

39 Pleasant Street, Stoneham, MA

Phone: 781-279-0300

Fax: 781-279-0306

Email: nsfamilynet@hallmarkhealth.org

Website: www.hallmarkhealth.org

We are listed under Clinical Programs.

Office Hours

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

The Network will be closed:

Dec. 24 - Jan. 1 (Holiday Break)

Monday, Jan. 21 (Martin Luther King Day)

Feb. 18 - Feb. 22 (School vacation week)

(YMCA After School Program will be open that week.)

Daily Drop-In Play Hours

January 2 - March 29

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

Network Location: The Family Resource Network is located in the rear of the YMCA Child Care Center of Stoneham at 39 Pleasant Street, Stoneham (Pleasant Street Crossing building).

Parking: Parking is located in the building parking lot. Please do not park in the lower lot near the entrances. Please respect entrance and exit routes.

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 System. Additional funding sources are from a variety of grants and the generous donations from our families and supporters.

Family Resource Network Governing Council Meetings

Thurs., Jan. 17 6:30 PM - 8 PM Family Resource Network

Thurs., Mar. 21 9:30 AM - 11 AM Canterbury School
5 Bryant Street, Wakefield

Limited childcare available for daytime meetings.

Registration for winter classes begins Wednesday, January 2.

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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Kathy's Korner: The staff of the Family Resource Network would like to wish all of you a wonderful 2013. 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. The greatest gift we can give to our children is unconditional love. 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

Let's Talk Literacy: Did you know that the development of language and literacy begins at birth? 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, and talking about your child's ideas, 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 and at the Network to help caregivers learn more about the importance of early literacy. 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. So, have fun and read, read, read!

Parent & Infant Group (Newborn - 6 months) **Suggested Donation: \$5 per class** **Drop-In**
Mondays 11:00 AM - 12:30 PM Jan. 7,14,28; Feb. 4,11,25; March 11,18,25; April 1,8,22

Join other parents and caregivers of infants, newborn to 6 months, for support and information. Discuss the joys and challenges of caring for a new baby. 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, Jan. 11 - Feb. 15 and March 15 - April 26 (No group April 19)

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

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. Coming soon, a MA State WIC funded Baby Café in Everett.

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 781-338-7607 for more information about this free program. This program is sponsored by the North Suburban WIC Nutrition Program. Facilitator is certified in Motherwell Maternity Fitness.

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 including healthy nutrition and physical activity for moms and babies. Childcare support is available. A new session will begin in the Spring 2013. Please call 781-338-7607 for additional information and to register. This program is partially funded by the Boston Bruins Foundation in collaboration with Hallmark Health System.

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. Parents can use this tool in the comfort of their own home. Once completed, you and a staff member can meet to go over the form and see if there are any developmental areas we can work on together to help your child reach their full potential. If you have any questions, please call our office at 781-279-0300 and speak to a staff member.

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

Join others for a guided hike in the woods. Hikes have expanded to three days per week. 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 www.mass.gov/dcr for other DCR family activities throughout the year.

Discounted Zoo Passes: Call the Family Resource Network to receive a day pass to the Stone Zoo or Franklin Park Zoo. The pass admits 6 people at a discounted rate of \$6.00 per adult and \$4.00 per child. Passes are not valid for Zoo Lights.

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.

Snow Policy: In case of inclement weather on school days, when the Stoneham Public Schools are closed, the Family Resource Network 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, please call the office to make sure we are open. 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.

Registration starts Wednesday, January 2

To register, call 781-279-0300

- 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. A Family Resource Network Parent Child Educator facilitates the groups.

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 System.

Terrific Toddlers

(Ages 21 months - 47 months)

Registration required

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

Session 1 January / February

Group 1	Mondays	9:15 AM - 10:15 AM	Jan. 7 - Feb. 25 (No class Jan. 21 and Feb.18)
Group 2	Wednesdays	9:15 AM - 10:15 AM	Jan. 9 - Feb. 13
Group 3	Wednesdays	10:45 AM - 11:45 AM	Jan. 9 - Feb. 13
Group 4	Thursdays	9:15 AM - 10:15 AM	Jan. 10 - Feb. 14
Group 5	Thursdays	10:45 AM - 11:45 AM	Jan. 10 - Feb. 14

Session 2 March / April

Group 1	Mondays	9:15 AM - 10:15 AM	Mar. 11 - Apr. 22 (No class Apr. 15)
Group 2	Wednesdays	9:15 AM - 10:15 AM	Mar. 13 - Apr. 24 (No class Apr. 17)
Group 3	Wednesdays	10:45 AM - 11:45 AM	Mar. 13 - Apr. 24 (No class Apr. 17)
Group 4	Thursdays	9:15 AM - 10:15 AM	Mar. 14 - Apr. 25 (No class Apr. 18)
Group 5	Thursdays	10:45 AM - 11:45 AM	Mar. 14 - Apr. 25 (No class Apr. 18)

Alphabet Soup

(Ages 2 - 4 years)

Registration required

This new six-week play and learn group is designed for parents/caregivers and children from 2 - 4 years old. The pilot group will use reading, singing, crafts, and play to learn letters of the alphabet while developing your child's pre reading skills. Miss Debbie, a Family Resource Network Parent Child Educator will facilitate the group.

Session I

Group A	Tuesdays	9:15 AM - 10:15 AM	Jan. 8 - Feb. 12
Group B	Tuesdays	10:45 AM - 11:45 AM	Jan. 8 - Feb. 12

Session II

Group A	Tuesdays	9:15 AM - 10:15 AM	Mar. 12 - Apr. 23 (No class Apr. 16)
Group B	Tuesdays	10:45 AM - 11:45 AM	Mar. 12 - Apr. 23 (No class Apr. 16)



The Brain Building in Progress Campaign is a public/private partnership of the Massachusetts Department of Early Education and Care, United Way of Massachusetts Bay and Merrimack Valley and a growing community of early education and child care providers, academic researchers, business leaders and individuals. Our mission is to raise awareness of the critical importance of fostering the cognitive, social and emotional development of young children by emphasizing its future impact on economic development and prosperity for everyone in Massachusetts. For more information, visit www.brainbuildinginprogress.org.

Parent Education

Registration starts Wednesday, January 2

Call 781-279-0300

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.

All workshops are 7:00 PM -9:00 PM

Location: Perkins Hall, Melrose Wakefield Hospital, 585 Lebanon St., Melrose

Success from the Start - Early Childhood Development Series

Early childhood can have a particular set of challenges for parents/caregivers as they help nurture their child's development. From an infant's first cry to a young child's first word, early childhood is filled with developmental milestones and critical moments in which a child's world needs sensitive and enriching experiences in order to make the most of this phase of development. This Early Childhood series focuses on critical areas of social and emotional development and gives strategies for parents/caregivers to support their child's needs in order to provide a foundation for future learning, strong relationships, and psychological and emotional health. The series is a collaboration with Families First Parenting Programs. Debra Broadley facilitates all workshops.

Know Your Child: Temperament and Development (Wed., Jan. 23)

Registration required

When parents/caregivers understand their child's personality characteristics and their present stage of development, they can set reasonable expectations, respond appropriately to the child's behavior, and provide opportunities for children to experience success. In this session, parents/caregivers will learn the link and interaction between their children's behavior, typical developmental milestones, and temperament.

The Developing Self

(Thursday, Feb. 28)

Registration required

The development of a concept of self is essential to the expression of healthy self-esteem, exhibition of self-control in later years, and the development of morals. Both healthy self-esteem and self-control have been linked to happiness, initiative, resilience, emotional and social intelligence, good academic performance, and other measures of success. In this session, parents/caregivers will learn about the development of self-concept, self-control, and moral development in order to guide their children's development. They will also have the opportunity to examine their own values and how to positively influence their children's beliefs and values.

Love and Limits in Early Childhood

(Monday, March 11)

Registration required

Parents/caregivers of young children face the challenge of letting children develop a sense of independence while at the same time making sure children comply with rules. Understanding why children do what they do is important because it helps parents/caregivers anticipate the child's behavior and the choices they have in responding. In this session, parents/caregivers will examine possible reasons for children's behavior and have an opportunity to troubleshoot their children's problematic behaviors and identify their own parenting and response styles.

Communication and Language Development (Thursday, April 25)

Registration required

Young children listen with their whole bodies as they naturally soak up emotions through tone of voice, facial expressions, touch, and gestures of those around them. Parents/caregivers can set the stage for effective communication now and in the future by attuning to their children's cues and needs as their ability to communicate grows. In this session, parents/caregivers will review typical language development in children and learn strategies to support it.

Changing Concepts in Food Allergy by Dr. Michael Young (Wed., March 20) Registration required

Food allergies have greatly increased over the past 10 years. Food allergies, especially peanut allergies, can be life threatening. Learn about current research on treatment for food allergies, including oral immunotherapy and the Chinese herbal medicine trials, and review key points of the national food allergy guidelines. Come listen to and ask the expert. Dr. Michael Young, author of The Peanut Allergy Answer Book. Sharon Shumack of the Asthma and Allergy Foundation of America will also have additional information. Dr. Young is an Adult and Pediatric Allergy and Immunology specialist in South Weymouth and Boston Children's Hospital.

Maneuvering the Maze (4 Part Series)

Registration required

Wednesdays April 3, 10, 17, and 24 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, Family Ties and Riverside Community Care.

Register by calling Judy Santa Maria, EMARC 781 942-4888 x 4022 or email familysupport@themark.org.

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

Monday-Friday 9:30 AM - 12:30 PM (January 3 - March 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 and enjoy the company of other families with young children while playing in our playroom. Books, puzzles, toys, blocks and more await you and your child. Drinks in covered cups are welcome, but please do not bring snacks. Refer to page one for entrance location, parking and days the center will be closed.

Saturday Drop-in Playtime at the Network (Children under 5 years old) **Drop-in**

Saturdays 9:30 AM - 11:00 AM Jan. 5, 12, 26 Feb. 2, 9, 23, and March 2, 9, 16 and 23
 Location: North Suburban Family Network, 39 Pleasant Street, Stoneham
 Come and enjoy our large playroom. It's a great time for working parents to unwind and a fun place for caregivers to hang out with the kids. A Family Resource Network Parent Child Educator will be on hand to lead songs and activities.
For safety purposes, in case of any snow or ice, please call the office to make sure we are open.

March Music Madness with Sprouting Melodies (Children under 5 yrs. old) **Registration required**

Thursdays, 10:00 AM - 10:45 AM March 7, 14, 21 or 28 (Choose one day)
 Location: Beebe Memorial Library, Wakefield
 Come join Meredith Pizzi, MT-BC of Roman Music Therapy Services and Sprouting Melodies for a morning of singing, playing instruments and lots of family fun. You will be amazed at all that your young children can learn through experiences in music! Please call to register for one of the Tuesday morning sing-a-longs. Funded by a grant from the Wakefield Cultural Council, a local agency that is supported by the Massachusetts Cultural Council and a generous donation from Kappa Delta Psi of Melrose.

Saturday Musical Family Fun

Music & Movement with Kidzfun (Ages 2 - 5 years) **Registration required**

Saturday, February 9
 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 and presented in collaboration with The First Congregational Church of Melrose.

Ben Rudnick and Friends (Ages: 2 - 5 years) **Registration required**

Saturday, March 16 10:00 AM - 11:00 AM 781-279-0300
 Location: Wakefield Center for Performing Arts, Wakefield High School, 60 Farm Street, Wakefield
 (Please, no food or drink in the theatre.)
 Ben Rudnick & Friends play the hippest family music around. With countless awards to their credit, including SIX Parent's Choice awards, their adventurous, high-energy blend of happy, upbeat acoustic music is guaranteed to entertain the entire family. Bending musical styles from country to bluegrass, rock to second-line New Orleans, their original songs and fun takes on familiar tunes make you sing, make you dance and make you happy. Join the fun! Visit www.benrudnick.com for more information. Children from 2 years old to 102 years old are welcome. This program is funded by a generous donation from Kappa Delta Psi of Melrose.

Macaroni Soup with Carole Peterson (Ages 2 - 5 years) **Registration required**

Saturday, April 27 10:00 AM - 11:00 AM 781-279-0300
 Location: Stoneham Theater, 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! This program is funded by a generous donation from Kappa Delta Psi of Melrose and presented in collaboration with Stoneham Theatre. Funded by a grant from the Stoneham Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a donation from Kappa Delta Psi of Melrose, in collaboration with Stoneham Theatre.

Childcare and Preschool Information: <http://www.eec.state.ma.us/ChildCareSearch/EarlyEduMap.aspx>

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.

The Autism Support Center (ASC) was created to support parents and professionals who need assistance finding information and support about Autism Spectrum Disorders. Located in Danvers at 6 Southside Road in Danvers, they can be reached at 1-978-777-9135, or by e-mail at asc@ne-arc.org.

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), free home visiting from volunteer mothers called "Visiting Moms", postpartum depression support, and parent consultations. CERS is currently also seeking new Visiting Mom volunteers to serve the northern suburbs, including Malden, Melrose and Wakefield. For more information visit www.jfcsboston.org/CERS and www.facebook.com/JFCS.CERS.

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: EMARC's mission is to support, serve, and advocate for people with developmental disabilities and their families to ensure they are valued, respected and have the opportunity to fully participate in their communities. 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.

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. If you are interested in being put on the waitlist, please email Robin at newmembers@melrosefamilyroom.org. For more information visit www.melrosefamilyroom.org

The Northeast Arc is dedicated to providing lifelong individualized supports to people with or at risk of developing disabilities, and their families, ensuring opportunities to choose and realize their goals of where and how they learn, live, work, socialize and play. We have a variety of programs: early intervention, recreation, personal assistance, advocacy, transition services, etc. Our main number is 978-762-4878 our website is www.ne-arc.org.

Parents Helping Parents: Are you a parent feeling overwhelmed, isolated or stressed? Parents Helping Parents offers weekly support groups where parents discuss family problems and figure out ways to make things better. Current groups meet in Medford, Malden, and Salem. For location and meeting times visit www.parentshelpingparents.org or call 1-800-632-8188, which also functions as a 24-hour helpline for parents.

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.

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
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, 54 Eastern Avenue, Malden 781-397-0404
Mobile Food Pantry, 239 Commercial St., Malden, 781-338-7574 Call for next available date and time.

Homelessness Education Liaisons:

- Melrose: Patricia White-Lambright 781-979-2160 or pwhite-lambright@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: 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 September through June and meets twice a month. Please call the office at 781-279-0300 for more information and to be added to the e-mail list.

Kids & Grief Support Groups: Hallmark Health System 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. Please Call Judy Seifert, Bereavement Coordinator, at 781-338-7861 for more information.

The North Suburban WIC: Are you struggling to meet your weekly food bill? Are you a new mom on unpaid maternity leave? Has your family recently experienced a reduction in work hours or job loss? You might be eligible for WIC benefits. The North Suburban WIC, a program of Hallmark Health System, 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 Jonassaint 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, 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 781-338-7607. The store now has winter clothing. We appreciate your generosity, but please, no adult clothing, toys, cribs 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 System, 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. For further information, call 781-338-7550.

Financial Counseling: Many people today are not seeking medical attention because of the high cost and their inability to pay for it. Massachusetts Law mandates that all its residents have health insurance. If you are uninsured or underinsured, the financial counselors at Lawrence Memorial and Melrose-Wakefield hospitals are there to help families, couples or individuals apply for health insurance and obtain the care they need. Call (781) 338-7111 to make an appointment to determine your eligibility for services.

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.

7th Annual Women and Heart Disease Seminar

Call 1-800-540-9191 to register

Saturday, February 2 9:30 AM - 2 PM Montvale Plaza, 54 Montvale Ave., Stoneham

In recognition of the American Heart Association's Red Dress Day - Hallmark Health's Cardiac and Endovascular Center will be hosting their 7th Annual Women and Heart Disease Seminar on Saturday, February 2. This year's free event will again be held at the Montvale Plaza in Stoneham from 9:30 am to 2 pm. To register for this event, please call (800) 540-9191 or register on-line at www.hallmarkhealth.org and select the Events Calendar. Join us for a fun and educational day including three informative speakers, lunch, lots of resources and screenings to help you stay healthy!

Listening to the Wise Woman Inside of You: The Wise Women's Health Club

Wednesday March 13 at 6:00 PM (registration begins at 5:30 PM) Montvale Plaza, Montvale Ave., Stoneham

This program will inspire and empower you! Receive important health prevention information from Hallmark Health clinicians and community partners. Learn to be "wise" about your personal health needs. A light dinner will be served. The seminar is free, but pre-registration is required. Registration will be available on-line by mid-January at www.hallmarkhealth.org. This program is partially funded by the Women's Catalyst Fund of Hallmark Health System.

Hallmark Health Community Health Education Classes

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

The New Dad Difference

February 6

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

Cost: \$25, \$40 if taken with the Art of Becoming a New Mother class.

The Art of Becoming a New Mother

February 6

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 5, February 2 or March 2

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 5, February 2 or March 2

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 Family Resource Network families \$35.

Safe Sitter

January 12, February 20 or March 16

The Safe Sitter® Program was developed by pediatrician Patricia A. Keener, M.D.

Safe Sitter graduates gain confidence and learn how to handle situations that may happen as they care for young children. Injury prevention, getting help with emergencies, and learning how to rescue a choking infant or child are all components of the program. Topics such as safety for the sitter, running a babysitting business, as well as how to care for and nurture young children are also included in this tested program. Participants must be at least 11 years old and have completed fifth grade. To ensure personal safety, our program does not provide a list of babysitting graduates to prospective employers. Cost: \$55.00

Family & Friends CPR for Babysitters

January 5, February 2 or March 2

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 Safe Sitter® (1-day) Baby Sitting Class. Call 781-338-7561 for more information.

Call for additional CPR and First Aid classes.

Looking for a Doctor?

To find a physician near you
call:

1-800-540-9191

www.hallmarkhealth.org

My Life, My Health Call 1-800-540-9191 or register at www.hallmarkhealth.org

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. Upcoming session: Wednesdays, January 23 - February 27, 2013, 1:00 PM - 3:30 PM, Hallmark Health Medical Center, 30 New Crossing Road, Reading.

"MA 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.

Need a Resource? Give Us a Call: Do you need help finding a service or program to meet your family's needs? We have information for a variety of services and programs. If we don't have it we will work together to find the resources you need. The Family Resource Network can help. Give us a call at 781-279-0300.

The Family Resource Network is offering businesses the opportunity to sponsor our Quarterly Program Flyer. The quarterly sponsorship fee is \$25. Please e-mail us a short description of your business. Call 781-279-0300 or e-mail us at nsfamilynet@hallmarkhealth.org for additional information.

Attorney Anna Bastian dedicates her practice to Wills, Trusts, Estates, and Real Estate, working closely with her clients to create individualized safety nets for their families. Consultations may be scheduled during the week or on weekends. 20 West Emerson Street, Melrose, 781-665-7031. Visit www.annabastianlaw.com for more information.

B Yoga Center offers classes for adults, teens & children! Adult classes include Heated Vinyasa Flow, All Levels, Early Morning Yoga, Gentle and many others. We also offer Toddler Yoga, Girls Empower classes for Tweens & Teens. Class schedule, session info and 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 and our new studio at 516 E. 2nd Street, South Boston MA. Call 781-475-2520 or visit our website at www.byogacenter.com.

Baby Boot Camp is an innovative stroller-fitness program that helps moms regain or enhance pre-pregnancy fitness levels and meet the physical challenges of parenting by emphasizing strength training in a supportive environment. Classes for all fitness levels: pregnant moms, new moms recovering from pregnancy and conditioned moms with one or two stroller-aged children. Cardio drills, strength training exercises and stretching increases overall fitness, and the ab assault at the end of class means you get a total body workout! Classes in the Winchester area are going on now and Saturday classes will be starting soon. For more information, please go to www.babybootcamp.com/ma-woburn.aspx, or email owner Kristen Herlihy directly at Kristen.herlihy@babybootcamp.com.

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

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.

Lilah Rose: A children's boutique in downtown Melrose. Focusing on made in the USA, organic, fair trade, environmentally & socially responsible merchandise; we strive to bring you a wide variety of interesting, beautiful and functional clothing, toys, books, shoes, gifts & gear. Clothing & shoes Sizes NB to 8Y, gifts & toys for all ages. Located at 465 Main St, Melrose MA. 781-620-0353 www.LilahRoseMelrose.com

Linda O' and Alison; Agent Expertise.com RE/MAX Heritage
Real Estate has changed dramatically. Few agents are up to the challenges of strategizing for successful sales, protecting their clients from expensive mistakes and dispensing critical, but often hard, advice to clients to help them reach their goals like Alison Socha and Linda O'Koniewski and their AgentExpertise.com team. Today's buyers and sellers need better data and advice like never before. Call us at RE/MAX Heritage, 781.979.0100, to experience the difference.

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.

Melrose Day Care Center (MDCC) and Pre-School has been successfully serving families for over 30 years. MDCC strives to serve the greater Melrose Community by providing high quality early childhood care. Children from 1 month-6 yrs old are welcome. An on-site cook serves breakfast, lunch and snacks. We are open from 6:30 a.m. to 6 p.m. Monday through Friday. Please check us out at www.melrosedaycarecenter.com or call us at 781-662-6539 for a tour.

Melrose Family YMCA Childcare Centers in Stoneham and Melrose Owned and operated by the Melrose YMCA, we serve families with children from six weeks to six years old. This NAEYC accredited childcare program embraces a family-centered philosophy where family interaction is welcomed and encouraged. The center also provides year round after school care for older children. Call Stoneham Director Maureen at 781-279-2002 or Melrose Director Cathy Flynn at 781-665-8522 for additional information and a tour of the facility

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.

Roman Music Therapy Services and Sprouting Melodies: Are you looking for ways to connect with your baby or toddler and support them in their developmental growth? Sprouting Melodies will support your child in building healthy relationships, learning to trust their environment and make life at home a lot more fun with music! We want all families to benefit and learn how making music at home benefits a young child's growth and development! Call us to 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.

Stoneham Theatre: Join us for our 2013 Winter Festival and see 3 musicals based on classic stories! See Stoneham Theatre's young company perform musical versions of Arnold Lobel's FROG AND TOAD, HONK!, the musical version of the Ugly Duckling, and JANE EYRE: the musical based on the classic novel by Charlotte Bronte. Performances run January 18 - 27. For more information, please call our box office at (781) 279-2200 or visit www.stonehamtheatre.org. Other upcoming shows: Larry Marshak's tribute to the Platters on December 31st and The Four Freshmen on January 5th and 6th. For a complete listing of all performances, please visit www.stonehamtheatre.org.

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: Danver's Recreation Department, Andover's Kids Club, Lynnfield's Centre Congregational Church, Winchester's Recreation Department, Arlington's Recreation Department and more! Also, join us for Shine classes, designed especially for individuals with developmental disabilities, and Kick & Play, our pre-soccer and movement program for 12 to 24-month-olds! For more information or to enroll in a class: Website: boston.supersoccerstars.com. Email: boston@supersoccerstars.com Phone: 781-777-7171

Usborne Books & More is dedicated to promoting literacy and fostering learning through high-quality, educational children's books. With 1,500+ titles to choose from, there is something for everyone from touchy-feely board books to teen fiction novels and everything in between. Host a book show, hang out with your friends and earn FREE books for your family! To schedule a show, place an order, or find out more about book fairs, e-fairs, and fundraising opportunities, please contact **Stacy Hook** - Independent Consultant at stacy.hook@verizon.net or 781.454.8901. You can also check us out online at www.kidsread-usborne.com. Awarded 2012 Children's Publisher of the Year!

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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 System. Additional funding sources are from a variety of grants and the generous donations from our families and supporters.