for a Girls Night In Party or Gift Baskets for all occasions? Need a simple, fast and fun fundraiser for your organization? To contact Jessica Francis, call 508-237-1589, visit www.youravon.com/jessicafrancis or e-mail jesseeka25@yahoo.com.

Red Sox Raffle

To benefit the North Suburban Child & Family Resource Network

Prize: **Two tickets to Red Sox vs. Baltimore Orioles Game Tues., Sept. 21, 2010 7:10 PM and an autographed photo of pitcher Jonathan Papelbon**

Drawing: Aug. 24, 2010 (at our Tuesday Tunes & Tales Concert)

To enter, simply stop by the Family Resource Network office to purchase tickets or fill out the form below and mail it in with a check made payable to "Hallmark Health". Tickets will also be available at our Summer Tuesday Tunes & Tales Concerts. You need not be present at the concert on August 24th to win.

Red Sox Raffle **(Tickets: $5/1 ticket or $10/3 tickets)**

Name: _____ **Phone:** _____

Address: _____

 # Tickets: _____ **Total Amount Enclosed: $**_____ **(Make checks payable to "Hallmark Health")**

If mailed in, we will call to confirm receiving your ticket order.
Mail to: North Suburban Child & Family Resource Network, 16 Franklin St., Melrose, MA 02176

Red Sox Raffle

To benefit the North Suburban Child & Family Resource Network

Prize: **Two tickets to Red Sox vs. Baltimore Orioles Game Tues., Sept. 21, 2010 7:10 PM and an autographed photo of pitcher Jonathan Papelbon**

Drawing: Aug. 24, 2010 (at our Tuesday Tunes & Tales Concert)

To enter, simply stop by the Family Resource Network office to purchase tickets or fill out the form below and mail it in with a check made payable to "Hallmark Health". Tickets will also be available at our Summer Tuesday Tunes & Tales Concerts. You need not be present at the concert on August 24th to win.

Red Sox Raffle **(Tickets: $5/1 ticket or $10/3 tickets)**

Name: _____ **Phone:** _____

Address: _____

 # Tickets: _____ **Total Amount Enclosed: $**_____ **(Make checks payable to "Hallmark Health")**

If mailed in, we will call to confirm receiving your ticket order.
Mail to: North Suburban Child & Family Resource Network, 16 Franklin St., Melrose, MA 02176

Red Sox Raffle

To benefit the North Suburban Child & Family Resource Network

Prize: **Two tickets to Red Sox vs. Baltimore Orioles Game Tues., Sept. 21, 2010 7:10 PM and an autographed photo of pitcher Jonathan Papelbon**

Drawing: Aug. 24, 2010 (at our Tuesday Tunes & Tales Concert)

To enter, simply stop by the Family Resource Network office to purchase tickets or fill out the form below and mail it in with a check made payable to "Hallmark Health". Tickets will also be available at our Summer Tuesday Tunes & Tales Concerts. You need not be present at the concert on August 24th to win.

Red Sox Raffle **(Tickets: $5/1 ticket or $10/3 tickets)**

Name: _____ **Phone:** _____

Address: _____

 # Tickets: _____ **Total Amount Enclosed: $**_____ **(Make checks payable to "Hallmark Health")**

If mailed in, we will call to confirm receiving your ticket order.
Mail to: North Suburban Child & Family Resource Network, 16 Franklin St., Melrose, MA 02176