

**Center for Families
Parenting Support Programs**

Movement & Yoga for Parents & Children

Saturday, February 7

10:30-11:30am,

Center for Families, 70 Rindge Ave.

A movement-based class for parents and children ages 4-8 years old, where they do relaxing exercises and yoga together. Please wear comfortable clothes. **To register contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

Early Literacy Development Series: Dads and Moms Make a Difference!

Wednesdays, January 21, 28, February 4, and 11

6:15-8:00pm, Center for Families, 70 Rindge Ave.

Come and learn concrete strategies to support your child's language and literacy development (birth to five years) and share your successes and challenges with other Dads and Moms. Topics include talking, storytelling, reading, and screen time. Free books and giveaways! **To register contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

Parenting Journey: A - 11-Week Program

Wednesdays at the Center for Families, starting March 18 - June 3 (except 04/22) 6:15-8:15 pm

This program helps parents take better care of themselves, gain new parenting skills and build strong relationships with their children:

- Discover your strengths as individuals and as parents
- Learn to value yourselves and your children
- Learn to cope with negative thoughts
- Set goals for yourself and your children
- Understand how past factors influence your parenting styles
- Discover your circles of community support

Childcare available and meals served. For more information, call Christine @ 617-349-3003 or cdoucet@cambridgema.gov or Lucy @ 617-349-6967 or lhernandez@cambridgema.gov