



North Suburban Child & Family Resource Network
39 Pleasant Street, Stoneham, MA 02180
Phone: 781-279-0300
Fax: 781-279-0306
Email: nsfamilynet@hallmarkhealth.org
Website: www.hallmarkhealth.org
We are listed under Programs.

**Registration for programs begins
Monday, April 14, 2014**

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.

Office Hours

Monday-Friday 9:00 AM – 1:00 PM

Daily Drop-in Play Hours

March 31 – June 13, 2014 (see dates closed below)

Monday-Friday 9:30 AM – 12:30 PM

The Network will be closed:

April 18 - 25 (Good Friday & School Vacation)

Monday, May 26 (Memorial Day)

Table of Contents

Page 1	Hours of Operation, Sick Policy
Page 2	Expectant Parent Programs
Page 2	Parent & Infant Programs
Page 2	Pre-Toddler Programs
Page 2	Parent & Caregiver Education Classes
Page 3	Toddler Programs
Page 4	Family Activities, Drop-In Playtime
Page 5	Community Programs & Support
Page 6-7	Hallmark Health System Education & Support
Page 8	Network Sponsors

Network Location: The Family Resource Network is located at 39 Pleasant Street, Stoneham (Pleasant Street Crossing building). Our door is located at the back of the building just past the Melrose YMCA Childcare and School Age Program entrances (we share space with them).

Parking: Parking lot is along and behind building. Please be aware of signs for specific “no parking” and “2 hour” parking limitations and respect entrance and exit routes.

Kathy’s Corner

What do you think of when you hear the words Science, Technology, Engineering and Math (STEM)? If you’re like the majority of us, your heart starts racing a little. How can I teach my child these things? It is not about teaching them but giving them the opportunities to explore and learn. Ask them questions. Which rock is bigger? Is one rock smoother than the others? Let’s line them up from the biggest to the smallest. Science activities include exploring water and sand, comparing rocks and soil, counting the legs on an insect. Technology is not just about computers, but simple things like scissors, gears, and wheels. Child engineers may begin by building structures with blocks. Math activities can be counting, measuring, and matching shapes. Encourage their natural curiosity. Each week in my e-mail I will share an activity to do with your child that can be done using things you have in your home. The Brain Building in Progress website (<http://brainbuildinginprogress.org>) is a wonderful resource. It contains information about places to go and things to do as well as activities you can do with your child. Peace, Kathy

The North Suburban Child and Family Resource Network supports all parents, caregivers and educators of children prenatal through entering kindergarten who live or work in Melrose, Stoneham or Wakefield as well as other surrounding communities. 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 a variety of grants and generous donations from our families and supporters. Our goal is to help parents and caregivers create a healthy family environment as well as to promote family well-being through education and community support. The Family Resource Network provides parent education workshops, playgroups, support groups, family activities and information on parenting and community resources. The programs help parents and caregivers build connections that will extend beyond the Family Resource Network. Programs and activities are located in Melrose, Stoneham or Wakefield. 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 781-279-0300.

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.

Expectant Parents, Infant & Pre-Toddler Programs

Parent & Infant Group (Newborn - 6 months) Suggested donation: \$5 per class Drop-In

Mondays 11:00 AM – 12:30 PM March 31 – April 14; May 5 – June 9 (No group May 26)

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. The group is led by a Parent Child Educator. Suggested donation of \$5 is optional and tax deductible.

Pre-toddler Play and Learn Groups Suggested donation: \$5 per class Drop-In

Fridays, April 4 and 11; May 2 – June 6

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. A Parent Child Educator facilitates the groups. Suggested donation of \$5 is optional and tax deductible. The groups are sponsored in part by a donation from NCECP, the National Coalition for Educational and Cultural Programs, Inc.

Hallmark Health Programs

The Baby Café: A drop-in program offering breastfeeding support and assistance. Pregnant mothers interested in learning about breastfeeding are welcome to attend. Baby Cafés are facilitated by Hallmark Health System 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 5:30 PM – 7:30 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 or at the Everett WIC office, Everett City Hall, 484 Broadway, Room 1A, (617-387-2097), on Thursday from 5 PM – 7 PM.

Feeling Fit & Fabulous: Are you at least 16 weeks along in your pregnancy? Are you interested in learning about what to eat and exercises to do that will 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. The facilitator is certified in Motherwell Maternity Fitness®.

Parent & Caregiver Education

Registration starts Monday, April 14, 2014 Call 781-279-0300

PLEASE NOTE: A suggested donation of \$5 for each parent & caregiver 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.

From Seeds to STEMs: “Nurturing Young Children into Blooming STEM Investigators!”

Monday, May 19 7:00 PM – 9:00 PM Registration required

Location: The Purpose School, 1 Church Street, Stoneham

This workshop is for parents and caregivers interested in learning about the most current research on early childhood learning and development as it pertains to STEM: Science, Technology, Engineering and Mathematics. Participants will learn, share, and discuss strategies for developing STEM skills in PreK and Kindergarten age children and walk away with hands and minds full of activities and investigations to share and partake in with their children. Presented by Sean Musselman, a K-5 Science Specialist for the Burlington Public Schools and a lifelong enthusiast for the education and development of our community’s youngest citizens.

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.

Registration begins Monday, April 14, 2014 **To register, please call 781-279-0300**

- **Very Important:** At time of registration, please let us know if you will be bringing an infant. For our Play and Learn groups, infants 0–7 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

Terrific Toddlers and Alphabet Soup are six-week play and learn groups 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 the specified age at the start of the group. Infants 0–7 months may accompany the caregiver and must be in a front or backpack at all times. Children ages 8 - 20 months may be registered in a Terrific Toddler Group if an older sibling is registered. A Parent Child Educator facilitates the groups. The groups are sponsored in part by a donation from NCECP, the National Coalition for Educational and Cultural Programs, Inc.

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 one year and older 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 a staff member confidentially when registering. 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 to 3 year olds)** **Suggested Donation: \$40** **Registration required**

You may also register siblings 8-20 months with a terrific toddler age older sibling.

Group 1	Wednesdays	9:15 AM - 10:15 AM	May 7 – June 11
Group 2	Wednesdays	10:45 AM - 11:45 AM	May 7 – June 11
Group 3	Thursdays	9:15 AM - 10:15 AM	May 8 – June 12
Group 4	Thursdays	10:45 AM - 11:45 AM	May 8 – June 12

Alphabet Soup **(Ages 2 – 4 year olds)** **Suggested Donation: \$40** **Registration required**

This six-week play and learn group is designed for parents/caregivers and children from 2 - 4 years old. The group will use reading, singing, crafts, and play to learn letters of the alphabet while developing your child's pre-reading skills.

Group A	Tuesdays	9:15 AM – 10:15 AM	May 6 – June 10
Group B	Tuesdays	10:45 AM – 11:45 AM	May 6 – June 10

STEM Sprouts **(Ages 2½ through 4 year olds)** **Suggested Donation: \$25** **Registration required**

This four part parent and child play and learn series takes on an element of STEM each week. The hands-on playgroup is geared to children 2.6 through 4 years old. Find out how to incorporate **Science, Technology, Engineering and Math** into everyday activities using things you have around your house. This program is a collaboration of the Family Resource Network and the Franklin Early Childhood Center.

Group A	Mondays	9:15 AM – 10:00 AM	May 5 – June 2 (no class May 26)
Location: North Suburban Child & Family Resource Network, Stoneham			
Group B	Fridays	9:30 AM – 10:15 AM	May 9 - May 30
Location: Franklin Early Childhood Center, 16 Franklin Street, Melrose			

Outdoor Activities through the Mass. Dept. of Conservation & Recreation – DCR: The DCR offers a variety of family activities throughout the year. Visit their website www.mass.gov/dcr for schedules and exciting ideas for quality family time

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. New this May - Hide and Seek scavenger hunts/hikes. Schedules are available at the Family Resource Network office and on-line at www.fells.org. Please note these hikes are not suitable for strollers. No dogs please. 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. A signed annual liability waiver form is required and can be accessed on their website. Happy 15th Anniversary, Babes in the Woods!

Visit Your Local Library: Each community has a wonderful children’s library run by dedicated and talented librarians. Libraries are more than just books. Libraries have passes to area museums, lit kits, offer story hours, music programs and programs for new moms. Call your local children’s library for offerings. Melrose: 781-665-2314, Stoneham: 781-438-1325 and Wakefield: 781-246-6334.

The Family Resource Network Celebrates Brain Building in Progress Week April 5-12

Governor Patrick has declared April 5-12 “Brain Building in Progress Week” in Massachusetts, in further support of the statewide campaign led by the Department of Early Education and Care and United Way. Brain Building in Progress Week also occurs during the National Week of the Young Child. Local partners have come together to offer the following events, which will gather families in enriching and engaging environments, that offer learning opportunities for young children. Each day at the Family Resource Network, during our drop-in playtime and our scheduled classes, we will be talking about and offering some activities to support Brain Building and how we are all Brain Builders in our child’s life.

“Brain Building to the Beat of the Drums”

Monday, April 7 10:00 AM – 11:00 AM

Location: Memorial Hall, 590 Main Street, Melrose

Join us for interactive, enriching and purposeful music making to help build neural connections, increase parent-child bonds and support healthy early childhood development. Meredith Pizzi, MT-BC, Founder of Roman Music Therapy Services and Sprouting Melodies, will be leading families in drumming experiences that will excite, enrich and engage children and adults of all ages. Research and experience show time and again that music draws attention, encourages shared activity, and allows for repetition, which is essential for learning. Instruments will be provided, or you can start the brain building at home by gathering your own instruments or “creating” your own Tupperware drums, cup shakers, or other creative instruments. This Bring-Your-Own- Percussion Brain Building Event is sure to be a hit with all 2-5 year olds, and the grownups as well! Don’t miss out on the fun and the learning! This event is a collaboration of Melrose Birth to 5, Roman Music Therapy and The North Suburban Child & Family Resource Network. No registration required. For information, call 781-279-0300.

Engaging, Authentic Literacy for Young Children

Wednesday, April 9 6:30 PM – 8:00 PM

Location: Franklin Early Childhood Center, 16 Franklin St., Melrose

Registration required

Call 617-722-2030

Every day, there are plenty of opportunities to explore words and letters with your child in authentic and playful ways. In this workshop for parents, teachers, and caregivers, Early Childhood Education specialist Megina Baker (Lynch School of Education, Boston College) will share developmentally appropriate strategies and suggestions for getting your children eager and ready to read and write. We will even talk about how to support literacy in children who are learning more than one language. Bring your questions about early literacy! Light refreshments will be provided. This event is a collaboration of Representative Paul Brodeur, Franklin Early Childhood Center, Melrose Birth to 5 and the North Suburban Child & Family Resource Network.

StoryWalk® “Over in the Forest” by Marianne Burkes April 19 – April 27

We are excited to announce our collaboration with the Department of Conservation and Recreation, the Friends of the Middlesex Fells, and Melrose Mass in Motion to offer a self-guided walk through the Fells! This family activity will feature the children’s book, Over in the Forest, by Marianne Burkes. Children and their parents will learn about the different forest animals that can be found in the Fells, as they read laminated pages of the book posted along the trail. Directions for the self-guided walk will be posted at Crystal Trail in Greenwood Park, across the street from the Stone Zoo in Stoneham, April 19 – April 27, to coincide with Earth Day and school break. This program was adapted from The StoryWalk® Project created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library.

Travelling Treasure Trunk Presents: “Pick My Nose and Call Me Stinky” and “I’m a Frog”

Wednesday, April 23 9:30 AM

(Ages 2 ½ - 5 year olds)

Registration required

Odyssey Day School, 11 Paul Avenue, Wakefield

Call 781-279-0300

The Travelling Treasure Trunk is an undergraduate children’s theater troupe and community service organization based out of Tufts University. They write their own plays, make their own costumes, sing their own songs and do their own stunts. They will be performing two plays for us. “Pick My Nose and Call Me Stinky” is the story of a land where all of the smells have gone missing and one detective’s goofy quest to find them. The other play, “I’m A Frog”, is the story of a pig who is absolutely convinced that she is a frog! Travelling Treasure Trunk combines their love of theater with community outreach. Voluntary donations collected at the performance will be donated to Mystic Learning Center, a local community center that enriches and supports the lives of low-income children through positive education and recreation. **Registration required.**

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

Drop-in

Monday-Friday 9:30 AM – 12:30 PM March 31 – June 13 (See page 1 for dates closed, location and parking.)

Location: North Suburban Child & Family Resource Network, 39 Pleasant Street, Stoneham

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.

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 including a free weekly group on the North Shore, 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 781-587-2314.

"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.

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, email 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 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 Melrose, Reading, Stoneham, Wakefield, Woburn and surrounding towns. It provides parents with the means to build a supportive social network for themselves and their children through play dates, field trips, mom's nights out, and more. Membership is \$25 a year and includes a weekly e-newsletter from September through June, as well as a hard copy "Summer Fun Guide" listing kid-friendly attractions and destinations in the area. Visit www.parentsoftots.org to join.

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 Street, Malden, 781-338-7574 Call for next available date and time.

Homelessness Education Liaisons:

Melrose:	Patty White-Lambright	781-979-2160	pwhite-lambright@melrose.mec.edu
Stoneham:	Sandra A Fulmer	781-279-3840 Ext. 4	sfulmer@stonehamschools.org
Wakefield:	Lyn O'Neil	781-246-6416	lyn.o'neil@wpsk12.org

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

Ages and Stages Developmental Screenings: As parents, we want to know that our child is on track developing and learning all that they can. Through the Department of Early Education and Care, we have received access to the Ages and Stages Developmental and Social Emotional Growth questionnaire. The Ages and Stages screening tool is a great way to learn more about your child's development. You complete the questionnaire based on your child's age in the comfort of your own home, and then return the information to the Family Resource Network. Once completed, you and a staff member can review the results and see what we can do together to help your child reach their full potential. If you have any questions, please call our office at 781-279-0300.

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.

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. Funding made possible by a donation from NCECP, the National Coalition for Educational and Cultural Programs, Inc. 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 on the next group which begins September 2014.

The North Suburban WIC Program: 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 Bouchotte at 781-338-7570 or e-mail her at mbouchotte@hallmarkhealth.org.

Mothers Helping Mothers Clothing Closet: If you are in need of a helping hand, call 781-338-7579 to make an appointment for the store. 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. Spring and summer clothes will be available after April 15th. We appreciate your generosity, but please, no adult clothing (except maternity clothes), toys, cribs or car seats. Disposable diapers are always accepted, even opened packages of diapers.

Healthy Families: Healthy Families Melrose/Wakefield is a home visiting program for first-time parents (age 20 and under) living in Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, and Wakefield. *Available in Everett for parents 22 and under through the MA Home Visiting Initiative*. Based at Hallmark Health System, Healthy Families provides home visits, prenatal and parenting education, family-focused groups and activities, and connects families to community resources. Services are free and offered during pregnancy and until the child turns three. HEALTHY FAMILIES MASSACHUSETTS is funded by The Children's Trust. For further information, please call 781-338-7550.

Financial Counseling: Federal Law mandates that all Massachusetts residents have health insurance. If you are uninsured or underinsured, the Certified Application Counselors at Lawrence Memorial and Melrose-Wakefield hospitals are there to help all Massachusetts residents 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.

Spring Clothing and Equipment Sale - North Suburban Parents of Multiples

Saturday, April 5 9:30 AM – 12 Noon \$1 Admission Americal Civic Center, 467 Main Street, Wakefield

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

Annual Spring Twins Sale! - Massachusetts Mothers of Twins Association –Founding Chapter

Saturday April 12 9 AM – 1 PM

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.

Hallmark Health Community Health 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 2 or June 4

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

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

The Art of Becoming a New Mother

April 2 or June 4

Expectant and New Moms: Do you ever wonder how you'll become the mother you hope to be? Well, don't worry you are not alone! Join other new and expectant Moms to discuss topics such as picturing yourself in your new role, parent-proven tips for calming a fussy baby, chasing the "blues" away, coping with fatigue and other essential topics such as returning to work while breastfeeding, home safety and much more. Class offered every other month. Cost \$25, \$40 if taken with The New Dad Difference class.

Family & Friends First Aid for Children

May 3 or June 7

Learn how to manage illness and injuries in a child for the first few minutes until professional help arrives.

Cost: \$15, \$10 if taken with Family & Friends CPR Training.

Family & Friends CPR Training

May 3 or June 7

Learn how to respond in case of emergencies such as drowning, electrical shock and allergic reactions. Skills taught include choke saving skills. This is a must for all family caregivers including grandparents and babysitters. Cost: \$45, special pricing for Family Resource Network families or graduates of the Safe Sitter® (1-day) Baby Sitting class: \$35. Call 781-338-7561 for more information.

Safe Sitter

April 12, May 10 or June 14

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

Call 781-338-7561 for additional CPR and First Aid classes.

Hallmark Health presents the "Heart to Heart Series"

Registration for each separate event is required.

Heart to Heart with a Cardiologist Tuesday April 29 6 PM to 8 PM Melrose Wakefield Hospital, Perkins Auditorium

Heart disease is the #1 cause of death in men and women. Learn more about the signs, symptoms and prevention of heart disease as well as the latest in diagnostic testing and treatment. Learn how stress reduction and regular exercise keeps you healthy and prevents cardiovascular disease.

Emotions and Heart Disease Tuesday, May 27 6 PM to 8 PM Melrose Wakefield Hospital, Perkins Auditorium

Learn about the connections between our emotions and heart disease and what we can do to better manage both.

Heart Healthy Cooking Thursday, June 12 6 PM to 8 PM Doucet Remodeling – 1 Central St., Suite A, Stoneham

Learn how healthy food preparation can lead to a healthy heart. Watch live cooking demonstrations and learn nutritional tips. There will be food samplings and take home heart healthy recipes.

To register online, go to www.hallmarkhealth.org and select the "Events Calendar" or call 781-979-6338.

Stride for Healthy Communities is Hallmark Health System's annual walk to benefit key hospital and community services including cancer care and cardiology programs, emergency services and the North Suburban Child and Family Resource Network. This year's event is Sat., June 7, 9 AM, at Lake Quannapowitt in Wakefield (rain date, Sun., June 8, 2014). Walkers of all ages are encouraged to register for the event, which includes a 3-mile walk around beautiful Lake Quannapowitt in Wakefield, music, food, family activities, giveaways, health information and more. Last year more than 300 walkers and supporters came out to join in the day's festivities. More than a dozen area sponsors along with WBZ Radio will be there. Monies raised support important family services and community outreach initiatives such as health screenings, concussion prevention and CPR educational programs. Registration begins at 8 AM. The walk begins at 9 AM. Cost to register is \$20 in advance, \$25 day of the event. Children ages 5 and under are free, ages 6-18 years \$10. Visit www.hallmarkhealth.org and select the 'Event Calendar' to learn more or to register.

The Family Resource Network is offering businesses the opportunity to sponsor our Quarterly Program Flyer. A quarterly sponsorship listing is \$35 or annual listing is \$100. 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 parents to protect their children and assets in the event of a tragedy. Consultations may be scheduled during the week or on weekends. 20 West Emerson Street, Melrose. Phone: 781-665-7031; email: annabastianesq@comcast.net. Visit www.annabastianlaw.com for more information.

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 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 are held M-W-F mornings right in Winchester, along with Saturday morning 5K program starting in May. For more information, please go to www.BabyBootCamp.com or email owner Kristen Herlihy directly at Kristen.Herlihy@BabyBootCamp.com. Your first class is always free, so what are you waiting for?

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

Canterbury Children's Center - We are a traditional pre-school program that additionally offers extended day care. Canterbury is open year round 7:00 a.m.-6:00 p.m. Canterbury was established in 1966 and is a non-profit and non-denominational program. We are a play based school that strives to meet the needs of all the children and families in our care. Please contact the Executive Director, Janas Storey Mercer, to set up a tour of the center or visit us on the web at www.canterburychildrenscenter.com. 5 Bryant Street Wakefield (781) 245-9636

Dr. Jennifer S. Wu, P.C. - OB/GYN Martha S. Krikeles, MD, Jennifer K. Velleco, P.A., 663 Main Street, Melrose, MA 02176, (781)665-1985

Fellsway Pediatrics: Formally, Brewer & Nystuen Pediatrics & Dr. Rolle-Daya & Dr. Nagpaul. Providing newborn, Infant, children, adolescent & wellness care. Two locations in Melrose and Stoneham located conveniently across the street from Melrose-Wakefield Hospital and off route 93 near The Stone Zoo in Stoneham. All doctors are preferred providers of Boston Children's Hospital and are affiliated with Hallmark Health System & Winchester Hospital. Serving the community for over 20 years. Visit us at: 548 Lebanon Street, Melrose MA – 781-665-4364 or 3 Woodland Road Suite 205, Stoneham MA – 781-662-2100 www.fellswaypediatrics.com www.facebook.com/fellswaypediatrics

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. Follow Your Art is run by Kris Rodolico, an artist and art therapist with 15 years of experience working with children and adults. New address: 416 Main St., Melrose. To learn more, go to www.follow-your-art.com.

Roman Music Therapy Services and Sprouting Melodies®- Sprouting Melodies® is a music therapy based childhood program designed and led by Board Certified Music therapists to create child-centered musical experiences for the whole family in each and every music class. Sprouting Melodies® integrates all that we, as music therapists, know about young children, development and musical responses. Sprouting Melodies® provides consistent music experiences through which the child's overall development is supported and strengthened. Parents are given specific tools and music strategies to support their child's growth at home. Spring Session 1- April 7 – May 17 Spring Session 2 – May 19 – June 28. Go to RomanMusicTherapy.com to sign up today.

Stoneham Theatre: Season 14 continues with the World Premiere of THE UNBLEACHED AMERICAN (April 10 – April 27, 2014), the Broadway musical, THE SECRET GARDEN (May 15 – June 8, 2014), and a special event, MENOPAUSE THE MUSICAL (June 12 – June 29, 2014) featuring Stoneham Theatre favorite Kathy St. George. Stoneham Theatre is located at 395 Main Street in Stoneham. For more information, please call our Box Office at (781) 279-2200 or visit us online at www.stonehamtheatre.org.

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, Reading's Recreation Department, Winchester and Arlington Recreation Departments 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: supersoccerstars.com. Email: boston@supersoccerstars.com or Phone: 781-777-7171.

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.