



NEWS FROM THE CENTER FOR FAMILIES

May-June 2004

Welcome Nadine, Our New Family Programs Coordinator: "Each One Reach One, Each One Teach One"

I would like to say thank you to all the children, families, neighbors, and colleagues as you welcome me to my new position as Family Programs Coordinator for the Center for Families.

My name is Nadine Jones-Ruffin. I come to you with experiences that go back to my years growing up in Boston and the many different programs I've worked on. All my life I've believed that each person can make a difference to their community. As the saying goes: "Each one reach one, each one teach one."

As a teenager, I formed the Kuumba (creativity) Club for 14 to 19 year old girls in the Columbia Point Housing Project. I went on to work as a teacher and to raise my own children. More recently I have been the Director of a program to support teenage parents at Madison Park High School and I was the Director of the childcare program that served families at the West Roxbury District Court. I have been an early childhood educator for more than 20 years and continue to learn from the community and families I serve and from my own children and grandchildren.

I am an African American. I do not speak a second language, but I do have a second heritage. My African culture is expressed through the different ways I wear my hair and the way I enjoy dressing in bright colors or in African attire. I love to express my African self.

I am excited to learn, celebrate, and express each one of your cultures that bring diversity to the Center for Families. So! Come on by. Let's shake hands, share a laugh/smile, or even a hug, and you can tell me how I can serve you and your family as we grow and learn together.



VOLUNTEERS NEEDED for June 5th

Family Fun Day at Danehy Park

We need your help in creating an exciting, safe, and enjoyable Family Fun Day at Danehy Park on June 5th, from 11am to 2pm.

Can you sing and/or strum songs that toddlers love? Can you twist balloons into dogs and cats? Do you have a great idea for an outdoor activity for the under 5 crowd? Can you flip a mean (veggie) burger? Can you organize active toddlers? Do you have the brawn to set up tents or a vehicle with room to transport fun and games? Do you have connections with the sorts of folks who love to donate to building community spirit? Can you help us set up activities and clean them up afterward? If so, we need you! If you are interested in helping out, please contact Heather at (617) 349-3003 or Luz at (617) 349-6385. And even if you can't help plan the day, you can help make it a success by coming out and having fun with neighbors and friends.

The Center for Families of North Cambridge offers...

- ◆ Support for all families with young children in North Cambridge or in the Peabody School
- ◆ Experienced staff who can answer your parenting questions
- ◆ Help in learning about community resources including child care, job training, health care and much more
- ◆ Family fun activities and playgroups for parents and children
- ◆ Parent support groups and parent education classes
- ◆ English as a Second Language classes with child care
- ◆ Community building activities



THE CENTER FOR
FAMILIES
OF NORTH CAMBRIDGE

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PARTICIPATION IN CFNC PROGRAMS

Programs are open to all families with children 0-6 who live in North Cambridge or who are affiliated with the Peabody School. The Center for Families supports families of young children. Parents, as children's primary caregivers and first teachers, are our main focus. Our family activities, including drop-in playtimes, are designed to bring together parents and children. Some support groups and parent classes are open to all families in Cambridge.

YOU MUST SIGN UP FOR PLAYGROUPS, SUPPORT GROUPS, AND CLASSES. PLEASE BE SURE TO SIGN-UP IN ADVANCE IF YOU WILL NEED CHILDCARE. YOU DO NOT NEED TO SIGN UP FOR DROP-IN PLAY OR FAMILY FUN ACTIVITIES. FOR MORE INFORMATION, CALL 617-349-6385.

PARENT-CHILD ACTIVITIES (more on page 7)

Be healthy. Please keep children home if they have had a fever, chronic cough, or throwing up within 24 hours of activities.

PLAYTIME AT FRESH POND APARTMENTS

(Parents and children 0-5)

Stop by for play and conversation every Monday morning in the Community Room at Fresh Pond Apartments. This drop-in playtime is open to all neighborhood families and building residents. (No parking in the Fresh Pond lot.)

Facilitators: Heather Searles, Luz Hernandez & Judith Morantus

Mondays, 10:00 - 11:30 am

Fresh Pond Apartments, 364 Rindge Avenue

****No Pre-registration Required****

FAMILY PLAYTIME AT THE GATELY CENTER

(Parents and children 0-5)

Come out and meet up with young friends for fun. We'll bring activities to share, you bring the kids and the energy. We will be moving our drop-in back to the Bergin Tot Lot, when the weather gets warmer. Watch for signs at the Gately and in the park.

Facilitator: Nadine Jones-Ruffin

Tuesdays and Thursdays, 10:00 - 11:30 am

Gately Youth Center, 70 Rindge Avenue (Rear)

****No Pre-registration Required****



PROJECT PLAYGROUP

(Parents and children 0-5)

The Center for Families collaborates with other local agencies to offer a series of playgroups throughout Cambridge, including at Jefferson Park. For more information, or to sign up for the next session, please call Jena at 617 547-1063x226 .

WORKSHOPS FOR PARENTS AND CAREGIVERS

Making Something Out of Nothing: Homemade Toys for Young Children

Play is children's work. But what do they want to play with? This "make and take" workshop will offer parents and caregivers ideas and examples of great toys and games that can be made of recycled materials you have around the house. Bring your creative side and get ready to make something out of nothing. Childcare and refreshments and materials provided.

Presenter: Donna Schutt, OTR

Tuesday, May 5th, 6:00 - 8:00 pm

Center for Families Multipurpose Room

****Please call 617-349-6385 to sign up****

Raising a Bilingual Child

You will be amazed at how easily young children are able to learn two languages. Find out what adults can do to encourage strong language development in both languages. Participants will receive free books in a variety of languages. We hope that you will share your experiences, too!

Childcare and refreshments will be provided.

Facilitators: Cornelia Heise-Baigorria & Lisa Dobbertein

Thursday, May 13th, 10:00 am to 12:00 pm

Windsor Street Health Center, 2nd fl. conference rm

****Please call 617-349-6385 to sign up****

PARENT EDUCATION AND SUPPORT

Be healthy. Please keep children home if they have had a fever, chronic cough, or throwing up within 24 hours of activities.

DISCUSSION GROUP FOR MOMS

(moms with kids 0-6)

Being a parent involves many challenges. You have to juggle your time and roles as parent, partner and worker. Take a break to share with other moms in an informal environment. Topics will be chosen by the group. Refreshments and childcare provided. Facilitator: Suzan Wolpov (counselor, coach, and mom)

Saturdays, May 8th and June 12th, 10:00-11:30 am

Center for Families, Multipurpose Room

Please call 617-349-6385 to sign up



CHILD DEVELOPMENT & PARENTING

(parents of children 0-6)

This is a 5-week group for parents of young children. We create a supportive atmosphere in which to talk about child development and discuss a variety of common parenting issues and to address parents' concerns. Couples are welcome to participate as a "parenting team." Dinner and childcare provided.

This group is open to all Cambridge families.

Instructor: Rick Colbath-Hess, LICSW

Wednesday evenings, 6:30-8:30 pm, April 28 - May 26

Center for Families, Multipurpose Room

*Please call 617-349-6385 to sign up***

DAD AND KIDS MORNING OUT

(dads and children 0-6 years)

A chance for dads to talk with each other about parenting. Play for the first half hour and then dads meet for coffee and conversation; childcare for kids. Bagels and juice provided; bring goodies to share.

Facilitator: Rick Colbath-Hess, LICSW

Saturdays, May 1st, 15th and June 12th, 9:30-11:30am

Center for Families, Multipurpose Room

Please call to sign up for childcare 617-349-6385

INFANT MASSAGE

(parents with infants 2 months - pre-crawling)

Massaging your baby gives you a wonderful opportunity to connect with your child in a deeper way. This is a fun and relaxed five-week course with an optional one-session workshop for fathers/partners. *This group is open to all Cambridge families.*

Instructor: Marie-Noelle Doucet, CMI.

Call 617-349-3003 to sign up for the next class

INFANT-PARENT DROP-IN GROUP

(parents with infants up to 14 months)

This informal support and discussion group offers mothers and fathers with infants the opportunity to share experiences, ask questions, and meet other parents and babies.

Facilitator: Marie-Noelle Doucet

Mondays, 12:30 - 2:30 pm

Center for Families, Children's Room

No pre-registration required



FAMILY FUN ACTIVITIES (more on page 7)

PAJAMA STORY HOUR

Join us for an evening storytime at the library on the last Monday of the month. Neighborhood parents and friends take turns reading old favorites and new stories and sharing our love for books with our children. Kids can come in their pajamas and share a snack before we say goodnight.

May 24th and June 28th, 6:30-7:30 pm

O'Neill Branch Library, 70 Rindge Avenue

No pre-registration required

The O'Neill library stays open until 8:00pm on Monday, Wednesday, and Thursday.



"FIRST" FRIDAY

FAMILY POTLUCK SUPPER

Time for children and parents to get together with old and new friends. Bring a family-size dish to share!! We will provide drinks and paper goods. We celebrate children's birthdays for each month and have activities for children and families. The potluck supper is organized and run by parents. Volunteers are needed each month to help with setting up, greeting families, and leading activities: 617-349-6385. Note: We're moving to the 2nd Friday in June because of our big Family Fun Day on June 5th.

Fridays, May 7th, and June 11th, 5:30-7:30 pm

Peabody School Cafeteria

No pre-registration required

May 2004



All activities are held in the Center for Families in the Peabody School unless otherwise noted. You need to sign up in advance for the groups that are marked with an asterisk (*). Call 617-349-6385 to sign up. Enter for all Center for Families activities at the back of the school.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Dads & Kids* 9:30-11:30 am
2	3 Toddlers Take Off* 9:00 - 10:30 am Family Playtime Fresh Pond Apts. 10:00-11:30 am Infant Parent Group 12:30-2:30 pm	4 Family Playtime at Gately Youth Center 10:00-11:30 am Homemade Toys* 6:00-8:00pm ESL 6:00-8:30 pm	5 Toddlers Together* 10:00-11:30 am Terrific Twos* 3:30-5:00 pm Child Development & Parenting Class* 6:00 - 8:00 pm	6 Family Playtime at Gately Youth Center 10:00-11:30 am Project Playgroup at Jefferson Park* 3:00-4:30 pm ESL 6:00-8:30 pm	7 Infant Massage* 1:15-2:30 pm First Friday Family Pot Luck Supper 5:30-7:30 pm	8 Moms* 10-11:30 am Peabody School Annual Bazaar 10:00 am- 3:00 pm
9	10 Toddlers Take Off* 9:00 - 10:30 am Family Playtime Fresh Pond Apts. 10:00-11:30 am Infant Parent Group 12:30-2:30 pm	11 Family Playtime at Gately Youth Center 10:00-11:30 am CAC Meeting 6:00-8:00pm ESL 6:00-8:30 pm	12 Toddlers Together* 10:00-11:30 am Terrific Twos* 3:30-5:00 pm Child Development & Parenting Class* 6:00 - 8:00 pm	13 Family Playtime at Gately Youth Center 10:00 - 11:30 am Raising a Bilingual Child* 10am-12pm Windsor Health Center Project Playgroup at Jefferson Park* 3:00-4:30 pm ESL 6:00-8:30 pm	14 Infant Massage* 1:15-2:30 pm	15 Dads & Kids* 9:30-11:30 am
16	17 Toddlers Take Off* 9:00 - 10:30 am Family Playtime Fresh Pond Apts. 10:00-11:30 am Infant Parent Group 12:30-2:30 pm	18 Family Playtime at Gately Youth Center 10:00-11:30 am ESL 6:00-8:30 pm	19 Toddlers Together* 10:00-11:30 am Terrific Twos* 3:30-5:00 pm Child Development & Parenting Class* 6:00 - 8:00 pm	20 Family Playtime at Gately Youth Center 10:00-11:30 am Project Playgroup at Jefferson Park* 3:00-4:30 pm ESL 6:00-8:30 pm	21 Infant Massage* 1:15-2:30 pm	22
23	24 Toddlers Take Off* 9:00 - 10:30 am Family Playtime Fresh Pond Apts. 10:00-11:30 am Infant Parent Group 12:30-2:30 pm Pajama Story Hour 6:30-7:30pm	25 Family Playtime at Gately Youth Center 10:00-11:30 am ESL 6:00-8:30 pm	26 Toddlers Together* 10:00-11:30 am Terrific Twos* 3:30-5:00 pm Child Development & Parenting Class* 6:30 - 8:30 pm	27 Family Playtime at Gately Youth Center 10:00-11:30 am Project Playgroup at Jefferson Park* 3:00-4:30 pm ESL 6:00-8:30 pm	28	29
30	31 MEMORIAL DAY HOLIDAY CENTER CLOSED					

Calendar may change depending on the capacity of the program.

June 2004



All activities are held at the Center for Families in the Peabody School unless otherwise noted. You need to sign up in advance for the groups that are marked with an asterix (*). Call 617-349-6385 to sign up. Enter for all Center for Families activities at the back of the school.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Family Playtime at Bergin Park 10:00-11:30 am ESL 6:00-8:30 pm	2	3 Family Playtime at Bergin Park 10:00-11:30 am Project Playgroup at Jefferson Park* 3:00-4:30 pm ESL 6:00-8:30 pm	4 Potluck next week. We'll see you at Family Fun Day on Saturday	5 Family Fun Day at the Danehy Park 11 am-2 pm
6	7 Family Playtime Fresh Pond Apts. 10:00-11:30 am Infant Parent Group 12:30-2:30 pm	8 Family Playtime at Bergin Park 10:00-11:30 am ESL 6:00-8:30 pm	9 Family Crafts: Chika Chika Boom Boom 10:00 am-12:00pm and again 3:00-5:00 pm	10 Family Playtime at Bergin Park 10:00-11:30 am Project Playgroup at Jefferson Park* 3:00-4:30 pm ESL 6:00-8:30 pm	11 Friday Family Pot Luck Supper 5:30-7:30 pm	12 Dads & Kids* 9:30-11:30 am Moms* 10-11:30 am Families of Twins/multiples at Bergin Park 3:30-5:30 pm
13	14 Family Crafts Flying Rainbow 9:00-10:30 am Family Playtime Fresh Pond Apts. 10:00-11:30 am Infant Parent Group 12:30-2:30 pm	15 Family Playtime at Bergin Park 10:00-11:30 am ESL 6:00-8:30 pm	16 Last Day of School Family Crafts: Make Way for Ducklings 10:00 am-12:00 and again 3:00-5:00 pm	17 Family Playtime at Bergin Park 10:00-11:30 am Project Playgroup at Jefferson Park* 3:00-4:30 pm	18	19
20	21 Family Playtime Fresh Pond Apts. 10:00-11:30 am Infant Parent Group 12:30-2:30 pm	22 Family Playtime at Bergin Park 10:00-11:30 am	23 Family Crafts: Keepsake Boxes 10:00 am-12:00 and again 3:00-5:00 pm	24 Family Playtime at Bergin Park 10:00-11:30 am Project Playgroup at Jefferson Park* 3:00-4:30 pm	25	26
27	28 Family Crafts Summer Collage 9:00-10:30 am Family Playtime Fresh Pond Apts. 10:00-11:30 am Infant Parent Group 12:30-2:30 pm Pajama Story Hour 6:30 - 7:30 pm	29 Family Playtime at Bergin Park 10:00-11:30 am	30 Family Crafts: Scrapbook Treasures 10:00 am-12:00 and again 3:00-5:00 pm			

Calendar may change depending on the capacity of the program.

COMMUNITY RESOURCES

For information about the **Cambridge Public Schools** call the **Family Resource Center** at 617-349-6551. Multilingual voice mail 617-349-6550 (Rosemary Pereira, Portuguese; Blondel Joseph, Haitian Creole; Hector Risemberg, Spanish).

The **O'Neill Branch Library** has two groups for young children. *Toddler Time* (Ages 0-3) on Mondays at 10:30 am, and *Preschool Storytime* (Ages 3-5) on Thursdays at 11:00 am. Call 617-349-4023 for more information. The Main Library near Harvard Square and other neighborhood branches also offer a variety of activities for families.

Cambridge-Somerville Early Intervention provides multi-disciplinary evaluations and developmental services for children under age three at risk for developmental delays. For more information, call 617-629-3919.

The **Child Care Resource Center** provides information about childcare options in Cambridge. Call 617-547-1063. Their ABC Room has computers, a lending library and other resources and is open every weekday from 9:00-5:00 at their office in Central Square.

The Department of Human Services runs a variety of childcare programs, including **Preschool** and **School Age Childcare Programs** in schools around the City. For enrollment information, call Chandra Williams at 617-349-6254.

For information about activities for school age children and youth in North Cambridge, including school vacation camps, contact: the **Fitzgerald Community School** at 617-349-6302 and the **Gately Youth Center** at 617-349-4499.

The **Community Learning Center** offers adult education, including GED and ESL classes; call 617-349-6363.

The **Cambridge Multi-Service Center** provides housing information and assistance to families and individuals from Cambridge who are facing homelessness. Please call 617-349-6340.

The **Cambridge Food Pantry network** provides food to families around the city. To get more information, call the Cambridge Economic Opportunity Committee (CEOC) at 617-868-2900.

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.

NEWS & INFORMATION

BABY ANNOUNCEMENTS

On April 5th, Kelly Mathews, Ronnie Millar and their son Rory were delighted to welcome Andrew to their family.



FIRSTLink:

Free Home Visit for New Moms

The Center for Families is part of a Department of Public Health program called FIRSTLink. This program offers every new mother one free home visit and a gift basket. The goals of the visit are to find out if mom has any questions about her new baby and to ensure that she knows about all of the incredible resources we have for families in our community. Most hospitals in our area offer this visit to new moms as part of their protocol but a few don't so we want to get the word out. If you or someone you know just had a baby and would like a visit, they can call the FIRSTLink program directly at 1-800-311-2229.

Making Memories with Children's Art

As a parent of three adult children, and a grandmother of four, I get great pleasure from the artwork created for me when they were young. My children's work continues to hang throughout my home alongside their children's current work. I sit back with a great big smile on my face when I remember the tiny hands of my 26-year-old daughter making me a picture and the recent pleasure of seeing her child's hands busy with the same task.

Memories are sparked by visuals, smells, sounds, and touch. Every day we're making memories for years to come. I would encourage parents to keep some of the artwork that you and your children are making at home and in playgroups. And please join us for our Family Crafts activities when we will be making new treasures.

-Nadine



MORE FAMILY ACTIVITIES

Family Crafts Activities

For young children, arts and crafts are about fun and creativity, but these activities are also opportunities for children to explore their senses, practice small motor coordination, and interact in satisfying ways with caregivers.

During June we will be offering a series of special arts and crafts activities at the Center for Families for children and parents or caregivers. These activities are designed to promote children's literacy and creativity and to just have fun. This is a chance to come together to learn, play, sing and to "make and take" special things such as sun catchers, duckling puppets, fancy boxes, and family picture books. Parents/caregivers will be given an activity sheet to explain how these fun projects enhance children's development. (See registration form below.)

Facilitator: Nadine Jones-Ruffin

Mondays June 14 & 28, 9:00-10:30 am

Wednesdays June 9, 16, 23, & 30, 10-12 noon & 3-5 pm

Center for Families Multipurpose Room

Gathering for Families with Twins and Multiples

Come join us at the park on a Saturday afternoon to meet other families of twins and multiples. This is a purely social occasion. We'll have some special activities for the kids and plenty of adults around (staff and parents of older children) who can make sure it will be a safe and fun event for all the little ones. Popsicles and beverages will be served. For more information or to volunteer to help out, call Marie-Noelle at 617-349-3003.

Saturday June 12th, 3:30-5:30 pm

Bergin Park, Pemberton & Haskell



Registration Form: Family Crafts Activities, June 2004

All Center for Families activities are designed to be inclusive of children with special needs and to provide developmentally appropriate activities for toddlers and preschoolers. You can sign up for one, two, or more of these activities. We have limited room for some activities, so we are offering two sessions on Wednesdays, in the morning and again in the afternoon. If there are more interested families than slots, we'll assign families by lottery so that everyone gets to participate in as many activities as possible.

If you would like to register for Family Crafts activities in June, please give us the following information by faxing (617-349-6386) or handing in this form, emailing (lhernandez@cambridgema.gov), or calling us (617-349-6385) by Friday May 28th. Please give us your choices (1st, 2nd, 3rd, 4th and so on). We'll contact you during the first week of June to confirm your enrollment.

Child's Name _____ Birth date _____

Parent Name _____ Phone _____

Address _____ Email _____

Please mark 1st, 2nd, 3rd, 4th, 5th etc. choices and drop off form or call or email with choices by Friday May 28th.

- | | |
|--|--|
| <input type="checkbox"/> Chika Chika Boom Boom Wednesday June 9, 10-12 noon | <input type="checkbox"/> Chika Chika Boom Boom Wednesday June 9, 3-5 pm |
| <input type="checkbox"/> Flying Rainbows Monday June 14, 9-10:30 am | |
| <input type="checkbox"/> Make Way for Ducklings Wednesday June 16, 10-12 noon | <input type="checkbox"/> Make Way for Ducklings Wednesday June 16, 3-5 pm |
| <input type="checkbox"/> Keepsake Boxes for Kids Wednesday June 23, 10-12 noon | <input type="checkbox"/> Keepsake Boxes for Kids Wednesday June 23, 3-5 pm |
| <input type="checkbox"/> Summer Nature Collage Monday June 28, 9,10:30 am | |
| <input type="checkbox"/> Scrapbook Treasures Wednesday June 30, 10-12 noon | <input type="checkbox"/> Scrapbook Treasures Wednesday June 30, 3-5 pm |

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Fax:**617-349-3002**

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617-349-6385

(English & Spanish)

617-349-3003

(English & Spanish)

617-349-9697

(English)

617-349-3003

(English & French)

617-349-6385

(Tigrinya)
(Haitian Creole)

617-349-7715

(English)

617-349-6386

OFFICE

Center for Families of North Cambridge

c/o Peabody School
70 Rindge Avenue
Cambridge, MA 02140

Office and Multipurpose Room are in the
Community Wing at the back of the school.

Please enter for all Center for Families
activities through doors at the back of
school near the Gately Youth Center and
the baseball field.

Funding for Center for Families Programs

The Center for Families of North Cambridge receives funding from the City of Cambridge, the Massachusetts Department of Education (DOE), and the Massachusetts Children's Trust Fund (CTF). CFNC is one of 41 programs around the state that are part of the DOE 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.

The Center for Families is open to all families of children ages 0-6 in North Cambridge or connected to the Peabody (formerly Fitzgerald) School. Some support groups and parent classes are open to all families in Cambridge residents.