



Buongiorno



Sues-day



Hello



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CAMBRIDGE FAMILY NEWS

from the Center for Families

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

May-June 2012

We have had a busy Spring at the Center of Families. One of the highlights for our staff was attending an event called **A Survey on Immigrant Women in Cambridge**. The speaker, Emily Shield of the Women's Commission at the City of Cambridge, gave a clearer picture of the lives of immigrant women and their families in Cambridge. For more information, please check the Women's Commission website at www.cambridgewomenscommission.org

At this time of the year, we would like to say **Happy Mother's Day** (May 13) and **Happy Father's Day** (June 17) to all of our parents who do a wonderful job everyday with their children.

Also, as we approach the ending of a successful school year, we would like to take a moment to thank everyone who helped the Center for Families with our programs! **A BIG THANK YOU to all the interns, volunteers, partner agencies and amazing families** who helped make this another fantastic year.

We would also like to thank the following sites for graciously allowing us to use their space for playgroups and events:

- Fresh Pond Apartments
- Peabody School
- Gately Youth Center
- Cambridge Community Center
- Kennedy-Longfellow School
- Fletcher Maynard School
- Margaret Fuller Neighborhood House
- Moore Youth Center
- West Cambridge Youth Center
- Area IV Youth Center
- King Open School
- Frisoli Youth Center
- Roosevelt Towers (CHA)
- Senior Center
- Windsor Street Health Clinic

Lastly, drop-in playgroups will run until **June 14**. We will have a few weeks off from groups, and then will start again outside at the parks the week of **July 9**. Please check our summer schedule on **page 6**.

Happy Summer!

 * **StoryWalk**
 * *May 18th, 5:30-6:30pm*
 * *King Open School/*
 * *Donnelly Field*
 * Celebrate reading adventures! There will be several **StoryWalks** this summer at parks around Cambridge.



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Summer Family Fun Day
Saturday, June 23
10:00 am – 1:30 pm

Drums!

Arts & Crafts!

Water Play!

Infant Corner!

Toddler Basketball

Face Painting!

Moon Bounce!

The Center for Families' **Annual Summer Family Fun Day** will be held at Rindge Field (behind Peabody School, 70 Rindge Ave), **Saturday, June 23**, with lots of fun activities for children 0-8 years & their families!

Free light lunch will be served. For more information, call 617-349-6385 or e-mail centerforfamilies@cambridgema.gov. *If it is raining, the fun will move indoors to the Peabody School gym.*

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 or e-mail her at jmolow@cambridgema.gov to submit it for our next newsletter.

Water Play Activities:



Grab some storage bins, tupperware and empty bottles and have fun with water! Bring other toys and see if they float or sink. You can use some beans and rice and make shakers. Provide sponges and dishes and see younger children wash like you do!



How many stamps can you get in your Park Passport?

Get a Park Passport and visit parks all around the state for FREE. Visit <http://www.mass.gov/dcr/passport/boston.html> for locations, directions and fun facts to share with your family. * Passports available at the Center for Families, first come, first serve!



FATHERS' CORNER



Every Dad Matters: A FREE 8-Week Fathers Group

Make a difference in your child's life, learn how to build stronger bonds with your children, and meet other fathers who value spending time with their children and families.

Wednesday evenings, 6:00-8:00 pm, starting May 9 at the Center for Families Resource Room, 70 Rindge Ave. (back of the Peabody School)

Facilitator: Albert Pless

Food provided; childcare & transportation available upon request. Open enrollment until May 23.

For more information, e-mail Albert at albertwpleas@hotmail.com or call 857-244-5445.



Dads and Kids Saturday at the Gym

Come have fun at the gym playing and meeting other dads and their children. We will have food and fun gym toys for all ages. Yes, also for babies!

Saturday, May 5

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

Facilitated by Michael Clontz

Men's Health League

The **Men's Health League** offers the following programs just for men. For more information, contact Albert Pless at apless@challiance.org or 617-665-3830:

Fit For Life: a 12 week intense Physical fitness and Nutrition program for men who are managing Diabetes or Cardiovascular disease. Fit For Life participants are assigned a mentor who provides social support throughout the 12 week intervention. All participants receive a YMCA membership to support their workout/physical activity needs.

Fitness Brothers: a 10 week community wellness program that encourages men to be physically active and eat healthier with the social support of a "Fitness team or Brothers" who support each other throughout the intervention.

Navigated Care provides men with a health navigator who is dedicated to assisting men who need help navigating through the health care system or/and need to be connected to primary care.

Upcoming Community Events for Men

Hoops N Health

A citywide basketball & football tournament and health fair. Saturday, June 16, noon- 4:00 pm (raindate: Saturday, June 23) at Hoyt Field (next to the Moore Youth Center, off Western Ave. near Memorial Drive).



FREE Admission for Dads at the Franklin and Stoneham Zoo on Father's Day!

The Association of Zoos and Aquariums (AZA) is proud to support the [White House Fatherhood Initiative](#), an important effort promoting responsible fatherhood and strong communities. Visiting the zoo is a great way for dads to connect with their kids, especially on Father's Day.

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. **For more information or questions**, call Lucy at 617-349-6967.

**The following Drop-In groups are until Thursday, June 14.
Summer schedule will begin July 9th. See page 6 for Summer Schedule!**

Mondays

*Moore Youth Center***, 12 Gilmore St., Bus Route 70
10:00 — 11:30 am

Infant Playgroup (15 months and under)*
Center for Families, 70 Rindge Ave (rear), Bus Routes 77 & 83
12:30 — 2:30 pm

Tuesdays

*West Cambridge Youth Center***, 680 Huron Ave.
Bus Routes 71, 72, & 73
10:00 — 11:30 am

Fresh Pond Apartments, 364 Rindge Ave. (Community Room)
Bus Route 83 or Alewife Station
10:00 — 11:30 am

Infant Playgroup (15 months and under)*
Margaret Fuller Neighborhood House, 71 Cherry St. (use door on right side of building), Bus Route 1, 69 and Central Square
12:30 — 2:30 pm

Wednesdays

*Gately Youth Center***, 70 Rindge Ave. (*back of Peabody School), Bus Routes 77 & 83
10:00 — 11:30 am

Area IV Youth Center, 243 Harvard St.
Bus Routes 69, 83 & 91
10:00 — 11:30 am

Thursdays

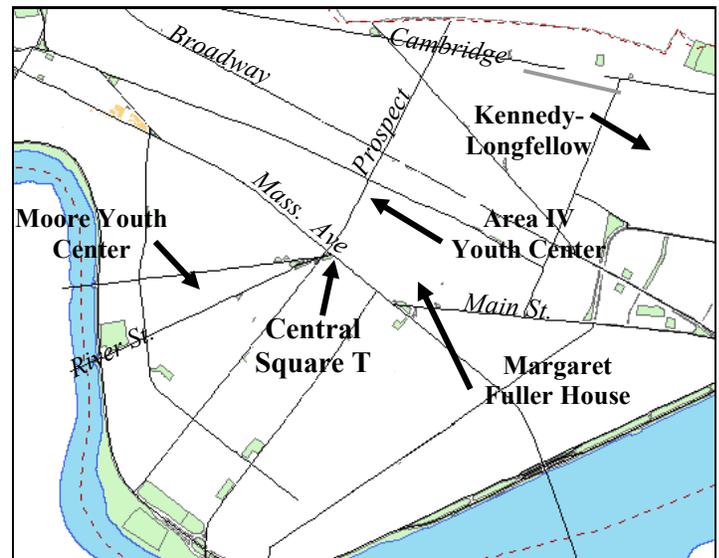
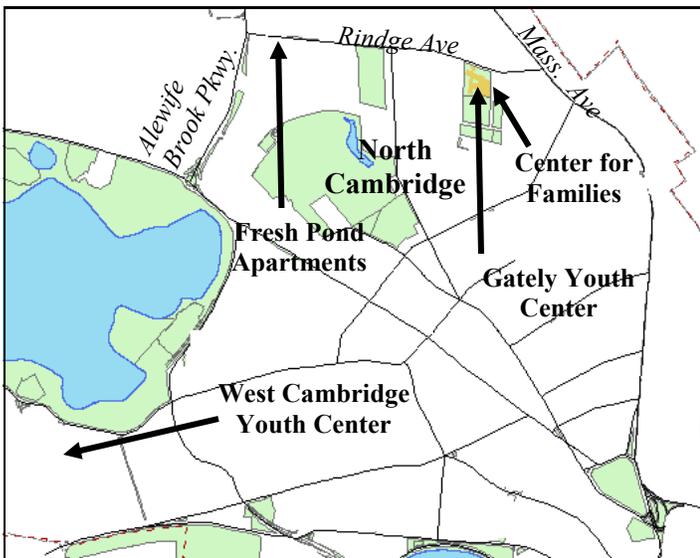
Center for Families, 70 Rindge Ave. (Peabody School, in the afterschool room), Bus Route 77 & 83
10:00 — 11:30 am

*Kennedy-Longfellow School***, 158 Spring St. (upstairs gym)
Bus Route 69 or Lechmere Station
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



**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 Drop-In and Event Calendar



May-June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		May 1 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	2 Gately 10:00-11:30 Area IV10:00-11:30	3 No Groups— Staff Training	4 Family Dance Night 5:30-7:30pm	5 Dads & Kids at the Gym 10-11:30am
6	7 Moore 10:00-11:30 CFF Babytime 12:30-2:30	8 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	9 Gately 10:00-11:30 Area IV10:00-11:30 Father's Group 6-8pm	10 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	11 Mom's Discussion/ Activity 10:30-12pm	12
13 Mother's Day	14 Moore 10:00-11:30 CFF Babytime 12:30-2:30	15 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	16 Gately 10:00-11:30 Area IV10:00-11:30 Father's Group 6-8pm	17 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	18 StoryWalk King Open/Donnelly Park 5:30-6:30	19 Fresh Pond Day 10-2pm Kingsley Park
20 	21 Moore 10:00-11:30 CFF Babytime 12:30-2:30	22 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	23 Gately 10:00-11:30 Area IV10:00-11:30 Signing with your Baby 1-2pm Father's Group 6-8pm	24 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	25	26
27	28 Memorial Day Center for Families Closed	29 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	30 Gately 10:00-11:30 Area IV10:00-11:30 Father's Group 6-8pm Pajama Storytime 6:45pm-7:30pm	31 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	June 1 Mom's Discussion/ Activity 10:30-12pm	2 Yoga 10:00-11:00
3	4 Moore 10:00-11:30 CFF Babytime 12:30-2:30	5 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30 Music Workshop 11am-12pm	6 Gately 10:00-11:30 Area IV10:00-11:30 Father's Group 6-8pm	7 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	8	9
10	11 Moore 10:00-11:30 CFF Babytime 12:30-2:30	12 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	13 Gately 10:00-11:30 Area IV10:00-11:30 Father's Group 6-8pm	14 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30 Last day of drop-in playgroups until July 9th	15	16 Hoops & Health Hoyt Field 12pm-4pm
17 Father's Day	18 CFF Babytime 12:30-2:30	19	20 Father's Group 6-8pm Pajama Storytime 6:45-7:30pm	21	22	23 Summer Family Fun Day 10:00-1:30
24 	25	26	27 Father's Group 6-8pm	28	29	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

Upcoming Workshops, Classes and Events

Family Dance Night

Friday, May 4th, 5:30-7:00 pm
Peabody School Cafeteria, 70 Rindge Ave
Join our staff for an evening of dancing the Hokey Pokey, the Cha Cha Slide, YMCA, and more! Drinks & dessert will be provided—bring a picnic dinner and your dancing shoes. No need to sign up, just come and dance!



This workshop will provide an introduction to using American Sign Language vocabulary with your baby. You will learn when to start, what signs to use, and strategies for incorporating sign language into your daily routine. This workshop is presented by Lane Rebelo, LCSE, founder of Tiny Signs and a Master Instructor with the Signing Time Academy.

Pajama Story Time

Wednesdays, May 30 & June 20, 6:45pm
O'Neill Library (70 Rindge Ave.)
Come to the library to listen to stories, read with your children, and have a snack before bed. Feel free to bring a favorite book to share. No need to sign up!

You must register for the following classes & workshops. To register or any questions, call Christine at 617-349-3003 or cdoucet@cambridgema.gov.

Introduction to Signing with your Baby

(for babies 0-18 months)

Wednesday, May 23, 1:00-2:00 pm
Cambridge Community Center, 5 Calendar St.

Movement & Yoga for Parents & Children

Saturday, June 2, 10:00-11:00 am

Center for Families, 70 Rindge Ave.

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

Music Workshop for Parents and their Babies (0-15 months)

Tuesday, June 5, 11:00-12:00 pm,

Gately Youth Center, 70 Rindge Ave. (middle building at back of Peabody School)



Come with your baby and learn with Vicky Reichert, a music specialist, about musical activities that help in your child's development. All languages and older siblings are welcome to attend!

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.*

Facilitator: Christine Doucet, CMI, who will lead a short sing-a-long

Mondays 12:30 - 2:30 pm *Last group June 18th

Center for Families, Peabody School, 70 Rindge Ave.

Tuesdays, 12:30 - 2:30 pm *Last group June 12th

Margaret Fuller Neighborhood House, 71 Cherry St.



Baby Massage & Infant Development Series

(parents with infants 11 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. We will talk about many topics like infant sleep, infant motor and social development and childproofing your home. This is a fun and relaxed group setting. If you are pregnant or your baby is under 11 weeks, contact Christine. **Instructor: Christine Doucet, CMI.** Please call 617-349-3003 to register.

Thursdays, May 3, 10, 24, 31 & June 7 (the group will not meet on May 17), 12:30-1:45pm at the Margaret Fuller House (71 Cherry St.)

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@jfcspboston.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 and Fran will direct the activity.

Fridays, May 11 and June 1, 10:30 am—12:00 noon

Center for Families, 70 Rindge Ave. (back of the Peabody)

Activity:

May 11— Surprise, Surprise for Mother's Day!

June 1— Picture Frames



Registration is required. **Please call Christine at 617-349-3003 or cdoucet@cambridgema.gov to register for group and childcare**

CENTER FOR FAMILIES NEWS

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 would like to attend a meeting or get involved, we meet the second Wednesday of every month, from 6:30-8pm at Center for Families.

We're very interested in hearing your stories of how the CFF has changed your lives. If you have a story, please share! **Email:** Friendsofthecenterforfamilies@gmail.com. You can also 'like' us on Facebook!

Free 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.

Playgroup Summer Schedule

Monday -

Silva Park, Otis St. & Sciarappa St., 10:00-11:30am
Hoyt Park, Gilmore St., 10:00 -11:30 am
Cedar St. Park, Cedar St. & Dudley St., 10:00-11:30am
Infant Playgroup (15 mos and under)
Center for Families, 70 Rindge Ave. (rear), 12:30 — 2:30pm



Tuesday-

Russell Field/Fresh Pond Apartments, 10:00-11:30am
This group will meet at the park across the street from 364 Rindge Ave. (next to the McCrehan Pool).
Glacken Playground, 633 Huron Ave., 10:00-11:30am
Infant Playgroup (15 mos and under)
Margaret Fuller Neighborhood House, 71 Cherry St, 12:30 – 2:30pm

Wednesday-

Bergin Park, Haskell St., 10:00-11:30 am
Clement Morgan Park, Pine St., 10:00-11:30 am
Dana Park, Magazine St, between Lawrence & McTernan St., 10-11:30pm

Thursday-

Newtowne Ct., Windsor St., 10:00-11:30am
Gore Street Playground, Gore St. near Monsignor O'Brien Highway (East Cambridge) 10:00-11:30am



Connect with the Center for Families

We have lots of ways for you to **stay up-to-date** on Center for Family programs!

• Subscribe to our **Google Listserv** and connect with other parents. To be added to the listserv call or e-mail Jessi at (617) 349-6327 or jsmolow@cambridgema.gov



• Follow us on **Twitter** @cntrforfamilies



• Friend us on **Facebook** at <http://on.fb.me/xzNyXs>

• Check out our **website:** www.cambridgema.gov/DHSP2/families.cfm

Also, if you have not yet filled out a **Center for Families Registration Form** and would like to stay on our mailing list, please fill one out and send it back to us! Registration forms can be picked up at our office, at playgroups or events, or our website.

Caught in the Act

At the Center for Families, our staff, families, and volunteers are doing amazing things!

This newsletter is featuring **DeeDee**, who works very hard in drop-in and community playgroups at Fletcher Maynard, Moore Youth Center and at the Center for Families and is always keeping the kids laughing. Congratulations, DeeDee, you were **Caught in the Act!**



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.

COMMUNITY EVENTS AND ACTIVITIES

Fresh Pond Activities

Fresh Pond Day,

Saturday, May 19th, 10am-2pm Kingsley Park, 250 Fresh Pond Parkway. Parking will be very limited.

Alt. parking at the Tobin School, 197 Vassal Lane.

Celebrate the land, water, wildlife, and people that make Fresh Pond Reservation a unique and vital place! Music, StoryWalk, Face Painting, Container Gardening, Fire Trucks, Storytelling, Arts and Crafts, Snacks, Davey the Clown, Restoration and Treatment Plant Tours, Nature Drawing, Stilt Walking, and Dog Training Clinics. For all ages, rain or shine, bring own picnic.



Fresh Pond Kids' Walk,

Fridays, 9:30-10:30am

Join us for a leisurely walk to meet plants and animals living in the reservation! Meet near the Water Dept parking lot. Bring your own snacks. *Rain Cancels*. For more information call Deb at 617.349.6489 or go to www.cambridgema.gov/cwd

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! Call Rebecca Rash at (617)575-5343 or email rrash@challiance.org

Title I Events

May 8th, 6pm, K-2 Math Calendar at King School

May 10th, 6pm, K-2 Math Calendar at Tobin School

May 16th, 6pm, 3-5 Math Calendar at Fletcher-Maynard

May 17th, 6pm, 3-5 Math Calendar at Tobin School

May 24th, 6-8pm **Kick-off to Summer Literacy and Ice Cream Sundae Night**—Location to be announced.

Come make an ice cream sundae and participate in hands-on activities you can do at home over the summer!



To sign up for any of these events call 617-349-6492 or email dbonilla@cpsd.us

CCTV

Cambridge Community TV and Computer Programs
438 Massachusetts Ave, Cambridge

CCTV offers **FREE** weekly computer drop-in programs to members of the community. There is no need to sign-up. For more info., please call Nicole at 617-661-6900.

Computer Help for Women - Wednesdays 1-2:30pm.

Individualized, flexible assistance for women to learn more about computers. A volunteer is available to help with computer skills, job searching, resume writing, and more.



Computers for Spanish Speakers - Wednesdays 6-9pm.

A friendly Spanish-speaking volunteer provides users of all levels with personalized computer help in areas like applying for jobs online, improving e-mail skills, using Facebook to keep in touch and more!

Upcoming Family-Friendly Events

Memorial Day Open House at the MFA

Monday, May 28, 2011 10:00 am- 4:45pm
Celebrate the rich cultural heritage of Boston as the Museum of Fine Arts opens its doors to the general public. For more information go to <http://www.mfa.org/programs/special-event/memorial-day-open-house>

Dragon Boat Festival on the Charles

Saturday & Sunday, June 9 & 10
Spanning nearly 2300 years, the Dragon Boat Festival transforms old traditions into an exciting sporting and cultural event, right here on the Charles River. Arts and crafts demonstrations. Tasty Asian foods. Free admission. Join us for North

America's longest running Dragon Boat Festival! For more information go to www.bostondragonboat.org/

Cambridge Symphony Orchestra presents Pops on the Lawn

Sunday June 24, at 3:00 pm
Presented by the Cambridge Symphony Orchestra at Sonnet Park enjoy a taste of Paris on the lawn with this free concert.

Note: Should it rain on the scheduled date, event will be moved to Area IV Youth Center adjacent to the park. For more information go to <http://cambridgesymphony.org/event/pops-on-the-lawn/>

32nd Cambridge River Festival

Saturday, June 2, 12:00 Noon - 6:00 p.m.
Rain or Shine!

Join the Cambridge Arts Council for this one-day celebration of the arts, attracting 200,000 annually. This FREE event along the banks of the Charles River features jazz, folk, Latin and world music performances, dance, art demonstrations, family art-making activities and over 100 specialty food purveyors and craftspeople!



http://www2.cambridgema.gov/CAC/Community/2011_Cambridge_River_Fest.cfm

COMMUNITY INFORMATION

Library Events



Summer Reading Program at the Cambridge Public Library

Calling all dreamers, explorers and readers! Cambridge Public Library is launching ***Dream Big...Read!*** the 2012 Summer Reading Program for children entering the 5th grade and younger and begins as soon as school ends for the summer. Visit your neighborhood library to get a ***Dream Big*** temporary tattoo, pick up a reading log and enter the raffle—\$25.00 bookstore gift card.

You are invited to many exciting programs this summer: Explore the night sky with the Museum of Science, watch Gerwick Puppet shows, get tips from hula hoop and yo-yo performers and find out what an alligator's skin feels like! To find out times and locations for these FREE summer events, call 617-349-4409 or www.cambridgepubliclibrary.org.

Did you know? Free and discounted passes to museums and zoos are available with a Cambridge library card! For more information, call 617-349-4041.

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 their children 0-5 years for a fun morning of arts and crafts, games, puzzles, songs, and stories. Children can ride bicycles, play 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. No need to sign up!

Early Childhood Resource Center Workshops

The Bilingual Mind.

Educator: Dr. Calvin Gidney

Raising bilingual children presents a variety of challenges! In this workshop, discover the long term rewards of being bilingual and learn ways to respond to your bilingual children's experiences.

When: Wednesday, May 23rd from 6:30-8:00pm

Where: Main Library Lecture Hall, 449 Broadway

Dr Calvin Gidney is an associate professor in the Eliot-Pearson Department of Child Development at Tufts University. He teaches courses on various aspects of children's language development, including a course on childhood bilingualism ****Free Childcare is provided 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.

Doula Support Programs

Cambridge Birth Center

8 Camelia Avenue

(across from Cambridge Hospital Entrance)



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

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

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

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

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 3.5 and up) on Mondays at 10:30am
- ◆ 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

- ◆ Preschool Story Time on Mondays at 4:00 pm
- ◆ Toddler/Preschool Sing on Tuesdays at 10:00 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 Time 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 time on Tuesdays at 10:30 am
- ◆ Portuguese Sing Along Tuesdays at 5pm
- ◆ *New-Stories and Songs in Spanish, Fridays, 1pm (age 2-5)

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).

- **The Guidance Center**—Provides an array of services to help children and families cope with developmental, mental health, social and behavioral difficulties. Call (617) 354-2275.
- **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 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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(entrance at back of school)

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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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