Hello Everyone and Happy October!

We hope you're getting ready for some cooler Fall weather!

Check out details for our **Family Art and Literacy Night** event on page 3, and other upcoming Center for Families Programming on pages 4 and 5!

**Cambridge Dads**, check out page 6 with lots of information just for you, including details on our returning program, **Dads and Kids At The Gym**!

Don't forget to check out our **Monthly Mindfulness Mondays with Maeve videos**! This is a great chance to enjoy some family-friendly mindfulness videos narrated by our very own Maeve! A new video will be posted the first Monday of each month. Check them all out here on the CFF YouTube channel: https://bit.ly/CFFYouTube.

The Center for Families offers programming for Cambridge families and their children aged birth to 8 years old.

Looking for resources and supports in Cambridge for families? **Center for Families staff can help connect you with all the resources in Cambridge!** Connect with us virtually or in-person! Call us at 617-349-6385 or send us an email at centerforfamilies@cambridgema.gov. Visit our website at www.cambridgema.gov/DHSP/CFF.
To access the ASQ, please visit:
https://www.asqonline.com/family/3ef982 or scan the QR code with your phone's camera.
CENTER FOR FAMILIES

Family Art & Literacy Night!

For Cambridge Families with children aged birth–8 years old. Join us for an evening filled with arts and crafts, reading, and lots of fun! We will have free books and free pizza too!

Location: Peabody School Cafeteria
(70 Rindge Ave)
When: Friday, October 28th
6:00pm – 7:30pm

For more information, or with any questions, contact Maeve at mlinnane@cambridgema.gov, or call 617-349-6385.

The Center for Families is funded by the City of Cambridge, the Coordinated Family and Community Engagement (CFCE) grant from the Massachusetts Department of Early Education and Care (DEEC), Children’s Trust, Cambridge Public Schools, and the Cambridge Health Alliance.
COVID Protocol Updates: All in-person programs will follow COVID safety measures.

Moms' Group with Discussion and Activity in the Park (In-Person, Outside)
Friday, October 7th from 10:00 am - 11:30 am on the green lawn outside of the Cambridge Public Library at 449 Broadway St. Rain date is October 14th. (Next Moms' Group will be 11/4).

Join Kim Tran and Christine Doucet from the Center for Families, as well as other moms, as we talk about parenting and share our experiences while doing a craft activity together. Activity kits and snacks will be provided. All mothers must register. To register, email Kim Tran at ktran@cambridgema.gov or call 617-349-6385.

2-Part STEAM Workshop for Parents with Young Children (In-Person, Inside)
Wednesdays, 10/19 and 10/26, from 6:15 pm - 8:00 pm at the City Wide Senior Center (806 Mass Ave., Cambridge, MA 02139)

Join the Agenda for Children and The Center for Families for a 2-part workshop focused on math and science for Cambridge families with children aged 1 - 4 years old! Light dinner will be served, and limited childcare will be available.

To register, contact Jen Cabezas at jcabezas@cambridgema.gov, or call 617-349-9169.

CFF and AFC Late Fall Playgroups in The Parks (In-Person, Outside)
Join the Center for Families "CFF" and Agenda for Children "AFC" for our Late Fall Playgroups series! We will offer three weekly playgroups in the parks for Cambridge families with children 15 months - 4 years old. We will provide a light snack and all supplies. Join us in the parks to meet other families, learn songs and activities to support your child's development, and have fun! All playgroups run 10:30am - 11:30am.

Playgroup Locations:
- Mondays: 10/24, 10/31, 11/7, 11/14, 11/21, 11/28, 12/5 at Danehy Park (99 Sherman St)
- Wednesdays: 10/26, 11/2, 11/9, 11/16, 11/30, 12/7 at Greene-Rose Heritage Park (155 Harvard St)
- Thursdays: 10/27, 11/3, 11/10, 11/17, 12/1, 12/8 at Hoyt Field (12 Gilmore St)

Families must register for playgroups. Please register for one location. Space is limited. To register, contact Kim Tran at ktran@cambridgema.gov or call 617-349-6385.

Pajama Story Time Series (In-Person, Inside)
Tuesdays, October 25th, and November 15th from 6:45 pm - 7:30 pm (new day!) inside the O'Neill Library (70 Rindge Ave). The Center for Families and the Cambridge Public Library invite Cambridge children birth through age 8 and their grownups to join us in-person for songs, stories and rhymes to wind down the day. Caregivers are asked to participate in the program with their children. No need to register, just come if you can! For more information, contact Maeve Linnane at mlinnane@cambridgema.gov or call 617-349-6385.
Cambridge Families with Infants

COVID Protocol Updates: All in-person programs will follow COVID safety measures.

Exercises, Tips, and Stretches for Mothers in Their First Year After Giving Birth 3-Part Series (Virtual)

Thursdays, November 3rd, 10, and December 1st from 10:00 am to 11:30 am on Zoom.
A workshop for mothers with babies birth–15 months.
Learn from a physical therapist specializing in postpartum how to improve your physical health after birth. This workshop will give you tools to strengthen your whole body safely, especially the pelvic floor and abdominal muscles. Instructor: Sybille Bosslet.
This series will run on Zoom. It is recommended to register for the entire series.

To register, email Christine Doucet at cdoucet@cambridgema.gov or call 617-349-6385 and leave a message after the long voicemail.

Infant Support Group/Baby Time Playgroup at the Park (In-Person, Outside)

These playgroups are for Cambridge parents with babies 8 weeks - 15 months. Join other parents for a fun and interactive time with your babies. There will be activities and songs facilitated by Christine Doucet, Center for Families Infant Coordinator. We encourage families to attend all sessions at their chosen location. If a group is canceled due to rain, the group will be on Zoom. The group will meet on Tuesdays on the following dates:

- North Cambridge Series: Tuesday, October 11th from 12:30 pm to 1:30 pm at Bergin Park (Haskell Street - behind Peabody School, or in CFF infant room in the Peabody school if it rains).
- East Cambridge Series: Tuesday, October 4th and 18th, from 12:30 pm to 1:30 pm at Donnelly Field (near Willow Street - behind King Open School).

All families must register for one location. To register, email Christine Doucet at cdoucet@cambridgema.gov or call 617-349-6385.

Nurturing Touch/Baby Massage and Infant Development Series (Hybrid)

Our next series will begin in January. If you are interested or if you have any questions, email Christine Doucet at cdoucet@cambridgema.gov or call 617-349-6385.

Baby Walk with Singalong at Danehy Park Series (In-Person, Outside)

Let's meet in a park and walk together with babies in strollers or in baby carriers! We will start with a singalong and then walk and talk together for about 35 minutes. We will end the walk at the same place we started.
We encourage families to attend most of the sessions if possible.
Mondays, October 3rd, 17th, 24th and 31st from 9:30am to 10:30am. Meeting at Danehy Park (entrance on Sherman Street, near the playground with sprinklers).
To register, email Christine Doucet at cdoucet@cambridgema.gov or call 617-349-6385.
Cambridge Dads is a partnership between the Center for Families and the Agenda for Children Literacy Initiative. Cambridge Dads connects with fathers and father figures and provide information on how a dad can get involved with Cambridge Dads.

Some of the programs we offer include:
- events for Dads and Kids
- events and workshops for Dads only
- connecting one-on-one
- information on community resources
- information on child development (through the Ages and Stages Questionnaire)

Fathers and Father-figures who live, play, pray, learn or work in Cambridge can reach us by:
- Phone: call or text 857-209-4964
- Email: cambdads@cambridgema.gov
- Facebook: @CambridgeDads
- Twitter: @CambDads
- Instagram: @CambridgeDads

Fatherhood Text Campaign
Our Fatherhood Text Campaign offers a great way to be connected and informed! Sign up to receive a text once a week about fatherhood, events, and activities to do with your kids in and around Cambridge.
To Sign-Up: Text the word father to 877-936-3237 (standard text messaging rates apply).

Dads & Kids At The Gym! (In-person, Inside)
Our Dads & Kids At The Gym series is back! Join us at the Gately Youth Center for movement, games, and lots of fun! Together we will eat some breakfast, engage in conversation, and play with our children!

When: Saturday, October 22nd
Where: Gately Youth Center (70 Rindge Ave, behind the Peabody School)
Time: 10:00am - 11:00am

To register, or with questions, reach out to Jen at j cabezas@cambridgema.gov or call 617-349-6385.
Are you looking for resources and supports? The Center for Families can help connect you to information and resources for families in Cambridge! We have information about: childcare, preschool, kindergarten/Cambridge Public Schools, Afterschool, Early intervention, Special education, Housing, Employment, Tutoring, English classes, Ages and Stages Questionnaire (a child development screening), and more! Please contact the Center for Families at 617-349-6385 and leave a message with your name and phone number. We will get back to you within 2 business days. You can also email us at centerforfamilies@cambridgema.gov.

Do you have questions or need more information about your child’s development or child’s behavior? Here at the Center for Families, we understand how amazing and challenging parenting can be for all of us. Whether you are a first-time parent or having your fourth child, we all need support and information to understand our child’s early growth and development. At the Center, we have knowledgeable and experienced staff members who are here to help! If you have an infant and need support, please contact Christine Doucet at cdoucet@cambridgema.gov or 617-349-6385. If your child is over 15 months, please contact Jen Cabezas at 617-349-9169 or jcabezas@cambridgema.gov.

Friends of the Center for Families (FCFF) is a nonprofit organization that supports and promotes programs, activities, and events for the Center for Families. We are looking for community members to be representatives who are willing to share their experiences and perspectives as a parent, caregiver, program participant or educator to help shape the future of the Center for Families. Even if you can spare just a little bit of time, we welcome your interest! Please visit our website for more information (www.FriendsOfTheCenterForFamilies.org) or e-mail us at: FriendsOfTheCenterForFamilies@gmail.com.
Are you looking for some ideas on how to support your little one? The Center for Families offers free resource bags families can borrow on the following topics:

- First Time Dads
- Getting Ready to Share
- Biting
- Hitting
- Fun with Language
- Starting Childcare or School
- A New Baby in the Family
- Death of a Loved One
- Potty Training
- More topics coming soon!

Each bag is filled with engaging books for toddlers and preschoolers as well as articles and resource lists, including websites for parents.

If you are interested in borrowing any of the resource bags or have any questions, please contact Kim Tran at 617-349-6385 or ktran@cambridgema.gov.
RESOURCES AND SUPPORTS FOR FAMILIES

Adult Education
- **Cambridge Employment Program**: Provides free assistance to Cambridge residents looking for work, career counseling, help with resumes/cover letters, using a computer/internet to help with job searches, and interviewing. Please call 617-349-6166.
- **Community Learning Center (CLC)**: Offers ESOL Family Literacy classes for parents to help them develop their English skills and provide literacy support to their children. Contact Felipe Vaquerano at 617-349-9180 for more information and to hear about current openings.

Childcare, School & Support
- **Department of Human Service Programs (DHSP)**: Runs programs for children and families, including Preschool and School-Age programming, Community Schools, and Youth Centers around the City. For information, call 617-349-6200 or visit www.cambridgema.gov/DHSP.
- **Riverside Community Care**: Provides an array of services to help children and families cope with developmental, mental health, social and behavioral difficulties. Call (617) 354-2275.
- **JF & CS** has resources for families and Support Groups for parents with babies: https://www.jfcsboston.org/Our-Services/Center-for-Early-Relationship-Support/Support-Groups
- **One Tough Job**: connects parents in Massachusetts and beyond with the latest and greatest parenting information, ideas, and on-the-ground resources. www.onetoughjob.org.

Food & Clothing
- **The Center for Families can help you connect with clothing resources in Cambridge**. Clothing resources provide gently used clothing for families. Want to learn more? Contact the Center for Families at centerformfamilies@cambridgema.gov or call 617-349-6385 and leave a message with your name and phone number after the voicemail. We will get back to you within 2 business. Please include you child's name, age, and clothing and shoe sizes.
- **The Cambridge Food Pantry Network**: Provides food and information about food pantries to families 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 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 at Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-575-5370.
- **Cambridge in Motion Healthy Eating & Active Living Resources During COVID-19**. Check out this list of Cambridge Food Resources available in the following languages: English, Spanish, Haitian Creole, Portuguese, Amharic, and Mandarin. See it today at: https://www.cambridgepublichealth.org/lifestyle/Cambridge_in_Motion.php

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.
- **Just-A-Start Corporation**: Free mediation and coaching services for Cambridge residents. Just-A-Start helps with disagreements between landlords and tenants, between neighbors, or even between tenants and service providers. Contact Elizabeth Winston at 617-918-7518 or elizabethwinston@justastart.org to talk to someone about your situation.
RESOURCES AND SUPPORTS FOR FAMILIES

Special Needs Services

- **Riverside Community Care**: 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 Jeannie Parkus at 617-349-3252.
- **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 https://www.cambridgema.gov/DHSP/programsforadults/ccpd.aspx
- **Exceptional Lives** has created free, easy-to-read resources for families who have children with disabilities. Check their website: ma.exceptionallives.org
- **Special Education Liaison – Parent Advisory Council (SEPAC)**: If you are looking for parent-to-parent support and information, please contact Zuleka at 617.593.4402 or ZQueen-Postell@cpsd.us.

Wellbeing and Emotional Support Resources

- **Healthy Minds App**: a FREE app that includes a combination of podcast-style lessons and both seated and active meditations. You’ll learn what the science says about the brain while developing skills to tap into these learnings for a healthier, happier you. Check it out at: https://hminnovations.org/meditation-app.
- **Center for Mindfulness and Compassion at Cambridge Health Alliance**: free daily programming as well as resources and supports. Check it out here: https://www.chacmc.org/.
- **Sesame Street in Communities**: Sesame Street has lots of great resources and activities for social and emotional wellbeing for both parents and children! Check it out at: https://sesamestreetincommunities.org.
- **Massachusetts Launches Family-Friendly Website to Help Parents Support Children’s Mental Health**: www.HandholdMA.org provides free tools and resources for parents concerned about their children’s mental health. **HandholdMA.org is available in six languages**: English, Spanish, Portuguese, Simplified Chinese, Haitian Creole, and Vietnamese.

Other

- **The Commission on Immigrant Rights & Citizenship (CIRC)**, addresses the needs of Cambridge’s immigrant community in identifying, accessing and obtaining City and local resources, including legal services. Reach out to CIRC through www.Cambridgema.gov/circ.
- **The Fuel Assistance Program** assists households in Cambridge and Somerville with winter heating costs between November 1st and April 30th. Renters and homeowners in both cities are eligible to apply if they meet federal income guidelines. Due to COVID-19, all application appointments will be done by phone and applications will be submitted through no-contact options. **English, Spanish, and Amharic-speaking intake workers are available to assist applicants.** Learn more about the program and application process and requirements here: https://www.cambridgema.gov/DHSP/programsforadults/fuelassistance/howtoapply. You can also call 617-349-6252.
- **Let's Talk!** is a free early literacy program for families with children ages birth–age 8 in Cambridge that offers services for moms, dads and childcare providers. To sign up for a free (virtual) literacy home visit, call 617-665-3812. For tips and resources on ways to support young children, text “letstalk” to 617-272-4139 for a weekly tip via text or connect with Let’s Talk! at: www.letstalkcambridge.org, or on Facebook, Instagram or Twitter.
- **Find It Cambridge**: Find It Cambridge (www.finditcambridge.org) is a website to help you easily find the activities, services, and resources you are looking for in Cambridge. Find It Cambridge can help those who live and work in Cambridge learn about the different opportunities the City has to offer. The website can be translated into different languages! If you have any questions you can call Find It at 617-652-5232 or email Find It at info@finditcambridge.org.