



# Winter 2011 Programs

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

Email: [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org)  
[www.hallmarkhealth.org/northsuburban.html](http://www.hallmarkhealth.org/northsuburban.html)

## Daily Drop-In Play Hours

January 4 - April 1  
Monday-Friday 9:30 AM - 12:30 PM

## Office Hours

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

## The Network will be closed:

Dec. 24 - Jan. 3 (Holiday break & Registration)  
(Center re-opens Tuesday, January 4)

Monday, Jan. 17 (Martin Luther King Day)

Monday, Feb. 21 (President's Day)

**Network Location:** The Family Resource 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.

**Parking:** The school parking lot is located at the end of Greenleaf Place off Franklin Street.

**Playground:** The playground along Main St. is reserved for the Early Childhood Center during school hours.

On Monday, January 3<sup>rd</sup>, registration will be by phone only. The Network will be closed.

We will re-open Tuesday, January 4<sup>th</sup>.

## 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. We would appreciate it if you would not leave a phone message.

Advance registration for drop-in classes is not necessary.

Classes are subject to change due to enrollment.

**Moments with Molly:** Although it is cold outside and winter is upon us, if you are interested in preschool for next fall, now is the time to start looking. I know it may seem early, but many programs begin their admission process in January. Please stop by the Family Resource Network and visit our Child Care & Preschool Information Board. You can also stop by my office and I would be happy to discuss program options, questions to ask potential programs and provide you with tips on how to find a quality program. Feel free to call me at the Family Resource Network or email me at [goyette@wakefield.k12.ma.us](mailto:goyette@wakefield.k12.ma.us).

**Kathy's Korner:** Young children bring such joy to this time of year. The colorful lights shine in their eyes and bring a smile to their face. Family traditions and time spent together are what children will remember in years to come. Though holidays are usually joyous celebrations, they can also make us sad. We are here to listen, to talk and even just share a hug. Hugs are a wonderful gift that you can enjoy no matter if you are giving or getting the hug. Enjoy the time, treasure the memories and have a safe, healthy, and happy holiday season. Together We Can Make a Difference. Peace, Kathy

**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 your understanding and desire to keep all of our families healthy.

**Snow Policy:** In case of inclement weather on school days, when the Melrose Public Schools are closed the Family Resource 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. For safety purposes, in the case of any snow or ice on Saturday Drop-In Play days or during school vacation week, please call the office to make sure we are open.

**Shoes and Boots off During the Winter:** Because of the sand, salt and snow this time of year, 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.

## Support Programs

### Grandparents Raising Grandchildren In Harmony

Registration required

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 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. Please call the office at 781-662-2722 for more information or to register. Provided in collaboration with The Eileen Fisher Foundation, Families First Parenting and the NCECP.

**Kids & Grief Support Groups:** Hallmark Health Visiting Nurse Association and Hospice, Inc. provide bereavement support to children ages 5 to 12 who have lost a loved one. The group will start on Wednesday, January 12 and meet for 6 sessions: 1/12, 1/26, 2/9, 3/16, 3/30 and 4/13. 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 to register.

**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 USDA. Contact the Malden office 781-338-7578 to see if you are eligible.

**Free Clothing Store:** Sponsored by the Family Resource Network's 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:** 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. For further information, please call 781-338-7550. HEALTHY FAMILIES MASSACHUSETTS is funded by the Children's Trust Fund.

### Hallmark Health Family Education Classes

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

#### **The New Dad Difference** February 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** February 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 class.

#### **Family & Friends First Aid for Children** January 8, February 5 or March 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** January 8, February 5 or March 5

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 Network families \$35.

#### **Babysitting Basics** January 15, February 22 or March 12

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 prospective employers. Cost: \$45

#### **Family & Friends CPR for Babysitters** January 8, February 5 or March 5

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.

### Looking for a Doctor?

To find a physician near you  
call:  
1-800-540-9191  
[www.hallmarkhealth.org](http://www.hallmarkhealth.org)

**Parent & Infant Group**

**(Ages 0 - 6 months)**

**Drop-In**

**Mondays 11:00 AM - 12:30 PM January 10 - April 11 (No group Jan. 17 & Feb. 21)**

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**

**Drop-In**

**Fridays, January 14 - April 15 (No group February 25 & March 4)**

**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. Led by a Family Resource Network Parent Child Educator.

**Hallmark Health Programs**

**The Wonder of Pregnancy**

**Tuesday, January 11 Begins at 7:00 PM**

For women in early pregnancy, this class explores topics such as: nutrition, exercise benefits during pregnancy, fetal development, preventative tests and screenings during pregnancy. This program is free of charge. Registration is required. For more information or to register, please call the Community Health Education Program at 781-338-7561.

**Feeling Fit & Fabulous:** Are you at least 16 weeks along in your pregnancy? Are you interested in healthy eating and exercise to help keep you and your baby healthy? Would you like to meet other pregnant women? If you answered yes to any of these questions, this program is for you. Call Karen at 781-338-7607 for more information about this free program.

**The Baby Café:** A drop-in program offering breastfeeding support and assistance from professionals and other moms, all in a relaxed environment with coffee, tea, and snacks. Each location is run by Hallmark Health lactation consultants and counselors. Melrose-Wakefield Hospital Baby Café 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. The Malden WIC Baby Café is held at the WIC office, 239 Commercial Street, Malden, (781-338-7578), on Tuesday from 5 PM - 7 PM. Please call the above phone numbers for additional information.

**Creative Coping for New Moms:** This 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 and a free lunch. Transportation assistance and childcare is available. A new session will begin in February. Please call 781-338-7607 for additional information and to register. Funded in part by a grant through the Children's Trust Fund.

**Connecting and Caring:** This 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 and a free lunch. Transportation assistance and childcare is available. A new session will begin in March. Please call 781-338-7607 for additional information and to register. Funded by a grant through CHNA 15.

**North Suburban Child & Family Resource Network Governing Council Meetings**

**Thursday, Jan. 20 6:30 PM - 8:00 PM Location: Wakefield High School, 60 Farm Street, Wakefield**

**Thursday, March 17 9:30 AM - 11:00 AM Location: Odyssey Day School, 11 Paul Avenue, Wakefield**

The Family Resource Network's Governing Council meets 6 times a year. The Council develops family programming and staff development for early childhood educators, organizes fundraisers and provides guidance to the Family Resource Network. The Council is comprised of staff members, early childhood educators, parents, local business owners, and representatives from area human service agencies. The Council is lead by tri-chairs who represent parents, educators and the community. We encourage you to attend and become involved. All meetings are open to the public. Call 781-662-2722 for more information. There is limited childcare available for the March 17 meeting at Odyssey Day School. Call early to reserve childcare.

**Family Resource Network 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.

## Toddler Programs

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 cards are accepted. Suggested donations are tax-deductible. Please make checks payable to Hallmark Health.

**Winter Registration starts Monday, January 3<sup>rd</sup>**

**To register, call 781-662-2722**

- Child should 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.
- Very Important: At time of registration, please let us know if you will be bringing an infant. For our Terrific Toddler groups, only infants 0-5 months (at start of group) 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. Please, no juice boxes.

**Toddler Play and Learn Groups:** These six-week play and learn sessions are for parents/caregivers and children to enjoy interacting with peers, literacy skills and activities, singing songs, simple arts and crafts and sharing a story. Facilitated by a Family Resource Network Parent Child Educator. Choose session 1 or 2 below.

**Two sessions are available:**

**Session 1:** Week of January 10 through the week of February 14  
(Monday class: No class Jan. 17 and Feb. 21, last class is Feb. 28)

**Session 2:** Week of March 7 through the week of April 11

Please choose one session at this time. If you would like to register for both sessions, check back with us starting February 1<sup>st</sup> for availability.

**Terrific Toddlers** (Ages 21 months - 47 months)

**Registration required**

Group 1 - Mondays	9:15 AM - 10:15 AM
Group 2 - Tuesdays	10:45 AM - 11:45 AM
Group 3 - Wednesdays	9:15 AM - 10:15 AM
Group 4 - Thursdays	9:15 AM - 10:15 AM

**Super Sibs** (Ages 6 months - 47 months)

**Registration required**

Designed for parents/caregivers with a Terrific Toddler (21-47 months) and a younger sibling (6-20 months).

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

**Dads & Toddlers** (Ages 12 months - 47 months)

**Registration required**

Designed for Dads or other male caregivers and their toddler(s).

**Wednesdays 10:45 AM - 11:45 AM**

**Ways to Help the Network:** Each donation, no matter how big or small, is appreciated. We are always in need of "Clorox Anywhere Hard Surface Sanitizing Spray", baby wipes, air freshener, double stick tape and glue sticks. Large area rugs, new or used in good condition, are needed for our classrooms. Our "Change for a Change" jars are open for loose change you may find in your pockets or on your dresser. You would be surprised how fast it adds up. Thanks for all your continued support!

## Parent Education

Registration starts Monday, January 3<sup>rd</sup>

Call 781-662-2722

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

### Sign to Me, Sing to Me:

Registration required

### Learn to Communicate With Your Children Before They Can Speak ... and Beyond!

Tuesday, January 18

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

Would you like to be able to have more meaningful "conversations" with your one year old? Would you like to increase your child's vocabulary? Come join us as we learn some basic American Sign Language through songs and games that you can use with your little one. Using sign language with infants and toddlers enhances communication, builds vocabulary, and gives our little ones a chance to express themselves. Come sing and sign with us! Facilitated by Jill Tully, owner and operator of Sign to Me Sing To Me. Additional information about Jill's classes can be found at [www.signtomesingtome.com](http://www.signtomesingtome.com).

### Art Options: Making Space for Creativity

Registration required

Tuesday, February 15

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

We will discuss creative development, specifically as it pertains to visual arts, and some very simple ways that you can encourage your child's creativity -- and your own! Positive experiences with art making can have long-reaching benefits on cognitive, social, and emotional development. Kris Rodolico is an artist and art therapist with 15 years of experience working with children and adults. She runs Follow Your Art, a community art studio in Melrose, which provides creative art experiences honoring the artist in everyone. Learn more at [www.follow-your-art.com](http://www.follow-your-art.com).

### Positive Approaches to Discipline: Expanding Your Repertoire

Registration required

Thursday, March 24

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

Discipline is an ongoing parenting issue. This session will focus on alternatives to yelling and punishing, and offer positive discipline strategies that parents can use in responding to children's teasing, hitting, whining, and other challenging behavior. Participants will leave this workshop with specific strategies for communicating their expectations to their children. This program is a workshop by Families First Parenting Programs and is presented by Families First Parenting Educator Beth Fredericks.

### Hallmark Health Community Education Program

#### Parenting Young Children With Less Stress

To Register, call (781) 338-7561

Thursdays, February 3 and February 10

7:00 PM to 8:30 PM

Do you sometimes feel stressed? Overwhelmed? Alone? Feel like you need a "time out?" Being the parent of a young child (age 0-5 years) can be one of the most stressful and life-altering experiences one can face. Join us for an interactive class designed to help you explore the causes of stressful parenting and strategies to become a calmer and less stressed parent. Topics will include, managing expectations as a parent, developing positive communication with your child and techniques to decrease your stress level. In this class, we will discuss and learn to embrace both the joys and challenges of parenting so that we can appreciate and enjoy our children to the fullest! Facilitated by Alice Kim, LICSW with Hallmark Health. Cost: \$25/pair for one, and \$40/pair for both classes

**Need to Talk?** If you would like to talk about a parenting issue, ask about preschools or childcare centers, or any topic of interest to you, please feel free to call or e-mail to set a time that we can reserve just for you. The Network has community resources and parenting information that we can share with you to help make your parenting journey as easy as possible.

## Family Activities

### Drop-In Playtime (Children under 4 years old)

Monday-Friday 9:30 AM - 12:30 PM (Jan. 4 - April 1 See page 1 for dates closed.)

Saturday 9:30 AM - 11:00 AM (Jan. 8 & 22, Feb. 5 & 12, March 5 & 19)

Drop-in playtime at the North Suburban Child & Family Resource 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, parking and days the center will be closed. A new addition to our Saturday playtime is especially geared to caregivers. Ruth Anne will be on hand to talk to you about literacy and provide you with activities that you and your child can do at home. While you talk with Ruth Anne, two staff members will be on hand to watch the children.

### March Music Madness (Birth - 47 months)

### Registration Required

Thursdays, 10:00 AM - 10:45 AM March 3, 17, 24 or 31 (Choose one day)

Location: Beebe Memorial Library, Wakefield

Penny can warm up any winter morning with her smile and beautiful voice. Button up your overcoat and come down to join Penny Kohut at the Wakefield Public Library for a morning of singing, playing instruments and lots of fun for everyone in the family. Please call to register for one of the Thursday morning sing-a-longs.

**Stoneham Theatre:** Please support Stoneham Theatre, who provides space for our family fun events. For additional information and to order tickets call 781-279-2200 or visit [www.stonehamtheatre.org](http://www.stonehamtheatre.org).

- **The Young Company Winter Festival January 13-23rd**
- **Sunfish: February 10 - 27** When offered a miraculous cure to restore her father's sight, a poor young girl sacrifices everything she knows and is swept up in an adventure that takes her from her small village to a fantastic undersea world.
- **The Rimers of Eldritch: March 24 - April 10** Nelly Windrod is on trial for murder, accused of shooting a local vagrant as he attacked a teenage girl. As the neighbors and families of the former mining town of Eldritch grapple with the sudden upheaval of their lives and struggle to understand how this could happen, long-buried secrets are revealed and the truth is unearthed layer upon layer.

**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 and Thursdays, 10-11:30 AM. Schedules are available at the Family Resource Network and on-line at [www.fells.org](http://www.fells.org). Cancellations due to weather will be posted on the Friends telephone 781-662-2340. Walks and hikes are free and do not require pre-registration. Visit the DCR website [www.mass.gov/dcr](http://www.mass.gov/dcr) for other family activities throughout the year.

**Discounted Zoo Passes:** Call the Family Resource 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 Network office. Call 781-662-2722 to reserve a day.

**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 [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org). We will forward this to our father representative who will add you to the e-mail list to receive future outing messages.

**Family Resource Lending Library:** 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 borrowed 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.

**Lit Kits Available To Borrow:** 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, parachute, beanbags, and scarves.

**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 to see what is happening today.

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

## Saturday Programs

### Family Fun at the Stoneham Theatre

#### Family Concert with Meredith Pizzi from Sprouting Melodies

Registration required

Saturday, February 26 10:00 AM - 11:00 AM (Ages 2 - 5 years) 781-662-2722

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

Come join us as we rock and bop and have some musical fun. Meredith R. Pizzi is a Board Certified Music Therapist from Roman Music Therapy Services who will lead us in a fun and interactive music performance. We will sing, dance and move to the music to warm up the whole family. Bring your maracas, shakers or drums from home so you can join in the music making fun. For more information about Sprouting Melodies and Meredith Pizzi, go to [www.sproutingmelodies.com](http://www.sproutingmelodies.com). 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.

#### Alastair Moock and The Rowdy Roots

Registration required

Saturday, April 9 10:00 AM - 11:00 AM (Ages 2 - 5 years) 781-662-2722

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

A longtime and well-respected member of Boston's folk scene, Alastair Moock has quickly become a sought-after family performer as well, after the release of his CD "A Cow Says Moock" last year. The album won a 2010 NAPPA Gold Award and was a Boston Children's Music Favorite Album of the Year. His shows with his Rowdy Roots band are high-energy romps that get kids singing, jumping and dancing! This program is sponsored in collaboration with Parents of Tots and Stoneham Theatre.

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

Drop-In

Saturdays 9:30 AM - 11:00 AM Jan. 8 & 22, Feb. 5 & 12 and March 5 & 19

Location: North Suburban Child & Family Resource 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 Family Resource Network Parent Child Educator will be on hand to lead songs and activities. A new addition to our Saturday playtime is especially geared for caregivers. Ruth Anne will be on hand to talk to you about literacy and provide you with activities that you and your child can do at home. While you talk with Ruth Anne, two staff members will be on hand to watch the children.

*\*For safety purposes, in case of any snow or ice, please call the office to make sure we are open.\**

#### Music & Movement with Kidzfun (Ages 2 - 5 years)

Registration required

Saturday, March 12 (Choose one session below)

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

Each winter Theresa McLennan of Kidzfun brings her enthusiasm and bag of fun to share with the Family Resource Network families. If you have never seen her in action, you are in for a treat. Theresa 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 offered. This program is funded by a grant from the Melrose Arts Council, a local agency supported by the Massachusetts Cultural Council.

Registration starts Monday, January 3<sup>rd</sup>

Call 781-662-2722

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

## Community Programs and Support

### **Childcare and Preschool Information:** [www.eec.state.ma.us](http://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. A staff member will be happy to talk with you about any questions and concerns you have.

**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 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 Judy Santa Maria at 781-942-4888 ext. 4022.

**Parents of Tots:** Parents of Tots is a volunteer-run non-profit organization dedicated to supporting families with young children under six years old in Wakefield and surrounding towns. It provides parents with the means to build a supportive social network for themselves and their children. Membership is \$25 a year and includes a monthly newsletter from September - June. Visit [www.parentsoftots.org](http://www.parentsoftots.org) to register.

**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. While the Melrose Family Room is full for the 2010-2011 season, if you are interested in being put on the waitlist for September 2011, please email Jennifer at [newmembers@melrosefamilyroom.org](mailto:newmembers@melrosefamilyroom.org). For more information visit [www.melrosefamilyroom.org](http://www.melrosefamilyroom.org).

**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 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](http://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. Go to <http://www.mass211.org> or dial "211" for assistance.

**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.

**Wakefield:** Wakefield Interfaith Food Pantry, Americal Civic Center, 467 Main Street, Wakefield, 781-245-2510.

**Malden:** Bread of Life, 511 Main Street, Malden 781-397-0404

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

**Women's Health Services:** Visit <http://www.hallmarkhealth.org/womens-health> to find out what Hallmark Health offers for women's health. Includes information on area Alliances Against Violence, mammograms, the Melrose Wakefield Hospital Maternity Department, Maternal Child Health Services, financial counseling and more.

**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 the Melrose and Stoneham Public Schools and Hallmark Health. Additional funding sources are from a variety of grants and the generous donations from our families and supporters.



## Network Sponsors

### 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](mailto:nsfamilynet@hallmarkhealth.org) for additional information.

**Bay State Centre Family Chiropractic:** Pediatric Care - Pregnancy Care - Webster Certified (non-invasive Breech Turning Technique) - Adult Care - Wellness Care - Special Needs/Handicapped Accessible.

Infants & Children - Chiropractic care research has demonstrated to offer improved health for your children suffering from such problems as Asthma, Allergies, ADD/ADHD, Scoliosis, Colic, Ear Infections & Bed Wetting as well as numerous other childhood health and medical problems.

Expectant Mothers - Adjustments can relieve and prevent common discomfort experienced throughout pregnancy. Our care has helped turn Breech babies and lead to an easier, safer delivery for you and your baby.

Wellness Care - Chiropractic care offers conservative, non-invasive, drug-free solutions to improve the Quality of Your Life and Health. 340 Main St, Ste 102, Melrose MA ~ phone: 781-662-3333 ~ email: [info@baystatedc.com](mailto:info@baystatedc.com) ~ website: [www.BayStateDC.com](http://www.BayStateDC.com)

**Bodyography:** Bodyography is the only Wellness Center on the North Shore offering Massage Therapy, Chinese and Japanese Style Acupuncture, Chinese Herbal Medicine and Skin Care utilizing the nationally recognized Glymed Product line (as seen on The Doctors). We are thrilled to announce the addition of Personal Training at our new location of 467 Main Street! Our practitioners are committed to providing proven therapeutic practices to yield personalized health and wellness to the community with passion, empathy and expertise. Please visit our website at [www.bodyography.net](http://www.bodyography.net) for a complete list of services. NSCFRN members enjoy a 25% discount on Infant Massage Instruction and a 10% discount on all other services. 781-665-4005

**B Yoga Center** offers classes for adults and children! Adult classes include Yoga All Levels, Early Morning Yoga, Candlelight, Heated Vinyasa Flow and many others! Class and session information is on our website. Mention you are a Family Resource Network member at the front desk and receive 10% off our 5, 10 or 15 class cards. We are located at 537 Main Street, Melrose MA. Call 781-475-2520 or visit [www.byogacenter.com](http://www.byogacenter.com).

**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. FYA is run by Kris Rodolico, an artist and art therapist with 15 years of experience working with children and adults. To learn more, go to [www.follow-your-art.com](http://www.follow-your-art.com).

**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](http://www.kidzfunparties.com), or call 781-558-5084.

**Market Dunya:** Are you looking for a Mediterranean market that has options and healthy things to eat? We are just a few minutes away. You can find jams, cheeses, olives, dried nuts, juices, butter, fine grains, couscous, chocolates, coffee, and much more. We also have fresh goat, lamb, chicken, and beef cut to order. Come try us out! Our prices are great and our friendly staff will assist you with any questions you have about the products. You won't be disappointed. Our products are the finest. Location: 35 Lebanon St, Malden For more information call 781 322-2322.

**Reading Gymnastics Academy, Inc.** We are the leader in providing quality instruction in Gymnastics. For 29 years we have taught children from when they begin to walk through 18 years old. We offer PLAYGYM - our parent and child program for ages 1 to 3; Jr. Gymnastics for our Pre-Schoolers ages 3 to 5. Regular gymnastics and Boys Power Tumbling are for ages Kindergarten to 18. We offer fun vacation camps during the summer and school holidays. Check us out at [www.readinggymnastics.com](http://www.readinggymnastics.com) or email us at [gymnast@readinggymnastics.com](mailto:gymnast@readinggymnastics.com). We are located at 172 Woburn Street, Reading, and can be reached at 781-944-2277.

**Roman Music Therapy Services and Sprouting Melodies:** Your local resource for music and child development. Let our Board Certified Music Therapists teach you fun, new songs to use with your little ones to help you get through the winter. Join us for Sprouting Melodies, an early childhood music program for newborns - 5 year olds. New Session begins January 5th. 50% discounts for siblings and multiples. Afterschool programs are also available for children and teens with special needs. Visit us online at [www.romanmusictherapy.com](http://www.romanmusictherapy.com) or [www.sproutingmelodies.com](http://www.sproutingmelodies.com) or call Meredith Pizzi, MT-BC at 781-665-0700 for more information.

**Sign to Me, Sing to Me!** Would you like to be able to have more meaningful "conversations" with your one year old? Would you like to increase your toddler's vocabulary and preschooler's early literacy skills? Sign to Me, Sing to Me teaches basic American Sign Language through songs and games that parents and teachers can use to enhance communication and learning. We offer Private Playgroups for parents/caregivers, Workshops for teachers and other organizations, and Enrichment Classes for daycares and schools. Please call Jill Tully at (781) 710-3672 or visit the website at [www.signtomesingtome.com](http://www.signtomesingtome.com) for more information.

**ZuZu's Café & Catering;** 316 Main Street, Wakefield, MA 01880, 781-245-3035

NOW OPEN MONDAY - SATURDAY, 9 AM to 7 PM. Fresh, Made from Scratch, Prepared Home-style & Gourmet Food. Panini's, Sandwiches & Wraps; Salads & Soups; Kid's Meals; Coffee, Tea, Cappuccino & Specialty Drinks; Take Out, Eat In or Local Delivery (4 PM - 7 PM daily). Enjoy your food in our cozy café or on our outdoor patio. Free wifi, Catering Menu, cooking classes, gift baskets, gift certificates & more! [www.zuzuscatering.com](http://www.zuzuscatering.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.

**Family Resource Network Fundraising Committee**

*Looking for people interested in planning events and sharing ideas.*

*Contact Kathy at [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org).*

**Community Partners**

**The Melrose Family YMCA** is a non-profit charitable community service organization dedicated to building strong kids, strong families and strong communities. The YMCA offers health and fitness programs, childcare, youth and teen activities, volunteer opportunities and much more. The YMCA is located at 497 Main Street in Melrose. Call 781-665-4360 for additional information or visit our website at <http://www.melroseymca.org/>.

**Flicks At Night:** Movies for the community presented once a month on a Saturday night in the theater at the Melrose Veteran's Memorial Middle School, 350 Lynn Fells Parkway, Melrose. Tickets are \$4 per person. These films are geared to older children and adults, or families. Check out their website at [FlicksatNight.com](http://FlicksatNight.com) or e-mail flicksatnight@gmail.com for additional information. This movie night is organized by the Melrose Middle School PTO Film Committee.

**Guiding Good Choices®:** A parent research-based workshop series for those raising children in Grades 4-8, proven to strengthen family bonds, foster better communication skills and decrease the chances of risky behavior by our children. This program consists of 2.5-hour workshops held once per week for five consecutive weeks. Melrose residents may attend this workshop series free with a \$10 fee to cover the required Family Guide. (Non-resident fee is \$125 per participant.) For more information or to be notified of upcoming dates, email Donna M. Macdonald at [dmacdonald52@comcast.net](mailto:dmacdonald52@comcast.net).