

Winter 2010 Programs

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

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

Daily Drop-In Play Hours

January 6 - April 2

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

Office Hours

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

The Center will be closed:

Dec. 19 - Jan. 5 (Holidays & Registration)
(Center re-opens Wednesday, January 6)

Monday, Jan. 18 (Martin Luther King Day)
Monday, Feb. 15 (President's Day)

Center Location: The Family Network is located in the lower level of the Franklin School (corner of Main St. and Franklin St.) in Melrose. Our entrance is on the right side of the building off the driveway. Parking is not allowed in the driveway.

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

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

Winter Program Registration

Mark your calendar!

In-district families*:

Tues., Jan. 5 - Toddler groups only

Wed., Jan. 6 - All other programs

Out-of-district families*:

Thurs., Jan. 7 - All programs

**In-District: Families who live or work in
Melrose, Stoneham or Wakefield*

**No walk-in registration Tues., January 5.
Center will be closed.**

*Due to the high volume of calls during registration,
callers wanting to register should keep trying until
they speak to a staff member. No messages, please.*

Note:

- Classes fill quickly, so please mark your calendar to register.
- Drop-In programs do not require advance registration. Please sign in that day!
- When you register, please mark your calendar with program dates so you won't miss out!
- Classes are subject to change due to enrollment.

Kathy's Korner: The staff of the North Suburban Family Network wishes you and your family a wonderful holiday season. I would like to take this opportunity to thank all our families who have made donations to the NSFN. People have been supportive of our annual donation drive, bringing in supplies, and participating in our play and learn class suggested donation endeavor. We have been working hard researching grants, collaborating with other agencies, and planning fundraisers. An additional way to help is to receive our flyers via e-mail. The e-mail list also offers me the opportunity to share upcoming events with you. Each dollar we save, each quarter we put in the Change for a Change jar is important. The money we are raising now is to ensure we are able to continue to bring you quality programs again next year. Each of us has concerns; financial, health, employment; but we can still work together and help each other through. Our staff is available to talk, to share your parenting stories and we have even been known to give a much-needed hug. Don't sit home alone or go to the mall where it is a huge temptation to spend money. Come to the Family Network where there is always someone who will greet you with a smile and friendly hello. Together We Can Make a Difference. Peace, Kathy

Family Network Sick Policy: To ensure that the NSFN is a safe and healthy environment for all families, we ask that you do not attend the Network if you or your child are not feeling well or are exhibiting any of the following symptoms: severe coughing, frequent sneezing, runny nose, fever, sore throat, conjunctivitis, vomiting or diarrhea. If your child is prescribed an antibiotic, please wait a full 24 hours before returning to the Network. The NSFN staff reserves the right to ask a family to leave the Center if any of the above symptoms are present. Thank you for your understanding and desire to keep all of our families healthy.

Snow Policy: In case of inclement weather on school days, when the Melrose Public Schools are closed the Family Network center will be closed. School closings are posted on TV channels 4, 5 and 7. If schools have a delayed opening, please call our office to check our schedule. If it starts to snow or ice during the day, please call the office to check if we will close early. For safety purposes, in the case of any snow or ice on Saturday Drop-In Play days or during school vacation week, please call the office to make sure we are open.



Grandparents Raising Grandchildren In Harmony

Registration required

The North Suburban Family Network offers a support group for grandparents raising their grandchildren. 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.

The Baby Café: A drop-in center offering breastfeeding support and assistance from professionals and other moms, all in a relaxed environment with coffee, tea, and snacks. Wednesdays 6:00 PM - 8:00 PM; Fridays 10:00 AM - Noon at Hope Alliance Church, lower level, 84 Green St., Melrose. For more information call (781) 979-6455. Led by Hallmark Health lactation consultants.

Kids & Grief Support Groups: Hallmark Health Visiting Nurse Association and Hospice, Inc. provide bereavement support to children ages 5 to 12 who have lost a loved one. The group meets on the 2nd and 4th Wednesday of the month. Trained bereavement counselors and volunteers facilitate the group. There is also a separate parent support group offered at the same time. Please Call Judy Seifert, Bereavement Coordinator, at (781) 338-7861 to register or for additional 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, is a health and nutrition program sponsored by the Massachusetts Department of Public Health and the Department of Agriculture. Contact the Malden office 781-338-7578 to see if you are eligible.

Free Clothing Store: Sponsored by the NSFN Family Assistance Program and the North Suburban WIC Program. Available items include books, gently used maternity clothes, infant and children's clothing (to size 10), diapers and baby essentials such as cribs, swings, strollers, bouncy seats and pack 'n plays. If you are in need of a helping hand, call 781-338-7579. If you would like to donate items, call 781-338-7607.

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

Hallmark Health Family Education Classes

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

The New Dad Difference February 3 or April 7
Expectant and new dads learn how to apply their unique talents to parenting in this 2-hour class. Class offered every other month. Cost: \$25

The Art of Becoming a New Mother February 3 or April 7
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 9, February 6, March 6 or April 10
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 9, February 6, March 6 or April 10
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 NSFN families \$35.

Babysitting Basics January 9, February 6, March 6 or April 10
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 perspective employers. Cost: \$45

Family & Friends Pediatric CPR for Babysitters
This course is informative and easy-to-learn. It is a great choice for families seeking rescuer and relief of choking skills in children for their current babysitter. Cost: \$35 for graduates of Babysitting Basics. Call 781-338-7561 for more information.

Looking for a Doctor?

To find a physician near you
call:
1-800-540-9191
www.hallmarkhealth.org



Parent & Infant Group

(Ages 0 - 6 months)

Drop-In

Mondays 11:00 AM - 12:30 PM January 11 - April 12 (No class Jan. 18 and Feb. 15)

Join other parents and caregivers of infants, newborn to 6 months, for support and information. Discuss the joys and challenges of being a new parent. Learn about growth and development, feeding patterns, soothing a fussy child, sleep habits, and other topics. Moms and dads welcome. *Led by a Maternal Child Nurse.*

Pre-Toddler Play and Learn Groups

Drop-In

Fridays, January 15 - April 16 (No class February 19 and March 5)

Creepin' Crawlers (7 - 13 months) 10:45 AM - 11:45 AM

Wobblin' Walkers (14 - 20 months) 9:15 AM - 10:15 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 NSFN Parent Child Educator.

Parents Need "Special Care" Too!

Registration Required

Through the generosity of the Melrose Sharing and Caring Foundation, the North Suburban Family Network in partnership with Melrose-Wakefield Hospital, Winchester Hospital, Criterion Stoneham, Early Intervention Program and the ARC of Eastern Middlesex, a six-week parenting education and support program for parents of premature infants is being offered. The program will begin in early March and run through mid April from 1:00 to 2:30 PM, at the Family Network's center at 16 Franklin Street in Melrose. "Parents Need Special Care Too!" will be facilitated by one of the Melrose-Wakefield Hospital maternity social workers. Each week, special topics will be presented by a variety of experts from the community and both hospitals. The topics to be covered will include journal writing, stress management, family dynamics, infant health and feeding, understanding the developing child, creating a personal support network and accessing community resources. Through this group, parents will have the opportunity to meet other parents of premature infants and hopefully develop on-going relationships. These relationships are key to building a strong family foundation by helping parents to cope with the ongoing stressors of parenting. For additional information, call Kathy at 781-662-2722.

Hallmark Health Programs (pre-natal through 12 months)

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.

Creative Coping for New Moms: This program is designed for first time moms with children under the age of one. Join us for this eight-week program that offers presentations on special parenting topics and a free lunch. Transportation assistance and childcare is available. Creative Coping meets on Wednesdays, February 3 - March 24, from 11:30 AM - 1:00 PM at the WIC office, 239 Commercial Street in Malden. Please call 781-338-7607 for additional information and to register.

Network News

Shoes and Boots off During the Winter: Because of the sand, salt and snow this time of year, we ask all visitors to take off their shoes and boots before entering the drop-in playroom and classroom. Feel free to bring extra socks or slippers.

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

NSFN Family Assistance Program: If you have gently used children's clothing, cribs or baby equipment that you want to donate, call Karen Andrews at 781-338-7607 to arrange drop-off or pick-up. We appreciate your generosity, but please, no adult clothing, toys, or car seats. **Disposable diapers are always accepted, even opened packages of diapers.**

**Joint Meetings of The North Suburban Family Network (NSFN) and
The Community Partnership For Children of Melrose, Stoneham and Wakefield (CPC)**

Wednesdays, January 20th & March 10th

6:30 PM - 8:00 PM

Location: NS Family Network

Next fiscal year the NSFN and the CPC will be funded by one grant, the Coordinated Family and Community Engagement Grant through the MA Department of Early Education and Care. Members of the two Coalitions are meeting to discuss plans for the future. The two coalitions are comprised of staff, early childhood educators, parents, local business people and representatives of human service agencies. We are looking for parent members from Stoneham and Wakefield, as well as representation from clergy, businesses, childcare centers, family childcare and other community organizations that represent families.



Important: We are asking for a suggested donation of \$40 per child to participate in a six-week Toddler Play and Learn group (listed below). Families with more than one child in the same group will be asked for a suggested donation of \$60 per family. Suggested donations are optional and families will not be refused participation due to inability to pay. You can speak with Kathy or Barbara confidentially. Cash, check and credit card payments are accepted. We would appreciate payment on or before the first class. Suggested donations are tax-deductible and non-refundable. Checks should be made payable to Hallmark Health.

To register, call 781-662-2722

Jan. 5 - In-district families (Registration for toddler playgroups)

Jan. 6 - In-district families (Registration for all other programs)

Jan. 7 - Out-of-district families (Registration for all programs)

- Child must be specified age at start of group.
- If you know you will not be able to attend 2 or more classes, please do not sign up for that session.
- **Very Important:** At time of registration, please let us know if you will be bringing an infant. Only infants 0-5 months (at start of group) may accompany the parent and must be in a front or backpack at all times.
- Please bring a peanut free snack and a drink in a sippy cup for your child. **Please, no juice boxes.**
- We ask that shoes and boots be taken off during the winter so you may want to bring extra socks or slippers.

Two sessions are available (choose one):

Session 1: Week of January 11 through week of February 22
(No classes school vacation week (February 15 - 19)
(Monday class: No class January 18, last class is March 1)

Session 2: Week of March 8 through week of April 12

Please choose one session at time of registration. You can request to have your name put on the wait list for the other session. We will call you if there is availability.

Terrific Toddlers

(Ages 21 - 47 months)

Registration required

These six-week sessions are for parent/caregiver and child to enjoy interacting with peers, singing songs, simple arts and crafts and sharing a story. Facilitated by a NSFN Parent Child Educator. Choose session 1 or 2 above.

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

Super Sibs

(Ages 6 months - 47 months)

Registration required

This playgroup is designed for parents with a Terrific Toddler (21-47 months) and a younger sibling (6-20 months). These six-week sessions are for parent/caregiver and children to enjoy interacting with peers, singing songs, simple arts and crafts and sharing a story. Facilitated by a NSFN Parent Child Educator. Choose session 1 or 2 above.

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

Dads & Toddlers

(Ages 12 - 47 months)

Registration required

Wednesdays 10:45 AM - 11:45 AM

This registered playgroup is for Dads or other male caregivers and their toddler(s). This six-week session gives you an opportunity for you and your child to enjoy interacting with peers, singing songs, doing simple arts and crafts and sharing a story. Facilitated by a NSFN Parent Child Educator. Choose session 1 or 2 above.



To register, call 781-662-2722

Wednesday, Jan. 6 - For in-district families

Thursday, Jan. 7 - For out-of-district families

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

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

Friend or Foe: Dealing with Sibling Rivalry

Registration required

Thursday, January 28

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose-Wakefield Hospital

You hoped your children would be best friends, but instead they seem to be at each other's throats. Don't despair because you're not alone. We will discuss why siblings fight, when and how we should intervene, when we should let them "work it out" and how we can support the development of loving relationships between brothers and sisters. Facilitated by Debbie Weinstock-Savoy, Ph D, LICSW and parent educator.

Routines, Rituals and Transitions

Registration required

Monday, February 22

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

Whether we are smoothing out the edges on "who had it first" or working with the challenge of a full-blown temper tantrum, there are times when every parent could use a few fresh ideas. Bedtime hassles, homework blues and rousting the tardy are issues this workshop series covers. Using alignment, active listening and a little child development know-how, parents can support children through the tough times. Find out why bribery, sarcasm and threats don't work, especially in the long run. Facilitated by Scott Noyes from Empowering Programs.

Fostering Resiliency in Children

Registration required

Tuesday, March 16

7:00 PM - 9:00 PM

Location: Perkins Hall, Melrose/Wakefield Hospital

The pressure of life today overwhelms many children and families. Some are working harder and longer just to survive. The obstacles and challenges seem overwhelming and the light at the end of the tunnel just may be a train quickly approaching head on. We must teach children the skills and attitudes that allow them to continue in spite of the challenges. These are known as "protective factors". This workshop will lead you to becoming a resiliency mentor. Presented by Jeanine Fitzgerald, Certified Behavioral Consultant, Better Behavior Bureau.

Missed a parent education workshop? We may have videotaped it and put a copy of it in our lending library. Inquire in the office. DVDs can be taken out for one week.

Maneuvering the Maze (4 Part Series)

Registration required

Wednesdays, Jan. 13 & 20, Feb. 3 & 10

7 - 9 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 The Arc of East Middlesex, The Family Networks of Malden-Everett, North Suburban and Medford, Mass Families Organizing for Chance, Family Ties and Riverside Community Care. Register by calling Judy Santa Maria, The Arc of East Middlesex 781 942-4888 x 1-4022 or email familysupport@theemarc.org.

The North Suburban Family Network, a program of Hallmark Health, is a community based family support and education program. To participate, you need only be a parent or caregiver of a child from birth to entering school and live or work in Melrose, Stoneham, or Wakefield. If you are not on our mailing list and would like to receive future mailings, please call us. Families outside the district may participate in our drop-in programs or, if space is available, our registered programs. Most programs are free of charge. Funding is provided by a grant from the Massachusetts Department of Early Education and Care through the Melrose Public Schools, other various grants and the generous donations from our families and supporters.



Drop-In Playtime (Children under 4 years old)

Monday-Friday 9:30 AM - 12:30 PM (Jan.6 - April 2 See page 1 for dates closed.)

Saturday 9:30 AM - 11:00 AM (Jan. 23 & 30, Feb. 20 & 27, March 6 & 13)

Drop-in playtime at the Family Network is a wonderful opportunity to play and interact with your child. Come down and enjoy the company of other families with young children while playing in our large playroom. Books, puzzles, toys, blocks and more await you and your child. Please refer to page one for entrance location and days the center will be closed.

March Music Madness (Birth - 47 months)

Registration Required

Thursdays, 10:00 AM - 10:45 AM March 4, 11, 18 or 25 (Choose one day)

Location: Beebe Memorial Library, Wakefield

Come join Penny Kohut for a morning of singing, playing instruments and lots of family fun. Please call to register for one of the Thursday morning sing-a-longs. **Suggested donation: \$5 per family.**

Calling All Dads: If you are interested in getting together with other Dads in the Melrose, Stoneham, Wakefield and surrounding communities, send e-mail to Tony at tonyangeles@gmail.com to learn about weekly playgroups and other outings.

Discounted Zoo Passes: Call the Family 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 NSFN office. **Call 781-662-2722 to reserve a day.** Our Zoo Pass renewal was made possible by the generous donation of William Burton, CPA.

NSFN 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 kept 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 Take Home: 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.

Activities through the Mass. Dept. of Conservation & Recreation - DCR

The DCR offers a variety of family activities throughout the winter, including Babes in the Woods hikes, Family Skating and Winter Campfire Fun. Visit their website www.mass.gov/dcr for schedules and more 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 walk in the woods on Tuesdays and occasional Thursdays, 10-11:30 AM. Tuesday walks are accessible for caregivers and children of all ages in backpacks, jogging strollers, on sled or on foot. Thursday hikes are tailored for caregivers, preschoolers and children in backpacks. Strollers are not recommended. 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. Schedules are available at the Family Network and on-line at www.fells.org.

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



Family Fun at the Stoneham Theatre

Magician Scott Jameson

(Ages 2.5 - 5 years)

Registration required

Saturday, January 23

10:00 AM - 11:00 AM

781-662-2722

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

For over a decade Scott Jameson's magical performances have received rave reviews from a diverse range of audiences throughout the Northeast. His family-friendly theatrical brand of magic and juggling delights children, their parents and their parent's parents. Magic by Scott Jameson is not a magic show in the typical "pull a rabbit out of a hat" sense. Designed with family audiences in mind, Scott's shows artfully combine magic and juggling with clever characterizations, physical skill, music, mime, storytelling and plenty of audience participation. Training in gymnastics, storytelling, mime, acting and dance has helped Scott create shows that have been called "Superb!" Be prepared to laugh, be amazed and take part in a unique show. This program is provided in collaboration with the Community Partnership for Children of Melrose, Stoneham and Wakefield and the Stoneham Theatre.

Music & Movement with Kidzfun

(Ages 2.6 - 5 years)

Registration required

Saturday, February 27, 2010

Start times: 9:30 AM 10:10 AM 10:50 AM 11:30 AM (Choose one time)

Location: First Congregational Church, 121 West Foster Street, Melrose

This is a winter favorite of kids and parents. Theresa McLennan of Kidzfun will conduct a half hour program of music and movement that will delight your child and teach them about simple fitness. Choose one of four half hour sessions offered. This program is provided in collaboration with the Community Partnership for Children of Melrose, Stoneham and Wakefield and the First Congregational Church of Melrose.

Saturday Drop-In Playtime

(Ages 0 - 47 months)

Drop-In

Saturdays 9:30 AM - 11:00 AM

January 23 & 30, February 20 & 27, and March 6 & 13

Location: North Suburban Family Network, 16 Franklin Street, Melrose

Come down and enjoy our large playroom. A great time for working parents to unwind and a fun place for dads to hang out with the kids while giving Mom time to herself. A NSFN 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.****

Stoneham Theatre Presents

Hockey Mom, Hockey Dad

U.S. Premiere January 14—January 31

Love in the bleachers, blood on the ice. The usual small town affair. Two lonely, single parents meet while watching their kids play Pee Wee hockey. In the bleachers of an old rink, Teddy and Donna discover the best and worst in themselves as romance and real life collide in this unconventional and tender story. Tickets and show times are available at stonehamtheatre.org.

The Dinosaur Musical

New England Premiere March 4—March 21

From the creators of last season's "A Year with Frog and Toad" comes a family-friendly musical that even fossils will adore. Quincy, a 14-year old Tyrannosaurus, is finding it hard to follow in the shadow of his father, King Marcus. When the dinosaur kingdom comes together to fight its extinction, Quincy forms an unlikely friendship with a Parasaurolophus who teaches him the power of working together. Tickets and show times are available at stonehamtheatre.org.

To register, call 781-662-2722

Wednesday, Jan. 6 - For in-district families who live or work in Melrose, Stoneham, or Wakefield

Thursday, Jan. 7 - For families who do not live or work in Melrose, Stoneham, or Wakefield



Community Partnership for Children (CPC) of Melrose, Stoneham and Wakefield is a unique program dedicated to providing support for children's school readiness by planning and coordinating a wide range of services at the community level for children and families. The CPC provides information on financial assistance options for early education and care opportunities, facilitates access to resources for providers to increase program quality, facilitates access to comprehensive services for children, and coordinates (along with the North Suburban Family Network) family support and education activities. If you would like information on childcare financial assistance, early education and care program options, or referrals for family support programs in Melrose, Stoneham and Wakefield, please call the CPC today at (781) 246-6425. The CPC is a non-profit program funded by the Massachusetts Department of Early Education and Care, through the Wakefield Public Schools.

Criterion Stoneham Early Intervention: Do you have questions or concerns about your infant or toddler's development? Has your pediatrician recommended that you request an evaluation? Any parent or guardian can ask for a developmental assessment of their birth to three year old by calling the Criterion Stoneham Early Intervention Program. An assessment will be scheduled to determine his/her strengths and needs and if your family is eligible for services. Please call Mary at 781-935-3855, ext. 60.

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

The Massachusetts Dept. of Early Education and Care website allows parents and caregivers to request a listing by town of all licensed childcare providers and preschools. Our office has a checklist of what to look for when visiting the sites. Kathy, the NSFN program manager and former childcare provider, would be happy to talk with you about any questions and concerns you have.

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 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. The room has reached the maximum number of families for the current season but we are currently accepting families for the 2010-2011 wait list. For more info or to be placed on the wait list, please contact Betsy at betsy888@gmail.com.

Melrose Babysitting Exchange: Finding and affording a babysitter can be challenging. A babysitting cooperative is a way for parents to meet and trade hours of babysitting time. For more information call Chris at 781-662-0840.

Parents of Children With Food Allergies: A group of moms who have children with food allergies are scheduled to meet every six weeks to discuss their challenges and share resources. If you are interested in meeting and would like to be added to their e-mail list, please contact Emily at emilyvalentino@yahoo.com.

Melrose Mothers Group: Join other working and stay-at-home moms for a weekly breakfast get-together during the school year with childcare provided for 1-6 year olds. Wednesdays 9 AM - 11 AM. \$15 annual fee with a \$30 a month childcare fee. \$5 more for each additional child. Call Karen for location and additional information (781) 662-7469.

Parents Helping Parents: Are you a parent feeling overwhelmed, isolated or stressed? This evening group, facilitated by trained volunteers, provides a place for support, sharing, and encouragement with other parents with similar concerns. Call 1-800-882-1250. For more information, visit www.parentshelpingparents.org. **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 St., 781-662-8226; **Pantry of Hope,** First Baptist Church, 561 Main St., 781-665-4470. **Stoneham:** First Congregational Church, 1 Church Street, 781-438-0097. **Wakefield:** Wakefield Interfaith Food Pantry, First Baptist Church, 8 Lafayette Street, 781-245-2510. **Malden:** Bread of Life 511 Main Street, Malden 781-397-0404

**These community programs and supports are not sponsored by
Hallmark Health or the North Suburban Family Network.**



Benefit Hockey Game
to support the
North Suburban Family Network

**Melrose Senior Pride &
Boston Bruins Alumni**
VS
Malden Magic

Sunday, January 31
4:00 – 6:00 PM

Stoneham Arena
Stoneham, MA

Donation: \$10 Adults
\$5 Seniors
\$5 Children (under 12 yrs.)

For Tickets call: 781-662-2722
North Suburban Family Network



Pampering with a Purpose - to benefit NSFN

Sunday, May 2, 2009 1:00 PM – 5:00 PM
Oak Grove Village Clubhouse, Main St., Melrose

Join us for a Ladies Day of fun, relaxation, delicious hors d'oeuvres and a Fashion Show featuring Family Network staff and members. Come spend time with friends and pamper yourself with one or more of our specialty services (massage, manicure, waxing, wine tasting and more) available for an additional fee. Mark your calendar!

Pampering With a Purpose Needs You! It takes many hands to make things happen. Committee contacts are listed below. Join a committee and join in on the fun. Let us know how much time you can share to make this annual event a huge success.

Fashion Show: Melinda Curran	mjcurran448@gmail.com
Marketing/Advertising: Jill Tully	jilltully@comcast.net
Specialty Services: Lisa Weldon	adami-weldon@comcast.net
Food & Beverage: Tanya Neff	tanyaneff@verizon.net
Raffles/ Silent Auction: Emily Young	emyoung03@comcast.net
Set-up/Clean-up: Kathy Harlow	nfamilynet@hallmarkhealth.org



The Family Network is offering businesses the opportunity to sponsor our Quarterly Program Flyer. Each quarter costs \$25 for a business card or short description of your business. Please call 781-662-2722 or e-mail us at nsfamilynet@hallmarkhealth.org for additional information. Deadline for the Spring Program Flyer is February 28th.

B Yoga: B Yoga Center offers classes for children and adults. Adult classes include Yoga All Levels, Early Morning Yoga, Candlelight Yoga, Heated Vinyasa Flow, Special workshops and more. Mention you are an NSFN member and receive 10% off class cards. The ever popular Toddler, Kids (5-10) and Girls Empower Yoga (12-16 - girls only) are back! Classes start the 2nd week of January 2010 - Register online through our website. We're located at 376 Washington St., Malden MA 02148, close to the Orange Line - Oak Grove T Station on the Melrose/Malden line. Call 781-475-2520 or visit www.byogacenter.com.

Kidzfun: Kidzfun is a dynamic and exciting music and movement program offering weekly classes for toddlers through age 6, as well as the best birthday parties around for ages 2-10. We have a beautiful large facility in Wakefield. Our main goal is to encourage and nurture a love for physical fitness, healthy lifestyles, and being valued and accepted in a group for each child's uniqueness. Owner, Theresa McLennan, has over 30 years teaching children's fitness. Check us out at www.kidzfunparties.com, or call 781-558-5084.

Mary Kay: Are you looking for a makeup consultation? Wondering what is out there to help you look the best you can? Call Michelle Theodore, Independent Beauty Consultant for Mary Kay and set up an appointment for your private beauty consultation. Visit my website at www.marykay.com/mtheodore to see the many wonderful Mary Kay products. I can be reached at: mtheodore@marykay.com or by phone at: Home 781-245-2153, Cell 617-512-9884.

Roman Music Therapy Services provides exceptional music therapy services to individuals, schools and agencies and serves as a resource for the community concerning the uses of music for healthy child growth and development. In addition, Roman Music Therapy Services offers Sprouting Melodies, an early childhood music program created and taught by a Board Certified Music Therapist in Melrose located at 423 Main Street. These classes benefit children experiencing developmental delays, as well as children meeting all of their developmental milestones. Find out more and register for classes online at www.romanmusictherapy.com or call Meredith Pizzi, MT-BC at 781-420-4669.

Sign to Me, Sing to Me! Teach your child to communicate before they can speak...and well beyond! Sign to Me, Sing to Me classes teach infants, toddlers, and preschoolers (and their parents and teachers!) basic American Sign Language through music, games, and play. Using ASL with infants and toddlers allows them to communicate with others clearly as well as reduce frustration. As they get older, preschoolers can use their signing skills to enhance their pretend play and improve literacy skills. We offer private playgroups, workshops, and enrichment classes for daycares and preschools. Please check the website for more information: www.signtomesingtome.com or call (781) 710-3672. Come sing and sign with us!

Hallmark Health System/NSFN makes no representation as to the quality or safety of any product, person or service being promoted through paid sponsorship in this publication.

Why So Many Fundraisers?

After our 52% budget reduction last year, we encumbered all of our past fundraising money to keep the family network open this year. Current fundraising efforts are rebuilding our reserve account for next fiscal year.

Other Ways to Help the Network

Each donation, no matter how big or small, is appreciated. We are looking for sporting event tickets for upcoming raffles, especially Red Sox tickets for our annual Spring Fling Raffle. We are always in need of "Clorox Anywhere Hard Surface Sanitizing Spray", baby wipes, air freshener, double stick tape and glue sticks. Large area rugs, new or used in good condition, are needed for our classrooms. Our "Change for a Change" jars are always open for loose change you may find in your pockets or on your dresser. You'd be surprised how fast it adds up. Thanks for all your continued support!