

Franklin School, 16 Franklin St., Melrose
Phone: 781-662-2722
Fax: 781-662-6669

Email: nsfamilynet@hallmarkhealth.org

Website: www.hallmarkhealth.org

We are listed under Clinical Programs.

Daily Drop-In Play Hours

April 2 - June 29

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

Office Hours

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

The Network will be closed:

Friday, April 6 (Good Friday)

Monday, April 16 (Patriot's Day)

Monday, May 28 (Memorial 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.

Kathy's Korner: Warmer weather brings thoughts of outdoors. Spring's beautiful colors bloom all around us. Take advantage of the outdoors and the learning experiences it offers. We are fortunate to have the DCR trails, Babes in the Woods Hikes, The Stone and Franklin Park Zoos, Breakheart Reservation and so many more wonderful places to go that are low cost or no cost. What a great way to model exercise as a healthy part of life. "Spring" outside and explore, not just the scenery but most importantly, the pleasure of being together. 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 understanding.

Registration for spring classes begins Wednesday, April 11th

Please Note:

To ensure that we have complete and correct information, it is important that you speak to a staff member when registering for a program by phone. We would appreciate it if you would not leave a phone message. Classes are subject to change due to enrollment. Advance registration for drop-in classes is not necessary.

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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 and surrounding towns. Resources for services for older children are also available. If you are not on our mailing list and would like to receive future mailings, please call us. 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.

Family Resource Network Governing Council Meetings

Thursday, May 17 6:30 PM - 8 PM Family Resource Network
Thursday, June 14 9:30 AM - 11 AM Family Resource Network.

Limited Childcare available for daytime meetings.

Parent & Infant Group (Newborn - 6 months) Suggested Donation: \$5 per class Drop-In
Mondays 11:00 AM - 12:30 PM April 2, 9 and 30; May 7, 14 and 21; June 4 and 11

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. Suggested donations are optional and tax deductible.

Pre-Toddler Play and Learn Groups Suggested Donation: \$5 per class Drop-In

Fridays, April 13 and 20; May 4 - June 8
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. Suggested donations are optional and tax deductible.

Hallmark Health Programs

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. This program is paid for by the North Suburban WIC Nutrition Program. Facilitator is certified in Motherwell Maternity Fitness.

Parents Need "Special Care" Too! For parents of premature infants. Registration Required
 "Parents Need Special Care Too!" is a six-week parenting education and support program for parents of premature infants. Facilitated by a Melrose-Wakefield Hospital maternity social worker. See full description on page 8 under Hallmark Health Support Programs.

The Baby Café: A drop-in program offering breastfeeding support and assistance from professionals and other moms. Each location is run by Hallmark Health lactation consultants and counselors. Melrose-Wakefield Hospital Baby Café, Melrose, is held at The Church of the Nazarene, 2 Short Street, Melrose, (781-979-6455) on Wednesday 6 PM - 8 PM and Friday 10 AM - 12 PM. Melrose-Wakefield Hospital Baby Café, Malden, funded by MA State WIC, is held at the WIC office, 239 Commercial Street, Malden, (781-338-7578), on Tuesday from 5 PM - 7 PM.

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 April 11
 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 April 11
 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 April 14 or May 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 April 14 or May 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 May 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. This will be replaced by the Safe Sitter program and will be available soon. Call for cost and further information.

Family & Friends CPR for Babysitters April 14 or May 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.

Registration starts Wednesday, April 11th

To register, call 781-662-2722

- Please register for only one program at this time. Child should be specified age at start of group.
- Very Important: At time of registration, please let us know if you will be bringing an infant. For our Play and Learn groups, infants 0-5 months may accompany the caregiver and must be in a front or backpack at all times.
- Please bring a peanut free snack and a drink in a sippy cup for your child. No juice boxes - please.

Toddler Play and Learn Groups

These six-week play and learn sessions are designed for parents/caregivers and children to enjoy interacting with peers while learning literacy skills, singing songs and participating in activities and simple arts and crafts. Toddlers should be 21 months of age at the start of the group. Younger siblings ages 6-20 months may attend and should be registered along with the older child. Facilitated by a Family Resource Network Parent Child Educator.

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 donate. You can speak with Kathy or Barbara confidentially. Cash, checks and credit cards are accepted. Suggested donations are tax-deductible and non-refundable. Please make checks payable to Hallmark Health.

Terrific Toddlers

(Ages 21 months - 47 months)

Registration required

You may also register siblings 6-20 months with a terrific toddler age older sibling.

Group 1	Mondays	9:15 AM - 10:15 AM	April 30 - June 11 (No class May 28)
Group 2	Tuesdays	9:15 AM - 10:15 AM	May 1 - June 5
Group 3	Wednesdays	9:15 AM - 10:15 AM	May 2 - June 6
Group 4	Wednesdays	10:45 AM - 11:45 AM	May 2 - June 6
Group 5	Thursdays	9:15 AM - 10:15 AM	May 3 - June 7
Group 6	Thursdays	10:45 AM - 11:45 AM	May 3 - June 7

Healthy Toddlers in Motion (Ages 3 and 4 years old)

Registration required

Tuesdays, May 1 - June 5 10:45 AM - 11:45 AM This six-week series is for children 3 and 4 years old and their caregivers. You will learn about appropriate eating habits for toddlers, strategies for getting them to eat, and fun physical activities to do with your toddler to help encourage a healthy lifestyle. Facilitated by staff members from Hallmark Health's Rehabilitation and Nutrition Departments.

Woodland Nature Walks (For 2½ - 5 year olds)

Registration required

Wednesday, April 25 3:00 PM - 4:00 PM (Walkers - wooded trail)
Tuesday, May 15 11:00 AM - 12:00 Noon (Walkers - wooded trail)
Call 781-662-2722

Join a DCR Park Ranger as we take a slow half-mile walk on the trails of Breakheart Reservation. Along the way we will talk about the animals and plants that live there, how they benefit from each other, why they are important to people and what we can do to help protect our natural resources. The Massachusetts Department of Conservation and Recreation has many family activities. Go to <http://www.mass.gov/dcr/> for more information. A special thanks goes out to Mike Nelson and Mike Bruce from the MA Department of Conservation and Recreation for leading these hikes.

Hallmark Health Education Programs

To register, please visit www.Hallmarkhealth.org
and click on "Events Calendar" or call 781-979-3615.

Shopping with Tots: Are your shopping trips with your toddler stressful? Do you frantically run through the store and grab whatever you can before your toddler melts down? Come join a Registered Dietitian from Hallmark Health to learn successful strategies for a healthier trip to the grocery store! Bring your toddler (2-5 years old) for a scavenger hunt through the store! We'll make food-shopping fun with colors and numbers! Offered Tuesdays, April 17 and June 12 at 9:30 AM.

Parent Education

Registration starts Wednesday, April 11th Call 781-662-2722

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

PLEASE NOTE: A suggested donation of \$5 for each parent education workshop will be collected when you sign in the night of our workshops. Suggested donations are optional and families will not be refused participation due to inability to donate. To receive a Certificate of Attendance, an additional \$5 will be collected.

Making the Transition to Kindergarten: Preparing Your Preschooler

Register Now!

Monday, April 2

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

Starting Kindergarten is a traditional rite of passage in our culture. Even children and parents who have experienced several years of preschool education perceive this transition as a big step forward, generally met with a combination of excitement and anxiety. This workshop helps parents of upcoming kindergartners understand and evaluate the changes in kindergarten of recent years and make decisions about their children's readiness for this big transition. When to go and when to wait a year is addressed. Strategies for helping children (and adults) feel prepared for and successful at making the transition to kindergarten are also shared. Representatives from Melrose, Stoneham and Wakefield Public Schools will also participate in the discussion. This program is a workshop by Families First Parenting Programs and presented by Families First Parenting Educator Marilyn Buckler. Call now to register for this workshop.

Trials in the Bathroom: Successful Strategies for Toilet Training

Registration required

Monday, May 7

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

Need some new ideas for toilet training? Are you unsure about the next step in this process? This workshop is for you! Parents, caregivers, and teachers each play a role in supporting children through this important transition, and this workshop will address strategies for both home and school. Please send any specific questions you have to kharlow@hallmarkhealth.org. Questions will be addressed at the workshop. Led by Megina Baker, who teaches Early Childhood Education at Boston University and is a lead teacher at BU's Early Childhood Learning Lab.

Sweet Dreams

Registration required

Monday, June 4

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

Is bedtime a challenge in your house? Do you dread naptime? You may know how important rest and relaxation are for health and well-being, but find that neither you or the children in your life are getting enough sleep. In this workshop for parents and caregivers of young children, we will talk about ways to ease bedtime and nap time routines so that everyone can feel rested. Please send any specific questions you have to kharlow@hallmarkhealth.org. Questions will be addressed at the workshop. Led by Megina Baker, who teaches in the Early Childhood Education department at Boston University, and has been a toddler and preschool teacher for many years.

My Life, My Health

Registration required

Tuesdays, April 24 - May 29 1:00 PM - 3:30 PM

Location: N.S. Child & Family Resource Network

My Life, My Health is a six-session community workshop designed to give adults with chronic conditions (such as arthritis, heart disease, cancer, diabetes, asthma, etc.) and/or their caregivers the knowledge and skills needed to take a more active role in their healthcare. Subjects covered at the workshops include techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments. The next session will be offered on Tuesday afternoons from 1:00 pm - 3:30 pm at the Family Resource Network. For additional information or to register for this free program, call Kathy Byrne at 781-338-7572.

Maneuvering the Maze (4 Part Series)

Registration required

Wednesdays April 4, 11, 18, and 25 7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose-Wakefield Hospital

When a child has special needs, locating supports can be an overwhelming process! Presenters will provide an overview of the available services and how to access them. Learn about working with school systems and special education laws, government benefits and family support. There is no charge for these workshops. Sponsored by EMARC, The North Suburban Child and Family Resource Network, The Medford Family Network, Mass Families Organizing for Change and Family Ties. Register by calling Judy Santa Maria, EMARC 781 942-4888 x 1-4022 or email familysupport@theemarc.org.

Family Activities

Daily Drop-In Playtime at the Network (Children under 5 yrs. old)

Drop-In

Monday-Friday 9:00 AM - 12:30 PM (April 2 - June 29, See page 1 for dates closed.)

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.

Hallmark Health Medical Center Health Fair: Wondering what to do with the kids on Patriot's Day? Don't want to travel into Boston during the Marathon? Want something fun, healthy and FREE? Come to the Hallmark Health Medical Center Health Fair in Reading. A fun, free and healthy event for parents and kids. Teddy Bear/Doll clinic, face painting, tattoo's, refreshments, raffles, various health screenings and much more! April 16th from 10 am - 2 pm.

Let's Talk Literacy

Did you know that the development of language and literacy begins at birth? Parents and caregivers are the key to every child's success in learning to read. You can help your child become an eager reader through simple conversations and reading together every day. It helps to talk daily about things that interest your child. You can turn everyday experiences such as waiting in lines, doing errands, talking about your child's ideas, observations, and feelings, into teaching moments that prepare your child for reading and writing. Every month, we post a "Let's Talk Literacy" information sheet on our website to help parents and caregivers learn more about the importance of early literacy. "Lit Kits" are also available at the Network for children to take home. Lit Kits are designed to address specific subject areas and contain a fun variety of tools for learning including books, tapes, puzzles and dramatic play materials aimed at encouraging exploratory learning for young children. If you have any further questions or would like more materials on literacy, please ask a staff member at the Network. So, have fun and read, read, read!

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

Join others for a walk in the woods on Tuesdays, 10-11:30 AM. Schedules are available at the Family Resource Network and on-line at 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 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 Melrose, Stoneham, Wakefield and surrounding communities, send an e-mail to nsfamilynet@hallmarkhealth.org. We will forward this to our father program 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 Public Library: 781-665-2314, Stoneham Public Library: 781-438-1325 and Wakefield's Lucius Beebe Memorial Library: 781-246-6334.

Family Fun at the Stoneham Theatre

Dan Grady's "Marvelous Marionette Medley" (Ages 2 - 5 years) Registration required

Saturday, April 21 10:00 AM - 11:00 AM 781-662-2722

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

This show is a fast-paced, stringed puppet production comprised of routines that have that special something which is sure to tantalize, captivate, enchant and delight all those who attend. The broad range of acts include tightrope and trapeze artistry as performed by the Eadarg Bros, to the Country Western strumming and crooning of the celebrated Superstar, Conway Kitty. They are not to be outdone by the incomparable, slick moving, Roller Skating Rabbit. Sponsored by a generous donation from Kappa Delta Psi of Melrose and presented in collaboration with Stoneham Theatre.

Upcoming Stoneham Theatre Shows

For tickets call the Box Office at 781-279-2200 or visit www.stonehamtheatre.org.

The Full Monty: April 12 - May 6

This cheeky musical follows a group of unemployed mill workers who devise an unconventional solution to their professional and personal woes. A cast of 18 and an eight-piece band will fill the Stoneham stage with rollicking music, laugh-out-loud hilarity and a don't-blink-or-you'll-miss-it ending. Recommended for mature audiences.

I Capture the Castle: May 24 - June 10

In this play, the lives of 17 year-old Cassandra Mortmain and her eccentric English family are turned upside down with the arrival of a handsome new landlord. As the Mortmains struggle to accept the strangers in their midst, new possibilities and new love unexpectedly begin to bloom.

Melrose Symphony Orchestra: "Peter & the Wolf" A Family-Friendly Intro to the Symphony

Sunday, April 1, 3:00 PM Memorial Hall, 590 Main Street, Melrose

Tickets: \$10 for Adults; Kids Free For Tickets & More Info: www.melrosesymphony.org

Following the 45- minute performance, audience members are invited to the Musical Petting Zoo to try the instruments up close.

Benefit Hockey Game: "Boston Bruins Legends vs. Hallmark Health All-Stars"

Saturday, April 14, 1:00 PM Tickets: \$10 for Adults; Kids 12 and under FREE

Cronin Memorial Rink, 850 Revere Beach Parkway & Broadway, Revere

This charity hockey game will benefit Hallmark Health services for women and children. For more information, call Christine at 781-979-6100.

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 \$5 per person. Check out their website at FlicksatNight.com or e-mail flicksatnight@gmail.com for additional information. This movie night is organized by the Melrose Middle School PTO Film Committee.

Spring Clothing and Equipment Sale - North Suburban Parents of Multiples

Saturday, March 31st 9 am - noon Admission: \$1

Americal Civic Center, 467 Main Street, Wakefield

The NSPOM spring sale is the one you do not want to miss. Twenty-nine sellers and awesome deals on gently used children's clothing, toys and equipment.

Annual Spring Twins Sale!

Massachusetts Mothers of Twins Association -Founding Chapter

Saturday March 31, 9am - 1pm

Winchester High School (cafeteria), 80 Skillings Road, Winchester.

This is a great place to find terrific bargains on gently-used clothing, equipment, toys, books and much more. Cash only.

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

The Massachusetts Dept. of Early Education and Care website allows parents and caregivers access to a listing by town of all licensed childcare providers and preschools. Our office has a checklist of what to look for when visiting the sites. A staff member will be happy to speak with you about any questions and concerns.

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 with concerns about their child's development can request an evaluation for their birth to three year old by calling the Criterion Stoneham Early Intervention Program. An assessment will be scheduled to determine his/her strengths and needs and if your family is eligible for services. Please call 781-935-3855.

EMARC: 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.

The Center for Early Relationship Support of Jewish Family & Children's Service provides a variety of support services to parents of children birth to five, including free weekly Moms groups (including Medford and Winchester), free home visiting from volunteer mothers called "Visiting Moms", postpartum depression support, and parent consultations. For more information visit www.jfsboston.org or www.facebook.com.

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.

Melrose YMCA is an organization dedicated to building strong kids, strong families and strong communities. Every day the Y and it's neighbors work side-by-side to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. We are located at 497 Main Street in Melrose. You can call 781-665-4360 for additional information or visit our website at www.melroseymca.org.

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

Local Food Pantries:

- Melrose:** A Servant's Heart, Faith Evangelical Church, 200 Franklin Street, Melrose, 781-662-8226
Pantry of Hope, First Baptist Church, 561 Main Street, Melrose, 781-665-4470
- Stoneham:** First Congregational Church, 1 Church Street, Stoneham, 781-438-0097
Stoneham ACS Food Pantry, 9 Gerry Street, Stoneham, 781-392-4545
- Wakefield:** Wakefield Interfaith Food Pantry, Americal Civic Center, 467 Main Street, Wakefield, 781-245-2510
- Malden:** Bread of Life, 511 Main Street, Malden 781-397-0404

Donations to the food pantries can be made through the Family Resource Network.

Homelessness Education Liaisons:

- Melrose: Greg Zammuto 781-979-2290 or gzammuto@melrose.mec.edu
- Stoneham: Tom Arria 781-279-3810 or tarria@stonehamschools.org
- Wakefield: Kevin Pierce 781-246-6414 or piercek@wakefield.k12.ma.us

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

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 Families First Parenting and 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. Trained bereavement counselors and volunteers facilitate the group. There is also a separate parent support group offered at the same time. Classes begin Jan. 18 and meet seven times between then and April. 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.

North Suburban WIC Family Support Coordinator: If you are a WIC participant, the Family Support Coordinator can meet with you and help you find additional community supports. For further information or to set up a meeting, call Madlyna at 781-338-7570 or e-mail her at mjonassaint@hallmarkhealth.org.

Mothers Helping Mothers: If you are in need of a helping hand, call 781-338-7579. Available free items include books, diapers, gently used maternity clothes, infant and children's clothing (to size 10), and baby essentials such as swings, strollers, bouncy seats and pack 'n plays. If you have gently used items you would like to donate, call Karen at 781-338-7607. The store now has spring/summer clothing. We appreciate your generosity, but please, no adult clothing, toys, or car seats. Disposable diapers are always accepted, even opened packages of diapers.

Healthy Families: Healthy Families is a home visiting program for first-time parents age 20 and under. 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. Based at Hallmark Health, Healthy Families Melrose/Wakefield serves Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, and Wakefield. HEALTHY FAMILIES MASSACHUSETTS is funded by the Children's Trust Fund. Call 781-338-7550 for information.

Financial Counseling: Many people today are not seeking healthcare when they need it for fear of payment, lack of insurance coverage or simply not knowing where to go for help. Residents of Massachusetts are eligible for health insurance and the financial counselors at Lawrence Memorial Hospital and Melrose-Wakefield Hospital are available to help families, individuals or couples obtain the care they need. If you would like to set up an appointment, please contact the scheduling office at 781-338-7111.

Look aHEAD to a Healthy Future: Protect your child or athlete with Hallmark Health System's Concussion Program. The program offers community outreach education and ImPACT Testing made possible by a grant through the Boston Bruin's Foundation. Call 781-395-7750 for additional information.

Parents Need "Special Care" Too! For parents of premature infants.

Registration Required

"Parents Need Special Care Too!" is a six-week parenting education and support program for parents of premature infants, or infants who spent time in the Special Care Nursery for other health concerns. Facilitated by a Melrose-Wakefield Hospital maternity social worker, special topics will be presented by a variety of experts from the community. Some topics to be covered will include infant health and feeding, stress management and accessing community resources. Through this group, parents will have the opportunity to meet other parents of premature infants and develop on-going relationships. The program will be held at the Family Resource Network's center. Call Kathy at 781-662-2722 for dates, times and additional information.

Help Me Grow: Do you have concerns about your child's development physically, socially or emotionally? The Family Resource Network can help. Through the Department of Early Education and Care, we have received access to the Ages and Stages Developmental and Social Emotional Growth questionnaire. You take the age appropriate questionnaire and answer the questions in the comfort of your own home. Once completed, you and a staff member of the Family Resource Network can meet to go over the form and see if there are any areas we can work on together. If you have any questions, please call our office at 781-662-2722 and speak to a staff member.

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.

Hallmark Health Comprehensive Breast Center: Hallmark Health System is proud to announce the opening of our Comprehensive Breast Center in the spring of 2012. The Comprehensive Breast Center is located at our Stoneham Outpatient Campus at 41 Montvale Avenue. The Center will offer patients access to the latest technological advances in prevention, early detection, diagnosis and treatment of breast disease. We will have a team of board certified and highly skilled radiologists and surgeons, nurse navigator, medical oncologists, radiation oncologists and health care professionals all in one location.

Free Energy Assessment That Also Helps Support the Family Resource Network

The Melrose Energy Commission and Next Step Living have partnered to help Melrose and surrounding community residents take advantage of the Mass Save Home Energy Services Program®. This program provides no-cost energy assessments and educates residents about weatherization and other energy-efficiency opportunities. These organizations have implemented a nonprofit contribution program. When you sign up for a no-cost Mass Save Home Energy Assessment, and the assessment is complete, the Family Resource Network receives \$10 from Next Step Living. Please be sure to use our special link below in order for the Family Resource Network to receive credit for the assessment: www.nextstplivinginc.com/nsfamilynet. Don't forget to encourage friends and neighbors to sign up at this link as well! For more information about this program, contact Travis Estes at travis.estes@nextstplivinginc.com or Lori Timmermann at ltimmermann@yahoo.com.

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.

B Yoga Center offers classes for adults and children! Mommy & Baby and Namaste, Kids! Yoga classes offered year round. Adult classes include Heated Vinyasa Flow, All Levels, Early Morning Yoga, Yoga Basics, Gentle and many others. Class schedule, session registration and all other event information is on our website. Mention you are a Family Resource Network member at the front desk and receive 10% off a 5, 10 or 15 class card. We are located at 537 Main Street, Melrose MA. Call 781-475-2520 or visit our website at www.byogacenter.com.

Attorney Anna Bastian dedicates her practice to Wills, Trusts, Estates, and Real Estate. In the field of Estate Planning, she works with her clients to create individualized safety nets for their families, with the goal of anticipating and preventing conflicts and confusion. She offers convenient consultation hours. 20 West Emerson Street, Melrose, 781-665-7031. Visit www.annabastianlaw.com for more information.

Bay State Centre Family Chiropractic: Dr. Scott Darragh
Pediatric Care - Pregnancy Care - Adult Care - Special Needs Wellness Care Handicapped Accessible
Chiropractic care offers conservative, non-invasive, drug-free solutions to improve the quality of your life and health. We work with infants, children and adults. Visit us at 340 Main St, Suite 102, Melrose MA ~ phone: 781-662-3333 ~ email: info@baystatedc.com ~ website: www.BayStateDC.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.

Bodyography encourages you to visit our one of a kind Wellness Center in the area. We continue to celebrate our 10th Anniversary of doing business in Melrose as we enjoy our new location at 18 A Essex Street. Our award-winning Center offers Massage Therapy, Reiki, Chinese & Japanese Style Acupuncture, Chinese Herbal Medicine, and Skin Care including Facials, Waxing, and DermaSound Treatments. Bodyography has the distinction of offering Facial Rejuvenation Acupuncture, as well as Bamboo Fusion Massage both currently exclusive to Bodyography. Stop in to visit and see what you have been missing. Visit us on Facebook as well as www.bodyography.net. We welcome NSCFRN members. Take advantage of a 25% discount on Infant Massage Instruction and a 10% discount on all other services. 781.665.4005

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.

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 and a new space at the Reading Athletic Club in Reading. Our main goal is to encourage and nurture a love for physical fitness, healthy lifestyles, and being valued and accepted in a group for each child's uniqueness. Owner, Theresa McLennan, has over 30 years teaching children's fitness. Check us out at www.kidzfunparties.com, or call 781-558-5084.

Melrose Dance Dynamix: Summer dance programs at a reasonable cost! Many different dance styles with many new teachers! Hip Hop, Musical Theater, Ballet, Yoga, Stretch, Lyrical, Contemporary, Pom Pon, Jazz, 5 sessions/weeks, July 9 to August 10. Please visit www.melrosedancedynamix.com for details or contact Leslie at 978-332-0020 or leslie@melrosedancedynamix.com.

Roman Music Therapy Services and Sprouting Melodies: Join us for Sprouting Melodies, an early childhood music program for newborns - 6 year olds, including our Music Makers Drop-off Class for 3-6 year olds on Tuesday afternoons. We also now have two Saturday morning classes for your family to enjoy! Spring Sessions begin on April 2 and May 14. 50% discounts for second siblings and multiples and a new discount for children receiving Early Intervention services. Learn more about our programs for children, teens and adults with special needs and older adults. Visit us online at www.RomanMusicTherapy.com or www.SproutingMelodies.com or call 781-665-0700.

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, email jilltully@comcast.net or visit the website at www.signtomesingtome.com for more information. Mention this ad and receive \$5 off first playgroup.

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. For ages 2 and up! With locations throughout the Metro Boston area including: Lynnfield's Centre Congregational Church, Andover's Kids Club, Winchester Recreation Department, Arlington Recreation Department, Somerville's Foss Park, Charlestown's Community Center and more! For more information or to enroll in a class: Website: www.supersoccerstars.com Email: boston@supersoccerstars.com Phone: 781-777-7171

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