

Franklin School, 16 Franklin St., Melrose  
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Email: [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org)

Website: [www.hallmarkhealth.org](http://www.hallmarkhealth.org)

We are listed under Clinical Programs.

### Daily Drop-In Play Hours

January 3 - March 30  
Monday-Friday 9:00 AM - 12:30 PM

### Office Hours

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

### The Network will be closed:

Dec. 24 - Jan. 2 (Holiday Break)  
Monday, Jan. 16 (Martin Luther King Day)  
Monday, Feb. 20 (President's Day)

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

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

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

## Registration for winter classes begins Wednesday, January 4.

### 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 Family Resource Network wishes all of you a Happy Holiday Season and the best in 2012. We are excited to begin the new year and welcome new families and caregivers to the Family Resource Network. Thanks to you, our participants for your suggestions and support. Your participation is important to the success of the network. Have any suggestions? Want to be a member of the Governing Council? No idea or donation of time is too small. We welcome your suggestions and feedback. Together We Can Make a Difference. Peace, Kathy

**Help Me Grow Orientation**      **Registration Required**  
**Thursday, Jan. 12 7 PM - 8 PM**      **Family Resource Network**

Come learn about participating in our Help Me Grow Program. Using the Ages and Stages Development and Social Emotional Growth Questionnaires, parents are able to monitor their child's growth physically, emotionally, and socially. This on line questionnaire is filled out by the parent and results are shared with the Family Resource Network. The parent and Family Resource Network staff person meet to discuss the results and work together to provide resources and tools to help you on your parenting journey.

## **The North Suburban Child and Family Resource**

**Network** is a community based family and early childhood educators support and education program. To participate, you need only be a parent, early childhood educator, or caregiver of a child from birth through entering kindergarten, and live or work in Melrose, Stoneham, or Wakefield and surrounding towns. Resources for services for older children are also available. If you are not on our mailing list and would like to receive future mailings, please call us. Funding is provided by a grant from the Massachusetts Department of Early Education and Care through the Wakefield Public Schools, in collaboration with the Melrose and Stoneham Public Schools and Hallmark Health. Additional funding sources are from a variety of grants and the generous donations from our families and supporters.

### **Family Resource Network Governing Council Meetings**

Thurs., Jan. 19 6:30 PM - 8 PM Family Resource Network  
Thurs., Mar. 15 9:30 AM - 11 AM Canterbury School  
5 Bryant Street, Wakefield  
Limited Childcare available for daytime meetings.

**Parent & Infant Group** (Newborn - 6 months) **Suggested Donation: \$5 per class** **Drop-In**  
**Mondays 11:00 AM - 12:30 PM** **January 9 - April 9 (No group Jan.16 and Feb.20)**

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** **Suggested Donation: \$5 per class** **Drop-In**  
**Friday, January 13- April 13 (No group Feb.24 and March 2)**

**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.

**NOTE:** Suggested donations are optional and families will not be refused participation due to inability to donate.

**Hallmark Health Programs**

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

**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. Childcare support is available. A new session will begin in February. Please call 781-338-7607 for additional information and to register.

**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.

**Boston Babywearers Meeting:** **Sunday, January 8, 2012, 2:00 PM - 4:00 PM**

**Location: Green Street Baptist Church, 179 Green Street Melrose, MA 02176**

Boston Babywearers is a non-profit group of parents who will talk about the different types of carriers and help you decide what is best for you. If you have a specific question or are interested in a particular carrier, send an e-mail to [info@bostonbabywearers.com](mailto:info@bostonbabywearers.com).

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

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

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

**Winter Registration starts Wednesday, January 4<sup>th</sup>**      **To register, call 781-662-2722**

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

## Toddler Play and Learn Groups

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

We are asking for a suggested donation of \$40 per child to participate in a six- week Toddler Play and Learn group (listed below). Families with more than one child in the same group will be asked for a suggested donation of \$60 per family. Suggested donations are optional and families will not be refused participation due to inability to donate. You can speak with Kathy or Barbara confidentially. Cash, checks and credit cards are accepted. Suggested donations are tax-deductible and non-refundable. Please make checks payable to Hallmark Health.

### Terrific Toddlers

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

**Registration required**

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

Please choose one six-week session at this time. If you would like both sessions, check back with us Feb. 1 for availability.

**Session 1:** Weeks of Jan. 9 through Feb. 13 (Mondays - no class Jan. 16 & Feb. 20; last class is Feb. 27)

**Session 2:** Weeks of March 5 through April 9

<b>Group 1</b>	<b>Mondays</b>	<b>9:15 AM - 10:15 AM</b>
<b>Group 2</b>	<b>Tuesdays</b>	<b>9:15 AM - 10:15 AM</b>
<b>Group 3</b>	<b>Wednesdays</b>	<b>9:15 AM - 10:15 AM</b>
<b>Group 4</b>	<b>Wednesdays</b>	<b>10:45 AM - 11:45 AM</b>
<b>Group 5</b>	<b>Thursdays</b>	<b>9:15 AM - 10:15 AM</b>
<b>Group 6</b>	<b>Thursdays</b>	<b>10:45 AM - 11:45 AM</b>

## *Pampering with a Purpose is Back!*

*To benefit the North Suburban Child & Family Resource Network*

*Sunday, April 1      1:00 pm – 4:00 pm*

*Montvale Plaza, 54 Montvale Ave., Stoneham, MA*

*\$40 per person*

*The elegant Montvale Plaza is the perfect setting for a relaxing afternoon. Enjoy a women's fashion show, music and a light lunch prepared by the chefs of Montvale Plaza. Our Pampering With a Purpose Raffle will have something to delight everyone. There will be specialty services available, such as mini-manicures, massages and more for a small additional charge.*

*Don't miss out, gather your friends and pamper yourself.*

*The event has sold out in the past, so be sure to purchase your tickets soon.*

*Tickets are available at the North Suburban Child & Family Resource Network,*

*Make checks payable to Hallmark Health. For credit card ticket sales, call the Network at 781-662-2722.*

# Parent Education

**Registration starts Wednesday, January 4<sup>th</sup> Call 781-662-2722**

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

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

**Understanding Children's Motivation and Behavior**

**Thursday, February 9 7:00 PM - 9:00 PM**

**Registration required**

**Location: Perkins Hall, Melrose/Wakefield Hospital**

No matter how understanding and patient parents and caregivers may be, children's behavior can be very difficult to deal with. This workshop explores why children engage in such frustrating behaviors as dawdling in the morning or refusing to do their homework, and introduces some effective ways of responding. Participants will leave this workshop with specific strategies to help them communicate with their children and change behavior. This program is a workshop by Families First Parenting Programs and is presented by Families First Parenting Educator Beth Fredericks.

**Smart Shopping at the Supermarket**

**Monday, March 12 7:00 PM - 9:00 PM**

**Registration required**

**Location: Perkins Hall, Melrose/Wakefield Hospital**

With the prices of groceries rising each time we go the store, wouldn't it be nice to learn how to get the most and the healthiest foods for our money? Join our nutritionists from the North Suburban WIC and learn about portion sizes, reading a food label, improving upon healthy choices at the supermarket, and gather some money saving tips for when you go grocery shopping. Presented by nutritionists Alex Crerar and Kate Sweeney from Hallmark Health's North Suburban WIC Program.

**Strategies and Techniques for Successful Parent-Teacher Communication**

**Thursday, March 29 7:00 PM - 9:00 PM**

**Registration required**

**Location: Perkins Hall, Melrose/Wakefield Hospital**

In this workshop, we will focus on how to build a collaborative relationship between parents, teachers and other early education professionals. When all caregivers are working together, it makes for better transitions in the child's life and better communication for all. We will address issues such as understanding the unique parent and teacher points of view and common parent and professional worries, fears and resistance. We will discuss positive ways to raise difficult issues while sharing communication strategies that work best or to avoid. Difficult conversations such as how to deal with anger, and how to keep lines of communication open during major family changes such as divorce will be included. Presented by Debbie Weinstock Savoy, LICSW.

**Making the Transition to Kindergarten: Preparing Your Preschooler**

**Monday, April 2 7:00 PM - 9:00 PM**

**Registration required**

**Location: Perkins Hall, Melrose/Wakefield Hospital**

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

**Maneuvering the Maze (4 Part Series)**

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

**Registration required**

**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 1-4022 or email familysupport@theemarc.org.

## Family Activities

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

Drop-In

Monday-Friday 9:00 AM - 12:30 PM (January 3 - March 30, See page 1 for dates closed.)

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

### Dads & Toddlers Drop-In Playtime (Children under 5 yrs. old)

Drop-In

Tuesdays, Jan. 10 - April 10 10:45 AM - 11:45 AM (No group Feb. 21 & 28)

Join other dads and male caregivers with their children for an hour of music, play, stories, and other activities. Family Resource Network Dad, Noah Smith, will be there to greet you. This is a great opportunity to meet other dads and for you and your child to enjoy time together.

### March Music Madness (Children under 5 yrs. old)

Registration Required

Tuesdays, 10:00 AM - 10:45 AM March 6, 13, 20 or 27 (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. Sponsored by Kappa Delta Psi of Melrose.

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

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

Discounted Zoo Passes: Call the Family Resource Network to reserve a day pass to the Stone Zoo or Franklin Park Zoo. The pass entitles you to an admission rate of \$2 per person for two adults and four children (18 years and under). Passes are laminated and need to be picked up and returned to the Network office. Call 781-662-2722 to reserve a day.

Calling All Dads: If you are interested in getting together with other Dads in Melrose, Stoneham, Wakefield and surrounding communities, send an e-mail to [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org). We will forward this to our father program representative who will add you to the e-mail list to receive future outing messages.

Family Resource Lending Library: Browse through our extensive library covering a wide variety of parenting topics. Please stop by the office to check out books and videos you would like to take home. Books can be borrowed for two weeks and videos for one week. Did you miss a workshop? Check with the office to see if we have it on DVD.

Lit Kits Available To Borrow: Lit Kits contain toddler books, puzzles, and activities designed around topics such as the four seasons, community helpers, the hospital, zoo animals, transportation and more. We also have a Music and Movement kit that is great for home playgroups and birthday parties. It includes music CDs, instruments, parachute, beanbags, and scarves.

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

## Saturday Drop-In Playtime (Children under 5 years old)

Drop-In

Saturdays 9:30 AM - 11:00 AM Jan. 21, 28; Feb. 4, 11, 25, and March 3, 10, 17, 24 and 31.

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

Come down 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.\**

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

Registration required

Saturday, February 11, 2012

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.

## Family Fun at the Stoneham Theatre

### Roger Tincknell (Ages: 2 - 5 years)

Registration required

Saturday, March 10 10:00 AM - 11:00 AM

781-662-2722

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

Roger Tincknell of Tincknell and Bates is a skilled musician whose concerts include a wide variety of guitar styles, as well as banjo, mandolin, bazouki, harmonica and piano playing. He's known throughout the northeast for his energy and ability to get children and adults singing, clapping, stomping, dancing and even yodeling along. This program is funded by a grant from the Stoneham Arts Council, a local agency supported by the Massachusetts Cultural Council; Kappa Delta Psi and presented in collaboration with Stoneham Theatre.

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

Registration required

Saturday, April 21 10:00 AM - 11:00 AM

781-662-2722

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

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

## Stoneham Theatre: Please support Stoneham Theatre, a sponsor of our family fun events.

**Coming soon: Winter Festival 2012!** An audition-based program for students in grades 1-12, that culminates in performances on our stage February 2-12, 2012. Productions this year: Once Upon A Mattress (Grades 1-6), Disney's Beauty and the Beast (Grades 7-9) and Into The Woods (Grades 10-12).

Other upcoming shows: The Four Freshmen, The Edwards Twins and Romeo & Juliet. For information about upcoming performances and to order tickets call the Box Office at 781-279-2200 or visit [www.stonehamtheatre.org](http://www.stonehamtheatre.org).

**Grandparents Raising Grandchildren In Harmony**

**Registration required**

The North Suburban Child & Family Resource Network offers a support group for grandparents raising their grandchildren or other relatives raising a young family member. The program meets from 9:00 AM - 11:00 AM on the second and fourth Monday of each month at the Life Care Center of Stoneham. The two-hour sessions offer support and speakers on subjects chosen by the participants. You are not alone. Come meet other grandparents who are actively raising their grandchildren. Please call the office at 781-662-2722 for more information or to register. Provided in collaboration with Families First Parenting and NCECP.

**Kids & Grief Support Groups:**

Hallmark Health Visiting Nurse Association and Hospice, Inc. provide bereavement support to children ages 5 to 12 who have lost a loved one. Trained bereavement counselors and volunteers facilitate the group. There is also a separate parent support group offered at the same time. Classes begin Jan. 18 and meet seven times between then and April. Please Call Judy Seifert, Bereavement Coordinator, at 781-338-7861 to register.

**The North Suburban WIC:**

Are you struggling to meet your weekly food bill? Are you a new mom on unpaid maternity leave? Has your family recently experienced a reduction in work hours or job loss? You might be eligible for WIC benefits. The North Suburban WIC, a program of Hallmark Health, is a health and nutrition program sponsored by the Massachusetts Department of Public Health and the USDA. Contact the Malden office 781-338-7578 to see if you are eligible.

**North Suburban WIC Family Support Coordinator:**

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

**Mothers Helping Mothers:**

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

**Healthy Families:**

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

**Hallmark Health Family Education Classes**

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

**The New Dad Difference** February 1 or April 11

Expectant and new dads learn how to apply their unique talents to parenting in this 2-hour class. Class offered every other month. Cost: \$25

**The Art of Becoming a New Mother** February 1 or April 11

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

**Family & Friends First Aid for Children** January 7, February 4, March 3 or April 14

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 7, February 4, March 3 or April 14

Learn how to respond in case of emergencies such as drowning, electrical shock and allergic reactions. Skills taught include choke saving skills. This is a must for all family caregivers including grandparents. Cost: Regularly \$45, special for Network families \$35.

**Babysitting Basics** January 28 or March 17

This engaging program is designed to help your babysitter learn child safety skills, how to play with children, calm a fussy baby and more. Participants must be at least 11 years old and have completed the fifth grade. To ensure personal safety, our program does not provide a list of babysitting graduates to prospective employers. Cost: \$45

**Family & Friends CPR for Babysitters** January 7, February 4, March 3 or April 14

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

**Looking for a Doctor?**

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

**Childcare and Preschool Information:** [www.eec.state.ma.us](http://www.eec.state.ma.us)

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

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

**EMARC:** Our mission is to provide and promote services and supports for persons with intellectual disabilities and their families. We annually serve over 700 people from Burlington, Everett, Lynn, Lynnfield, Malden, Medford, Melrose, North Reading, Reading, Saugus, Stoneham, Wakefield and Woburn. For additional information, call Judy Santa Maria at 781-942-4888 ext. 4022.

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

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

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

**Parents Helping Parents:** Are you a parent feeling overwhelmed, isolated or stressed? This evening group, facilitated by trained volunteers, provides a place for support, sharing, and encouragement with other parents with similar concerns. Call 1-800-882-1250. For more information, visit [www.parentshelpingparents.org](http://www.parentshelpingparents.org). 24-Hour Parental Stress Line 1-800-632-8188

**"211" Information Center:** A resource available to families both on-line and via phone is the "MA 211" information center. This service will assist you with finding information about resources available in your area. Go to <http://www.mass211.org> or dial "211" for assistance.

**Free Energy Assessment That Also Helps Support the Family Resource Network**

With the cold weather coming soon wouldn't you like to know if your home is leaking energy? Wouldn't it be nice to save money on your energy bills? The Melrose Energy Commission and Next Step Living have partnered to help Melrose and surrounding community residents take advantage of the Mass Save Home Energy Services Program®. This program provides no-cost energy assessments and educates residents about weatherization and other energy-efficiency opportunities. These organizations have implemented a nonprofit contribution program. When you sign up for a no-cost Mass Save Home Energy Assessment, and the assessment is complete, the Family Resource Network receives \$5 from Next Step Living. Please be sure to use our special link below in order for the Family Resource Network to receive credit for the assessment: [www.nextsteplivinginc.com/nsfamilynet](http://www.nextsteplivinginc.com/nsfamilynet). Don't forget to encourage friends and neighbors to sign up at this link as well! For more information about this program, contact Travis Estes at [travis.estes@nextsteplivinginc.com](mailto:travis.estes@nextsteplivinginc.com) or Lori Timmermann at [ltimmermann@yahoo.com](mailto:ltimmermann@yahoo.com).

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

### Local Food Pantries:

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

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

### Homelessness Education Liaisons:

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

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

**My Life, My Health:** 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. The next session will be offered on Tuesday mornings from 9:30 am - noon at the Hallmark Health offices at 101 Main Street, Medford beginning on January 10<sup>th</sup>. For additional information or to register for this free program, call Kathy Byrne at 781-338-7572. The Family Resource Network will be offering a series in the spring of 2012.

**6th Annual Women and Heart Disease Seminar** - In recognition of the American Heart Association's Red Dress Day - Hallmark Health's Cardiac and Endovascular Center will be hosting their 6th Annual Women and Heart Disease Seminar on Saturday, February 4th, 2012. 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](http://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

**Saturday, March 3 8:30 AM to 12:30 PM (registration begins at 8:00 AM) 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 breakfast 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](http://www.hallmarkhealth.org). This program is partially funded by the Women's Catalyst Fund of Hallmark Health.

## Family Resource Network Sponsors

The Family Resource Network is offering businesses the opportunity to sponsor our Quarterly Program Flyer. The fee for each quarterly sponsorship is \$25. Please e-mail us a short description of your business. Call 781-662-2722 or e-mail us at [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org) for additional information.

**B Yoga Center** offers classes for adults and children! Family Yoga Class offered the last Saturday of every month from 11 am - Noon. Mommy & Baby and Namaste, Kids! yoga classes offered year round. Adult classes include Heated Vinyasa Flow, All Levels, Early Morning Yoga, Gentle and many others. Class schedule, session registration and all other information is on our website. Mention you are a Family Resource Network member at the front desk and receive 10% off a 5, 10 or 15 class card. We are located at 537 Main Street, Melrose MA. Call 781-475-2520 or visit our website at [www.byogacenter.com](http://www.byogacenter.com).

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

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

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

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

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

**Bodyography** encourages you to visit our one of a kind Wellness Center! Our award-winning Center, located at 467 Main Street in Melrose, offers Massage Therapy, Chinese & Japanese Style Acupuncture, Chinese Herbal Medicine, Skin Care including Facials, Waxing, DermaSound Treatments and Personal Training. Bodyography has the distinction of offering Facial Rejuvenation Acupuncture, as well as Bamboo Fusion Massage both currently exclusive to Bodyography at this time. Stop in to visit and see what you've been missing. Visit us at [www.bodyography.net](http://www.bodyography.net) for more information. Like us on Facebook for exclusive specials! We welcome NSCFRN members. Take advantage of a 25% discount on Infant Massage Instruction and a 10% discount on all other services. 781.665.4005

**Follow Your Art** is a community art studio offering creative art experiences honoring the artist in everyone and dedicated to making art accessible to all. Creative arts groups for toddlers through adults, individual art sessions, private groups and workshops, and art therapy services are offered. FYA is run by Kris Rodolico, an artist and art therapist with 15 years of experience working with children and adults. To learn more, go to [www.follow-your-art.com](http://www.follow-your-art.com).

**Kidzfun** is a dynamic and exciting music and movement program offering weekly classes for toddlers through age 6, as well as the best birthday parties around for ages 2-10. We have a beautiful large facility in Wakefield 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](http://www.kidzfunparties.com), or call 781-558-5084.

**Roman Music Therapy Services and Sprouting Melodies:** Join us for Sprouting Melodies, an early childhood music program for newborns - 6 year olds, including our Music Makers Drop-off Class for 3-6 year olds on Tuesday afternoons. Six-week Winter Sessions begin on January 2 and February 13. Family Sprouts class is perfect for Sibling Pairs! 50% discounts for siblings and multiples and a new discount for children receiving Early Intervention services. Learn more about our programs for children, teens and adults with special needs. Visit us online at [www.RomanMusicTherapy.com](http://www.RomanMusicTherapy.com) or [www.SproutingMelodies.com](http://www.SproutingMelodies.com) or call 781-665-0700.

**Sign to Me, Sing to Me!** Would you like to be able to have more meaningful "conversations" with your one year old? Would you like to increase your toddler's vocabulary and preschooler's early literacy skills? Sign to Me, Sing to Me teaches basic American Sign Language through songs and games that parents and teachers can use to enhance communication and learning. We offer Private Playgroups for parents/caregivers, Workshops for teachers and other organizations, and Enrichment Classes for daycares and schools. Please call Jill Tully at (781) 710-3672, email [jilltully@comcast.net](mailto:jilltully@comcast.net) or visit the website at [www.signtomesingtome.com](http://www.signtomesingtome.com) for more information. Mention this ad and receive \$5 off first playgroup.

**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.**