



Hola



Jambo



Hello



Ni hao



Merhaba



# CAMBRIDGE FAMILY NEWS

## from the Center for Families

Information, Support, & Activities for Families of Children Ages 0-8

### January-February 2012

Winter's here! The holiday season has passed and the temperature continues to drop. As we enter the snowy season and think back to last winter, it is important that we are prepared for weather emergencies. For tips on emergency preparedness, turn to page 5.

In this month's issue of the Center for Families newsletter we have updated information on community events, workshops and resources to keep your family active and well connected. We have also added a few word search puzzles, and other playing and learning activities to be done indoors when it is just too cold to go outside.

Also, in honor of National Dental Hygiene month, please turn to page 2

for teeth-related information as well as some tips on keeping your children's teeth healthy and clean.

**Important:** A quick reminder for parents that wish to enroll their children into Kindergarten this coming September. Registration starts now, please refer to page 7 for information on deadlines and what you will need to register your child. Remember, Cambridge has school choice. **We highly encourage you to register now!**

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*Happy New Year to All Families!!!!*

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### 5th Annual Winter Family Fun Day!

Saturday, January 28,  
10:00 am—1:30 pm

Brave the cold and join the Center for Families for a fun morning of indoor games & crafts for your little ones! Highlights include:

- ◆ Moon bounce ◆ Giant Basketball
- ◆ Face painting ◆ Free lunch!
- ◆ And plenty of Arts & Crafts Activities

The fun will happen at Peabody School Gym, 70 Rindge Ave. Crafts and face painting go from 10:00-12:30 and all other activities will end at 1:00pm. A light lunch will be served from 12:00 – 1:30 pm. **For more information,** please call (617) 349-6385 or e-mail [centerforfamilies@cambridgema.gov](mailto:centerforfamilies@cambridgema.gov). *Should the event be canceled due to snow, there will be a message on the voicemail of 617-349-6385.*



### Attention North-West-Agassiz Families



is coming

#### What is Baby U?

It is a weekly workshop series offering support and information for families expecting a baby or with a child 3 or younger.

**When:** Saturday mornings beginning February 4th 9:30 am-12:00 noon.

*\*Priority will be given to Public Housing/Section 8 Residents.*

For more information and to register, call 617-947-5044 or e-mail [BabyU@cambridgema.gov](mailto:BabyU@cambridgema.gov)

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*The Center for Families is located at 70 Rindge Ave, in the rear of the Peabody School. It is near the Davis Square and Porter Square T stops, and can be accessed by the 77 and 83 buses.*

# PLAYING AND LEARNING ACTIVITIES

Here are some fun activities that you and your child can do together! Do you have an activity that you and your child love to do together? Call Jessi at (617) 349-6327 to submit it for our next newsletter.



Did you know that dental decay is the most prevalent chronic childhood disease – 5 times more common than asthma? It is almost entirely preventable, with a few simple measures. The top 3 tips for families are: 1) brush twice a day, 2) drink tap water (not bottled water) to benefit from fluoride, and 3) see your dentist twice a year.

During the month of February, children are invited to participate in a "Healthy Smiles" dental screening at Center for Families playgroups. Toothbrushes will be given to all who participate.

Healthy Smiles is a program of the Cambridge Public Health Department.

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In honor of Dental Health Awareness Month in February, here are some activities to do!

You can help teach your children the importance of brushing their teeth by reading the following books together and making up songs as you go along.

- ◆ *A Visit to the Dentist* by Eleanor Fremont
- ◆ *Dear Tooth Fairy* by Jane O'Connor
- ◆ *My Pet Dinosaur Won't Brush His Teeth* by Sharlene Alexander

## Sing a fun song about teeth!

**Brush, Brush, Brush Your Teeth**  
(Sung to: "Row, Row, Row Your Boat")



Brush, Brush, Brush Your Teeth,  
'til they're shiny bright.  
They'll be healthy, they'll be strong,  
if you treat them right.

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**Make Home-made Finger-paint**  
Just follow these three easy steps!

- ◆ Put two cups of water into a large bowl
- ◆ Slowly add two cups of flour as the children stir.
- ◆ Once it's all mixed together, divide into smaller bowls and add food coloring.
  - ◆ Paint away!

# FATHERS' CORNER

## Dads and Kids Saturday at the Gym

Come have a fun time at the gym playing and meeting other dads and their children. We will have fun games, a healthy breakfast, and time to meet new and old friends. Open to all dads and/or male caregivers and their children ages 0-8 living in Cambridge.

### Saturdays, February 11 & March 3

10:00-11:30 am at the Gately Gym Youth Center (middle building in the back of the Peabody School)

Facilitated by Michael Clontz

To sign up or for more information, contact Christine Doucet at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).

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Is it too cold to be outside, yet your child has too much energy to be indoors all day? After taking a walk or enjoying your day at the gym, challenge your

older children to solve the following word puzzle. Word puzzles are relaxing activities that help your child enhance their cognitive skills.

W	I	N	T	E	R	D	A	D	W	Z
R	E	H	T	O	M	D	N	A	R	G
R	E	T	H	G	U	A	D	K	P	G
F	A	M	I	L	Y	S	M	R	I	O
R	E	H	T	A	F	L	O	O	Z	L
O	E	E	F	F	O	C	M	W	Z	F
M	U	S	I	C	S	N	O	W	A	N
G	R	A	N	D	F	A	T	H	E	R
N	N	O	I	S	I	V	E	L	E	T
L	L	A	B	T	O	O	F	N	O	S

COFFEE  
DAD  
DAUGHTER  
FAMILY  
FATHER  
FOOTBALL  
GOLF  
GRANDFATHER  
GRANDMOTHER  
MOM  
MUSIC  
PIZZA  
SNOW  
SON  
TELEVISION  
WINTER  
WORK

Find this puzzle and others like this at [holidays.kaboose.com/dad-word.html](http://holidays.kaboose.com/dad-word.html)

# PLAYING AND LEARNING ACTIVITIES



Help us all stay healthy! Please stay home if you or your child has had a fever, chronic cough, or has thrown up within 24 hours of activities. We want to make sure everyone stays germ-free and helps prevent the spread of the flu and colds.

## CENTER FOR FAMILIES: FREE FAMILY PLAY AND LEARNING ACTIVITIES

We bring toys, activities, singing, and snacks; you bring the kids and the fun. Children play and learn with their parents, caregivers, and other children. The routines and activities help children grow and get ready for school. Bring your children (0-6), and come play with us. Parents or caregivers stay and play with the children. You don't need to sign up for these groups, just come when you want. **For more information or questions**, call Lucy at 617-349-6967.

The following groups start on Tuesday, January 3:

### Mondays

*Moore Youth Center*, 12 Gilmore St.,\*\*  
10:00 — 11:30 am

*Infant Playgroup* (15 mos and under)\*  
Center for Families, 70 Rindge Ave. (rear),  
12:30 — 2:30 pm

### Tuesdays

*West Cambridge Youth Center*, 680 Huron Ave.\*\*  
10:00 — 11:30 am

*Fresh Pond Apartments*, 364 Rindge Ave. (Community Room)  
10:00 — 11:30 am

*Infant Playgroup* (15 mos and under)\*  
Margaret Fuller Neighborhood House, 71 Cherry St. (use the door on the right side of the building)  
12:30 – 2:30 pm

### Wednesdays

*Gately Youth Center*, 70 Rindge Ave. (back of Peabody School)\*\*  
10:00 — 11:30 am

*Area IV Youth Center*, 243 Harvard St.  
10:00 — 11:30 am

### Thursdays

*Center for Families*, 70 Rindge Ave. (Peabody School, in the afterschool room), 10:00 — 11:30 am

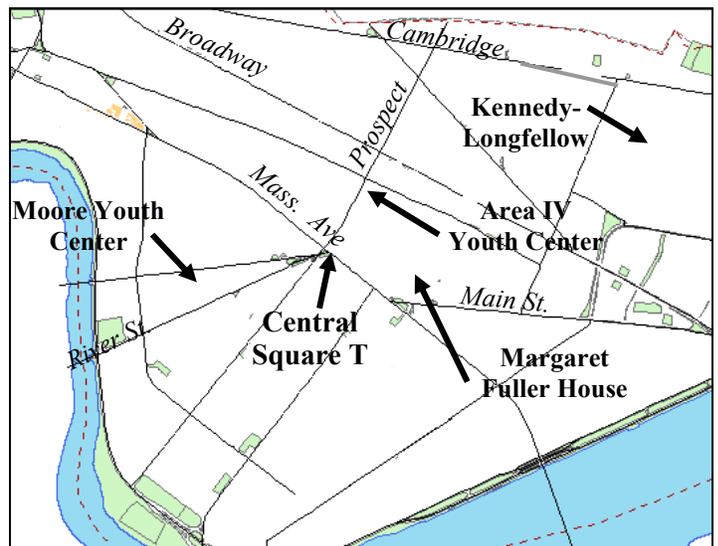
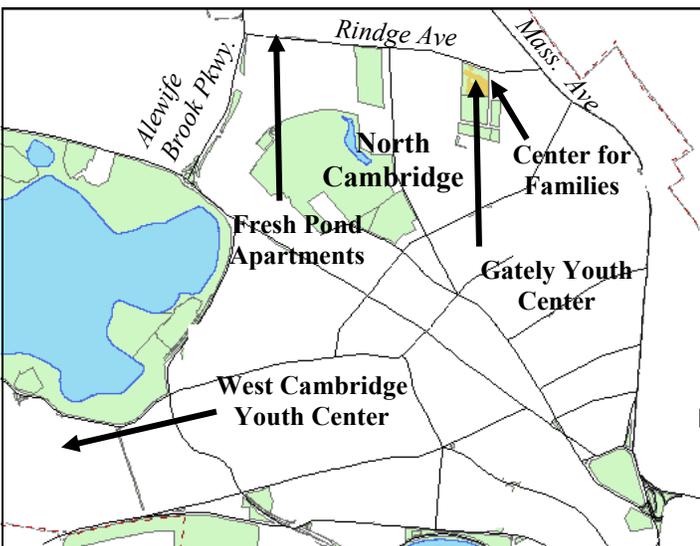
*Kennedy-Longfellow School*, 158 Spring St. (upstairs gym)\*\*  
10:00 — 11:30 am

### Please note:

\*Please attend **either** Monday or Tuesday Infant Group

\*\*The Gym groups are for physical activities, no arts or snacks will be provided.

**Groups will not meet the week of February 20-23 due to the February school vacation week.**



\*\*Maps are designed to give parents and caregivers a better sense of playgroup locations and are an approximation of where groups are \*\*

# Center for Families Calendar

## January-February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	January 2 HOLIDAY Center for Families Closed	3 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	4 Gately 10:00-11:30 Area IV 10:00-11:30	5 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	6	7 Yoga Group 10:30 am—11:30 am
8	9 Moore 10:00-11:30 CFF Babytime 12:30-2:30	10 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	11 Gately 10:00-11:30 Area IV 10:00-11:30	12 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	13	14
15	16 HOLIDAY Center for Families Closed	17 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	18 Gately 10:00-11:30 Area IV 10:00-11:30	19 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30  Infant Massage	20	21
22	23 Moore 10:00-11:30 CFF Babytime 12:30-2:30	24 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30 Advisory Council 6:30-8:00	25 Gately 10:00-11:30 Area IV 10:00-11:30	26 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30  Infant Massage	27 Mom's Discussion 10:30-12:00	28 Family Fun Day 10:00 am—1:30 pm
29	30 Moore 10:00-11:30 CFF Babytime 12:30-2:30	31 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	<b>February 1</b> Gately 10:00-11:30 Area IV 10:00-11:30	2 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	3	4 Nutrition Workshop 10 am—11:30 am
5	6 Moore 10:00-11:30 CFF Babytime 12:30-2:30	7 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	8 Gately 10:00-11:30 Area IV 10:00-11:30	9 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30  Infant Massage	10	11 Dads and Kids Saturday at the Gym 10:00am—11:30am  Yoga Group 10:30 am—11:30 am
12	13 Moore 10:00-11:30 CFF Babytime 12:30-2:30	14 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	15 Gately 10:00-11:30 Area IV 10:00-11:30	16 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30  Infant Massage	17	18
19	20 HOLIDAY Center for Families Closed	21 No Playgroups— School Vacation	22 No Playgroups— School Vacation	23 No Playgroups— School Vacation	24 No Playgroups— School Vacation	25
26	27 Moore 10:00-11:30 CFF Babytime 12:30-2:30	28 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	29 Gately 10:00-11:30 Area IV 10:00-11:30			

364 = Fresh Ponder Towers, 364 Rindge Ave.  
 Area IV = Area IV Youth Center, 243 Harvard St.  
 CFF = Center for Families, 70 Rindge Avenue (rear)  
 Gately = Gately Youth Center, 70 Rindge Avenue (rear)

Kennedy-Longfellow = 158 Spring St.  
 MF = Margaret Fuller Neighborhood House, 71 Cherry Street  
 Moore = Moore Youth Center, 12 Gilmore Street  
 West = West Cambridge Youth Center, 680 Huron Ave.

# PARENT EDUCATION AND SUPPORT

## Infant Activities

**BABYTIME: Caring, Playing, Nurturing**  
(parents/caregivers with infants 0-15 months)

These are informal groups for parents or caregivers with infants that offer an opportunity to connect with other adults, ask questions, and relax while babies explore the playroom. To allow everyone to participate, please choose only one group to attend per week. *No pre-registration required; come or leave anytime. Christine will lead a short sing-a-long.*

**Mondays 12:30 - 2:30 pm**

Center for Families, Peabody School, 70 Rindge Ave.

**Tuesdays, 12:30 - 2:30 pm**

Margaret Fuller Neighborhood House, 71 Cherry St.

### Baby Massage

(parents with infants 12 weeks - pre-crawling)

Massaging your baby gives you a wonderful opportunity to connect with your child. Massage helps with digestion, sleep, and baby's health. This is a fun and relaxed group setting. If you are pregnant or your baby is under 11 weeks, contact Christine for a private session. **Instructor: Christine Doucet, CMI.** Please call 617-349-3003 to register.

**The next baby massage series will be at the Margaret Fuller House, 71 Cherry St. and will meet on January 19 & 26, February 9 & 16 & March 1. Another series will start on March 7 at the Center for Families, 70 Rindge Ave. For more information or to register, call or e-mail Christine at [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).**

### Support Group for Parents of Infants

Organized by Jewish Family & Children Services.

Wednesdays, 10:00-11:30 am at Temple Eitz Chayim (134-136 Magazine Street, Cambridge). Other support groups are offered in other towns: call 781-693-5652 or [info@jfcsboston.org](mailto:info@jfcsboston.org) for more information.

## Mother Activities

### Discussion and Craft Activity for Moms

Join us and other moms as we talk about parenting while doing a relaxing craft activity. There will be childcare available and lap babies are welcome in the room. Christine & Fran will lead the discussion and direct the activity.

Activity: Shake the Winter blues and bring a decorated maraca home with you!

**Friday, February 3**, from 10:30 am-12:00 pm, Center for Families, 70 Rindge Ave. (back of the Peabody School). *You must register for this class with Christine at [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov) or 617-349-3003.*

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A fun mom-related word search for older children and moms to solve together!

D	N	O	S	T	M	O	M	C	CHILDREN
A	E	Q	Y	A	L	P	Q	H	COLD
D	A	U	G	H	T	E	R	I	DAD
F	L	O	W	E	R	S	E	L	DAUGHTER
V	E	L	L	M	C	O	L	D	FLOWERS
R	E	T	H	G	U	A	L	R	GLOVES
C	G	L	O	V	E	S	H	E	HAT
E	L	I	M	S	R	J	I	N	LAUGHTER
S	N	A	M	W	O	N	S	C	MOM
									MUSIC
									PLAY
									SMILE
									SNOWMAN
									SON

## Emergency Preparedness

### How Ready Are You?

Residing in Massachusetts can be both fun and challenging. As the weather changes, we must also change how we prepare for severe weather. Having experienced tornados, hurricanes and tropical storms already, the winter season brings new concerns of freezing temperatures and snowstorms. The following tips are from the Cambridge Public Health Department website:

- ◆ Have your emergency supplies ready, including non-perishable food, water and flashlights.
- ◆ Review your family emergency plan with everyone in your household and practice.
- ◆ Be prepared for power outages. Make sure your cell phones are charged. If cell phone lines are jammed after an

emergency, you may be able to send text messages.

- ◆ If you have young children in your home, it is important that you practice emergency evacuation routes and responses. Talk to your child about what they should or should not do in an emergency.

There is also additional information on emergency planning specific to individuals with physical disabilities or impairments. If you are an individual living with a disability, some advanced preparation and planning can go a long way in helping you maintain your independence during a disaster or emergency. Visit <http://www.cambridgepublichealth.org/hot-topic/emergency-preparedness.php> for more information.

# CENTER FOR FAMILIES NEWS

## Upcoming Workshops Classes, & Events

### Family Fun Day

Saturday, January 28, 10:00 am-1:30 pm  
The fun will happen at Peabody School Gym, 70 Rindge Ave. Games & art activities will be from 10:00 am –12:30 pm, and lunch will be served from 12:00 –1:00 pm. **See the front page for more information!**

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**You must register for the following classes & workshops. To register, call Christine Doucet at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).**

### Read It! Sing It! Move It! Cook It!

Saturday February 4, 10:00-11:30 am  
At the Gately Youth Center: Middle building behind the Peabody school.

Come to a fun, family, interactive, multisensory nutrition education program where food-related stories and songs will be shared, gardening and cooking will be enacted and yummy in your tummy nutritious and delicious delights will be tasted together. This workshop is most appropriate for children ages 3-8 year old, with their parents and caregivers.

**Presenter: Jackie Newman, Massachusetts Licensed Dietitian-Nutritionist, Registered Drama Therapist, Head Start Consultant, and mother of a 24-year-old son who loves to cook!**

### Movement & Yoga for Parents & Children

Saturday, January 7 and February 11  
10:30 am—11:30 am  
Center for Families, 70 Rindge Ave. (in the Peabody School)

A movement-based class for parents and children ages 3-8 years old. During this time, parents and children do relaxing exercises and yoga together. Please wear comfortable clothes.

## Subscribe to our Listserv!

We encourage everyone to subscribe to our **Google Group Listserv!** Get reminders about when groups are canceled, receive weekly updates about our programs and other upcoming family-friendly events, and share information with other parents & providers. To be added to the listserv, call the Center for Families at 617-349-6385 or e-mail [centerforfamilies@cambridgema.gov](mailto:centerforfamilies@cambridgema.gov).

## Welcome!



The Center for Families would like to welcome Jessi Smolow, the new Family Services Coordinator! Jessi recently returned from living and working in Rwanda, where she worked in various International Education programs. She has also worked in Philadelphia and San Diego as a Licensed Social Worker working with children and their families. Jessi is very excited about joining the Center and meeting all the families!

## Ask Jayne

If you are looking for information about child care, the wait list, vouchers, kindergarten and after-school, early intervention, special education and more, please contact Jayne Cantor, Family Support Specialist at the Cambridge Community Partnerships for Children (617-868-2900 X324, or [jayne\\_ccpc@yahoo.com](mailto:jayne_ccpc@yahoo.com)).

If she can't answer your questions, she will get the information for you or find the right people for you to talk to. Jayne can also help you with information and referrals related to physical, dental and mental healthcare, housing, help with tax forms, food pantries, legal help, domestic violence and more.

## Zoo Passes

The Center for Families has a pass to the Stoneham & Franklin Park Zoos to lend to families! This pass will allow people to get into the zoo for FREE! For more information, contact Lucy at 617-349-6967 or [lhernandez@cambridgema.gov](mailto:lhernandez@cambridgema.gov).

## Save the Date

### Title I presents...Books for Bingo!

Event to take place in March. Stay posted for more information on the date and location.

# COMMUNITY EVENTS AND ACTIVITIES

## Kindergarten Registration

The first round of Kindergarten registration for the Cambridge Public School begins on **Tuesday, January 3** at the **Family Resource Center** (459 Broadway, first floor at the Cambridge Rindge and Latin School.) Any child who will be 4 years old by March 31, 2011 is eligible to enter Kindergarten in September 2012. Children spend two years in kindergarten if they are not 5 years old by August 31st. *Registering for kindergarten in January will increase the chance of receiving one of your school choices.*

In order to register your child for kindergarten, you will need the following documents:

- Cambridge Public Schools Registration Form
- Language Survey Form
- Cambridge Public School Meals Application
- Student's birth certificate or passport
- Student's vaccination record
- Notarized Certificate of Address Form. (Notaries are available at City Hall, Central Sq. Post Office, most banks and insurance offices.)
- Proof of residency

Cambridge has 12 elementary schools and parents can tell the school system their top 3 choices. Parents need to consider location, teaching styles, how friendly a school feels, and what types of special projects or activities they might have available. Some schools have programs for children who are learning English. The Family Resource Center staff can help to answer your questions. If you have questions, please contact them at 617-349-6551. You can also call the Family Liaisons at each school for information about the school and to schedule a tour. For more information about kindergarten registration, go to [www.cpsd.us/frc/k\\_reg.cfm](http://www.cpsd.us/frc/k_reg.cfm).

## ECRC Workshops

### **Bullying: A two-part series with Families First Parenting Educator, LaVerne R. Saunders**

*Main Library (Children's Room), 449 Broadway*

Are you concerned that your child is being bullied by others, or that s/he may be a bully themselves? These workshops offer ways to teach children skills to help them avoid being bullied or becoming bullies. *\*\*Free child care will be provided, but is limited. Registration is required. For more information or to sign up, please call 617-349-4409.*

#### **Part I: Helping The Child Who is Bullied**

Wednesday, January 18 at 6:30 P.M.

#### **Part II: Preventing and Diffusing Bullying Behavior**

Wednesday, January 25 at 6:30 P.M.

*Ms. Saunders is a Parenting Educator for Families First, specializing in the areas of violence prevention, anger management and bullying prevention.*

Sponsored by the Greater Boston Early Childhood Resource Center of the Cambridge Public Library, the Massachusetts Department of Early Education and Care and Families First Parenting Programs.

## CLC English Classes

To enroll for either of the following two English classes please call Bayyinah Pandolfo at 617-349-6371. They are both Intermediate/Advanced English class for Cambridge parents of young children, ages 0 and up.

**Peabody School (70 Rindge Ave)**, Tuesday & Thursday mornings 9:00am-12:00 noon.

**Community Learning Center (19 Brookline Street)**, Tuesday & Thursday evenings, 6:00-9:00pm.

## Indoor Winter Fun: Visiting Museums

There are many wonderful museums in and around Cambridge that are both family-friendly and educational. Did you know that many of these museums also offer times when the price of admission is either free or reduced?

**Children's Museum** is only \$1 per person on Friday evenings from 5:00-9:00 pm.

**Harvard Museum of Natural History** is free to Massachusetts residents every Sunday morning from 9:00 am –12:00 noon, and on Wednesdays from 3:00-5:00 pm (September through May). Also, on

Saturdays & Sundays at 11:00 am and 2:00 pm is Nature Storytime for children 6 and under!

**MIT Museum** is free on Sundays from 10:00 am-12:00 noon. Children under 5 are always free!

**Sackler Art Museum** is free for Cambridge Public Library cardholders, children under 18, and for Massachusetts residents with valid ID on Saturdays from 10:00 am-12:00 noon.

**Museum of Fine Arts** is always free for

children 6 and under and is free for everyone on Wednesdays from 4:00-9:45 pm. The museum also offers free admission on Martin Luther King Day (January 16). Lastly, on the last Friday of each month (except for November and February) is a special MFA playdate, recommended for children 4 and under. Children will get to enjoy read-aloud story time, followed by a short tour for both children and adults. The next one is January 28 from 10:30 am –11:15 am. No registration required; free with admission to the museum.

# COMMUNITY INFORMATION

## MCAS Info Sessions

Title I presents 3 MCAS Parent Information Sessions:

- Wednesday, January 11, Fletcher Maynard Academy (225 Windsor St.) 6:00 p.m.
- Thursday, January 19, Morse School (40 Granite St.) 6:00 p.m.
- Tuesday, January 24, Kennedy—Longfellow (158 Spring St.), 9:00 a.m.

For more information, contact Debbie Bonilla, Title I Family Liaison, at 617-349-6492.

## Help with Taxes

Tax season begins with the start of the new year. If you need assistance, the following organizations in Cambridge can help you:

The **Cambridge Public Library** offers tax assistance courtesy of the Harvard Law School TaxHelp Program. This program primary is especially to help the disadvantaged, the elderly, and those new to this country. Individuals with complex tax filings or unique tax issues are advised to seek professional tax assistance. For more information on the tax assistance schedule, contact the Cambridge Public Library at the beginning of the year or go to <http://www.cambridgema.gov/cpl/Services/taxassistance.aspx>.

The **Cambridge Economic Opportunity Committee (CEOC)** can file tax returns, particularly for those with limited income, individuals with disabilities, non-English speaking, or elderly. For more information, call 617-868-2900.

## East End House

105 Spring Street, Cambridge  
[www.eastendhouse.org](http://www.eastendhouse.org)

### East End House Weekly Family Playgroups

East End House is holding free drop-in Family Playgroups every Tuesday from 10:00am – 11:30am. Caregivers can bring their children 0-5 for a fun morning of arts and crafts, games, puzzles, songs, and stories. Children can also ride bicycles and participate in other gross motor activities in the gym, or play outside in the backyard with sand and water activities. This is a chance for kids to play with each other and for caregivers to meet each other. Juice and snacks are provided. There is no need to sign up. For more information contact Camille Platt at 617-876-4444 or email [Camille@eastendhouse.org](mailto:Camille@eastendhouse.org).

## Doula Support Programs

8 Camelia Avenue, Cambridge  
(across from Cambridge Hospital Entrance)

The Doula Program at the Cambridge Health Alliance offers three groups for new parents. Bring your baby and relax. Groups are open to all new parents. Breastfeeding groups are lead by lactation consultants and Open Discussion is lead by a Doula. **For more information**, call 617-665-1164.

**Breastfeeding Group:** Tuesdays, 10:00-12:00 noon (English & Spanish)

**Open Discussion:** Wednesdays, 10:00-12:00 noon

\*\*The first Wednesday of the month will be a pumping class for breast-feeding mothers.

**Breastfeeding Group:** Thursdays, 10:00-12:00 noon (English)

## Cambridge Public Library Programs for Young Children

The Cambridge Library is a great place for children. Please call any library listed below for more information about story times and other children's activities. Remember that the library also has museum passes you can use with your library card. For information about all programs, see [www.cambridgema.gov/~CPL/](http://www.cambridgema.gov/~CPL/) or call 617-349-4038.



### Main Library Children's Room, 449 Broadway, (617) 349-4038

- ◆ Baby Lapsit for parents and pre-walking babies. Registration required, Mondays, 10:00 am
- ◆ Toddler Storytime on Tuesdays and Thursdays at 11:00 am
- ◆ Sing Along (All Ages) on Mondays and Wednesdays at 11:00 am
- ◆ Preschool Story Time on Tuesdays at 4:00 pm
- ◆ Onesies (and Twosies) for toddlers ages 12-24 months. Registration required. Wednesdays, 10:00 am

### Boudreau Branch, 245 Concord Avenue, (617) 349-4017

- ◆ Preschool Story Time (Ages 3 1/2 and up) on Mondays at 10:30 am
- ◆ Toddler Sing-Along on Wednesdays at 10:30 am

### Central Square Branch, 45 Pearl Street, (617) 349-4010

- ◆ Toddler/Preschool Story Time on Wednesdays at 10:30 am
- ◆ Toddler/Preschool Sing & Storytime on Thursdays at 10:30 am

### Collins Branch, 64 Aberdeen Avenue, (617) 349-4021

- ◆ Story Time (Ages 3 and up) on Mondays at 4:00 pm
- ◆ Toddler Sing on Tuesdays at 10:30 am

### O'Connell Branch, 48 Sixth Street, (617) 349-4019

- ◆ Toddler Sing on Wednesday at 11:00 am
- ◆ Stories and Crafts (3-7's) on Thursdays at 3:30 pm

### O'Neill Branch, 70 Rindge Avenue, (617) 349-4023

- ◆ Toddler Sing on Mondays at 10:30 am
- ◆ Preschool Story Time on Thursdays at 11:00 am

### Valente Branch, 826 Cambridge Street, (617) 349-4015

- ◆ Preschool Story Time on Mondays 3:30 pm
- ◆ Toddler Sing on Tuesdays at 10:30 am
- ◆ Portuguese Toddler Sing on every other Wednesday at 11:45 am (All Ages).

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# COMMUNITY RESOURCES

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## Adult Education

- **Cambridge Employment Program** (617-349-6166)—Provides free assistance to Cambridge residents looking for work. They offer career counseling and help with resumes and cover letters, using a computer and the internet to help with job searches, and interviewing skills. Please call or stop by 51 Inman St, 1st floor to fill out a pre-registration form.
- **Community Learning Center** (617-349-6363)—Offers adult education, including GED, college preparation, and English-as-a-Second-Language classes.
- **Asian American Civic Association**—Next Steps Transitional English program—free English classes for people who have an intermediate-high level of English. For more information, call 617-426-9492 x251 or x318.

## Childcare & School

- **The Child Care Resource Center** (617-547-1063)—Provides information about all childcare options in Cambridge. CCRC is also your contact for childcare vouchers and other subsidies. Their ABC Room has computers, a lending library and other resources and is open every weekday from 9:00 am - 5:00 pm at their office in Central Square. See [www.ccrinc.org](http://www.ccrinc.org).
- **Department of Human Service Programs (DHSP)** (617-349-6200)—Runs many programs for children and families including Preschool and School-Age Childcare, Community Schools, and Youth Centers around the City. For information, call or visit [www.cambridgema.gov/DHSP2](http://www.cambridgema.gov/DHSP2).

- **Family Resource Center** (617-349-6551)—For information about the Cambridge Public Schools, call the Multilingual voice mail: 617-349-6550 (Portuguese, Haitian Creole, Spanish).

## Food & Clothing

- **The Cambridge Food Pantry Network**—Provides food to families around the city, and information about food pantries around the City, such as the Margaret Fuller House and the East End House, call the Cambridge Economic Opportunity Committee (CEOC) at (617-868-2900).
- **The Children's Clothing Exchange**—A program of Solutions At Work. The Exchange takes children's clothes in good condition to trade for other clothes or equipment. Call for information: 617-576-0039.
- **The Somerville/Cambridge WIC Program**—Provides nutrition education, breastfeeding support, and nutritious food for pregnant women, infants, and children up to age 5. For more information, call the WIC program at the Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-661-4084.

## Health

- **Health Access Project at the Child Care Resource Center**—Do you need health insurance? Do you need help finding a doctor? Do you need help filling out the application? For more information, contact Stephanie Lyda at 617-547-1063 x222 or [healthaccess@ccrcinc.org](mailto:healthaccess@ccrcinc.org).

## Housing

- **The Cambridge Multi-Service Center**—Provides housing information and assistance to families from Cambridge who are or are at risk of becoming homeless. Call 617-349-6340.

## Special Needs Services

- **Cambridge-Somerville Early Intervention**—Provides developmental services for children under age three at risk for developmental delays. If you are concerned about your child's development, call 617-629-3919.
- **Cambridge Special Start**—Provides developmental screenings for children ages 3 & 4. For more information, call Susan Evans at 617-349-6850.
- **The Cambridge Program for Individuals with Special Needs**—Serves people with special needs from school age to adults. There is an after-school group and a Saturday morning recreation program. Call 617-349-6200 for information.
- **Cambridge Commission for Persons with Disabilities**—Provides information and referrals to individuals with disabilities and their families on all kinds of disability and access issues. Call 617-349-4692 or see [www.cambridgema.gov/DHSP2/disabilities.cfm](http://www.cambridgema.gov/DHSP2/disabilities.cfm).

**The Cambridge Somerville Resource Guide** has listings for more services in the community. Look on the internet at: [www.cambridgesomervilleresourceguide.org](http://www.cambridgesomervilleresourceguide.org). If you are not able to find what you want, call the Center for Families.

# CENTER FOR FAMILIES STAFF

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**The Center for Families has staff members who speak: Amharic, Bangla, French, Haitian-Creole, Spanish, and Vietnamese.**

**Main Office** 617-349-6385

**Fax:** 617-349-6386

**Web:** [www.cambridgema.gov/DHSP2/families.cfm](http://www.cambridgema.gov/DHSP2/families.cfm)

**Email:** [centerforfamilies@cambridgema.gov](mailto:centerforfamilies@cambridgema.gov)

**Twitter:** @cntrforfamilies

**Center for Families**  
Office and Resource Room:  
Peabody School Community Wing  
(entrance at back of school)  
70 Rindge Avenue  
Cambridge, MA 02140

## Funding for Center for Families Programs

The Center for Families receives funding from the City of Cambridge, the Massachusetts Department of Early Education and Care (DEEC), and the Massachusetts Children's Trust Fund (CTF). Ours is one of 42 programs around the state that are part of the EEC Massachusetts Family Network and CTF Mass Family Centers programs. We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance. Additional funding for some activities comes from an Early Learning Opportunities grant to the Cambridge 0-8 Council from the US Dept. of Health and Human Services.

The Center for Families serves families of children 0-8. Activities are open to all Cambridge residents.



**Center for Families**  
c/o Dept. of Human Service Programs  
51 Inman Street  
Cambridge, MA 02139

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