



CAMBRIDGE FAMILY NEWS

Information, Support, & Activities for Families of Children Ages 0-6

January-February 2005

Register for Kindergarten in January

You can register your child to start kindergarten in September 2005 if they will turn 4 years old before March 31, 2005. All families need to go to the Family Resource Center to register. The Family Resource Center is located at Cambridge Rindge & Latin High School at 449 Broadway. They are open Monday through Friday, 9:00 am to 3:00 pm. In January, they will stay open until 7:00 pm on Tuesday nights and on Saturdays, January 8th and 29th, they will be open from 9:00 am to 12:00 noon. You can call them at (617) 349-6550. The deadline for the first cycle of registration is January 31st.

Cambridge has 12 elementary schools and you can tell the school system your top 3 choices. You need to consider location, teaching styles, how friendly a school feels, and what types of special projects or activities they might offer. Some schools have specific programs for children who are learning English. The Family Resource Center staff can help to answer your questions. You can also call the Family Liaison at each school to schedule an appointment to take a tour. This is highly recommended. (See page 7 of this newsletter for a list of schools and phone numbers.)

The system for deciding which children are placed in which school is complicated. Each school has a limited number of openings. Families who live close to a school or who already have a child enrolled have a higher priority.

When you go to register, you will have to fill out an application with your top three choices. You must also bring with you:

- Your child's Birth Certificate or Passport,
- Your child's Immunization Records,
- Proof of residency such as a mortgage statement, water or tax bill, or current copy of a lease, and
- A gas, electric or cable bill .

Kindergarten assignment letters are mailed to families by the end of March. If you do not get your first choice school, you are automatically placed on the waitlist for your higher choices (for example, if you get your second choice, you will be on the waitlist for your first choice).

For more information call the Family Resource Center, phone 617-349-6551 / 6068. Web site: www.cpsd.us.



Welcome to Cambridge Family News

Cambridge Family News contains information about many resources to support Cambridge families in raising healthy and strong kids and make our community a more family-friendly place. The Center for Families, Child Care Resource Center, Agenda for Children and other groups collaborate to organize activities across the city and share information and resources. Each issue of the *Cambridge Family News* includes listings of free and low-cost activities and services for parents and families. Please be sure to check with sponsoring agencies for details and enrollment information. To be on our mailing list, call 617-349-6385.

Inside this issue:					
Playing and Learning Ideas	page 2	Parent-Child Play Activities	page 4	Parent Education and Support	page 6
Talking about Tragedy	page 2	Art, Music, & Literacy Activities	page 5	Community Resources	page 7
Family News	page 3	Family Social Events	page 5	Center for Families Information	page 8

FAMILY NEWS

The Children's Clothing Exchange Finds a New Home

The Children's Clothing Exchange is a unique resource that serves families from all over the Cambridge and Boston area. At the Children's Clothing Exchange parents can trade in children's outgrown clothes in good condition for clothes in larger sizes or for children's toys or furnishings. Parents may also trade volunteer time for clothes and other items.



Located for the last several years in Central Square, the Children's Clothing Exchange is moving in February 2005 into a renovated space provided by the Cambridge Housing Authority at 391 Evereteze Way, Roosevelt Towers in East Cambridge. The new space has 4 rooms: a room for children's clothing, a room with a selection of "interview clothes" for adults, a workroom for sorting donations on site, and a room where parents and children can play and visit with each other.

To celebrate their grand reopening, the Children's Clothing Exchange is having an open-house/kids celebration on Saturday, February 26th from 11:00 am to 3:00 pm. Come see the new space and enjoy games and storytelling. Regular hours Tuesday, Wednesday, and Thursday from 10:00 am to 4:00 pm, with Saturday hours coming soon.

The Children's Clothing Exchange is a program of Solutions at Work, an organization that helps individuals and families who are or are at risk of becoming homeless, but the Clothing Exchange is open to any family regardless of income or housing status.

For information about becoming part of the Children's Clothing Exchange, call Sonia Darcy at 617-576-0039. Donations of new and gently used clothes are always welcome. And volunteers are needed to help make it all happen.



Got Diapers?

The College Avenue United Methodist Church in Davis Square runs a community "Diaper Pantry". We refer many families to them. However, the Pantry often has to turn families away. If you have unused diapers, or you want to pick up an extra bag when you see them on sale, the Diaper Pantry accepts donations Monday -Thursday from 9:00 am to 1:30 pm at the church at 14 Chapel Street (just three blocks from the Davis Square T). Opened bags are okay, just make sure it is clear what size they are. There is a HUGE need for diapers for newborns up to three months. Call ahead to make sure someone will be there: 617-776-4172.

Share your Ideas

Join the Center for Families' Community Advisory Council for a **Parents' Planning, and Pizza Night**.

We'll be working on details of a Family Fun event in March and talking about other upcoming activities and workshops.



Tuesday, February 8th, 5:30-7:30 pm
Center for Families, Peabody School
Call ahead if you need childcare: 617-349-6385



Web Sites of Interest to Parents

www.aap.org American Academy of Pediatrics – health issues, advocacy, vaccine info.

www.BostonParentsPaper.com Information, articles, and listings of resources for parents in Massachusetts.

www.cambridgema.gov City of Cambridge – information about all city departments and services, including the Cambridge Public Schools and Human Service Programs.

www.crcinc.org Child Care Resource Center – information about child care in the Cambridge/Somerville area.

www.cfw.tufts.edu Child and Family Web Guide – links to the best sites for information about children and parenting.

www.familiesfirst.org Families First – listings for parenting education programs and publications on family topics.

www.zerotothree.org National Center for Infants, Toddlers and Families – web site includes information about healthy development for the youngest children.

PARENT-CHILD PLAY ACTIVITIES

PROJECT PLAYGROUP

PLAYGROUPS FOR PARENTS/CAREGIVERS AND CHILDREN 1-5



Playgroups are designed for parents/caregivers and children together. The groups give children a chance to try new things and make friends. Playgroup leaders plan activities that include freeplay, arts and crafts, gross motor activities, and circle time with songs and stories. Snack is provided.

Cambridge parents and caregivers may sign up for a playgroup by calling Nadine Jones-Ruffin at the Center for Families (617-349-6967) or Michelle Godfrey at the Child Care Resource Center (617-547-1063x271). Sign up by January 10th for Winter playgroups or call to be on a waitlist.

Winter Playgroup Schedule: January 18 to March 10, 2005

Mondays	Tuesdays	Wednesdays	Thursdays
Central Square Library 10:15-11:45 am	Workforce, 119 Windsor St. 10:00-11:30 am	Center for Families, No. Camb. 10:00-11:30 am	Jefferson Park Head Start 3:00-4:30 pm
Center for Families, No. Camb. 10:00-11:30 am	Center for Families, No. Camb. 4:00-5:30 pm	Center for Families, No. Camb. 4:00-5:30 pm	
Head Start, 119 Windsor St. 3:00-4:30 pm			

DROP-IN PLAYTIME AT GATELY YOUTH CENTER

(North Cambridge parents and children 0-5)

Come out and meet up with young friends for fun at the Gately Youth Center (behind Peabody School). We'll bring activities to share, you bring the kids and the energy.

Leader: Nadine Jones-Ruffin

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

No Pre-registration Required

Cambridge Somerville Early Intervention Playgroups

Cambridge-Somerville Early Intervention (CSEI) serves children 0-3 years old with special needs or risks. Their playgroups are open to all Cambridge or Somerville families. Playgroups meet weekly for a 10-12 week period. A sliding fee is required for non-EI clients. For more information call Erin Segal at 617-269-3919 x167.

PLAYTIME AT FRESH POND APARTMENTS

(Parents and children 0-5)

Stop by for play and conversation every Tuesday 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.)

Leaders: Heather Searles & Luz Hernandez

Tuesdays, 10:00 - 11:30 am

Fresh Pond Apartments, 364 Rindge Ave.

No Pre-registration Required



PLAYTIME AT JEFFERSON PARK

(Parents and children 0-5)

Stop by for play and conversation every Wednesday morning at the Work Force Space at Jefferson Park. This drop-in playtime is open to all neighborhood families and Jefferson Park residents.

Leaders: Heather Searles, Luz Hernandez, Merline Sylvain

Wednesdays, 10:30 am - 12:00 pm

Please call Heather for information at 617-349-3003

ART, MUSIC, AND LITERACY ACTIVITIES

Activities at the Cambridge Public Libraries

Main Children's Room (617) 349-4038	Toddler Sing, Wednesdays 10:30 and 11:30 (choose one) Time of Wonder, Tuesdays 11:00 (2.5-3.5 years old) Five Little Monkeys Storytime, Mondays 4:00 pm
Boudreau Branch (617) 349-4017	Preschool Storytime, Mondays 10:30 am (3-5 years) Toddler Sing-Along, Wednesdays 10:30 am (inf/toddler)
Central Square Branch (617) 349-4010	Preschool Movies Tuesdays, 10:30 am Toddler/Preschool Storytime, Wednesdays 10:30 am (3-5) Toddler/Preschool Sing, Thursdays 10:30 am (inf/toddler)
Collins Branch (617) 349-4021	Toddler Sing, Tuesdays & Fridays 10:00 am (inf/toddler) Storytime for Preschoolers, Thursdays 4:00 pm (3-5 yrs)
O'Neill Branch (617) 349-4023	Toddler Time, Mondays 10:30 am (inf/toddler) Preschool Storytime, Thursdays 11:00 am (3-5 years)
O'Connell Branch (617) 349-4019	Toddler Sing, Wednesdays 11:00 am (inf/toddler) Stories and Crafts, Thursdays 3:30 pm (3 and up)
Valente Branch (617) 349-4015	Preschool Storytime, Mondays 3:30 pm (3 and up)

PAJAMA STORY HOUR

Parents and children can come to the library in pajamas on the last Monday of the month to hear stories read by neighborhood parents and to enjoy a snack before bed.



Bring a book to share.

6:30-7:30 pm Last Mondays,
January 31st & February 28th
O'Neill Branch Public Library,
70 Rindge Avenue

DANCE INTO SPRING

Coming this March, Christine Bennett of Bennett Dance Company will lead an 8 week dance class for children 18 months -3 years and their parents. Look for the details in the March - April issue of *Cambridge Family News*.



ABC Room Literacy Events

Sea Creatures - Thursday January 13th 10:00 am
Say Cheese! self-portraits - Wednesday, February 16th, 3:30 pm
Fun for kids, helpful tips for parents and family child care providers.
Child Care Resource Center, 130 Bishop Allen Drive (Central Sq.)
Call Michelle to sign up: 617-547-1063 x271



Mother-Child Art Classes

Classes for young children (2-4 years old) with their moms. Children explore creativity and develop fine motor skills, while painting, sculpting, and drawing. Call (617) 868-9900 for info. The Cambridge Women's Center, 46 Pleasant Street.



Parent Workshops on Literacy

The Agenda for Children offers these fun workshops for parents with gifts and prizes. Workshops are in English with translation into Haitian Creole.

Let's Talk... It makes a difference!

Saturday, February 5th 10:00 am-12:00 noon

Toddler/Preschool Reading Party

Saturday, February 19th 10:00 am-12:00 noon

Jefferson Park Community Center, off Rindge Ave.
For information call Lei-Anne Ellis at 617-665-3827

FAMILY SOCIAL EVENTS

FAMILY POTLUCK DINNER

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. Volunteers needed to help. Call Jenn at 617-349-3002 to find out more.

Friday, January 14th and February 4th, 5:30 - 7:30 pm
Peabody School Cafeteria

** No Pre-registration Required**

FAMILIES OF TWINS AND MULTIPLES

Come to the Center for Families on a Saturday afternoon play date with other families of twins and multiples. This monthly gathering is a purely social occasion. We'll have activities for the kids and snack will be provided.

Saturday once a month, 3:30-5:00 pm

January 8th, February date to be announced

Center for Families, Peabody School

Call Marie-Noelle for more information at 617-349-3003-ext 2.

PARENT EDUCATION AND SUPPORT

DAD'S MORNING OUT

(dads and children 0-5 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. Bagels and juice provided; bring goodies to share. Childcare for kids.

Facilitator: Rick Colbath-Hess

Center for Families, Peabody School

Saturdays, Jan. 22nd, Feb. 5th, 19th, 9:30-11:30 am

***You must call to sign up for childcare at 617-349-6385**

MOMS' DISCUSSION GROUP

Being a mom is challenging. You have to juggle your time and roles. Take a break to contemplate your priorities, share with other moms, and talk about where you want to go. Snacks and limited childcare.

Facilitator: Suzan Wolpov

Center for Families, Peabody School

Saturdays, February 12th & March 12th, 10:00-11:30 am

You must call 617-349-6385 to sign up for childcare

College Costs How Much?!

Harold Simansky of Educational Investments will answer your burning questions about saving and paying for school.

Tuesday, January 18, 6:30 pm

Central Square Library

The Family Center, Inc.

The Family Center offers a range of supports for families including Parenting Journey, Parenting in America, and other groups and activities. Groups forming in January. For information: AnnMarie Teuber 617-628-8815x234.

Union Square, Somerville

The Guidance Center, Inc.

This community agency provides counseling as well as parenting, support, and psychoeducational groups for families dealing with violence. In addition they offer self-defense/stress management groups for women and adolescents annually.

For more information Ilana Amrani-Cohen 617-354-2275x139

SCRAPBOOKING FOR PARENTS

This monthly workshop will give you tools and an opportunity to collect and preserve photos and other special things. Come join the fun.

Facilitator: Tina Prille

Center for Families, Peabody School

Saturdays, Feb. 5th and March 5th 10:00-11:30 am

Materials fee \$8 per session

You must call 617-349-6385 to sign up for childcare

Parents Helping Parents promotes and supports healthy parent/child relationships and works to break the cycle of child abuse through peer-led, professionally facilitated groups which provide a nurturing, non-judgmental environment in which to improve family relationships. Call 1-800-882-1250.

Families First Parenting Programs

Workshops and classes for parents in the Boston area.

Schedule available online at www.families-first.org or call 617-868-7687 to request a brochure.

SUPPORT FOR NEW PARENTS

THE COUPLE'S JOURNEY

This three session class addresses the transition that couples go through when they become parents. Come explore how your life is changing now that there are more than just the two of you. Limited to 5 couples. A new group will be forming in February.

Instructor: Rick Colbath-Hess

Call 617-349-6385 to sign up for this group

PARENT INFANT GROUP

This informal support and discussion group at the Center for Families offers parents with new infants up to 14 months the opportunity to share experiences, ask questions, and meet other parents while babies sleep, eat, gurgle, or safely explore in our infant-toddler room.

Facilitator: Marie-Noelle Doucet

Center for Families,
Peabody School

Every Monday, 12:30 - 2:30 pm
(no group Jan. 17, Feb 21)

No Pre-registration Required



INFANT MASSAGE

(parents with infants 2 months - pre-crawling)

Massaging your baby gives you a wonderful opportunity to connect with your child. This is a fun and relaxed five-week course with an optional one-session workshop for fathers/partners.

Instructor: Marie-Noelle Doucet, CMI.

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

Agassiz Community Schools Infant & Toddler Groups

Parent-led groups meet Tuesday and Thursday mornings at the Agassiz Neighborhood Council building, 20 Sacramento Street. Call Kelly Tyler for information 617-349-6287 x12.

CAMBRIDGE DOULA PROGRAM SUPPORT GROUPS

Drop in postpartum and breastfeeding support groups run by multilingual Doulas (birth and parenting coaches). Groups are open to all new parents in Cambridge.

Cambridge Birth Center, 8 Camelia Avenue

(across from the Cambridge Hospital main entrance).

Call Robin for more information 617-665-1662.

COMMUNITY RESOURCES

Looking for services? See the **Cambridge-Somerville Resource Guide**: www.cambridge-somervilleresourceguide.org.

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

The **Cambridge Public Library** has storytime activities at the Main Library near Harvard Square and in all its other neighborhood branches. Call 617-349-4023 for more information and see the list on page 5.

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 and a lending library. It is open weekdays from 9:00-5:00 in Central Square.

The Department of Human Services runs a variety of childcare programs, including **Preschool** and **School Age 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 Cambridge, including school vacation camps, contact the **Community Schools** at 617-349-6236 and the **Cambridge Youth Programs** at 617-349-6200.

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 who are facing homelessness. Please call 617-349-6340.

The **Children's Clothing Exchange** is 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 **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.

Computer Classes for Adults at CCRC
All classes are free and meet 6:30-8:30 pm at the Child Care Resource Center.
A Friendly Introduction to the PC
January 14th and February 11th
Intro to Microsoft Word
January 21st and February 17th
Intro to the Internet
January 27th and February 25th



Providers pay a small fee for OCCS credit.
Call Michelle to register 617-547-1063 x271

Join the
**Community Dialogue
on Human Services***

*Co-sponsored by the Cambridge Dept.
of Human Service Programs and
Cambridge Community Foundation*

Wednesday, January 26th, 6:00 - 9:00 pm
Cambridge Senior Center

For more information please call
Clo Delgado (617) 349-6208

*Community Development Block Grant Public Hearing

For information about Cambridge Schools, contact the Family Liaisons.

<u>School</u>	<u>Address</u>	<u>Family Liaison(s)</u>	<u>Phone</u>
Amigos	100 Putnam Ave. 02139	Lillian Rater	617-349-6315
Baldwin	28 Sacramento St. 02138	Mark Kelsey	617-349-4377
Cambridgeport	89 Elm St. 02139	Shirley Harvey	617-349-6317
Fletcher/Maynard	225 Windsor St. 02139	Phyllis Newton	617-349-6589
Graham & Parks	44 Linnaean St. 02138	Judy Amendola	617-349-6581
Haggerty	110 Cushing St. 02138	Mahdvi Patil	617-349-6558
Kennedy/Longfellow	158 Spring Street 02141	Diane Vendetti or Sharon Fernandes	617-349-4865
King	100 Putnam Ave. 02139	Claire Koen	617-349-6454
King Open	850 Cambridge St. 02141	Lena James or Hanoyka Barbosa	617-349-6451
Morse	40 Granite St. 02139	Denise Sullivan	617-349-6679
Peabody	70 Rindge Ave. 02140	Theodora Guthrie	617-349-6530
Tobin	197 Vassal Lane 02138	Mary Frawley	617-349-6610
All Schools: Christine Szafran, School Registrar or Donna Sousa, Asst. School Registrar Family Resource Center, 617-349-6551/6068. Web site information: www.cpsd.us .			

CENTER FOR FAMILIES STAFF

OFFICE

Jenn Kapuscik

Director
jkapuscik@cambridgema.gov

617-349-3002

(English)

Luz Hernández

Family Support Program Assistant
lhernandez@cambridgema.gov

617-349-6385

(English & Spanish)

Heather Searles

Family Services Coordinator
hsearles@cambridgema.gov

617-349-3003

(English & Spanish)

Nadine Jones-Ruffin

Family Programs Coordinator
njonesruffin@cambridgema.gov

617-349-6967

(English)

Marie-Noelle Doucet

Child Development Specialist
Parent Infant Group Facilitator
Mdoucet@cambridgema.gov

617-349-3003

(English & French)

Outreach workers

Letekidan Medhane
Berry Pierre
Merline Sylvain

617-349-6385

(Tegrene)
(Haitian Creole)
(Haitian Creole)

Fax:**617-349-6386****Center for Families**

c/o Peabody School
70 Rindge Avenue
Cambridge, MA 02140
Office and Resource Room: Community Wing
(entrance at back of school)

Funding for Center for Families Programs

The Center for Families receives funding from the City of Cambridge, the Massachusetts Department of Education (DOE), and the Massachusetts Children's Trust Fund (CTF). Ours 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.

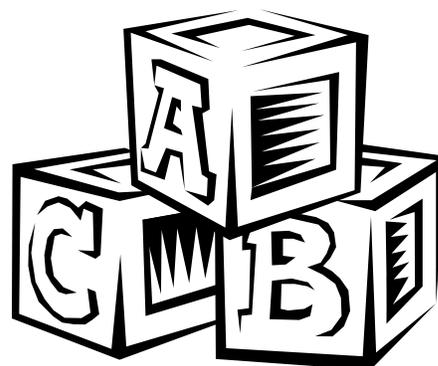
The Center for Families serves families of children 0-6. Activities are open to all Cambridge residents.

SAVE THE DATE

The 4th Annual

Caring for Babies Forum

A free event for Cambridge parents and providers who care about children from 0-3 years old.



Saturday, March 19, 2004

8:30 AM—2:30 PM

Peabody School

Speakers, Workshops, Resources, Networking, Fun.

Call the Child Care Resource Center (617-547-1063 x237) or Center for Families (617-349-6385).