

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

Email: [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org)

[www.hallmarkhealth.org/northsuburban.html](http://www.hallmarkhealth.org/northsuburban.html)

## Spring Program Registration for all begins Monday, April 6

### Note:

- Classes fill quickly, so please mark your calendar to register.
- Child must be specified age at time of program.
- 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!

The North Suburban Family Network reserves the right to cancel a program for lack of participation or due to unforeseen budget constraints. We appreciate your understanding and cooperation.

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.

### Office Hours

Monday - Thursday 9 AM - 3 PM

Friday 9 AM - 1 PM

### Daily Drop-In Play Hours

(April 1 - June 30)

Monday - Thursday\* 9:30 AM - 1:30 PM

Friday 9:30 AM - 12:00 Noon

\* Extended Thursday hours: April 9 - June 11  
9:30 AM - 4:00 PM

### The Center will be closed:

Friday, April 10 (Good Friday)

Monday, April 20 (Patriots Day)

Monday, May 25 (Memorial 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.

**Kathy's Korner:** The long, cold and snowy winter has brought in many new families and the return of some old friends. The drop in playroom and our reserve classroom were busy, averaging 20 families a day. This spring, due to our fundraising efforts, not receiving any additional cuts this past January, and a general tightening of our belts, we are bringing back the pre-toddler play and learn groups. This does not mean that we are out of the woods. As I write this, the future of the Massachusetts Family Networks is contingent on the FY 2010 state budget. Over the winter, a letter was sent asking families and community supporters to write letters, make phone calls or send e-mails to our State Representatives and Senators. If you have not had an opportunity to do that, it is still not too late. If you need a list of the names and phone numbers of our legislators, please call the office and we can send you one. There will be especially hard budget decisions to make this year. Your voice is important. The legislators that we elected are interested in what the NSFN means to you and your family. Let them know why the Family Network is important to your child, to you, to the community and to the Commonwealth.

**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 Family Network has community resources and parenting information that we can share with you to help make your parenting journey as easy as possible.



### **E-mails Save Us \$\$\$\$! We are tightening our belts in every aspect of operation.**

In an effort to keep costs down and to have better communication with you between mailings, we are asking people currently receiving our schedule by regular mail to consider changing to e-mail. Please e-mail us at [nsfamilynet@hallmarkhealth.org](mailto:nsfamilynet@hallmarkhealth.org) and state your name and address or call the office. Thank you!



## **Grandparents Raising Grandchildren**

Are you a grandparent raising your grandchild or a person raising a younger relative? You are not alone! The North Suburban Family Network offers you an opportunity to meet with other grandparents/caregivers to listen to and support each other. Find out what resources are available to you and learn about other services in the area. The group meets twice a month on the 2<sup>nd</sup> and 4<sup>th</sup> Monday from 9 AM - 11 AM. If interested, please call 781-662-2722 to register.

**Dads Network:** If you are interested in getting together with other dads in the Melrose, Stoneham, Wakefield and surrounding communities, join the online social network developed by two of the North Suburban Family Network Dads. Learn about their meetings and outings, ask questions or just make some new friends for you and your child. Log on to <http://northofbostondads.ning.com/main/invitation/new> to join the social network.

**Looking for Parents of Children with Food Allergies:** Does your child have food allergies? Are you looking for new resources? If you are interested in meeting other local moms of children with food allergies and sharing/talking about your experiences, please call the Family Network at 781-662-2722.

**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. Modest monthly fees and annual registration. Call Karen for more info (781) 662-7469.

**The Community Partnership for Children (CPC) of Melrose, Stoneham and Wakefield** is a unique program dedicated to providing quality early education and care opportunities for families of children who live in Melrose, Stoneham and Wakefield. Information on how to access financial assistance for preschool and childcare is available. Please call for a consultation and have your family added to the voucher wait list today! The CPC also offers quality family entertainment events, parent workshops and professional development workshops for early childhood professionals. For more information, please call (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.

**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 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.

**Developmental Dilemmas:** 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 Joan at 781-935-3855, ext. 60.

**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 Melissa at 781-665-1099.

**Parents Helping Parents Support Group:** **Call 1-800-882-1250**

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. For more information, visit [www.parentshelpingparents.org](http://www.parentshelpingparents.org). 24-Hour Parental Stress Line 1-800-632-8188

**Discount Yoga Classes:** **B Yoga Center** offers NSFN members a 10 % discount on any class card package. They offer classes 7-days a week (Hatha, Vinyasa Flow, Pre-Natal, Core Strengthening & more). Kid's Yoga, Toddler/Caregiver Yoga and Girls' Empower Class (teens 12-16) sessions new for April 2009! Call 781-475-2520 for details or visit the website [www.byogacenter.com](http://www.byogacenter.com).

**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 U.S. 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 and infant clothing (to size 6), diapers and baby essentials such as cribs, swings, strollers, bouncy seats and pack 'n plays. If you are in need a helping hand, call 781-338-7579.

**Local Food Pantries:** **Melrose:** A Servant's Heart, Faith Evangelical Church, 200 Franklin St., Melrose 781-662-8226  
Pantry of Hope, First Baptist Church, 561 Main St., Melrose 781-665-4470  
**Stoneham:** First Congregational Church, 1 Church Street, Stoneham, 781-438-0097  
**Wakefield:** Wakefield Interfaith Food Pantry, First Baptist Church, 8 Lafayette Street, Wakefield, 781-245-2510



**Parent & Infant Group (Birth - 6 months)**

**Drop-In**

**Mondays 11:00 AM - 12:30 PM April 27 - June 15 (No class May 25)**

This program is designed for caregivers of newborns through six months old. Discuss the joys and challenges of your new role with other caregivers. Learn about growth and development, feeding, soothing a fussy child, sleep habits and other topics. This is a great opportunity to meet people in your community and make friendships that can last a lifetime. *Led by a Maternal Child Nurse.*

**Expectant and New Parent Open House**

**Registration Required**

**Wednesday, May 27 6:30 PM - 7:30 PM at the Family Network**

**781-662-2722**

If you are a new parent (child 12 months or younger) or expectant parent and do not know about the North Suburban Family Network, please join Kathy Harlow, Program Manager, for a special evening open house. Come visit our center, see our Resource Library, meet other parents and find out about the free programs we offer for families. Also learn about the other family programs that Hallmark Health has to offer. Moms, dads and infants are welcome. For additional info, call 781-662-2722.

**Pre-Toddler Play & Learn Groups**

**Drop-In**

**Creepin' Crawlers (7 - 13 months) Tuesdays 11:00 AM - 12:00 Noon April 28 - June 9**

**Wobblin' Walkers (14 - 20 months) Tuesdays 9:30 AM - 10:30 AM April 28 - June 9**

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 Child Development Specialist.*

**The Baby Café**

**Location: Hope Alliance Church, lower level, 84 Green St., Melrose**

**Drop-In**

**Wednesdays 6:00 PM - 8:00 PM**

**Fridays 10:00 AM - Noon**

A drop-in center offering breastfeeding support and assistance from professionals and other moms, all in a relaxed environment with coffee, tea, and snacks. For more information call (781) 979-6455. *Led by Hallmark Health lactation consultants.*

**Bodyography:** Did you know your baby could benefit from massage therapy? Numerous studies have indicated some of the benefits of infant massage include promoting restful sleep, healthier weight gain, reducing colic & reducing gas. Learn the wonderful art of infant massage during a four part series held at Bodyography. Call Emily at 781-665-4005 for more information. NSFN members receive a 25% discount on infant massage, and 15 % discount on massage therapy, acupuncture or skin care.

**Stroller Strides** is a total fitness program for moms, and is not just a walk in the park! Classes include strength training and cardio work, all with your little ones by your side. All fitness levels are welcome! Spring classes held on Tues/Thurs at Lake Quannapowitt in Wakefield, and Wed/Fri at Pine Banks Park in Melrose. Your first class is free, and NSFN families receive a 10% discount off your first class package purchase. Contact christiana@strollerstrides.net, call 1-800-676-1784 or visit [www.strollerstrides.com](http://www.strollerstrides.com).

**Hallmark Health Family Education Classes**

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

**Registration Required**

**(781) 338-7561**

**The New Dad Difference**

**April 15 or June 17**

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

**Family & Friends First Aid for Children**

**April 18, May 30 or June 27**

Learn how to manage illness and injuries in a child for the first few minutes until professional help arrives. Cost: \$15, \$10 if taken with Family & Friends CPR Training.

**Family & Friends CPR Training**

**April 18, May 30 or June 27**

Learn how to respond in case of emergencies such a 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.

**Heartsaver CPR with AED**

**April 8, May 20 or June 24**

In this certified class, Learn CPR skills, how to use an AED, relief of choking, and use of barrier devices for emergencies in children and adults. Cost: Regularly \$60, special for NSFN families \$50.

**Looking for a Doctor?**

**To find a physician near you call:**

**1-800-540-9191**

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



**Annual Family Picnic and Concert**  
Featuring "Rick Goldin"



Friday, June 26      BYO Picnic: 5:30 PM      Concert: 6:00 PM - 7:00 PM  
Steele Park Playground (Pine St.) behind Stoneham Town Hall

**Registration Required**  
781-662-2722

**In case of rain: Picnic and concert will be cancelled. Call 781-662-2722 if in doubt.**

Bring a blanket or chairs to sit on and your picnic dinner and drinks for a wonderful family outing.

Join local children's entertainer, Rick Goldin, in a concert full of songs, puppets, humor, and movement. Rick is a full-time entertainer, songwriter and recording artist. **Our Red Sox Raffle will be drawn at the picnic.** In case of rain, the drawing will take place at the Network. To ensure your chance to win, you may purchase raffle tickets ahead of time. See the "Fundraising" page for Red Sox Raffle information. **This program is supported by a grant from the Stoneham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.**

**Tanglewood Marionettes - Cinderella** (Ages: 2½ - 5 years)

**Registration required**

Saturday, April 18      10:00 AM - 11:00 AM

781-662-2722

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

Set in the eighteenth century and featuring a dozen lavishly costumed 30" marionettes, this production of Cinderella is a Tanglewood Marionettes showpiece. The story unfolds as the pages of a giant book opens to reveal each beautifully painted setting. A classic fairy tale told with wit and style. Tanglewood Marionettes' production of Cinderella is sure to please all.

Co-Sponsored by the Community Partnership for Children of Melrose, Stoneham and Wakefield.

**Drop-In Playtime** (Children under 4 years)  
(April 1 - June 30)

Monday - Thursday\*      9:30 AM - 1:30 PM  
Friday      9:30 AM - 12:00 Noon

\***Extended** Thursday hours: April 9 - June 11  
9:30 AM - 4:00 PM

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 with books, puzzles, toys, kitchen area, slide, blocks and more. Please refer to page one for entrance location and days the center will be closed.

**Monday Morning Make and Take**

**Mondays, 10:00 AM - 11:00 AM      April 13 - June 8 (None on April 20 and May 25)**

**Drop-In**

Stop by and look for our weekly craft in the open space at the back of the network.

**Zoo Passes Still Available:** Our current zoo pass expires July 31, 2009. The reduced budget may not allow us to renew the pass for next year. Now is the time to check out the zoo if you haven't already. Call the Family Network to reserve a day pass to the Stone Zoo or Franklin Park Zoo. Free passes are good for two adults and four children. Passes are laminated and need to be picked up and returned to the Family Network office. Call 781-662-2722 to reserve a day.

**Woodland Nature Walks** (For 2½ - 4 year olds)

**Registration required**

Thursday, April 16      10:00 AM - 11:30 AM (Strollers - paved path)  
Wednesday, May 20      10:00 AM - 11:30 AM (Walkers - wooded trail)

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

**Babes in the Woods:** Free Tuesday morning hikes and strolls 10:00 - 11:30 AM. Go to [www.fells.org](http://www.fells.org) for schedule.

**Follow Your Art** provides creative art experiences for everyone, adapted to any age and ability level. Basic art principles and a variety of media are presented in open-ended sessions that allow for individual artistic expression. Individual and group classes, art therapy services, and professional development workshops are available. Go to [www.follow-your-art.com](http://www.follow-your-art.com) for more information.



**Registration starts Monday, April 6**

**Call 781-662-2722**

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

**Recipe for Making Healthy Families**

**Registration Required**

**Tuesday, April 14 7:00 PM - 9:00 PM**

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

Please join us for two wonderful speakers collaborating to bring you one terrific workshop. Staying in shape doesn't have to end once parenting begins! Christiana DelloRusso, PhD will discuss practical and fun ideas for staying fit and healthy after your baby arrives. Christiana runs the local Stroller Strides program and is a long-time advocate of pre-natal, post-natal, and whole-family fitness. She'll talk about both indoor and outdoor activities, no-cost creative play ideas for the whole family, as well as how to make fitness a fun part of everyday life. Taking care of yourself is even more important once you become a parent. Happy moms and dads translate into happy and healthy families! Also welcome, Kristen Giuliani, RD, LDN, CLC, who will share easy, family-friendly ideas on how to help keep your entire family healthy! Kristen is the Senior Nutritionist at the North Suburban WIC Program. She will be discussing various topics such as the importance of family fitness, healthy eating/snacking, portion sizes for children, and limiting TV time and treats.

**What Do I Say Now?**

**Registration Required**

**Thursday, May 14 7:00 PM - 8:30 PM**

**Location: Dutton Center, 1157 Main St., Wakefield**

How can I keep my child safe without scaring them? How do I know I'm saying the right thing? Please join Kathy Harlow, Program Manager of the North Suburban Family Network, in a discussion and video to assist parents in talking to their child about touching safety rules. Research shows that children who have been taught personal safety skills are better able to avoid or handle dangerous or abusive situations. This information night is geared to parents with young children.

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

**Steps To Successful Potty Training**

**Registration required**

**Monday, May 18 7:00 PM - 9:00 PM**

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

Are you beginning to think that your child will never be potty trained? Do you long for an end to diapers? Don't despair! This workshop is for you! Join us to hear information about techniques and strategies for successful toilet learning. Led by Ann Stadtler, Director, Site Development and Training, Brazelton Touchpoints Center and creator of Toilet School at Children's Hospital Boston.

**How Can I Get My Child to Sleep?**

**Registration required**

**Tuesday, June 9 7:00 PM - 9:00 PM**

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

Sleep deprivation can cause other health problems. Is your child keeping you up all night? Is there an extra pair of cold feet in your bed? Dr. Ronald Becker of the Children's Hospital Sleep Clinic will be discussing sleep habits, the effects of sleep deprivation and how to get your child to sleep in their own bed. Dr. Becker is a behavior/development pediatrician and a colleague of renowned sleep specialist, Dr. Ferber.

**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, families, zoo animals, transportation and more.

The new Music & Movement Kit is great for home playgroups and birthday parties. It contains instruments, a parachute, and two music CDs to go along with activities for scarves and beanbags. All kits can be checked out for one week.

**NSFN Lending Library News:**

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. The following parent education workshops have been filmed and are available on DVDs to borrow: Beyond Begging, Bossing and Bribing; Super Heroes: Rough & Tumble Play & Aggression; Different Children, Different Needs; Children's Temperaments and Preventing Kids From Getting Lost. Stop by the office to check them out for one week.



## National Volunteer Week is April 19th - 25th

**Volunteers are seldom paid, not because they are worthless, but because they are PRICELESS!**

The staff at the North Suburban Family Network would like to thank all our volunteers for the many things you do.

### Volunteer Social

Friday, April 17      10:00 AM - 11:00 AM

### Registration suggested

781-662-2722

**Are you interested in becoming a volunteer?** The Family Network is fortunate to have a group of volunteers who assist us in a wide variety of tasks. A dynamic group of parents are organizing our May fundraiser, Pampering With a Purpose. Parent volunteers are members of our Coalition, have spoken at play and learn groups, provided workshops, made phone calls, decorated bulletin boards and baked for special events. As we look toward next year, we will be more dependent on fundraising dollars than ever before. Do you have an idea for a fundraiser that you and a group of friends can help organize? The possibilities are endless. Please join NSFN staff and volunteers for refreshments and conversation. If you are unable to attend but are interested in becoming a volunteer, please call the office and we will send you a form to fill out. Children are welcome.

### Upcoming Coalition Meetings

Monday, May 18      9:15 AM - 10:30 AM (Limited childcare available - call)

Tuesday, June 16      7:00 PM - 8:30 PM

The North Suburban Family Network is run by a Coalition comprised of staff, parents, local business people and representatives of human service agencies. The success of the network is based on all these people coming to the table, collaborating and sharing ideas. Our parents are a large part of that process. New members are always welcome. We meet every other month for 1.5 hours alternating from morning to evening. Be a part of the future of the NSFN. **Call 781-662-2722 for more information.**

### 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.

### NSFN Family Assistance Program:

If you have lightly used spring or summer 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. Please, no adult clothing at this time. **Disposable diapers are always accepted, even opened packages of diapers.**

### Food Donations:

Don't forget to bring a non-perishable food item with you when you visit the NSFN for us to donate to one of the four area Food Pantries. Baby food, lunch box snacks and juice boxes are always appreciated.

### Huge Spring Clothing & Equipment Sale - Sponsored by the North Suburban Parents of Multiples

Saturday, April 4      9:30 AM - 12:00 Noon      Admission: \$1.00

Location: Americal Civic Center, 467 Main St., Wakefield

This is one sale you won't want to miss. There is something for everyone and all at great prices.

### Parents of Tots Indoor Yard Sale - ([www.parentsoftots.org](http://www.parentsoftots.org))

Saturday, April 18      9:30 AM - 12:00 Noon      Admission: Free

Location: Americal Civic Center, 467 Main St., Wakefield

Another great sale if you're looking for children related items; clothes, toys, equipment, miscellaneous items.



**Children Learn by Our Example**

Want a great way to teach your child the value of giving back to your community and helping those in need? Include your child in your efforts to support the North Suburban Family Network. They will gain self-esteem while learning the importance of sharing and being a member of a family. Families pull together and help each other in times of need. In order to maintain, rebuild and grow the North Suburban Family Network, fundraising and donating have become a more prominent part of what we need to do. Below are two examples of ways for your family to contribute together.

**Change for a Change:** We're all watching our pennies these days, but if your small change is annoyingly accumulating on your dresser or counter, collect it in a jar or container and bring it down to the Family Network. Change for a Change labels for your containers are available in the Family Network office. Children love to hear the clinking of coins as they deposit them into our jar. Small change can make a big change for families.

**Watch for Those Sales:** Another way you can help the Family Network is by donating needed supplies. We are always in need of Clorox "Anywhere Hard Surface" sanitizing spray, Lysol disinfecting wipes, paper towels, baby wipes, bottles of water (small and gallon size), double stick tape, tissues and air freshener. No donation is too small and is always greatly appreciated.

**Red Sox Raffle** (benefits N. S. Family Network)

Drawing: June 26, 2009 (at our Annual Picnic & Concert)

**Prize:** 2 tickets to a Red Sox Game – date and time TBA

**Value:** Priceless

To enter, simply stop by the Family Network office to purchase tickets or fill out the form below and mail it in with a check made payable to "Hallmark Health". You need not be present at the Family Picnic and Concert on June 26<sup>th</sup> to win.

**Family Network Red Sox Raffle**

(Tickets: \$5/1 ticket \$10/3 tickets or \$20/8 tickets)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

# Tickets: \_\_\_\_\_ Total Amount Enclosed: \$ \_\_\_\_\_

(Make checks payable to "Hallmark Health")

If mailed in, we will call to confirm receiving your ticket order.

Mail to: North Suburban Family Network, 16 Franklin St., Melrose, MA 02176

**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 under the age of 4 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 at 781-662-2722. Families outside the district may participate in our drop-in programs or, if space is available, our registered programs. Programs are free of charge. Primary funding is provided by a grant from the Massachusetts Department of Early Education and Care through the Melrose Public Schools. Additional funding is made possible through various grants and the generous donations from our families and supporters.



*You are invited to a special fundraising event to benefit the  
North Suburban Family Network*

**Pampering with a Purpose**

**Sunday, May 3 1:00 pm – 5:00 pm**

**Oak Grove Village Clubhouse, 12 Island Hill Ave. (off of Main St.)  
Melrose, MA**

**\$30 per person / \$35 at the door (call to check availability)**

*The elegant Oak Grove Village Clubhouse is the perfect setting for a relaxing afternoon. Enjoy a women's fashion show featuring clothing from Stitch and Gianna's Bridal & Boutique, live music and delicious light refreshments. In addition, there will be specialty services available for a small additional charge: wine & chocolate pairing, manicures, massages, foot scrubs, make-up and skin consults, eye-brow waxing, fake eyelashes, reflexology, vasculyse and compulift.*

*Be on hand as Cindy Campbell of SmartRoutes and Director of Volunteers of the Brain Injury Association of MA announces the winners of our silent auction and raffle. Can't attend but want to buy chances for our raffle?*

*Go to [www.pampering.blogspot.com](http://www.pampering.blogspot.com) for information on our pre-sale of raffle prizes. The site also lists the many businesses providing their services at the event or donating fabulous raffle prizes (see below). Please support these businesses that so generously support your community.*

***Tickets available at the North Suburban Family Network. Make checks payable to "Hallmark Health".  
For credit card ticket sales, call the Network at 781-662-2722.***

***Other ticket locations: Anita's Design Hair Salon, 420 Main St., Stoneham; Stitch, 523 Main St., Melrose;  
Forever Young Day Spa, Oak Grove Village, Melrose; Our Glass Wine Co., Rte. 1 North, Saugus***

**Pampering With a Purpose Raffle and Silent Auction**

***Here is a sampling of items for our Silent Auction to be held the day of the event.***

- *Two EMC Club seats for a Red Sox Game*
- *Weekend Overnight Stay at the Westin Waltham with breakfast for two*

***\*\* Raffles: These are a selection of raffle prizes that will also be offered. \*\****

*CoCo Key – full day access for 4  
Kidzfun - Free 8 week session class  
Follow Your Art – one 6 week session (child or adult)  
Boston Duck Tours – two passes  
Wakefield Repertory Theatre - 4 tickets to a future show  
Blue Moon Grill – gift certificate  
Turners Seafood Grill & Market - gift certificate  
Stearns and Hill Bistro - gift certificate  
Harrington's Food & Spirits – gift certificate  
Kenzo Salon – gift certificate  
Hair Mates – gift certificate  
Elizabeth Grady - gift certificate*

*Cheryl's School of Dance - children's birthday party for 15 children  
Jeannie Mack – Entertainment birthday party package  
Creative Memories – Scrapbooking Starter Set  
Elements of Stoneham - 55 minute massage  
Fit Lifestyle Studios – ten class pass  
Dahn Yoga - Three Class Pass  
1 to 1 Personal Fitness – analysis & personal training session  
Northshore Martial Arts - One month beginner classes plus uniform  
Daphne's Totes - handmade artistic tote bags  
Coates Florist – gift certificate  
Pristine Pooch – Pampered Pet Basket  
Studio 786 Salon & Day Spa – gift certificate*

***Go to [www.pampering.blogspot.com](http://www.pampering.blogspot.com) for an up-to-date listing of prizes and Pre-Sale Raffle information.***