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CAMBRIDGE FAMILY NEWS

from the Center for Families

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

September-October 2011

Fall is here, and along with it come many exciting changes for families. Whether it is your child's first time at preschool or his third year of elementary school, fall means creating a new routine for the entire family—a challenging and intimidating job! As a parent or caregiver, there are some things you can do to make the transition from summer to fall easier for your family. Help your child to make a colorful checklist of things she needs to bring to school. Getting ready the night before can help relieve the stress of the morning rush. Show that you are interested in what your child does at school by asking questions and sharing your own pleasant experiences. This can help encourage your child to be excited as well! Reading books about the changing leaves and going to school can also help your child feel

excited about learning and playing outdoors during this new season. The school day can be very busy for your child. Make sure to give them some time to relax and play between school, sports practices, dance classes, or other extra-curricular activities.

For a list of laid-back local events for your family to attend, turn to page 7. Check out page 2 for a list of books about the fun changes of fall. The Center for Families is prepared to help your family find fun learning and recreational activities in Cambridge this fall. Sign up for a playgroup or check out our calendar for free events. If you have any additional tips or information, we welcome you to post them to the listserv as well!



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The Center for Families has a limited number of backpacks to give away for children who need them! For more information, call 617-349-6385.



Playgroups

Drop-in playgroups start on Tuesday, September 6, and Community Playgroups will start on Monday, October 17. Registration forms for Community Playgroups will be mailed out in mid-September and will be posted to the website. For more information about Community Playgroups, contact Beverly (Halpern) Feldman at bhalpern@cambridgema.gov or 617-349-6327.

Pathways to Family Success

Do you have a child between the ages of 4 and 8? Are you interested in or currently taking English classes? Do you live in Public Housing or have Section 8, or are on the waitlist for them?

If you answered yes to all of these questions, then Pathways to Family Success might be for you!

Pathways to Family Success is a support program that helps families to succeed. We work with families to reach goals including:

- ◆ Jobs
- ◆ Adult Education
- ◆ Healthcare
- ◆ Housing
- ◆ Childcare

For more information about Pathways, please contact Beth McGinn at 617-665-3827.

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

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 Beverly at (617) 349-6327 or e-mail her at bhalpern@cambridgema.gov to submit it for our next newsletter.



Apple Picking

Take advantage of the last few days of warm weather and go apple picking! Here are a few nearby, kid-friendly farms:

- [Belkin Family Lookout Farm](#) in South Natick (30 minute drive)
- [Honey Pot Hill Orchards](#) in Stow (45 minute drive)

Nature Walks

The Boston area has many outdoor parks and trails that show the beautiful autumn foliage. Go for a walk, picnic, or bike ride and observe the different colored leaves and animals. Ask your child questions like: *What color is this? What color do you think it was before? How does this feel? What sound do the leaves make when you step on them?* The following are some places you can visit to see the colors of fall:

[Mt. Auburn Garden Cemetery](#) (Take the 71 or 73 bus from Harvard Square)

[Arnold Arboretum](#) (Forest Hills T stop on the Orange Line)

[Boston Common and Public Garden](#) (Park St. T stop on the Red Line, or Arlington stop on Green Line)

Leaf Art

Collect fallen leaves during nature walks and place on a white sheet of paper with the vein side up. Place another sheet of white paper on top. Peel the paper off the crayons to be used. To make a pretty leaf design, rub the side of the crayon over the top sheet of paper.

You can also use leaves to paint! Dip one side into paint, using fall colors (orange, red, yellow, brown, and green). Use these "stamps" to decorate t-shirts or paper bags.



Read All About Fall!



Autumn is a season of exciting changes—leaves change colors, kids

go back to school, days get shorter...the list goes on! Listed below are a few fun, fall-themed books you can find at your local Cambridge Public library:

Why do leaves change color?

by Betsey Maestro

I know it's Autumn

by Eileen Spinelli

Leaf Man by Lois Ehlert

Arthur Goes to School

by Marc Brown

When Autumn Falls

by Kelli Nidey

FATHERS' CORNER

"Any man can be a Father. It takes someone special to be a Dad."

Fathers have a big impact on many aspects of their children's lives. For example, studies conducted by the University of Maryland have found that children of supportive fathers show a higher sense of self-esteem and fewer signs of depression. To learn more about this particular study, visit www.umm.edu/news/releases/fathers2.htm.

For more information about the positive influences of a father-child relationship, go to: www.fatherhood.gov

Dads & Kids Saturday at the Gym

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

Saturday, October 22, 10:00-11:30 am at the Gately Youth Center Gym, 70 Rindge Ave (behind the Peabody School).

Facilitator: Michael Clontz

To sign up or for more information, contact Christine Doucet at 617-349-3003 or cdoucet@cambridgema.gov.

The Men's Health League

The Men's Health League, based in the Cambridge Department of Public Health, is offering the following programs for men:

Ongoing recruitment for **Fit for Life**— A 12-week intervention at the Cambridge YMCA for men who are high risk for Heart Disease, Diabetes and Stroke. Contact Albert Pless at apless@challiance.org

Contact Richard Harding at rharding@challiance.org for information on the following programs:

We are kicking off a cycle of **Fitness Brothers**. There is an orientation on September 14 from 6:00-7:00.

Dana Farber Cancer Van on Prostate Health: Screenings and health information at Area IV Pride Day on September 17.

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 on-going, starting on Tuesday, September 6:

Mondays

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

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

Tuesdays

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

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

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

Wednesdays

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

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

Please note: This location is temporary, and the group will be moving to another location near Central Square later this fall.

Thursdays

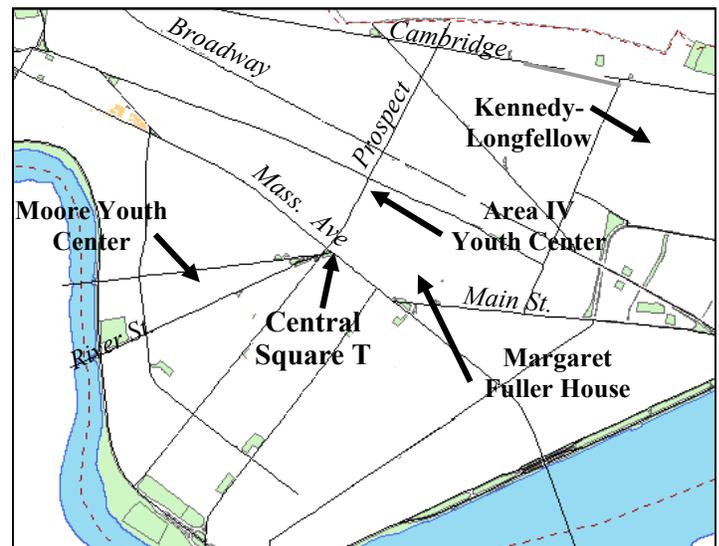
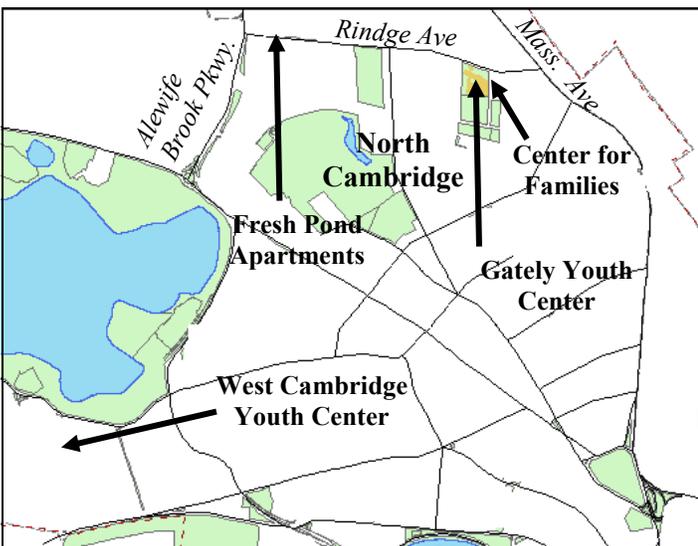
Center for Families, 70 Rindge Ave. (Peabody School, in the afterschool room), 10:00 — 11:30 am

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

Please note:

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

**The Gym groups are for physical activities, no arts or snacks



**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

September-October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 HOLIDAY Center for Families Closed	6 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	7 Gately 10:00-11:30 Area IV 10:00-11:30	8 Kennedy-Longfellow 10:00-11:30 CFF 10:00-11:30	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	14 Gately 10:00-11:30 Area IV 10:00-11:30	15 Kennedy-Longfellow 10:00-11:30 CFF 10:00-11:30	16	17
18	19 Moore 10:00-11:30 CFF Babytime 12:30-2:30 Resiliency Workshop 6:30-8:00	20 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	21 Gately 10:00-11:30 Area IV 10:00-11:30 Pajama Storytime 6:45	22 Kennedy-Longfellow 10:00-11:30 CFF 10:00-11:30	23	24
25	26 Moore 10:00-11:30 CFF Babytime 12:30-2:30 Resiliency Workshop 6:30-8:00	27 Music Workshop 10:00-11:30 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	28 Gately 10:00-11:30 Area IV 10:00-11:30	29 Kennedy-Longfellow 10:00-11:30 CFF 10:00-11:30	30	1 Mom's Workshop 10:00-11:30
2	3 Moore 10:00-11:30 CFF Babytime 12:30-2:30 Resiliency Workshop 6:30-8:00	4 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	5 Gately 10:00-11:30 Area IV 10:00-11:30 Regaining Your Strength 11:00-12:30	6 Kennedy-Longfellow 10:00-11:30 CFF 10:00-11:30	7	8
9	10 HOLIDAY Center for Families Closed	11 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	12 Gately 10:00-11:30 Area IV 10:00-11:30	13 Kennedy-Longfellow 10:00-11:30 CFF 10:00-11:30	14 Sing-A-Long 5:30-7:00	15
16	17 Moore 10:00-11:30 CFF Babytime 12:30-2:30 Resiliency Workshop 6:30-8:00	18 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	19 Gately 10:00-11:30 Area IV 10:00-11:30	20 Kennedy-Longfellow 10:00-11:30 CFF 10:00-11:30	21	22 Dads & Kids Morning Out 10:00 Yoga 10:30-11:30
23	24 Moore 10:00-11:30 CFF Babytime 12:30-2:30 Resiliency Workshop 6:30-8:00	25 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	26 Gately 10:00-11:30 Area IV 10:00-11:30 Pajama Storytime 6:45	27 Kennedy-Longfellow 10:00-11:30 CFF 10:00-11:30	28 Mom's Discussion & Craft 10:30-12:00 Indian Dance Workshop 6:30-7:45	29
30	31 Moore 10:00-11:30 CFF Babytime 12:30-2:30					

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

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

PARENT EDUCATION AND SUPPORT

Infant Activities

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

These are informal groups for parents or caregivers with infants. They 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. Facilitated by Christine Doucet, CMI. Christine will lead a short sing-a-long.*

Mondays 12:30 - 2:30 pm

Center for Families, Peabody School, 70 Rindge Ave.

Tuesdays, 12:30 - 2:30 pm

Margaret Fuller Neighborhood House, 71 Cherry St.

Baby Massage 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. This is a fun and relaxed group setting. If you are pregnant or your baby is under 11 weeks, contact Christine for a private session. **Instructor: Christine Doucet, CMI.** Please call 617-349-3003 to register.

Wednesday series, September 14, 21 & 28; October 19 & 26, 10:30-11:30 am at the Center for Families (70 Rindge Ave., back of the Peabody School)

Thursday series, October 20 & 27; November 3, 10, & 17, 11:00-12:00 noon 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@jfcsboston.org for more information.

Mother Activities

You must register for the following. Please contact Christine at cdoucet@cambridgema.gov or 617-349-3003 to register for either program and for childcare*. Both are located at the Center for Families, 70 Rindge Ave. (back of the Peabody School).

Workshop for Moms

Saturday, October 1, 10:00-11:30 am

Join us for a discussion about transitions, both personal ones and those in our family. What do we find challenging about them? How do we handle them? **Facilitator: Suzan Wolpow.**

Discussion and Craft Activity for Moms

Friday, October 28, 10:30 am—12:00 noon

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. The activity this month will be an accordion picture-frame. Christine & Fran will lead the discussion and direct the activity.

October is Children's Health Month!

The following are a few tips for your child's health and safety during the back-to-school season.

- ◆ Limit the amount of time spent watching television for the whole family to two hours (or less) daily, and no TV for children under 2. Instead of watching TV, have your child read you a book out loud, help you to make dinner, draw pictures and make up stories to go with them, give them items to sort...the possibilities are endless! You can also make TV time an occasional family activity.
- ◆ Take advantage of the good weather and use the car less when going out as a family. Try riding the bus, taking the T, biking, or just walking!
- ◆ Seasonal allergies during the fall can be just as bad as in spring (or worse), when ragweed and mold counts are high. Other common triggers for fall allergies include cedar, elm, and other weeds and flowers. Ask your healthcare provider about what you can do to decrease symptoms.
- ◆ The flu season in the United States is usually from the middle of November to April each year. A flu shot can help protect your child from being infected by the Flu virus. Ask your pediatrician

about the Flu vaccination. (Check out the November-December newsletter for information about flu clinics happening in Cambridge)

Health and Safety in the Kitchen

- ◆ Many cleaning products contain dangerous chemicals, so try to buy non-toxic, biodegradable alternatives.
 - ◆ Don't heat food in the microwave using plastic containers. Microwave food in containers that are labeled "Microwave-safe."
 - ◆ Many plastic baby bottles are made of plastic that contains toxic chemicals. Make sure to buy bottles with "BPA-Free" labels.
 - ◆ Encourage children to drink plain water.
 - ◆ Let children tell you when they are full.
 - ◆ Check all treats for choking hazards. Limit the amount of treats your child eats.
 - ◆ Breakfast and snacks are important! Pack healthy snacks for school such as carrots and hummus, fruit, or trail mix. Make enough time to eat a wholesome breakfast each morning.
- *For more information on your child's and your health and safety during the fall, visit <http://www.cdc.gov/family/parentautumn/>

CENTER FOR FAMILIES NEWS

Upcoming Workshops Classes, & Events

Zumba! Free for Families Who are Registered with the Center for Families

We will be offering free Zumba classes on Mondays & Wednesdays 6:30-7:30 pm starting in September. Join us and dance your way to a healthy and toned body with this fusion of Latin music and dance themes! You must register for this class. For more information and to register, call 617-349-6385.

Pajama Storytime

Wednesday, September 21 & October 26
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. For more information, contact Beverly at 617-349-6327 or bhalpern@cambridgema.gov

Family Fun Night: Sing-Along

Friday, October 14, 5:30-7:00 pm

Peabody School Cafeteria, 70 Rindge Ave.

It's a Friday evening out for families! Come meet up with families and friends for an evening of fun & singing, led by librarians Daryl & Lise. Bring a picnic dinner for your family. We'll provide drinks and dessert. Singing will start around 6:15. For more information, call 617-349-6385 or e-mail centerforfamilies@cambridgema.gov.

Classical Indian Dance Workshop

Friday, October 28, 6:30-7:45 pm

Citywide Senior Center, 806 Mass. Ave.

For children 6 and older and their families.

This workshop, led by Tara Ahmed, will present an introduction to the vibrant technique of Bharat Natyam (a classical Indian dance). Bharat Natyam is a unique dance form, with rhythmic footwork and symbolic hand gestures that relay stories from Hinduism. Participants will learn some basic steps, hand gestures, and the beginning of a simple dance. Come dressed in loose, comfortable clothes (dancers will be barefoot).

Please note: Children younger than 6 are welcome to attend, but this workshop is designed for older children and adults.

The workshop will run from 6:45-7:30 pm, followed by light refreshments. For more information, contact Beverly at 617-349-6327 or bhalpern@cambridgema.gov

About the instructor: Tara has performed and taught in Colombia, Brazil, Turkey, India and the U.S., and her current focus is on dance education and lecture/demonstrations. Her television appearances include WGBH's *DanceFest* and WGBH's *Greater Boston Arts*. Tara founded and directed Lasandhi Dance Theater, a company that performed throughout New England, including *Jacob's Pillow Dance Festival*.

You must register for the following classes & workshops. To register, contact Christine Doucet at cdoucet@cambridgema.gov 617-349-3003.

Music Workshop for Parents & Toddlers/Preschoolers

Tuesday, September 27, 10:00-11:00 am,
Area IV Youth Center, 243 Harvard Street

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

Regaining Your Strength after Giving Birth

Wednesday, October 5 from 11:00 am –12:30 pm
Area IV Youth Center, 243 Harvard Street

This workshop is for mothers with babies 0-12 months. You can come with or without your baby. Come and learn how through everyday movement you can strengthen yourself while taking care of your baby. Instructor: **Sybille Bosslet**, Physical Therapist

Movement & Yoga for Parents & Children

Saturday, October 22, 10:30-11:30 am
Center for Families, 70 Rindge Ave.

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.

Child Resiliency Series

All parents want their children to be able to bounce back from life's challenges and have a positive life journey. In this interactive 7-week series, you will build practical strategies to help your children become more resilient. Topics addressed: building listening skills and helping your children to: learn ways to relax, develop creative problem-solving strategies, increase responsibility, etc. This series is not limited to these topics, so your specific concerns can be included into the discussions. Please contact Christine at 617-349-3003 or

cdoucet@cambridgema.gov to reserve your spot and be part of this relaxed learning experience that will benefit the whole family. *Limited childcare available upon request. Register now to hold your place.*

The series will meet on Monday evenings from 6:30-8:00 pm from September 19 to November 14 (except Oct. 10 and Oct.31) at the Center for Families (70 Rindge Ave.—back of the Peabody School)

About the Facilitator: Suzanna Reichart has been an early childhood teacher for 30 years and is now a pre-K teacher at the Capuano Early Childhood Center in Somerville. Suzanna has been leading workshops on resiliency for the past five years.

Caught in the Act



At the Center for Families, our staff, families, and volunteers are doing amazing things! This newsletter is featuring Alanna Pikla, who has started volunteering at our playgroups this summer and is currently studying psychology. Congratulations, Alanna, you were Caught in the Act!

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.

COMMUNITY EVENTS AND ACTIVITIES

DIR® /Floortime

The Astra Foundation in collaboration with the Center for Families is pleased to offer the DIR® / Floortime Course. This is for parents with children with special needs under 7 years old. The workshops will run for six Wednesdays, 9:30 -11:30 am, October 26-December 14, and includes 3 coaching sessions. Two free spots will be given for families from the Center for Families. Contact Christine Doucet at cdoucet@cambridgema.gov or 617-349-3003 for more information and to find out if you are eligible.

StoryWalk

Celebrate the start of a reading adventure! Pages of *You Read to Me, I'll Read to You* by Mary Ann Hoberman will be posted along Berkshire Street.

The kickoff celebration will be on **Friday, September 9** at from 5:30-7:30 pm at Donnelly Field (67 Berkshire St., behind the King Open School). The celebration features a special performance by Magician David Hall! There will be free books, light refreshments, giveaways, and arts and crafts! For more information, call 617-349-6385 or 617-665-3825.

Fall Community Events

Area IV Community Pride Day

Saturday, September 17 (Raindate: Sat, Oct 1), 10:00 am-6:00 pm, Clement Morgan Park

The ninth annual Area 4 Community Pride Day event will be held at Clement Morgan Park (Columbia Park), surrounding Columbia, Washington and Pine streets. There will be activities for the entire family, including children's games, face painting and pony rides. There will also be a health fair, basketball tournaments, giveaways, free food, and Area 4 information resources and services.

Danehy Day

Saturday, September 24 (Raindate: Sun, Sept. 25), 11:00 am—4:00 pm, Danehy Park, 99 Sherman St.

Enjoy a fun-filled day of amusement rides, arts and crafts, music and roving performers, free food and T-shirts while supplies last! Other special giveaways include colorful kites that appeal to kids of all ages! For more information, call 617-349-4301 or 617-349-6229. Shuttle buses will be running throughout Cambridge to provide transportation. Danehy Park can be reached by public transportation: #74 bus or #78 bus from Harvard Square; #83 bus from Central Square; or take a shuttle bus from the Alewife MBTA Station. Picnics and lawn chairs are encouraged.

Library News

O'Neill Library (70 Rindge Ave.)

Storytelling with Judith Black, Wednesday, October 19, 6:30 p.m.

Award-winning storyteller, Judith Black will be presenting stories for children age 6

(Continued on page 8)

Upcoming Free Family-Friendly Events

Cambridge Carnival

Saturday, September 10, 12:00-7:00 pm. Come to Kendall Square for the largest annual festival in Cambridge! This is a Caribbean style festival rooted in African traditions. Enjoy the colorful mile-long parade, a variety of costumes, Caribbean food, music, and dancing.

RiverSing!

Sunday, September 18. Starts in Winthrop Park in Harvard Square at 5:00 pm. Join thousands of voices in song as Revels celebrates the approaching Equinox with music, poetry and communal singing along the Charles. Contact: 617-972-8300.

MFA Family Wing Open House

Sunday, September 18 from 7:00 am-7:00pm at the Museum of Fine Arts. Free

admission, performances, and activities for all! Take the E train on the Green line to the Museum of Fine Arts.

Boston Book Festival

Saturday, October 15 in Copley Square. From activities and events to picture book authors and costumed characters, storytellers and hands-on entertainment, the Boston Book Festival is sure to keep you and your family busy from morning to late afternoon.

47th Annual Head of the Charles

October 22-23
The Head of the Charles Regatta is the world's largest two-day boating event. Watch rowing teams from around the country compete against each other. There are booths that sell food and some free giveaways.

Honk Festival

Friday, September 30-Monday, October 3
The HONK! Festival is a grassroots, non-profit event with performance by 350 musicians who traveled from all over. There will be performances in Davis Square and a parade down Mass Ave. to Harvard Square on Sunday. For more information, go to www.honkfest.org.

Save the Date: Family Literacy Fun Day

Saturday, November 6
A day of fun for all! Hundreds of Cambridge families attend each year! Activities around reading, giveaways, face painting, and more! Stayed tuned for the November/December newsletter for more information.

COMMUNITY INFORMATION

(Continued from page 7)

and older and adults! You'll thoroughly enjoy being entranced by this master storyteller...and I guarantee some laughter as well! For more information, call 617-349-4409 or 617-349-4023

Valente Branch Library (826 Cambridge Street)

Portuguese Songs for Children

Wednesdays, September 14 & 28; October 12 & 26, 11:45 am - 12:45 pm
We'll sing Portuguese songs and enjoy a story or two! For children of all ages and their caregivers. For more information, call (617) 349-4015.

Main Library (449 Broadway)

Sunday, October 23, 2:00 p.m.

Chinese Immigrant Children: Their Developmental Challenges (華裔移民兒童：成長中的挑戰).

Presented by Dr. Jin Li, Brown University

Dr. Li has done extensive research in the areas of Chinese children in the United States and their development and adjustment. This program will be presented in Mandarin.

East End House

East End House Weekly Family Playgroups

105 Spring Street, Cambridge, www.eastendhouse.org

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 also ride bicycles and participate in other gross motor activities in the gym, or play outside in the backyard with sand and water activities. This is a chance for kids to play with each other and for caregivers to meet each other. Juice and snacks are provided. There is no need to sign up. For more information contact Camille Platt at 617-876-444 or email Camille@eastendhouse.org.

Fresh Pond Kids Walk

Fridays from 9:00 am-10:00 am. Bring your parents and friends and join us for a leisurely walk to meet plants and animals living in the reservation. Meet at the Water Dept front door. Bring your own snacks. Rain cancels. Parking passes available. Contact Deb: 617-349-6489

Doula Support Programs

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

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

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

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

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

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

Cambridge Public Library Programs for Young Children

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



Main Library Snail Room, 449 Broadway, (617) 349-4038

- ◆ Baby Lapsit for parents and pre-walking babies. Registration required, Mondays at 10:00 am
- ◆ Toddler Storytime on Tuesdays and Thursdays at 11:00 am
- ◆ Toddler Sing 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
- ◆ Making It Up As We Go Along: A Book Group for Parents. Fourth Monday, 7:00 pm Registration required.

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

- ◆ Preschool Story Time on Mondays at 10:30 am
- ◆ Toddler Sing-Along on Wednesdays at 10:30 am

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

- ◆ Story Time on Wednesdays at 10:30 am
- ◆ Toddler/Preschool Sing 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 on Mondays at 3:30 pm
- ◆ Toddler time on Tuesdays at 10:30 am
- ◆ **New Program!** Afterschool crafts (ages 5 & up) on third Friday of the month at 3:00 pm. In September we're making aliens and in October we're making Monster Masks.

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

- **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).

Food & Clothing

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

Health

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

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.

CENTER FOR FAMILIES STAFF

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

Main Office**617-349-6385****Fax:****617-349-6386****Web:** www.cambridgema.gov/DHSP2/families.cfm**Email:** centerforfamilies@cambridgema.gov

Call or write us for more information.

Center for Families

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

Funding for Center for Families Programs

The Center for Families receives funding from the City of Cambridge, the Massachusetts Department of Early Education and Care (DEEC), and the Massachusetts Children's Trust Fund (CTF), Cambridge Public Schools, and Cambridge Health Alliance.

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



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

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