

**Center for Families
Parenting Education Workshops**

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

We will be offering free Zumba classes on *Tuesdays & Thursdays 6:30-7:30 pm starting in September at 70 Rindge Ave. in the Peabody School Cafeteria*. Join us and dance your way to a healthy and toned body with this fusion of Latin music and dance themes! Meet other Cambridge parents, too! You must register for this class. For more information, call 617-349-6385.

Baby Massage/Nurturing Touch & Infant Development Series

(based on WINC without borders material and curriculum)

Thursdays, March 12, 19, 26, April 2, and 9, 12:30-1:45pm, Center for Families, 70 Rindge Ave.

Massaging your baby and growing child helps you develop a strong relationship with your baby. The discussion topics are designed to support you in your parenting. Also, this series might help your baby to have less gas and constipation, relax better and cry less, and sleep longer.

To register contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

Cooking Healthy Food for Parents and Children(3-8 years)

Saturday March 21, 10:00 to 11:30 am, 119 Windsor Street Conference Room

Come to a fun, interactive, multisensory nutrition education program where food-related stories and songs will be shared and yummy nutritious delights will be cooked and tasted together. Presenter: Jackie Newman, Dietitian-Nutritionist. **To register contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

Movement & Yoga for Parents & Children

Saturdays, March 28 and April 11, 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.**

Parenting Journey: An 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

Exercise for Mothers In their First Year after Giving Birth

Thursday. April 16, 11:30am-1:00pm, Russell Youth Community Center (West Cambridge Youth Center), 680 Huron Ave.

Postpartum workshop for mothers with babies 0-12 months (you can come with or without your

baby). Learn from a physical therapist that specializes in postpartum how to do exercises that are designed to improve your physical health after birth. These exercises will help you have a strong body to take care of your baby and prevent injuries like back, wrist and shoulder pain. It will help you strengthen your pelvic floor and abdominal muscle safely. Instructor: Sybille Bosslet, Physical Therapist.

To register contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.