

39 Pleasant Street, Stoneham, MA

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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.

### Office Hours

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

### Daily Drop-In Play Hours

Sept. 10 - Dec. 20 (see dates closed below)

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

### The Network will be closed:

Monday, Oct. 14 (Columbus Day)

Monday, Nov. 11 (Veterans Day)

Nov. 28 - Dec. 1 (Thanksgiving Break)

Dec. 23 - Jan. 1 (Holiday school vacation)

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

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

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

**Network** supports all parents, caregivers and educators of children prenatal through entering kindergarten who live or work in Melrose, Stoneham or Wakefield as well as other surrounding communities. Funding is provided by a grant from the Massachusetts Department of Early Education and Care through the Wakefield Public Schools, in collaboration with the Melrose and Stoneham Public Schools and Hallmark Health System. Additional funding sources are a variety of grants and generous donations from our families and supporters. Our goal is to help parents and caregivers create a healthy family environment as well as to promote family well-being through education and community support. The Family Resource Network provides parent education workshops, playgroups, support groups, family activities and information on parenting and community resources. The programs help parents and caregivers build connections that will extend beyond the Family Resource Network.

Resources for services for older children are also available. If you are not on our mailing list and would like to receive future mailings, please call 781-279-0300.

## Registration for classes begins

### Tuesday, September 10

#### 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

What a great summer! It was nice to be in the parks, meeting new friends and seeing my old friends during our programs, but we all look forward to the center reopening on Tuesday, September 10! With the return to normal hours, and the school year beginning, it's also time for the Family Resource Network Governing Council to re-convene to plan for the year ahead. Comprised of business members, parents, representatives from local schools and community agencies, and early childhood educators from our family and center daycares and preschools, the Governing Council works with staff to determine how to best serve our families and meet the needs of our communities. Parental participation is vital to its success. If you are interested in helping shape the network's future with the Council, please call or send an e-mail. The next two Council meeting dates are listed below.

Remember, Together We Can Make A Difference.

Kathy

#### Family Resource Network Governing Council Meetings

Thursday, Sept. 19 6:30 - 8 PM Family Resource Network  
Thursday, Nov. 21 9:30 - 11 AM To Be Determined

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

**Mondays 11:00 AM - 12:30 PM    Sept. 16 - Dec. 16    (No group Oct. 14 and Nov. 11)**

Join other parents and caregivers of infants, newborn to 6 months, for support and information. Discuss the joys and challenges of caring for a new baby. Learn about growth and development, feeding patterns, soothing a fussy child, sleep habits, and other topics. Moms and dads welcome. Led by a Maternal Child Nurse. Suggested donations are optional and tax deductible.

**Pre-Toddler Play and Learn Groups      Suggested Donation: \$5 per class      Drop-In**

**Fridays, Sept. 20 - Dec. 20      (No group Nov. 1 and Nov. 29)**

**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. Groups are led by a Parent Child Educator. Suggested donations are optional and tax deductible.

**Hallmark Health Programs**

**The Baby Café:** A drop-in program offering breastfeeding support and assistance. Baby Cafés are facilitated by Hallmark Health System lactation consultants and counselors. Melrose-Wakefield Hospital Baby Café, Melrose, is held at The Church of the Nazarene, 2 Short Street, Melrose, (781-979-6455) on Wednesday 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 or at the Everett WIC office, Everett City Hall, 484 Broadway, Room 1A, (617-387-2097), on Thursday from 5 PM - 7 PM.

**Breastfeeding Support Beyond Discharge:** The Massachusetts Department of Public health has awarded Hallmark Health System a grant to support breastfeeding beyond the early days. If you are concerned about your ability to breastfeed your baby - please contact Sharon Julien at 781-979-6455. Sharon is a registered nurse and board certified lactation consultant who will guide you to the services you need in order for you to meet your breastfeeding goals.

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

**Creative Coping for New Moms:** This free program is designed for first time moms with children under the age of one. Join us for this eight-week program that offers presentations on special parenting topics including healthy nutrition and physical activity for moms and babies. Childcare support is available. Please call 781-338-7607 for additional information or to register for our next session in September. This program is partially funded by The Children's Trust Fund in collaboration with Hallmark Health System.

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

**Inclement Weather Policy:** In case of inclement weather on school days, when the Stoneham Public Schools are closed, the Family Resource Network will be closed. School closings are posted on TV channels 4, 5 and 7. If schools have a delayed opening, please call our office to check our schedule. If it starts to snow or ice during the day, please call the office to check if we will close early. For safety purposes, in the case of any inclement weather on Saturday Drop-In Play days, please call the office to make sure we are open. Because of the sand, salt and snow during the colder months, we ask all visitors to take off their shoes and boots before entering the drop-in playroom and classroom. Feel free to bring extra socks or slippers.

**Registration begins Tuesday, September 10**

**To register, please call 781-279-0300**

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

## **Toddler Play and Learn Groups**

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

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

### **Terrific Toddlers**

**(Ages 21 months to 3 year olds)**

**Registration required**

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

#### **Session 1**     **September/October**

Group 1	Wednesdays	9:15 AM - 10:15 AM	Sept. 18 - Oct. 23
Group 2	Wednesdays	10:45 AM - 11:45 AM	Sept. 18 - Oct. 23
Group 3	Thursdays	9:15 AM - 10:15 AM	Sept. 19 - Oct. 24
Group 4	Thursdays	10:45 AM - 11:45 AM	Sept. 19 - Oct. 24

#### **Session 2**     **November/December**

Group 1	Wednesdays	9:15 AM - 10:15 AM	Nov. 6 - Dec. 18	(No class Nov. 27)
Group 2	Wednesdays	10:45 AM - 11:45 AM	Nov. 6 - Dec. 18	(No class Nov. 27)
Group 3	Thursdays	9:15 AM - 10:15 AM	Nov. 7 - Dec. 19	(No class Nov. 28)
Group 4	Thursdays	10:45 AM - 11:45 AM	Nov. 7 - Dec. 19	(No class Nov. 28)

### **Alphabet Soup**

**(Ages 2 - 4 year olds)**

**Registration required**

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

#### **Session 1**     **September/October**

Group A	Tuesdays	9:15 AM - 10:15 AM	Sept. 17 - Oct. 22
Group B	Tuesdays	10:45 AM - 11:45 AM	Sept. 17 - Oct. 22

#### **Session 2**     **November/December**

Group A	Tuesdays	9:15 AM - 10:15 AM	Nov. 5 - Dec. 17	(No class Nov. 26)
Group B	Tuesdays	10:45 AM - 11:45 AM	Nov. 5 - Dec. 17	(No class Nov. 26)

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

**Registration starts Tuesday, September 10      Call 781-279-0300**

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

**Our parent & caregiver education classes this year are made possible by a generous donation from the Melrose Rotary Club.**

Rotary is a worldwide organization of more than 1.2 million business, professional, and community leaders. Members of Rotary clubs, provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. The Family Resource Network is grateful for their support.

**Preparing Your Child for Preschool**

**Registration required**

**Tuesday October 8      7:00 - 9:00 PM      Location: Perkins Hall, Melrose Wakefield Hospital**

Are you looking for a preschool for your child and wondering what makes a quality childcare program or is there any real learning in preschool or is it all play? This workshop will give participants a chance to learn what preschool directors and teachers want every parent to know before their child begins preschool. We will discuss how and what you can be doing now to prepare your child and yourself for a successful transition into preschool. Learn what makes a quality childcare program and what to look for when deciding what preschool program is right for your child and family. Presenter, Patti Kheboian, has over 25 years of experience teaching, consulting and working with families of young children. She currently works as a Developmental Specialist with the Stoneham Criterion Early Intervention program.

**Raising Confident Girls**

**Registration required**

**Thursday, November 14      7:00 - 9:00 PM      Location: Perkins Hall, Melrose Wakefield Hospital**

Raising girls today can be a challenge for parents, and for girls themselves. We want them to grow up to be confident and to feel good about themselves and their abilities. In this workshop, we will discuss strategies we can use to help foster our daughters' "I can do anything!" attitude. We will also look at the important part that fathers and male role models can play in helping girls grow up feeling confident and secure. You will leave with specific ideas and language you can use to help your daughters. Presenter, Rick Irving, LICSW, has been a licensed social worker for over 30 years, working in residential treatment for six years and with the Andover Public Schools since 1978. He also has a private practice. He has presented workshops throughout the United States and in Europe as well.

## Family Activities

**Daily Drop-in Playtime at the Network**

**(Children under 5 yrs. old)**

**Drop-in**

Monday-Friday 9:30 AM - 12:30 PM (Sept. 10 - Dec. 20, See page 1 for dates closed.)

Drop-in playtime at the North Suburban Child & Family Resource Network is a wonderful opportunity to play and interact with your child. Come and enjoy the company of other families with young children while playing in our playroom. Books, puzzles, toys, blocks and more await you and your child. Drinks in covered cups are welcome, but please do not bring snacks. Refer to page one for entrance location, parking and days the center will be closed.

**Monday Morning Make and Take**

**Drop-in**

Each Monday morning there will be a craft activity in the drop-in playroom from 10:00 AM - 11:00 AM. Stop in to play and join a Family Resource Network staff member during a special time for arts and crafts. This is an opportunity for parents and children to explore their inner artistic talents while having a great time.

**Visit to the Firehouse**

**(Ages 2.5 - 5 years)**

**Registration required**

Join other parents and tots for a tour of one of our local Fire Stations. Children can climb up in the fire trucks, become familiar with firefighters in gear, see where calls get answered, and learn some basic fire safety skills.

Saturday mornings 10:00 AM - 10:45 AM	October 5	Melrose Fire Station - Main Street
	October 19	Stoneham Fire Station - Central Street
	October 26	Wakefield Fire Station - Crescent Street

\*\*Special Open House at Saugus Fire Station, 27 Hamilton St., Saturday, Oct. 12 10AM - 2 PM  
Registration is not required for Saugus Open House.

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

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

Join others for a guided hike in the woods on select Tuesdays and Saturdays from 10:00 - 11:30 AM. Schedules are available at the Family Resource Network office and on-line at [www.fells.org](http://www.fells.org). Please note these hikes are not suitable for strollers. No dogs please. Cancellations due to weather will be posted on the Friends telephone 781-662-2340. Walks and hikes are free and do not require pre-registration. A signed annual liability waiver form is required and can be accessed on their website.

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

## Childcare and Preschool Information

<http://www.eec.state.ma.us/ChildCareSearch/EarlyEduMap.aspx>

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

## Let's Talk Literacy: Back to School Tips

*Adapted from The National Center for Family Literacy*

Back to school — it's a hectic time full of shopping, preparation and new routines. But just because children are headed back to school doesn't mean that parents should stop teaching their children. And just because life is hectic doesn't mean you can't make time to improve their literacy skills. You may feel that there isn't enough time to add more activities to an already packed 24 hours. But these ideas take just a minute!

- Choose a letter of the day. Look for the chosen letter in any printed materials you see — the newspaper, labels at the grocery store, street signs, billboards or advertisements on TV.
- Singing songs is certainly a literacy activity. Try this twist: Sing short songs like "Row, Row, Row Your Boat" several times, leaving off the last word each time until there are no words left.
- While you're making breakfast, have your child look for the letter B on any items on your kitchen counter or table. Count as many as possible before breakfast is ready.
- While stuck in traffic, describe the view from the car by taking "word turns." Parent and child each add a word until the scene is described. (A...yellow...convertible...with...a...golden...retriever... in...the... back... seat... is... next... to... our... car.)
- Talk to your child about her day. Pretend to be a television reporter. Try questions like "what was the most surprising (curious, funny, eventful) thing that happened today?" Be prepared to answer the same questions. You and your child will begin looking for events to report to each other.



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

## Simple Ways to Build Your Child's Brain: 100 Ways to Play

*From the Boston Children's Museum*

In 100 years of creating, educating and innovating, Boston Children's Museum has encouraged children and families to play together at the Museum, at home and out in the world in more ways than we can count. Every day, there is a wealth of opportunities for adults and their children to play and grow together. They have chosen 100 of their favorites, in honor of their 100th anniversary and they are sharing them with you. See how many of these you can try together this year! Visit the BCM website at [www.bostonchildrensmuseum.org/learning-resources/](http://www.bostonchildrensmuseum.org/learning-resources/) to view 100 ways to play. The Family Resource Network also has the list available at the center. *Let's get out and play!*

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

**The Center for Early Relationship Support of Jewish Family & Children's Service** provides a variety of support services to parents of children birth to five, including free weekly Moms groups (including Medford), free home visiting from volunteer mothers called "Visiting Moms", postpartum depression support including a free weekly group on the North Shore, and parent consultations. CERS is currently also seeking new Visiting Mom volunteers to serve the northern suburbs, including Malden, Melrose and Wakefield. For more information visit [www.jfcsboston.org/CERS](http://www.jfcsboston.org/CERS) and [www.facebook.com/JFCS.CERS](https://www.facebook.com/JFCS.CERS).

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

**EMARC:** EMARC's mission is to support, serve, and advocate for people with developmental disabilities and their families to ensure they are valued, respected and have the opportunity to fully participate in their communities. We annually serve over 700 people from Burlington, Everett, Lynn, Lynnfield, Malden, Medford, Melrose, North Reading, Reading, Saugus, Stoneham, Wakefield and Woburn. For additional information, call Judy Santa Maria at 781-587-2314.

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

**Melrose Family Room:** The Melrose Family Room, located in the Green Street Baptist Church in Melrose, is a non-profit, cooperative organization providing a gathering place for member families with infants, toddlers and preschool children. The room is a wonderful place to play, talk, discuss parenting concerns, and in general, get to know families from Melrose and surrounding communities. The room is open to members for drop-in playtime Monday through Saturday from 8:00 AM to 8:00 PM and Sunday from 2:00 PM to 8:00 PM. If you are interested in being put on the waitlist, please email Tracy at [newmembers@melrosefamilyroom.org](mailto:newmembers@melrosefamilyroom.org). For more information visit [www.melrosefamilyroom.org](http://www.melrosefamilyroom.org)

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

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

**Parents of Tots:** Parents of Tots is a volunteer-run non-profit organization dedicated to supporting families with young children under six years old in 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.

**Local Food Pantries:** Donations to the food pantries can be made through the Family Resource Network.

- Melrose:** A Servant's Heart, Faith Evangelical Church, 200 Franklin Street, Melrose, 781-662-8226  
Pantry of Hope, First Baptist Church, 561 Main Street, Melrose, 781-665-4470
- Stoneham:** First Congregational Church, 1 Church Street, Stoneham, 781-438-0097  
Stoneham ACS Food Pantry, 9 Gerry Street, Stoneham, 781-392-4545
- Wakefield:** Wakefield Interfaith Food Pantry, Americal Civic Center, 467 Main Street, Wakefield, 781-245-2510
- Malden:** Bread of Life, 54 Eastern Avenue, Malden 781-397-0404  
Mobile Food Pantry, 239 Commercial Street, Malden, 781-338-7574 Call for next available date and time.

**Homelessness Education Liaisons:**

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

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

**Grandparents Raising Grandchildren In Harmony:** The North Suburban Child & Family Resource Network offers a support group for grandparents raising their grandchildren or other relatives raising a young family member. The program meets from September through June and meets twice a month. Please call the office at 781-279-0300 for more information and to be added to the e-mail list.

**Kids & Grief Support Groups:** Hallmark Health System Visiting Nurse Association and Hospice, Inc. provide bereavement support to children ages 5 to 12 who have lost a loved one. Trained bereavement counselors and volunteers facilitate the group. There is also a separate parent support group offered at the same time. Please Call Judy Seifert, Bereavement Coordinator, at 781-338-7861 for more information.

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

**North Suburban WIC Family Support Coordinator:** If you are a WIC participant, the Family Support Coordinator can meet with you and help you find additional community supports. For further information or to set up a meeting, call Madlyna Bouchotte at 781-338-7570 or e-mail her at mbouchotte@hallmarkhealth.org.

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

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

**Financial Counseling:** Massachusetts Law mandates that all its residents have health insurance. If you are uninsured or underinsured, the financial counselors at Lawrence Memorial and Melrose-Wakefield hospitals are there to help families, couples or individuals apply for health insurance and obtain the care they need. Call (781) 338-7111 to make an appointment to determine your eligibility for services.

**Look aHEAD to a Healthy Future:** Protect your child or athlete with Hallmark Health System's Concussion Program. The program offers community outreach education and ImPACT Testing made possible by a grant through the Boston Bruin's Foundation. Call 781-395-7750 for additional information.

The following two sales are not sponsored by Hallmark Health or the Family Resource Network.

**MMOTA Fall Sale**

Massachusetts Mothers of Twins Association - Founding Chapter  
Saturday, September 21 9:30 AM - 1:00 PM  
Winchester High School (cafeteria), 80 Skillings Road, Winchester.

This is a great place to find terrific bargains on gently used clothing, equipment, toys, books and much more. Cash only.

**Great Deals!**

**NSPOM Double the Stuff Sale** - North Suburban Parents of Multiples

Saturday, September 14 9:30 am - 12:00 Noon Admission: \$1  
Americal Civic Center, 467 Main Street, Wakefield

The NSPOM fall sale is the one you do not want to miss.

Twenty-nine sellers and awesome deals on gently used children's clothing, toys and equipment.

**Hallmark Health Community Health Education Classes**

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

**The New Dad Difference**

October 2

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

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

**The Art of Becoming a New Mother**

October 2

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**

September 14 or October 5

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**

September 14 or October 5

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: \$45, special for Family Resource Network families \$35.

**Safe Sitter**

September 28 or October 26

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

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

**Family & Friends CPR for Babysitters**

September 14 or October 5

This course is informative and easy-to-learn. It is a great choice for families seeking rescuer and relief of choking skills for their current babysitter. Cost: \$35 for graduates of Safe Sitter® (1-day) Baby Sitting Class. Call 781-338-7561 for more information.

**Call for additional CPR and First Aid classes.**

**Looking for a Doctor?**

To find a physician near you  
call:

1-800-540-9191

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

**My Life, My Health**

**Call 781-279-0300 for information on upcoming sessions.**

My Life, My Health, a six-session community workshop offered by Hallmark Health System, is 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.

**Chronic Pain Self-Management Program**

**Call 781-338-7823 or 781-586-8527 to register.**

Hallmark Health VNA & Hospice Wednesdays, Sept. 4 - Oct. 9 9:30 AM - 12:00 Noon 178 Savin St., 3<sup>rd</sup> floor, Malden

This free six-session program can help you learn to manage pain so that you can continue living a satisfying and fulfilling life. Open to adults of all ages who have a primary diagnosis of pain or care for people who do. Registration is required as space is limited.

**Healthy Women Dinner Series**

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

**Call 781-979-6338 to register.**

While you've been caring for your family, have you forgotten to take care of yourself? You are not alone! We invite you to join our women's health experts for a free dinner and discussion focused on health topics important to women today. Call 781-979-6338 to register or go to [www.hallmarkhealth.org](http://www.hallmarkhealth.org) and select "Events Calendar" and the date of the session or sessions you would like to attend.

**The Best News for Women Wednesday, October 2**

Uncover the latest on women's health. Informative and lively discussion on age appropriate screenings and answers to many health questions and concerns. Presented by Patricia Sereno, MD, Wayne Wivell, MD and Vicki MacLean, NP.

**A Wealth of Knowledge Awaits You: Cancer Talks for Women Wednesday, November 6**

Discuss the ways women can reduce their risk for developing cancer and detect it early. Enjoy a lively Q & A session in which you will have the opportunity to ask questions. Presented by medical experts from the Hallmark Health System.

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

**Attorney Anna Bastian** dedicates her practice to Wills, Trusts, Estates, and Real Estate, working closely with parents to protect their children and assets in the event of a tragedy. Consultations may be scheduled during the week or on weekends. 20 West Emerson Street, Melrose. Phone: 781-665-7031; email: [annabastianesq@comcast.net](mailto:annabastianesq@comcast.net). Visit [www.annabastianlaw.com](http://www.annabastianlaw.com) for more information.

**Baby Boot Camp** is an innovative stroller-fitness program that helps moms regain or enhance pre-pregnancy fitness levels and meet the physical challenges of parenting by emphasizing strength training in a supportive environment. Classes for all fitness levels: pregnant moms, new moms recovering from pregnancy and conditioned moms with one or two stroller-aged children. Cardio drills, strength training exercises and stretching increases overall fitness, and the ab assault at the end of class means you get a total body workout! Classes are held M-W-F-Sat mornings right in Winchester. Indoor & outdoor options available depending on the weather. For more information, please go to [www.babybootcamp.com](http://www.babybootcamp.com) or email owner Kristen Herlihy directly at [Kristen.Herlihy@BabyBootCamp.com](mailto:Kristen.Herlihy@BabyBootCamp.com). Your first class is always free, so what are you waiting for?

**Bay State Centre Family Chiropractic:** Dr. Scott Darragh  
Pediatric Care - Pregnancy Care - Adult Care - Special Needs Wellness Care                      Handicapped Accessible  
Chiropractic care offers conservative, non-invasive, drug-free solutions to improve the quality of your life and health. We work with infants, children and adults. Visit us at 340 Main St, Suite 102, Melrose MA ~ phone: 781-662-3333 ~ email: [info@baystatedc.com](mailto:info@baystatedc.com) ~ website: [www.BayStateDC.com](http://www.BayStateDC.com)

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

**Follow Your Art** is a community art studio offering creative art experiences honoring the artist in everyone and dedicated to making art accessible to all. Creative arts groups for toddlers through adults, individual art sessions, private groups and workshops, and art therapy services are offered. Follow Your Art is run by Kris Rodolico, an artist and art therapist with 15 years of experience working with children and adults. New address: 416 Main St., Melrose. To learn more, go to [www.follow-your-art.com](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.

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

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

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

**Roman Music Therapy Services and Sprouting Melodies®**- Sprouting Melodies® is a music therapy based childhood program designed and led by Board Certified Music therapists to create child-centered musical experiences for the whole family in each and every music class. Sprouting Melodies® integrates all that we, as music therapists, know about young children, development and musical responses. Sprouting Melodies® provides consistent music experiences though which the child's overall development is supported and strengthened. Parents are given specific tools and music strategies to support their child's growth at home. Fall Session 1 Sept.9 - Oct. 26, Fall Session 2 Oct. 28 - Dec. 21 with no classes running from November 17-30. Go to [SproutingMelodies.com](http://SproutingMelodies.com) to sign up today.

**Stoneham Theatre:** Our 14th season features a hip New York comedy (Seminar: Sept. 12 - 29), a fresh take on a classic horror story (Dr. Jekyll & Mr. Hyde: Oct 24 - Nov 10) and a traditional holiday favorite (Miracle on 34th Street: Nov 29 - Dec 29). The Stoneham Theatre is located at 395 Main Street in Stoneham. For more information, please call our Box Office at (781) 279-2200 or visit us online at [www.stonehamtheatre.org](http://www.stonehamtheatre.org).

**At Super Soccer Stars**, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. For ages 2 and up! With locations throughout the Metro Boston area including: Danver's Recreation Department, Andover's Kids Club, Wakefield's Sullivan Park, Reading's Recreation Department, Winchester and Arlington Recreation Departments and more! Also, join us for Shine classes, designed especially for individuals with developmental disabilities, and Kick & Play, our pre-soccer and movement program, for 12 to 24-month-olds! For more information or to enroll in a class: Website: [boston.supersoccerstars.com](http://boston.supersoccerstars.com). Email: [boston@supersoccerstars.com](mailto:boston@supersoccerstars.com) Phone: [781-777-7171](tel:781-777-7171)

**Tall Spire Nursery School-** a private preschool nestled in the town center of Wakefield, where curiosity and creativity are fostered with care to build a community of students with a true love of learning. Our "center based" learning approach allows the children to engage in hands-on activities within our five "centers" which reflect the developmental skills essential for a well-rounded preschool experience. We offer two and three half-day programs for children ages 2.9 to 5 years. To schedule a school tour please contact Director Kathy Relihan at 781-245-4098/781-864-3210 or visit our website @ [www.tallspire.com](http://www.tallspire.com)

**The Children's Gathering** is a fully licensed, year-round preschool and pre-K program, offering half-day and full-day enrollment for children 2.9 - through 6 years of age. We have been serving Wakefield and the surrounding communities since 1984, at 101 Cedar Street, Wakefield MA. Please visit us at [www.thechildrensgathering.com](http://www.thechildrensgathering.com), or call 781-246-3761 for more information. The Children's Gathering . . . Education with Love!

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