



Hola



Jambo



Hello



Ni hao



Merhaba



CAMBRIDGE FAMILY NEWS

from the Center for Families

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



March-April 2012

Spring is on its way!

We hope you all enjoyed the nice and mild winter. We sure did, especially at the **5th Annual Family Fun Day** where 220 families and 608 people attended. Check out pics on our new Facebook and Twitter pages (find out more on page 6)!



In this month's issue, we have updated information on community events, workshops and resources. We are happy to introduce **the Friends of the Center for Families** on page 1 as well as give you **updated children songs** on page 6. Find out useful

information to celebrate **Earth Day** with your family on page 2.

Can you believe summer is almost here? Check out our **camp and resources** on page 7.

Important: A quick reminder for parents to register now to enroll their children into **Kindergarten**. Please refer to page 7 for more information. Remember, Cambridge has school choice. **We highly encourage you to register now!**

Finally, spring registration for **Community Playgroups** starts now! Please fill out the attached Registration Form and send it to the Center for Families by **Friday, March 16th**.

Happy Spring!

Register for Spring Community Playgroups Now!

Groups start the week of April 2nd!

What are Cambridge Community Playgroups?

Cambridge Community Playgroups are 8 week playgroups for children, moms, dads, or caregivers to attend together. Playgroups provide activities that help children learn and experience being part of a group. There are two Tiny Tots groups for children 15-23 months, and four groups for children 2-5 years.

How do I sign up?

Just fill out the form that was included with this newsletter and return it by **Friday, March 16** as *space is limited*. *If you did not receive a registration form and are interested, please go to:

- ◆ Center for Families website
www.cambridgema.gov/DHSP2/families.cfm
- ◆ Center for Families office (70 Rindge Ave.)
- ◆ Child Care Resource Ctr (130 Bishop Allen)
- ◆ Agenda for Children (119 Windsor Avenue)
- ◆ Requesting one from Jessi at 617-349-6327 or jmolow@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.

Introducing...

The Friends of the Center for Families



We are a group of dedicated parents and caregivers whose goal is to support the amazing work of the Center for Families (CFF) because we have personally benefitted from the many playgroups, parenting workshops, baby classes, and family events they offer.

If you'd like to attend a meeting or get involved, we meet on the second Wednesday of every month, from 6:30-8pm at CFF.

We're very interested in hearing your stories of how the CFF has changed your lives. If you have a story to tell, we want to hear it. Please don't be shy! **Email:** Friendsofthecenterforfamilies@gmail.com. You can also 'like' us on Facebook!

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.

Earth Day—April 22nd



It's Earth Day...Go Green with your kids!

FUN FACTS:

- Over 20 million Americans participated in the first Earth Day in 1970.
- In America only about 27% of all newspapers are actually recycled. However if every newspaper was recycled it could save about 250,000,000 trees.
- Companies have even gotten into Earth Day. Last year, they introduced office paper made entirely *without* new trees.

Recommended Books to read with your children:

BIG EARTH, Little Me by Thom Wiley
Choose to Recycle by Elizabeth Bewley

Fun activity with recycled materials

Egg Cup Insects

1. Cut egg cups out of egg carton and paint any color.
2. Create insect wings by cutting and bending the pipe cleaners into shapes.
3. Use a sharp pencil to poke a hole in each side of the egg cup, insert wings into the holes.
4. Turn egg cup upside down and bend ends of pipe cleaners against the side of the cup to hold them in place.
5. Poke more holes for legs and stick in pipe cleaners.
6. Using two large cottons balls for eyes, glue them to the fronts of the egg cups and glue on googly eyes to complete the face.
7. Enjoy your insects!



What you'll need:

- Recycled egg carton
- Scissors
- Paint
- Pipe Cleaners
- Sharp Pencil
- Glue
- Cotton balls
- Googly eyes



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 games, a healthy breakfast, and it's a great 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, March 3 & May 5

10:00-11:30 am, the Gately Gym Youth Center (middle building behind Peabody School)
Facilitated by Michael Clontz

Tuesday, April 10

6:30-8pm— Come join dads for a Workshop focusing on **Supporting Positive Behaviors in the Home.**

- ♦ Understanding a developmental perspective to challenging behaviors and how to respond
- ♦ Setting realistic expectations in your family
- ♦ Being on the same page as your partner

*Limited childcare available upon request. To sign up or more info., contact Christine 617-349-3003 or cdoucet@cambridgema.gov.

Men's Health League

The Men's Health League is a Cambridge Initiative which addresses the prevention of cardiovascular disease and type 2 diabetes, especially in men of color.

The following programs are *free* and currently accepting new participants:



Fitness Brothers: New sessions starting in March. Contact for more information: apless@challiance.org

Navigated Care: New members accepted anytime. Contact for more information: darledge@challinace.org

Fit for Life: New session in March, with limited enrollment. Contact for more information: darledge@challiance.org

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 are drop-ins:

Mondays

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

Infant Playgroup (15 months 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 months 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

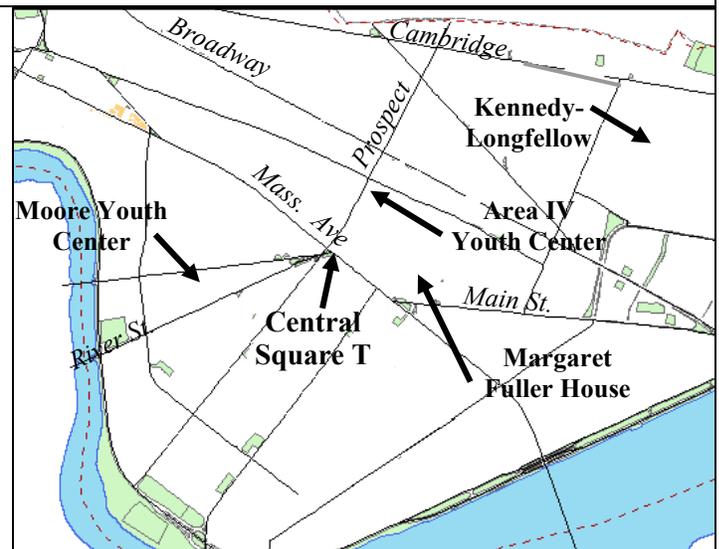
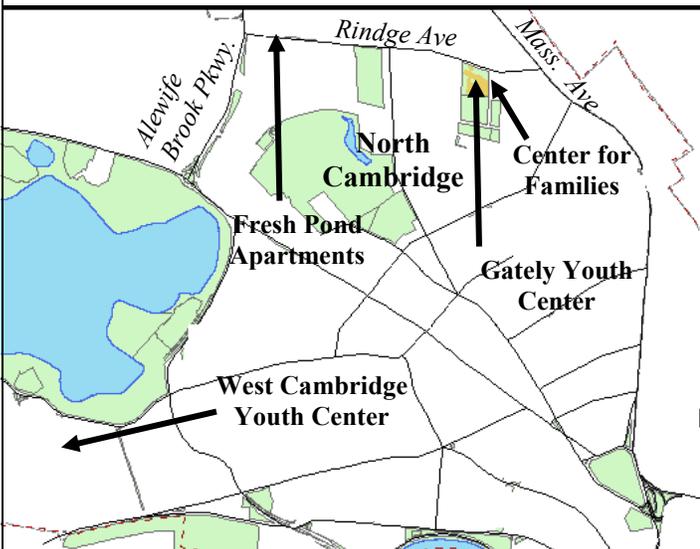
Center for Families, 70 Rindge Ave. (Peabody School, in the
afterschool room), 10:00 — 11:30 am

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

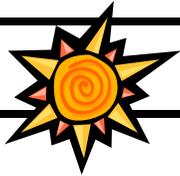
Please note:

*Please attend either Monday or Tuesday Infant Group
**Gym groups are for physical activities, no arts or snacks
will be provided.

*No groups March 8 & 15 or the week of April Vacation
(April 16-20).*

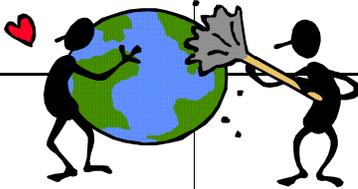


**Maps are designed to give parents and caregivers a better sense of playgroup locations and are an approximation of where groups are **



CENTER FOR FAMILIES CALENDAR

March-April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				March 1 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	2 Mom's Discussion/ Activity 10:30-12	3 Dad's & Kids at the Gym 10-11:30
4	5 Moore 10:00-11:30 CFF Babytime 12:30- 2:30	6 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30- 2:30	7 Gately 10:00-11:30 Area IV10:00-11:30	8 *No playgroups - Staff Training	9	10
11	12 Moore 10:00-11:30 CFF Babytime 12:30- 2:30	13 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30- 2:30 Music for Parents & Toddlers Gately 10-11am	14 Gately 10:00-11:30 Area IV10:00-11:30	15 *No playgroups - Staff Training	16	17
18	19 Moore 10:00-11:30 CFF Babytime 12:30- 2:30	20 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30- 2:30 Parenting Workshop Part I, 6:30-8pm, CFF	21 Gately 10:00-11:30 Area IV10:00-11:30	22 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	23 Arts & Literacy Night 5-6:30	24
25	26 Moore 10:00-11:30 CFF Babytime 12:30- 2:30	27 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30- 2:30 Parenting Workshop Part II, 6:30-8pm, CFF	28 Gately 10:00-11:30 Area IV10:00-11:30	29 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	30	31
April 1	2 Moore 10:00-11:30 CFF Babytime 12:30- 2:30	3 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30- 2:30	4 Gately 10:00-11:30 Area IV10:00-11:30	5 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	6	7
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 Dad Workshop 6:30-8pm	11 Gately 10:00-11:30 Area IV10:00-11:30 Regaining your Strength Workshop 11-12:30	12 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	13 Mom's Discussion/ Activity 10:30-12	14 Yoga & Movement 10:30-11:30
15	16 *HOLIDAY Patriots Day Center for Families Closed	17 *No Playgroups— School Vacation	18 *No Playgroups— School Vacation	19 *No Playgroups— School Vacation	20 *No Playgroups— School Vacation	21
22 Earth Day!	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	25 Gately 10:00-11:30 Area IV10:00-11:30	26 	27	28
29	30 Moore 10:00-11:30 CFF Babytime 12:30- 2:30				Celebrate Earth Day (April 22)	

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

Upcoming Center for Family Workshops, Classes & Events

Music for Parents and their Toddlers & Pre-Schoolers

Tuesday, March 13, 10-11am, The Gately Youth Center (behind Peabody School)

Come with your Toddlers & Pre-Schoolers and learn with Vicky, a music specialist, about musical activities that help in your child's development. All languages are welcome!



The Difficulty with Discipline

Tuesdays, March 20 & 27, 6:30-8pm, Center for Families.

A two part workshop to examine the dynamics between adults and children in respect to discipline and guidance.

Part I: Adult feelings and how they are linked to discipline

Part II: Effective disciplining and strategies that families can use.

Facilitators: Amy Bamforth and Fran Roznowski, both experienced early childhood specialists, helping families for 30+ years. *Childcare limited upon request.



Regaining Your Strength after Giving Birth

Wednesday, April 11, 11-12:30pm, Location: To be determined.

For mothers with babies 0-12 months. Come and learn exercises and movements that will strengthen your body while taking care of your baby.

Babies welcome at the workshop.

Instructor: Sybille Bosslet, Physical Therapist

Art and Literacy Night

Friday, March 23, 5-6:30pm

Peabody School Cafeteria, 70 Rindge Ave.

Children ages 0-8 and their families are invited to join the Center for Families for a fun evening of listening to stories and doing Arts & Crafts. There will be pizza from 5-5:30 and stories and crafts from 5:30-6:30.

****To attend all workshops and childcare requests, please call Christine at 617-349-3003 or e-mail at cdoucet@cambridgema.gov.**

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. Please choose only one group to attend per week. *No pre-registration required; come or leave anytime. Christine will lead a 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**, call 617-349-3003 to register.

The next baby massage series will meet on **March 7** at the Center for Families, 70 Rindge Ave. ***This class is already full.*** Please contact Christine at 617-349-3003 or cdoucet@cambridgema.gov to register for classes in May.

Pre-Schooler & up Activities

Movement & Yoga for Parents & Children

Saturday, April 14, 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.

You must register for this class with Christine at cdoucet@cambridgema.gov or 617-349-3003.

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.

Friday, March 2 & April 13, 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 or 617-349-3003.

Activity:

March 2—Decorate a tote canvas bag for your child.

April 13—Personalize a flower pot for the spring.



CENTER FOR FAMILIES and COMMUNITY NEWS

New ways to Connect



◆ Join our **Google Group/Listserv!** Share information with other parents & providers, receive weekly updates about programs and events, and get reminders about when groups are canceled. To be added to the listserv, call Jessi at 617-349-6327 or e-mail jmolow@cambridgema.gov.



◆ Friend us on **Facebook!**

The Center for Families now has a Facebook page where you can see pictures, find the latest information on our upcoming events, and connect with other families. Find and make sure to 'like' *The Center for Families* on Facebook at <http://on.fb.me/xzNyXs>



◆ Follow us on **Twitter!** Tweet your ideas or questions to our staff at [@CntrForFamilies](https://twitter.com/CntrForFamilies).

A New Look at Children's songs

Children's songs need to keep up with the times! Who wants to sing about an old woman who whips her children and sends them to bed hungry?

Becky Bailey, teacher of early childhood education and developmental psychology and author of 14 books for parents and teachers, has cleverly altered the lyrics of popular songs for young children.

Take a look...

Traditional: *There was an Old Woman Who Lived in a Shoe.*

There was an Old Woman Who Lived in a Shoe
She had so many children, she didn't know to do.
She gave them some broth without any bread,
And whipped them all soundly and put them to bed.

New Version: *A Wonderful Woman Who Lived in a Shoe*

A Wonderful Woman lived in a shoe.
She had so many children, she knew *exactly* what to do.
She held them, she rocked them, she tucked them in bed.
"I love you, I love you!" is what she said.

These songs and many others can be found in *I Love You Rituals* (2000) by Becky Bailey.

Title I presents:

Books for Bingo: Tues, March 2nd, 6:30 - 8:00 p.m., Kennedy Longfellow School. For all CPS Families with Children K-4.

Save the Date: Kickoff to Summer Literacy Night and Annual Ice Cream Night, Thursday, May 24th, 6:00-8:00 p.m. Location to be announced. For all CPS Families with Children Pre K-4.

To register or for more info, call 617-349-492 or email dbonilla@cpsd.us

Family Programs in and around Cambridge

Doria Hughes Story Hour: Porter Square Books

25 White Street, Cambridge

Wednesdays, 11am, call 617-491-2220

Doria is a wonderful storyteller and totally engages her audience of toddlers and pre-schoolers.

Family & Children's Concerts: Tufts Univ.

Tufts Saturday Family and Children's Concert Series is especially designed for children and their families. These concerts are FREE and take place in Distler Performance Hall at the Granoff Music Center, 20 Talbot Ave, Somerville

Saturday, March 3rd, 1pm

*Tufts Takht (the Arabic Music Ensemble) performs, featuring Kareem Roustom, director.

Saturday, March 31st, 1pm

*Kiniwe (Tufts African Music Ensemble) performs, featuring Nani Agbeli, director.

Friday Night Stargazing: Museum Of Science

Fridays, 8:30pm - 12:00am

Tucked away on the roof of the Museum's parking garage, the Gilliland Observatory is a wonderful resource for our starry-eyed public. Join us **every Friday night on the roof** for a stellar presentation with a computer-controlled telescope and staffed by knowledgeable Museum employees. Call 617-589-0267 FREE ADMISSION

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.

FREE Zoo Passes



The Center for Families has a pass to the Stoneham & Franklin Park Zoos to lend to Cambridge families! This pass will allow people to get into the zoo for FREE!

For more information, contact Lucy at 617-349-6967 or email lhernandez@cambridgema.gov

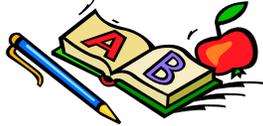
COMMUNITY EVENTS AND ACTIVITIES

Kindergarten Registration

Remember: Sign your kids up for Kindergarten early!

Kindergarten registration for the Cambridge Public School is 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, 2012 is eligible to enter Kindergarten in September 2012. *Registering for kindergarten early will increase the chance of receiving one of your school choices!*

Cambridge has 12 elementary schools and parents can tell the school system their top 3 choices. Some schools have programs for children who are learning English.



The Family Resource Center staff can answer your questions. **Please contact them at 617-349-6551.** For more information and what to bring, go to www3.cpsd.us/departement/FRC/FRC

Summer Camp Time!

19th Annual Summer Resource/Camp Info Night

Come meet representatives from camps, both private and public, including programs for children with special needs.

When: Thursday, **March 1st**, 2012

Time: 6:30-8:30pm

Where: Cambridge Rindge and Latin High School, 459 Broadway Street, Cambridge

- ◆ Camp programs for youth (grades K-8)
- ◆ Day and residential camps
- ◆ Programs for Middle School students
- ◆ Job Opportunities for teens!
- ◆ Entertainment and art activities for kids
- ◆ Light supper provided

For more information, call Roslyn Shoy at 617-349-6227

Summer Camp for Pre-Schoolers!

The Fitzgerald Summer Camp has a pre-school summer program available for children between the ages of 2.9-5 years old (child must be toilet trained). The program runs Mon-Fri. from 9am-1pm.

Activities include summer reading, arts & crafts, storytelling, sprinkler & pool, games and more!

*Limited financial aid is available

Registration at Fitzgerald Community School, Peabody School, 6-9pm, Wednesday, March 14.

For more information, call Carolyn at 617-349-6302

Daybreak Day Camp

Daybreak is a 5-week therapeutic day camp for low-income children in Cambridge with emotional and behavioral special needs. Tuition is based on family income. Call for more information (617) 864-0960

Early Childhood Resource Center Workshops

Inside the ADHD Mind: Where it Wanders, Why it Wanders and How to Help it Flourish.

Educator: Mr. Jeff Nathan.

A workshop with Jeff Nathan. Learn what goes on within the minds of children diagnosed with ADHD and find specific ways to help them reduce their frustration and stay attentive.

When: Tuesday, March 20 6:30-8:00pm

Where: Main Library Children's Room, 449 Broadway

Hey, I Can Read!

How Four and Five Year Olds Learn to Read and Write

Educator: Mr. Jim St. Clair

What inspires children to want to read and write? In this Interactive session, Jim St. Clair will talk about how reading happens in Kindergarten, tell stories of his experiences and demonstrate engaging practices.

When: Tuesday, April 3 6:30-8:00pm

Where: Main Library Children's Room, 449 Broadway

Mr. St Clair is a veteran kindergarten teacher in the Cambridge Public Schools. He presently teaches at the Amigos School.



***Free Childcare is provided at both workshops but is limited.*

Registration is required. For more information or to sign up, please call 617-349-4409.

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.

Community Learning Center English Classes

CLC offers Intermediate and Advanced English classes 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, 6:15-9:15pm.

To enroll in English classes please call Bayyinah Pandolfo at 617-349-6371.



COMMUNITY INFORMATION

East End House

105 Spring Street, Cambridge
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 children 0-5 years for a fun morning of arts and crafts, games, bicycle riding, puzzles, songs, 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 at 617-876-444 or email Camille@eastendhouse.org.

Need help with Taxes?

It's the start of tax season! If you need help or assistance, the following organizations can help.

LIFT: Free Tax Filing Assistance. Call 617-349-6294

The **Cambridge Public Library** offers tax assistance courtesy of the Harvard Law School TaxHelp Program. This program especially helps the disadvantaged, the elderly, and those new to this country. For more information on the tax assistance schedule, contact the Cambridge Public Library by going to <http://www.cambridgema.gov/cpl/Services/taxassistance.aspx>.

The **Cambridge Economic Opportunity Committee (CEOC)** files tax returns, particularly for those with limited income, individuals with disabilities, non-English speaking, or elderly. Call 617-868-2900.

WIC

Do you have a child under 5? Are you pregnant or breastfeeding? WIC offers families: Nutrition Consultations, Breastfeeding classes, \$\$ for fruits and vegetables, FREE FOOD! Cambridge (617) 665-3750; North Cambridge (617) 575-5370

Are you ready to be a parent? Attend a *Happiest Baby Class* and learn how to soothe even the fussiest baby in minutes or less!

Come to: *The Happiest Baby on the Block*.

**Free Classes in your neighborhood.*

Next class: March 27th at 5pm. Call 617-575-5343 or email rrash@challiance.org.

Doula Support Programs

The Doula Program at the Cambridge Health Alliance offers three groups for new parents. Bring your baby and relax. Groups are open to new parents in Cambridge. For more info: 617-665-1164

Open Discussion,

Wednesdays, 10 am to noon

*The first Wednesday of the month
Will be a pumping class for breastfeeding mothers

Breastfeeding Group,

Tuesdays (English and Spanish)

and Thursdays 10 -12 noon (English)

Cambridge Birth Center, 8 Camelia Avenue (across from the entrance of the Cambridge Hospital)



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/ 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).

COMMUNITY RESOURCES

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 & Support

- **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.
- **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.

- **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).
- **Support groups for Parents of Infants**—Organized by Jewish Family & Children Services at *Temple Eitz Chayim* (134-136 Magazine Street, Cambridge). Other support groups are offered for other towns. Call 781-693-5652

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 info. call the WIC program at the Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-575-5370.

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.

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.

The Cambridge Somerville Resource Guide has listings for more services in the community. Look on the internet at: www.cambridgesomervilleresourceguide.org. If you are not able to find what you want, call the Center for Families at 617-349-6385

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.

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Center for Families

Office and Resource Room:
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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.



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