



# Center for Families Newsletter

October 2023

Hello families! We are excited to introduce you to our updated newsletter!

The Center for Families offers programming for Cambridge families and their children ages birth to 8 years old. We offer parent/child activities, playgroups, parenting workshops, family fun events, programs just for dads, and more!

## October Programming



### Drop-in Playgroups this Month!

*For parents with children ages 2 to 4 years old.*

Join the Center for Families and Agenda for Children *Let's Talk* Program to meet other families with young children, learn songs and activities to support child development, and have fun! **Drop-in playgroups are offered on Mondays and Tuesdays from 10:00am - 11:30am.** Click the "View Playgroup Schedule" for information about dates and locations!

No need to register, just come by! Questions? Contact Kim at [ktran@cambridgema.gov](mailto:ktran@cambridgema.gov) or call 617-349-6385.

[View Playgroup  
Schedule](#)



## Tiny Tots Outdoor Movement Playgroup

For parents with children ages 15 months to 23 months.

This Fall, join CFF and AFC at our drop-in Tiny Tots outdoor playgroup to meet other families with young children, learn skills and games to develop your child's gross-motor/movement skills, and have fun!

**Playgroup runs from 10:00am - 11:30am at Bergin Park!** For dates and more information, click the schedule button below!

**Questions?** Contact Kim at 617-349-6385 or email [ktran@cambridgema.gov](mailto:ktran@cambridgema.gov)

[View Tiny Tots Schedule](#)



## Moms Group with Discussion & Activity

**Friday, October 13th, from 10:00am - 11:30am, outside at Rindge Field** (behind Peabody School, on Haskell St). Group will be inside at the Peabody School if raining (70 Rindge Ave). *Next Moms' Group will be November 17th!*

Join the Center for Families, and other moms, as we talk about parenting and share our experiences while doing a craft activity together. Limited childcare available for children who are walking. Activity kits and snacks will be provided.

**All mothers must register.** To register, email Kim Tran at [ktran@cambridgema.gov](mailto:ktran@cambridgema.gov) or call 617-349-6385.

[Moms Group](#)

## Providers Drop-In Playgroups

For Cambridge Childcare Providers, Nannies, and the children they care for only.

This Fall, come meet other childcare providers in the Cambridge community, and engage in fun activities and games with the children you care for! Playgroups are facilitated by CFF staff.

**Where:** Moore Youth Center (12 Gilmore St)  
**When:** Thursdays 10/5, 10/19, 10/26, 11/9, 11/16, 11/30 and 12/7  
**Time:** 10:00am - 11:30am

For more information, call Cynthia at 617-349-6327.

[View Playgroup Flyer](#)



## Pajama Story Time

Tuesdays, October 24th and November 14th  
O'Neill Library (70 Rindge Ave)  
6:45 p.m. - 7:30 p.m.

The Center for Families and the Cambridge Public Library invite Cambridge children from birth through age 8, and their grownups, to join us in person for songs, stories, and rhymes to wind down the day.

**No registration needed;** just come if you can!

Contact Maeve at 617-349-6385 or email [mlynnane@cambridgema.gov](mailto:mlynnane@cambridgema.gov) for more information.

[View](#)

## Infant Programming

*For Cambridge parents and caregivers with babies from birth - 15 months*

### Infant Support Group / Baby Time Playgroups

Join us for a fun and interactive time with other parents, caregivers, and babies! Groups meet in North Cambridge and East Cambridge:

- **North Cambridge Series:** Mondays, 10/2, 10/16, 10/23, 11/6, 11/13, 11/27, 12/4 and 12/11 from 12:30pm to 1:30pm. Group will meet outside at Bergin Park (Haskell St) if weather permits; otherwise, group will be held indoors in The Center for Families Infant/Toddler Room located in the Peabody School (70 Rindge Ave., rear door #10).
- **East Cambridge Series:** Tuesdays, 10/3, 10/10, 10/17, 10/24, 11/14, 11/28, 12/5, 12/12 from 12:30pm to 1:30pm. Group will meet outside at the park next to the Frisoli Youth Center (61 Willow St) if weather permits; otherwise, group will be held indoors in the Frisoli Youth Center.

To register, email Christine Doucet, Infant Program Coordinator, at [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).

[View Baby Time Playgroups Flyer](#)

## October Workshops and Events!



### Let's Count and Explore Workshop!

Join the Center for Families and Let's Talk Program for this two part workshop about math and science with young children! This program is for Cambridge parents with children 1 - 4 years old.

**Light dinner and limited childcare available!**

Workshop held at Peabody School (70



### Vegetable Circus Event!

Saturday, October 21st

10:30am - 11:30am

Join us at Frisoli Youth Center (61 Willow St) for a fun filled morning with our friends from Vegetable Circus! We will see circus acts, learn circus skills, and have fun!

**This event is for Cambridge families, with children aged 4 - 8 years old.**

Rindge Ave), on Thursday October 12th and  
October 19th from 6:15pm - 8:00pm.

**Registration required.** To register, contact  
Jen at [jcabezas@cambridgema.gov](mailto:jcabezas@cambridgema.gov) or call  
617-349-9169.

**Registration required.** To register, contact  
Maeve at [mlinnane@cambridgema.gov](mailto:mlinnane@cambridgema.gov) or  
call 617-349-6385.

Register

Register

## Baby University is coming to North Cambridge in January 2024!



Baby U will be starting our upcoming session in **January 2024**, and will run parenting workshops on **Saturday mornings for 14 weeks**. We'll be leading parenting workshops on different topics each week. At the end of each workshop, we'll join in family play activities. Our focus is on creating a space where parents can connect with each other, learn new information on a variety of topics, including brain development, reading, discipline and stress management. The program works to support and strengthen parent-child relationships and share community resources.

If you live in the North Cambridge, West Cambridge, and Porter Square neighborhoods and have a child 3 years old or younger, you are eligible to be a part of this session of Baby U. **This series will run in-person.** For more information and to register, contact Angela at 617-349-6204 or [aconway@cambridgema.gov](mailto:aconway@cambridgema.gov).

## Cambridge Dads



**CAMBRIDGE  
DADS**

EST. 2014

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 provides information on how a dad can get involved with Cambridge Dads.

**Our programs include:**

- \* Events for Dads and kids
- \* Events and workshops for Dads only
- \* Connection one-on-one
- \* Information on community resources
- \* Information on child development

**Connect with Cambridge Dads!**

Call or text us at 857-209-4964

Follow us on Facebook ([@CambridgeDads](https://www.facebook.com/CambridgeDads)), Twitter ([@CambDads](https://twitter.com/CambDads)), and Instagram ([@CambridgeDads](https://www.instagram.com/CambridgeDads))

**Join our Fatherhood Text Campaign!**

A great way to stay connected and informed! Receive a text once a week about fatherhood, events, and activities to do with your kids in Cambridge

**To sign up:** Text the word "father" to 877-936-3237

## Dads & Kids At The Gym!

Join us at the **Gately Youth Center** (*behind Peabody School, 70 Rindge Ave*), for fun, games, and activities with your child! All dads, uncles, male caregivers, grandfathers, step-dads, godfathers, etc. welcome with at least one child aged birth to 8. Light breakfast provided!

**This series runs from 10:00am - 11:30am on Saturdays** on the following dates: October 14th, November 18th, and December 9th.

**Registration required.** To register, email [cambdads@cambridgema.gov](mailto:cambdads@cambridgema.gov) or call 617-349-6385.

[View Dads & Kids at The Gym  
Flyer](#)

## Dads Basketball!

Join us to get to know other Cambridge dads, engage in conversation and play some basketball! This program is for all Cambridge dads, uncles, male-caregivers, grandfathers, step-dads, godfathers, etc only. **No children at this program please! Childcare not available.**

**Tuesdays from 6:00pm - 8:00pm at Cambridge Port School (89 Elm St)** on the following dates: **10/3, 10/10, 10/17, and 10/24.**

**Registration required.** To register, contact James at [jnormil@cambridgema.gov](mailto:jnormil@cambridgema.gov) or call 617-349-7262.

[View Dads Basketball  
Flyer](#)



## Ages and Stages Questionnaire (ASQ) with The Center for Families

The ASQ online tool helps you to better understand all your child's different stages of development from one month up to 5 years old with activities you can do at home. It only takes about 10 - 15 minutes to complete the questionnaire!

[Ages and Stages  
Questionnaire](#)

## CAMBRIDGE Preschool Program



CAMBRIDGE  
PUBLIC SCHOOLS

CAMBRIDGE  
Office of Early Childhood

## Free Preschool for all Cambridge 4-Year-Olds!

Beginning December 1, Cambridge families with 4-year-olds can apply to the Cambridge Preschool Program (CPP), which will provide **free school-day, school-year preschool for the 2024-2025 school year.**

**You can apply to CPP from December 1 - January 15, 2023.**

**Learn more at a virtual information session on Thursday, October 12 from 7-8 p.m.!**

[\(Register Here!\)](#)

Information sessions for community members who speak languages other than English will be held in October and November. If you have questions about these information sessions, please contact Megan Postal at [mpostal@cpsd.us](mailto:mpostal@cpsd.us).

### Highlights of CPP:

- Families can choose from many preschool programs, including Cambridge Public Schools, City of Cambridge DHSP, and select community-based preschools and family childcare providers.
- Families will apply to preschool programs through a single online application (paper applications will also be available).
- Extended day and year-round preschool programs available (may be additional cost for families).
- All programs will have high-quality state-approved curriculum

### A child is eligible to apply if they live in Cambridge and are:

- 4 years old by August 31, 2024 for 4-year-old programs; or
- 3 years old by August 31, 2024 for 3-year-old programs.

*Please note: there will be limited seats for 3-year-olds and there may be additional eligibility requirements.*

Learn more about the Cambridge Preschool Program on the [Cambridge Office of Early Childhood's website](#).

**Register for the CPP Information Session**

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## Center for Families Help In A Bag!



Are you looking for some 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 email [ktran@cambridgema.gov](mailto:ktran@cambridgema.gov).**

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## More Resources and Supports for Families

Center for Families staff can connect you to local agencies in Cambridge and surrounding communities for assistance ranging from education, food, housing, and much more.

[View Local Resources](#)

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