

Winter 2009 Programs

A PROGRAM OF HALLMARK HEALTH

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

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

Winter Program Registration begins:

Monday, Jan.12 for In-District families (live or work in Melrose, Stoneham, or Wakefield) Wednesday, Jan.14 for Out-of-District families

Note:

- Classes fill quickly, so please mark your calendar to register.
- Child must be specified age at time of program
- Drop-In programs <u>do not</u> require advance registration. Please sign in that day!
- When you register, please mark your calendar with program dates so you won't miss out!

The North Suburban Family Network reserves the right to cancel a program for lack of participation or due to unforeseen budget constraints. We appreciate your understanding and cooperation.

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.

"New" Office Hours

Monday-Thursday 9 AM - 3 PM Friday 9 AM - 1 PM

"New" Daily Drop-In Play Hours

(Jan. 5 - March 31)

Monday 9:30 AM - 1:30 PM
Tuesday 9:30 AM - 1:30 PM
Wednesday 9:30 AM - 3:00 PM
Thursday 9:30 AM - 1:30 PM
Friday 9:30 AM - 12:00 Noon

The Center will be closed:

Dec. 24 - Jan. 4 (Holidays) (Center re-opens Monday, Jan. 5) Monday, Jan. 19 (Martin Luther King Day) Monday, Feb. 16 (President's Day)

<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 Street is reserved for the Early Childhood Center during school hours.

Kathy's Korner: As I am preparing this column for the Winter 2009 flyer, the holiday spirit is in the air. I hope that each of you is able to celebrate and take time to appreciate the enthusiasm that only young children can bring to the season. Make this a time of giving the gift of you to your family. Family traditions and time spent together are what your children will remember in years to come. 2009 will be a year of new beginnings. People are feeling the challenges of higher prices, some families will be affected by lay offs, and others finding new ways to make ends meet. The North Suburban Family Network will also have some new beginnings due to the \$25,000 budget reduction. To sit back and feel sorry for what we have lost would not do anyone any good. To take this opportunity to look at what we have and how we can best use those resources is how we approached our reductions. How fortunate we are to have a large warm and wonderful playroom to meet new friends and interact with your child. Our center has a variety of books and DVD's to assist you with parenting challenges. Our staff is available to talk, to share your parenting stories and we have even been known to give a much-needed hug. Don't sit home alone, or go to the mall where it is a huge temptation to spend money. Come to the Family Network where there is always someone who will greet you with a smile and friendly hello. Together We Can Make a Difference. Peace, Kathy

WE NEED YOUR VOICE: The Department of Early Education and Care has shared that the FY 2010 budget for Mass Family Networks will at best be level funded. For the North Suburban Family Network, that will be \$100,000. To ensure that our legislators know the importance of the continuation of Mass Family Networks, we need your voice. We are asking for parents, caregivers, agencies we collaborate with and other supporters to send a letter or postcard to the Governor, our State Representatives and Senators letting them know how the NSFN has impacted the life of your family. I am working on a letter that you can personalize with your own story. Please watch your e-mail or mail in January for this important request. Please send a copy of your letter to the NSFN. In an effort to keep costs down and have better communication with you between mailings, we are trying to have more people receive our information via e-mail. If you currently receive our schedule by regular mail and wish to change, please send us an e-mail at nsfamilynet@hallmarkhealth.org requesting the change. Thank you!



Support Programs



We Want Your E-mail Address!

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. If you wish to change, please e-mail us at nsfamilynet@hallmarkhealth.org and please state your name and address. Thank you!

Grandparents Raising Grandchildren

Registration required

Are you a grandparent raising your grandchild or a person raising a younger relative? You are not alone! The North Suburban Family Network offers you an opportunity to meet with other grandparents/caregivers to listen to and support each other. Find out what resources are available to you and learn about other services in the area. The group meets twice a month at the Family Network. If interested please call 781-662-2722 for dates and times.

<u>Dads Network:</u> If you are interested in getting together with other dads in the Melrose, Stoneham, Wakefield and surrounding communities, join the new online social network developed by two of the North Suburban Family Network Dads. Learn about their meetings and outings, ask questions or just make some new friends for you and your child. Log on to http://northofbostondads.ning.com/main/invitation/new to join the social network.

<u>Discount Yoga Classes:</u> B Yoga Center offers NSFN members 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, Toddler/Caregiver Yoga and Girls' Empower Class (teens 12-16) sessions new for January 2009! Call 781-475-2520 for details or visit the website www.byogacenter.com.

<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 Joan at 781-935-3855, ext. 60.

The Community Partnership for Children (CPC) of Melrose, Stoneham and Wakefield is a unique program dedicated to providing quality early childhood education opportunities for families of preschool age children who live in Melrose, Stoneham and Wakefield. Financial assistance is available for low income working families to help pay for preschool or childcare. Please call for a voucher wait list application today! The Community Partnership for Children also offers quality family entertainment events, parent workshops and professional development workshops for early childhood professionals. All of these programs are free of charge. For more information, please call (781) 246-6425. The Community Partnership for Children of Melrose, Stoneham & Wakefield is a non-profit program funded by the Massachusetts Department of Early Education and Care, through the Wakefield Public Schools.

Local Food Pantries: Melrose: A Servant's Heart, Faith Evangelical Church, 200 Franklin St., Melrose 781-662-8226

Pantry of Hope, First Baptist Church, 561 Main St., Melrose 781-665-4470

Stoneham: First Congregational Church, 1 Church Street, Stoneham, 781-438-0097

Wakefield: Wakefield Interfaith Food Pantry, First Baptist Church, 8 Lafayette Street, Wakefield, 781-245-2510

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 U.S. Department of Agriculture. Contact the Malden office 781-338-7578 to see if you are eligible.

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.

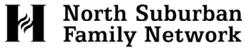
For more information call Lisa at 781-620-1323.

Free Clothing Store: Sponsored by the NSFN Family Assistance Program and the North Suburban WIC Program. Available items include books, gently used clothing infant 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 for an appointment.

Parents Helping Parents Support Group Call 1-800-882-1250

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. For more information, visit www.parentshelpingparents.org.

24-Hour Parental Stress Line 1-800-632-8188



A PROGRAM OF HALLMARK HEALTH

Infant & Pre-Toddler Programs



Sharing and Caring for Caregivers of Infants (Birth - 6 months)

Drop-In

Mondays & Wednesdays 11:00 AM - 12:30 PM January 12 - March 30 (No group Jan.19 and Feb.16)

Formerly known as the Parent & Infant Group, this program is designed for caregivers of newborns through six months old. Discuss the joys and challenges of your new role with other caregivers. Learn about growth and development, feeding, soothing a fussy child, sleep habits and other topics. This is a great opportunity to meet people in your community and make friendships that can last a lifetime. The Monday class will be led by Kathy Harlow, Program Manager, N.S. Family Network. The Wednesday time is for caregivers and infants to have a place to meet and talk with each other. NSFN staff will be available if needed.

<u>Parents and Pre-Toddlers Playtime</u> (Ages 7 - 15 months)

Drop-In

Tuesdays & Fridays

9:30 AM - 11:00 AM January 13 - March 27

This is not a facilitated drop-in program. Pre-toddlers love to explore and learn so much from interacting with their peers. We as parents or caregivers learn from and enjoy the company of our peers too. This playtime is for caregivers and their child to meet and share parenting stories and information while playing with your child. The room is full of puzzles, toys, a puppet theatre, kitchen set and books. Parents are able to use musical instruments and parachute provided by the NSFN. The NSFN staff will be available to answer questions and provide information about development, discipline and other parenting topics. What a great way to make new friends in a warm, safe and educational environment.

The Baby Café Location: Hope Alliance Church, lower level, 84 Green St., Melrose Drop-In

Wednesdays 6:00 PM - 8:00 PM Fridays 10:00 AM - Noon

A drop-in center offering breastfeeding support and assistance from professionals and other moms, all in a relaxed environment with coffee, tea, and snacks. For more information call (781) 979-6455. Led by Hallmark Health lactation consultants.

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 25% discount on infant massage, and 15 % discount on massage therapy, acupuncture or skin care.

<u>Stroller Strides</u> is a total fitness program for moms, and is not just a walk in the park! Classes include power walking/jogging and intervals of strength training. All fitness levels are welcome! Winter classes held on Tues/Thurs at the Americal Civic Center in Wakefield, Wed/Fri/Sat at the Square One Mall in Saugus. 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.com.

Hallmark Health Family Education Classes

Registration Required

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

(781) 338-7561

The New Dad Difference February 4

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

Family & Friends CPR Training February 14 or March 28

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.

Family & Friends First Aid for Children February 14 or March 28

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.

Heartsaver CPR with AED January 21, February 24 or March 25

In this certified class, Learn CPR skills, how to use an AED, relief of chocking, and use of barrier devices for emergencies in children and adults. Cost: Regularly \$60, special \$50.



Family Activities



Drop-In Playtime

(Children under 4 years old)

(January 5 - March 31)

"New" Drop-In Playroom Schedule

Monday 9:30 AM - 1:30 PM
Tuesday 9:30 AM - 1:30 PM
Wednesday 9:30 AM - 3:00 PM
Thursday 9:30 AM - 1:30 PM
Friday 9:30 AM - 12:00 Noon

Saturday (See Saturday page for dates and times.)

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.

Let's Start a Playgroup

Registration Required

Are you interested in meeting families with children of similar age? Maybe you would like to meet with parents who are parenting apart, people who speak Spanish or first time moms over 35. The possibilities are endless. The parent run playgroups will meet at participant's homes, local parks or you can sign up to occasionally meet at the NSFN. The NSFN will collect the information and form the groups. This is a great way for parents to be able to connect with other families in a playgroup setting. Registration can be done by e-mail or by calling during registration.

Informational Meeting at NSFN: Tuesday, January 27th from 7pm - 8:30 pm

Come meet the other members in your playgroup. Tips and ideas for running a successful playgroup will be discussed. This informational meeting is for adults only.

March Music Madness (Birth - 47 months)

Registration Required

Mondays, 10:30 AM - 11:15 AM March 2, 9, 16 or 23 (Choose one day)

Location: Beebe Memorial Library, Wakefield

Come join Penny Kohut for a morning of singing, playing instruments and lots of family fun. Please call to register for one of the Monday morning sing-a-longs.

Crafts with Cindy

Thursdays, 10:00 AM - 11:00 AM January 22 - March 12

Drop-In

Join Cindy, a Wakefield parent and NSFN Parent Volunteer, on Thursday mornings for "Crafts With Cindy". Stop by between 10 AM and 11 AM and look for Cindy in the open space at the back of the network. Once you finish your craft you can meet some new friends in the Drop-In Play room. Thanks to Cindy for her generous donation of her time and talent.

Stoneham Theatre Presents A Year with Frog and Toad February 26 - March 15, 2009

This family-friendly Broadway musical, directed by Caitlin Lowans, which was first produced on Broadway, has a charming musical's jazzy score that lovingly captures the spirit of Arnold Lobel's whimsical stories. Follow the adventures of best friends Frog and Toad in this frothy, fun show that's perfect for all ages. \$20 tickets are available to patrons of Stoneham Theatre's current production of It's A Wonderful Life! Tickets are on sale now. Call or visit the Box Office at 781-279-2200 or visit the website at stonehamtheatre.org.



Parent Education



Registration starts: Jan.12 for In-district families

Call 781-662-2722

Jan.14 for Out-of-district families

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

Maneuvering the Maze (4 Part Series)

Registration required

Wednesdays, January 7, 14, 21 and 28 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. Co-sponsored by The Arc of East Middlesex, area Family Networks, Massachusetts Families Organizing for Change and Riverside Community Care. You can call <u>now</u> to register or for more information.

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

Raising Confident Boys

Registration required

Thursday, January 29

7:00 PM - 9:00 PM

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 move through their developmental stages. Facilitated by Rick Irving, LICSW.

Market Swings Don't Have To Limit Dreams

Registration required

Wednesday, February 4

7:00 PM - 8:30 PM

Location: Perkins Hall, Melrose-Wakefield Hospital

Are you stressed about your finances? Is the market volatility affecting your investment decisions? Each day the newspapers talk about jobs being lost and stocks going down. Joseph Casale, Wakefield father of two young children and Senior Financial Advisor for Ameriprise will discuss steps you can take today to help secure your future. Learn why and how markets change, why it's important to stay in the market and what opportunities can be gained from market downturns. Bring your questions and join us for this informative workshop.

Raising Confident Girls

Registration required

Thursday, February 26

7:00 PM -9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

Raising girls today can be a challenge for parents, and for girls themselves. We want them to grow up to be confident and to feel good about themselves and their abilities. In this workshop we will discuss strategies we can use to help foster our daughters' "I can do anything!" attitude. We will also look at the important part that fathers and male role models can play in helping girls grow up feeling confident and secure. You will leave with specific ideas and language you can use to help your daughters. Facilitated by Rick Irving, LICSW.

Exploring Positive Guidance

Registration required

Wednesday, March 18

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose-Wakefield Hospital

Positive Guidance focuses on helping children learn to solve their problems and manage their behaviors instead of punishing them for behaviors that are symptoms of the problems they have and cannot solve. This approach to discipline leads a child to develop personal strength and understanding necessary to make wise choices, to get along with others, to express emotions in healthy ways, to solve conflicts nonviolently, and to overcome obstacles and bounce back from adversity. Facilitated by Jeanine Fitzgerald of the Better Behavior Bureau.

Free Children's Health Expo: Dr. Scott Darragh of the Bay State Centre Family Chiropractic is sponsoring a free Children's Health Expo at Melrose Veterans Middle School, 350 Lynn Fells Parkway on Saturday, March 28, 2009 from: 12:00 PM to 3:00 PM. Please stop by and visit our team of professionals who will be onsite with an array of child friendly exhibits. For additional information call 781-665-3333.



Saturday Programs



Registration starts: Jan.12 for In-district families

Call 781-662-2722

Jan 14 for Out-of-district families

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

Saturday Drop-In Playtime *

(Ages 0 - 47 months)

Drop-In

Saturdays 9:30 AM - 11:00 AM

Jan.10 & 24; Feb.7 & 28; March 7 & 21

Come down and enjoy our large playroom. It's 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 child development specialist 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.*

Family Fun Events

The following three programs are made possible by our collaboration with the Community Partnership for Children of Melrose, Stoneham and Wakefield.

Music & Movement with Kidzfun

(Ages 2.6 - 5 years)

Registration required

Saturday, February 21 (Choose one time) 9:30 AM 10:10AM 10:50 AM 11:30 AM

Location: First Congregational Church 121 W. Foster Street, Melrose

This is a winter favorite with our families. 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 - half hour sessions.

* Special thanks to Jon White-Spunner and the Stoneham Theatre for their support.*

Macaroni Soup with Carole Peterson (Ages: 2.6 - 5 years)

Registration required

10:00 AM - 11:00 AM Saturday, March 14

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

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

Tanglewood Marionettes - Cinderella

(Ages: 2.6 - 5 years)

Registration required

Saturday, April 18

10:00 AM - 11:00 AM

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

Set in the eighteenth century and featuring a dozen lavishly costumed 30" marionettes, this production of Cinderella is a Tanglewood Marionettes showpiece. The story unfolds as the pages of a giant book opens to reveal each beautifully painted setting. All your favorite characters are here, from gentle Cinderella to the bumptious Step-Sisters and the charming Prince. A classic fairy tale told with wit and style. Tanglewood Marionettes' production of Cinderella is sure to please audiences of all ages.

The North Suburban Family Network, a community benefits 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. Programs are free of charge. Primary funding is provided by a grant from the Massachusetts Department of Early Education and Care through the Melrose Public Schools. Additional funding is made possible through various grants and the generous donations from our families and supporters.



Family Matters



<u>Chats With Kathy</u>: So many times when people come by the network, I am sitting behind my computer or on the phone. Don't be afraid to interrupt me. The children aren't and I appreciate the distraction. Have you or your spouse recently been laid off? Are you having a hard time getting your child to behave? 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 Family Network has community resources and parenting information that we can share with you to help make your parenting journey as easy as possible.

Zoo Passes Still Available: Our current zoo pass expires July 31, 2009. The reduced budget may not allow us to renew the pass for next year. Now is the time to check out the zoo if you haven't already. Call the Family Network to reserve a day pass to the Stone Zoo or Franklin Park Zoo. Free passes are good for two adults and four children. Passes are laminated and need to be picked up and returned to the Family Network office. Call 781-662-2722 to reserve a day.

<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: 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 winter, including Babes in the Woods hikes and free family skate times at their rinks. Visit their website www.mass.gov/dcr for schedules and more exciting ideas for quality family time.

<u>Follow Your Art</u> provides creative art experiences for everyone, adapted to any age and ability level. Basic art principles and a variety of media are presented in open-ended sessions that allow for individual artistic expression. Individual and group classes, art therapy services, and professional development workshops are available. Go to www.follow-your-art.com for more information.

Lit Kits Available to Take Home:

Lit Kits contain toddler books, puzzles, and activities designed around topics such as the four seasons, community helpers, the hospital, families, zoo animals, transportation and more.

The new Music & Movement Kit is great for home playgroups and birthday parties. It contains instruments, a parachute, and two music CDs to go along with activities for scarves and beanbags.

All kits can be checked out in the office for one week.

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. The following parent education workshops have been filmed and are available on DVDs to borrow: Beyond Begging, Bossing and Bribing; Super Heroes: Rough & Tumble Play & Aggression; Different Children, Different Needs; Children's Temperaments and Preventing Kids From Getting Lost. Stop by the office to check them out for one week.

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.

The Melrose Day Care Center invites you to CoCo Key Water Resort at the Sheraton Ferncroft

Sunday, February 8 11:00 AM - 4:00 PM \$25 per person (retail rate \$40) Children under 2 free.

The resort includes a zero-entry pool, 2 alpine slides and a large structure full of slides, water sprays and dumping buckets. There are changing areas with lockers and showers. For more information, call 781-662-6539 or e-mail: melrosedaycare@verizon.net.



Network News



Family Network Sick Policy: With cold and flu season upon us, we ask for your cooperation and respect for the health of others. 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 understanding and the desire to keep all of our families healthy.

Show Policy: In case of inclement weather, when the Melrose Public Schools are closed the Family Network center 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.

"The heart of a volunteer is not measured in size,

but by the depth of the commitment to make a difference in the lives of others". DeAnn Hollis

People have been asking what they can do to help at the family network. People have offered to facilitate a playgroup, serve on the coalition, make phone calls and assist with fundraising. Would you be willing to read or lead some songs in drop-in play? Do you know someone who will share their musical talent with our families? Be creative, each and every job is important and we appreciate anything you can do. If you are interested, stop by the office to fill out a volunteer form or call and we can e-mail you one.

<u>Volunteer Social</u> <u>Registration suggested</u>

Thursday, January 8 9:30 AM - 10:30 AM

Have you ever thought you might like to volunteer at the NSFN but were not sure what it would involve? Kathy Harlow, program manager, will be on hand to let you know about volunteer opportunities at the network. Coffee and light refreshments will be available. Children are welcome.

<u>Upcoming Coalition Meetings</u>
Thursday, Jan. 15
9:15 AM - 10:30 AM (Limited childcare available - call)
Tuesday, Mar. 24
7:00 PM - 8:30 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 alternating from morning to evening. Be a part of the future of the NSFN. *Call* 781-662-2722 for more information.

NSFN Family Assistance Program: If you have lightly used winter 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. Please, no adult clothing at this time. Disposable diapers are always accepted, even opened packages of diapers.

Food 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.

Set-up/Clean-up: mkclaeys@hotmail.com

Special Thanks!

The NS Family Network would like to thank all of our families who have made donations over the past year, either monetarily or by dropping off much needed supplies, These with donations, along volunteer time given on committees, making phone calls, decorating center, baking and spreading the word about the Family Network to others are "Priceless". Happy Holidays!

Pampering with a Purpose - to benefit NSFN

Sunday, May 3, 2009 1:00 PM – 5:00 PM Oak Grove Village Clubhouse, Main St., Melrose

Join us for a Ladies Day of fun, relaxation, fabulous food and a Fashion Show. Specialty services (massages, facials, waxing, manicures, wine/chocolate pairing seminar, make-up consults and more) will be available for an additional fee. Mark your calendar!

<u>Calling all volunteers!!</u> Committees are now forming. We need your help. Join a committee and join in on the fun for a good cause. Committee contacts are listed below.

Ticket Sales: tara@esfahanian.com

Fashion Show: tayalevin@verizon.net

Marketing/Advertising: jilltully@comcast.net

Specialty Services: mkclaeys@hotmail.com

Food & Beverage: | laurasclarke@gmail.com | Raffles/Silent Auction: | kutzen@comcast.net

chris@vanderrhodes.com fae.cohen@comcast.net