



# Center for Families Newsletter:

## Cambridge Family News



Information, Support, & Activities for Families with Children Ages Birth—8 Living in Cambridge

### January—February 2017

In this issue of **Cambridge Family News**, we have updated information on community programs, events, workshops, and resources to keep you and your family active and well connected this winter!

On page 2 you will find information on registering your child for Junior Kindergarten and Kindergarten. Remember to do so by Tuesday, January 31st! Check out page 5 for all our information and programs just for dads! Interested in attending workshops or family events with the Center for Families, see information on page 6. Pages 8 and 9 have lots of community information and resources. Have you heard about Find It Cambridge? Check out more information on page 8. It is a great new online resource for Cambridge families.

Lastly, February is National Dental Hygiene month! Turn to page 2 for tips, information, and fun activities to help keep your family's teeth healthy.

Our calendar is on page 4. Be sure to check our playgroup and program schedule and note any days we are closed or do not run groups! As always, give us a call at 617-349-6385 with any questions. We hope to see you soon!



### Up Coming Events!

Groups Start for 2017!	1/9
Family Fun Day	1/21
Early Literacy Development Workshop	1/26, 2/2, 2/9, 2/16
Mother's Discussion & Craft Activity Group	1/27 & 2/10
Junior Kindergarten and Kindergarten Registration Forms Due	1/31
Dads & Kids at the Gym	2/4
Adult Yoga for Beginners!	2/7, 2/14, 2/28, 3/7
Movement & Yoga for Parents & Children	2/11

### Family Fun Day



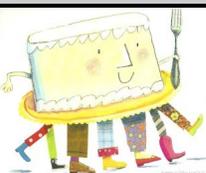
Join us for the Center for Families Family Fun Day!

Saturday, January 21st, 10:00am—1:30pm, Peabody School Gym, 70 Rindge Ave. (please enter through door #11)

Children ages birth—8 years old and their families are invited to join the Center for Families for a fun morning of crafts and activities all about Community Helpers!. We also have moon bounces, face painting, book giveaways, toddler obstacle course, infant area, performer, a light lunch, and more!

Contact the Center for Families at 617-349-6385 for more information.

### Friends of the Center for Families' Cake Walk!



Join the Friends of Center for Families for the 6th Annual Cake Walk!

**Where:** At the Center for Families' Family Fun Day, Peabody School, 70 Rindge Ave., Cambridge

**When:** Saturday January 21, 2017 from 10:00am—1:30pm

Friends of the Center for Families is seeking donations for the Cake Walk of cakes, cupcakes, or any baked good! Store bought or homemade welcomed!

Want more details about donating? Contact Emily Buswell (FCFF board member) at [ebuswell@aol.com](mailto:ebuswell@aol.com).

### Table of Contents

Playing and Learning Activities	page 2
Information Spotlight	page 2
CFF Playgroup Information	page 3
CFF Calendar of Drop-in Playgroups, Workshops & Events	page 4
Fatherhood Corner	page 5
CFF Programs and Events	page 6
CFF News & Information	page 7
Cambridge Community Information	Page 8
Community Resources, Information & Supports	Pages 9
Contact Information	page 10

*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 buses.*

## Spotlight: Junior Kindergarten and Kindergarten Registration

The January Junior Kindergarten and Kindergarten lottery for students who are eligible for either JK or K begins on Tuesday, January 3rd, 2017 and ends on Tuesday January 31, 2017. All registration forms for the lottery must be submitted in person to the Family Resource Center (Cambridge Rindge & Latin School, First Floor, FRC Entrance, 459 Broadway St.).

**Important information to keep in mind:** Children born between September 1, 2012 – March 31, 2013 should register for Junior Kindergarten between January 3rd and January 31st. Children born between September 1, 2011 – August 31, 2012 should register for Kindergarten between January 3rd and January 31st.

**How to register:** 1) Complete the registration forms. Email [welcome@cpsd.us](mailto:welcome@cpsd.us) to request the digital forms, download the application at [www.cpsd.us](http://www.cpsd.us), or pick up a packet at the Family Resource Center (FRC). 2) Gather your required documents. The checklist on the front of the application can help you organize your paperwork. 3) Go to the Family Resource Center between 1/3/17 and 1/31/17 to turn in your forms! January 31 is the deadline to participate in the First Cycle Kindergarten Lottery. This is the time when you will have the best chance of getting one of your school choices. By state law and School Committee policy, FRC must review original copies of many documents in person at the FRC. We know this can be inconvenient, but we will do our best to complete the process as efficiently as possible.

**Registration Requirements:** Please see application checklist for a full list of approved documents.

- Completed required registration forms
- Child's birth certificate or passport (*Original or certified copy*)
- Lease, mortgage, or other approved proof of address
- Utility bill dated within 30 days
- Parent/Guardian license, passport, or other approved proof of identity
- Immunization (shots) record

Call the Family Resource Center at 617-349-6551 with any questions or for more information! Remember, turn in all your forms by Tuesday January 31st, 2017.

## Playing and Learning Activities

Have fun ideas to share? Email Cynthia at [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov)

February is **Dental Health Awareness Month!** Here are some dental tips for families:

- Brush twice a day
- Drink tap water
- See your dentist twice a year

**Looking for ways to introduce your child to learning about how to take care of their teeth?**

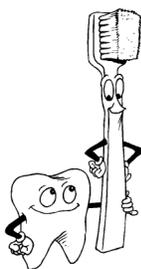
**Sing a fun song about teeth!**

**Brush, Brush, Brush Your Teeth** (sung to: *Row, Row, Row Your Boat*)  
Brush, Brush, Brush your teeth,  
'til they're shiny bright.  
They'll be healthy, they'll be strong,  
if you treat them right.

**Read a book together about brushing your teeth or visiting the dentist!**

Some good books are:

- *A Visit to the Dentist* by Eleanor Fremont
- *Dear Tooth Fairy* by Jane O'Connor
- *My Pet Dinosaur Won't Brush His Teeth* by Sharlene Alexander



**Looking for some fun winter activities to do with your children?**

**Explore together!**

We tend to stay inside a lot in the winter, but try putting on your hats, gloves, coats, and boots and visit a local Cambridge park! There are over 70 parks in Cambridge and they are open in the winter! Try building a snowman, a snow fort, enjoy the snow! Playing in the snow is a great chance to talk with your children. Ask them how the snow feels. Is it wet? Is it soft?

**Make Home-Made Instruments!**

- Clean a container, such as a water bottle, coffee can, soup can, etc.
- Decorate the outside with stickers, feathers, tissue paper, or anything around the house.
- Add rice, beans, or dry pasta.
- Tape the lid back on and shake away!

## Parent/Child Activities

**Help us all stay healthy! Please stay home if you or your child has had a fever, chronic cough, has thrown up or had diarrhea within 24 hours of activities. We want to make sure everyone stays germ-free!**

The following Center for Families Drop—in Playgroups and Babytime Infant Playgroups run through Thursday, June 15, 2017. Playgroups do not meet on days when the Cambridge Public Schools have early release, are closed or there is a snow day as well as days when Center for Families has staff training. Please check the Center for Families calendar on page 4 of this Newsletter for more information. **Drop-in Playgroups do not meet on: 1/2, 1/3, 1/4, 1/5, 1/16, 2/20, 2/21, 2/22, 2/23. Drop-in Playgroups return for 2017 the week of January 9th.** Please call the Center for Families at 617-349-6385 with questions.

### Parent/Family Member and Child Drop—in Playgroups

#### Mondays

- Moses Youth Center (formally Area IV Youth Center), 243 Harvard St., Bus Routes 69,83 & 91, 10:00—11:30 am
- Babytime Infant Playgroup (for parents/family members with children ages birth—15 months), Center for Families, 70 Rindge Ave. (please enter through main door of the Peabody School), Bus Routes 77&83, 12:30pm—2:30pm\*

#### Tuesdays

- Babytime Infant Playgroup (for parents/family members with children ages birth—15 months), Margaret Fuller Neighborhood House, 71 Cherry St. (use the door on the right side of the building) Bus Routes 1, 69 and Central Square T, 12:15pm—2:15pm (please note new time)\*

#### Wednesdays

- Gately Youth Center Gym, 70 Rindge Ave. (back of Peabody School), Bus Routes 77 & 83, 10:00—11:30 am\*\*

### Family Childcare Provider and Child Drop—in Playgroups

#### Mondays

- Babytime Infant Playgroup (for parents/family members with children ages birth—15 months), Center for Families, 70 Rindge Ave. (please enter through main door of the Peabody School), Bus Routes 77&83, 12:30pm—2:30pm\*
- Moore Youth Center Gym, 12 Gilmore St. (off of Western Ave.), Bus Route 70, 10:00—11:30 am\*\*

#### Tuesdays

- Babytime Infant Playgroup (for parents/family members with children ages birth—15 months), Margaret Fuller Neighborhood House, 71 Cherry St. (use the door on the right side of the building) Bus Routes 1, 69 and Central Square T, 12:15pm—2:15pm (please note new time)\*

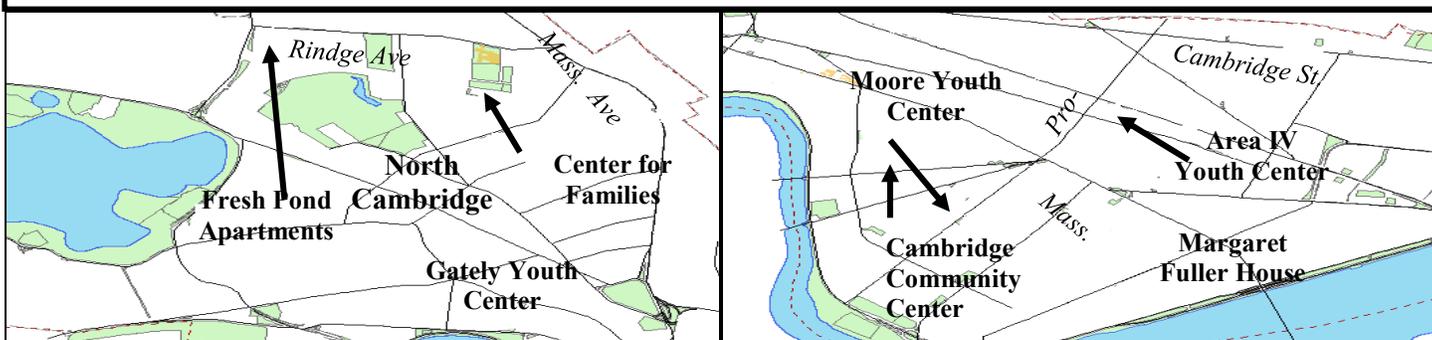
#### Thursdays

- Center for Families, 70 Rindge Ave. (please enter through the main door of the Peabody School), Bus Routes 77 & 83, 10:00—11:30 am, Note: Due to space concerns, we will be limiting group to first 26 children & their providers who arrive.

Please note:

\*Please attend either Monday or Tuesday Infant Group

\*\*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 located. If you have questions about where a group or event is located, please feel free to call the Center for Families at 617-346-6385.*

## Center for Families' Drop-in Playgroups, Workshops, & Events January–February 2017 Calendar

Sun.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 1	2 CFF closed.	3 No groups.	4 No groups.	5 No groups.	6	7
8	9 Moses Youth Center (Parents) 10:00–11:30 Moore Youth Center (Providers) 10:00–11:30 Babytime Infant Playgroup @CFF 12:30–2:30	10 Babytime Infant Playgroup @MFNH 12:15–2:15	11 Gately Youth Center Gym (Parents) 10:00–11:30	12 Center for Families (Providers) 10:00–11:30	13	14
15	16 CFF closed.	17 Babytime Infant Playgroup @MFNH 12:15–2:15	18 Gately Youth Center Gym (Parents) 10:00–11:30	19 Center for Families (Providers) 10:00–11:30	20	21 Family Fun Day @Peabody School 10:00–1:30
22	23 Moses Youth Center (Parents) 10:00–11:30 Moore Youth Center (Providers) 10:00–11:30 Babytime Infant Playgroup @CFF 12:30–2:30	24 Babytime Infant Playgroup @MFNH 12:15–2:15	25 Gately Youth Center Gym (Parents) 10:00–11:30	26 Center for Families (Providers) 10:00–11:30 Early Literacy Development @CFF 6:30–8:30	27 Mothers' Discussion & Craft Activity @CFF 10:30–12:00	28
29	30 Moses Youth Center (Parents) 10:00–11:30 Moore Youth Center (Providers) 10:00–11:30 Babytime Infant Playgroup @CFF 12:30–2:30	31	February 1 Gately Youth Center Gym (Parents) 10:00–11:30	2 Center for Families (Providers) 10:00–11:30 Early Literacy Development @CFF 6:30–8:30	3	4 Dads & Kids at the Gym @Gately 10:00–11:30
5	6 Moses Youth Center (Parents) 10:00–11:30 Moore Youth Center (Providers) 10:00–11:30 Babytime Infant Playgroup @CFF 12:30–2:30	7 Babytime Infant Playgroup @MFNH 12:15–2:15 Adult Yoga @362 Rindge Ave. 6:30–7:30	8 Gately Youth Center Gym (Parents) 10:00–11:30 Mindful Parenting @FMA 6:30–8:00	9 Center for Families (Providers) 10:00–11:30 Early Literacy Development @CFF 6:30–8:30	10 Mothers' Discussion & Craft Activity @CFF 10:30–12:00	11 Movement & Yoga for Parents & Children @Peabody 10:30–11:30
12	13 Moses Youth Center (Parents) 10:00–11:30 Moore Youth Center (Providers) 10:00–11:30 Babytime Infant Playgroup @CFF 12:30–2:30	14 Babytime Infant Playgroup @MFNH 12:15–2:15 Adult Yoga @362 Rindge Ave. 6:30–7:30	15 Gately Youth Center Gym (Parents) 10:00–11:30 Mindful Parenting @FMA 6:30–8:00	16 No groups. Early Literacy Development @CFF 6:30–8:30	17	18
19	20 No groups.	21 No groups.	22 No groups.	23 No groups.	24	25
26	27 Moses Youth Center (Parents) 10:00–11:30 Moore Youth Center (Providers) 10:00–11:30 Babytime Infant Playgroup @CFF 12:30–2:30	28 Babytime Infant Playgroup @MFNH 12:15–2:15 Adult Yoga @362 Rindge Ave. 6:30–7:30	March 1 Gately Youth Center Gym (Parents) 10:00–11:30 Mindful Parenting @FMA 6:30–8:00	2 Center for Families (Providers) 10:00–11:30	3	4

# Center for Families' Fatherhood Corner

## Fatherhood in Cambridge

Are you new to Cambridge, or just looking to join a network of fellow Dads? Luis is the Fatherhood Outreach Worker representing both the Center for Families and the Agenda for Children Literacy Initiative. He will connect you to resources, services, and Dads across the city. Get in touch with Luis by emailing him at: [Lvasquez@cambridgema.gov](mailto:Lvasquez@cambridgema.gov).



## Cambridge Dads on Social Media

Building an online network of Dads to promote active parenting and self-care. An initiative of the Center for Families and the Agenda for Children Literacy Initiative.



Follow @CambDads on Twitter

'Like' Cambridge Dads on Facebook



## Dads & Kids in the Gym



Come have fun at the gym playing and meeting other dads and their children. We will have food and fun gym toys for all ages. Yes, also for babies!

**Saturdays: 2/4/17, 3/25/17, 4/8/17, and 5/13/17** at the Gately Youth Center, 70 Rindge Ave. (behind Peabody School, door 13), 10:00—11:30am. **Facilitator: Luis Vasquez**. To sign up or with questions, email Luis at [lvasquez@cambridgema.gov](mailto:lvasquez@cambridgema.gov).

## Fatherhood Text Campaign



Receive a text once a week about fatherhood, events, and activities to do with your kids in and around Cambridge.

**Step 1: Text "father" to 95577**  
(standard text messaging rates apply)

**Step 2: Receive a confirmation text**

**Step 3: Keep Being A Great Dad!**

**Curious about what the texts say? Here are some examples of our weekly texts:**

"When a toddler begins to walk, they will be attracted to things at their eyesight level. Remember to baby-proof the home."

"Join us TONIGHT for Dads-only Basketball at Fletcher-Maynard Academy 6pm-8:30pm. Use door at corner of Windsor & Harvard St."

"Any fool can have a child. That doesn't make you a father. The courage to raise a child makes you a father." - Barack Obama"

"Father engagement reduces psychological problems and rates of depression in young women. (The Fatherhood Project, 2015)

## Cambridge Dads Podcast!



The **Cambridge Dads Podcast** is a new initiative out of the Center for Families and the Let's Talk Campaign at the Agenda for Children. In each episode, a father will reflect back to an experience he had around fatherhood while growing up and how it translates now into their own parenting style today. Occasional episodes will also feature experts in the field who discuss fatherhood.

Search YouTube: **Cambridge Dads Podcast**  
\*Email Luis for a downloadable audio file.

## Basketball for Dads



Basketball for Dads will return in February 2017! We will send updates soon. Call Center for Families at 617-349-6385 with questions.

Read the powerful words shared by over 50 Cambridge dads. Immerse yourself in this collection to hear the many voices of dedicated fathers in our community! Check out the e-book: [bit.ly/dadswords](http://bit.ly/dadswords)

## Upcoming Workshops and Events

### Workshops and Events

#### Family Fun Day

Saturday, January 21st, 10:00am— 1:30pm, Peabody School Gym, 70 Rindge Ave. Children ages birth—8 years old and their families are invited to join the Center for Families for a fun morning of crafts and activities all about Community Helpers!. We also have moon bounces, face painting, book giveaways, toddler obstacle course, infant area, performer, a light lunch, and more! **Contact the Center for Families at 617-349-6385 for more information.**

#### Early Literacy Development: Moms and Dads Make a Difference! A 4-part series for Cambridge moms and dads.

Thursdays, 1/26, 2/2, 2/9, 2/16, 3/2(snow date-will only meet this date if another date is cancelled due to weather), 6:30—8:30pm (6:15pm for childcare), Center for Families, 70 Rindge Ave., rear of Peabody School. 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, reading, managing screen time and storytelling. Free books and giveaways! Co-sponsored with the Agenda for Children Literacy Initiative. **To register contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).**

#### Adult Yoga for Beginners!

Tuesdays 2/7, 2/14, 2/28, 3/7, 6:30—7:30pm (6:15pm for childcare), Fresh Pond Apartments, 362 Rindge Avenue. Have you ever wanted to learn yoga? Are you looking for a fun and welcoming stress-reducing experience? Join us for Adult Yoga for Beginners! We will learn yoga together. No experience needed. Limited childcare available upon request. **To register contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).**

#### Mindful Parenting: More Present-More Compassionate- Less Stressed: 4-part series

Wednesdays 2/8, 2/15, 3/1, 3/8 (3/15 is snow date), 6:30—8:00pm (6:15pm for childcare), Fletcher Maynard Academy, 225 Windsor St. Learning mindfulness—that is the awareness that comes from learning to be present to the moment without judgement— can help during the beautiful AND challenging moments of parenting. Join Christine Doucet to learn practical tools to incorporate mindfulness into your life and decrease parental stress. For parents parenting children 1—8 years old. Childcare available upon request. **To register contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).**

#### Movement & Yoga for Parents & Children

Saturday, February 11th, 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. **All families must register. To register, contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).**

### Mothers' Discussion & Craft Activity Group



Join us and other moms as we talk about parenting while doing a relaxing craft activity. Childcare is available and lap babies are welcome. *Christine Doucet and Fran Roznowski will lead the activity.*

#### Fraturdays, January 27th and February 10th

10:30am—12:00pm, Center for Families, 70 Rindge Ave. (please enter through main door of the school and sign in at the office).

#### Activities:

January—Playing with Colors  
February—Activity of the Heart

**All mothers must register. To register, contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).**

### Families with Infants

#### Babytime Infant Playgroup

Informal groups for parents or caregivers with infants birth—15 months old. Groups are an opportunity to connect with other adults, ask questions, and relax while babies explore the playroom. Christine will lead a short sing-a-long.

**Mondays, 12:30—2:30pm**, Center for Families, 70 Rindge Ave., rear of Peabody School, door 10.

**Tuesdays, 12:15—2:15pm (new times)**, Margaret Fuller Neighborhood House, 71 Cherry St., grey door on the right side of the building.

*Babytime does not require registration and you can come and go as you please. Please choose only one group to attend per week. Contact Christine at [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov) with questions.*

#### Baby Massage/Nurturing Touch & Infant Development Series (based on WINC without borders material and curriculum)

*Coming back in March 2017 at Margaret Fuller Neighborhood House!* 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. **All families must register. To register, contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).**

**Did you know?** For breastfeeding information, contact the Doula Program at the Cambridge Health Alliance at 617-665-1164. For more infant programming, contact the Jewish Family & Children Services-at Temple Eitz Chayim at 781-693-5652.



# Center for Families' News and Information

## Caught in the Act!

Earlier this winter, **students from the Peabody Preschool** and their families donated wipes and diapers to Diaper Circle through our Diaper Circle Bin! We loved getting to see the preschoolers and their teachers here at Center for Families. Thank you to the Peabody Preschool for their generous donations!



## Stay connected with the Center

We have lots of ways for you to **stay up-to-date** on Center for Family programs!

- Subscribe to our **Google Group Listserv** and get updates and connect with other parents. To be added to the listserv call (617) 349-6327 or email [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov).



- Follow us on **Twitter** @cntrforfamilies
- Like us on **Facebook** at [Facebook.com/cambridgecenterforfamilies](https://www.facebook.com/cambridgecenterforfamilies)
- Check out our **website**: [www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)
- **Fatherhood Text Campaign**: Text "father" to 95577

Also, please fill out a **Center for Families Cambridge Connection Form** to be on our mailing list. Registration forms are available at our office, playgroups, events, or on our website.

## Free Pool Passes for Participating Families!

The Center for Families has limited 1-time family passes for the **Atlantis Sports Club & Spa**. Passes are for **participating** families. To use the passes, you must live in Cambridge and currently attend at least one of our playgroups or have come to a workshop or event hosted by the Center for Families in the last 6 months. The passes will allow FREE admission to the Atlantis Sports Club & Spa (use of the pool included) located at 575 Memorial Drive (located inside the Hyatt Regency). **For information, contact Lucy at 617-349-6967 or [lhernandez@cambridgema.gov](mailto:lhernandez@cambridgema.gov).**



## Ask Jayne!

Are you a family living in Cambridge looking for information about childcare, preschool, kindergarten, 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 or by emailing [centerforfamilies@cambridgema.gov](mailto:centerforfamilies@cambridgema.gov).**

*Please note, Jayne Cantor, who wonderfully managed "Ask Jayne" for many years, has retired. The Center for Families now runs "Ask Jayne" and can help with questions you may have. We would like to thank Jayne for all her hard work and her dedication to families and childcare providers in the City. Thank you, Jayne!*

## Diaper Circle

**Diaper Circle** is an organization that provides diapers to social service agencies working with low income families to distribute as needed. The Center for Families has Diaper Circle donation bin in our office at 70 Rindge Ave. in the rear of the Peabody School, door 10.

**Diaper Circle** will take: new, unopened packs of diapers, opened packs of diapers, loose diapers (clean, of course!), gift cards to places that sell diapers (to be used only by staff, not given directly to families), unopened containers of wipes, and rewards points from Huggies (they use these to earn free diapers).

**For more information, visit their website at [www.diapercircle.org](http://www.diapercircle.org) or check out [Facebook.com/diapercircle](https://www.facebook.com/diapercircle) or their Twitter account @diapercircle.**

Feel free to call the Center for Families at 617-349-6385 for more information.

## Help in a Bag!

 The Center for Families now offers resource bags on the following topics: Getting Ready to Share, Biting, Hitting, Fun with Language, Starting Childcare or School, A New Baby in the Family, Death of a Loved One, and coming soon Potty Training!

Each bag is filled with 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 Lucy at 617-349-6967 or [lhernandez@cambridgema.gov](mailto:lhernandez@cambridgema.gov).**

## Cambridge Community Information

### Parenting Journey

Seeking support? Interested in connecting with other parents? Sign up for a group at Parenting Journey. We have groups in English, Spanish, and Portuguese. Dinner and childcare are provided. Parents who have completed the program tell us they: know how to take care of themselves and their children, can find help when they need it, have better relationships with their children. Groups will be held at our office in Somerville's Union Square. **Call us at [\(617\) 628-8815](tel:6176288815) to sign up today!** Groups start the week of January 23rd.



### Pathways to Family Success

- Do you have a child who is in grades kindergarten to 3rd grade?
  - Is English not your first language?
- If you answered yes to these questions, then Pathways to Family Success could be for you! Pathways is a support program that works with immigrant parents of school age children to better understand the U.S. School system, help support your children's learning and connect to community resources to help you and your family succeed. For more information, contact Beth at 617-665-3827.



### Find It Cambridge

Find It Cambridge is a new website to help you easily find the activities, services, and resources you are looking for in Cambridge. Our city has an amazing array of opportunities, and Find It Cambridge will serve as that one-stop-shop website for those who live and work here. There are many features to make it easy for you to find what you are looking for: you can filter by age, category, location and/or cost; sign up to get reminders about upcoming events; report information that is outdated or inaccurate, and much more.

If you have any questions about the City's new website, you can call our Find It Manager, Hector Acevedo. He can be reached by email ([hacevedo@cambridgema.gov](mailto:hacevedo@cambridgema.gov)) or phone (617-349-6392). Check out [www.finditcambridge.org](http://www.finditcambridge.org)

### Agenda for Children: Let's Talk

Let's Talk! is a free early literacy program in Cambridge that offers services for moms, dads and child care providers—including workshops, literacy home visits, and fun family events. **For tips and resources on ways to support young children, connect with Let's Talk! at: [www.letstalkcambridge.org](http://www.letstalkcambridge.org), on Facebook ([facebook.com/LetsTalkCambMA](https://facebook.com/LetsTalkCambMA)) and Twitter ([@LetsTalkCambMA](https://twitter.com/LetsTalkCambMA))!**



### Child Development Information

#### Ask Fran!

Fran Roznowski is the Early Childhood Specialist for the Center for families. Fran is available to meet with you in person or on the phone to discuss topics, such as limit setting, biting, toileting, sibling rivalry, and more. Fran can observe your child during Center for Families' playgroups and then meet with you.

If you have questions or concerns about your child's physical, social-emotional or language development, contact Fran at 617-349-6485 or [froznowski@cpsd.us](mailto:froznowski@cpsd.us).

### Transition House



TRANSITION HOUSE

Want to talk about relationships in your life? Would you like some tools to manage difficult relationship/s? Do you want to know about resources available to you?

**Come join a new Women's Support Group in Cambridge.** We meet weekly on Thursday evenings from 6:30pm to 7:30pm, Transition House office, 7 Temple Street (2nd floor), Cambridge. A light dinner and child-care provided.

To sign up and receive more information, call Shameka at 617-868-1650 ext. 1006.

### Ages and Stages Questionnaire

Do you want to know more about your child's development when they are as young as 2 months through 5 ½ years old? The **Ages and Stages Questionnaire (ASQ)** is a set of questions to help parents find out what skills their baby or young child has. **Christine Doucet and Fran Roznowski** are available to come to your home or meet somewhere in the community to do the ASQ with you and your child in about 20 minutes.

If you want to schedule an Ages and Stages Questionnaire for your child contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov) or Fran at 617-349-6485 or [froznowski@cpsd.us](mailto:froznowski@cpsd.us).

### Community Learning Center

The Community Learning Center offers free English classes for adults who have immigrated to the United States living in Cambridge. Fall classes begin on September 20, 2016 and classes are held at Jefferson Park!

#### CLC offers:

- 4 levels of ESOL (basic literacy—intermediate)
  - Morning and evening classes
  - 9—Month program (September—June)
  - Summer classes
  - Students use computers as part of their class
- For more information, contact Felipe Vaquerano at 617-497-4411 or [fvaquerano@cambridgema.gov](mailto:fvaquerano@cambridgema.gov).

## Community Resources, Services, and Supports

### 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 or stop by 51 Inman St, 1st floor.
- **Cambridge Community TV:** Offers free weekly computer drop-in programs to members of the community. There is no need to sign-up. For more information, please call 617-661-6900.
- **Asian American Civic Association:** Next Steps Transitional English program is a free English class for people who have an intermediate-high level of English. For more information, call 617-426-9492 x251 or x318.
- **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 Bayyinah Pandolfo at 617-349-6371 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 Childcare, Community Schools, and Youth Centers around the City. For information, call 617-349-6200 or visit [www.cambridgema.gov/DHSP](http://www.cambridgema.gov/DHSP).
- **Family Resource Center (FRC):** For information about the Cambridge Public Schools registration and waitlists, call 617-349-6551 or the Multilingual voice mail at 617-349-6550 (Portuguese, Haitian Creole, Spanish).
- **The Guidance Center:** Provides an array of services to help children and families cope with developmental, mental health, social and behavioral difficulties. Call (617) 354-2275.

- **Are you ready to be a parent or have a newborn baby?** Attend a Happiest Baby Class and learn how to soothe even the fussiest baby in minutes! Call 617-575-5343
- **Jewish Family & Children Services:** Located at Temple Eitz Chayim. Parents with babies support group runs Thursdays from 10:00-11:30 at 134-136 Magazine St. Cambridge. Call 781-693-5652 with questions.
- **Doula Support Program:** The Doula Program at the Cambridge Health Alliance offers groups for new parents and for breastfeeding support. Bring your baby and relax. Groups are open to all new parents. Call 617-665-1164 for info.
- **East End House (105 Spring St., Cambridge):** Holds FREE drop-in family playgroups every Tuesday from 10am-11:30am for children ages 0-5. Arts, games, puzzles, stories, and light snack provided. Call 617-876-4444 for more information or visit [www.eastendhouse.org](http://www.eastendhouse.org).
- **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](http://www.onetoughjob.org).

### Food & Clothing

- **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 info. call the WIC at Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-575-5370.
- **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: 617-871-1202.

### 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
- **Eliot Community Health Services:** Eliot Cambridge/Somerville Early Intervention Program now offers early intervention services to families living in Cambridge/Somerville. Call 339-227-1020
- **Cambridge Special Start:** Provides developmental screenings for children ages 3 & 4. For more information, call Jeannie Parkus at 617-349-3252.
- **The Cambridge Program for Individuals with Special Needs:** Serves people with special needs from school age to adults. There is a Saturday morning recreation program. Call 617-349-6200
- **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>

**If you are unable to find what you are looking for, please call the Center for Families at 617-349-6385.**

# CENTER FOR FAMILIES FULL-TIME STAFF

## Kim Tran

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617-349-6967  
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## Lucy Hernández

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## Michelle Godfrey

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617-349-3002  
(English)

**The Center for Families has staff members who speak:** Amharic, Bangla, Persian/Farsi, French, Italian, Portuguese, Haitian-Creole, Hindi, Pashto, Spanish, Urdu, and Vietnamese.

## Main Office

Fax:

617-349-6385  
617-349-6386

Web:

[www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)

Facebook:

[facebook.com/cambridgecenterforfamilies](https://facebook.com/cambridgecenterforfamilies)

Twitter:

<http://twitter.com/cntrforfamilies>

Email:

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

## Center for Families

Peabody School  
Community Wing  
70 Rindge Avenue  
Cambridge, MA 02140

## Funding for Center for Families Programs

The Center for Families receives funding from the City of Cambridge, Friends of the Center for Families, the Massachusetts Department of Early Education and Care (DEEC), and the Massachusetts Children's Trust. We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance. The Center for Families serves families of children 0-8. Activities are open to all Cambridge residents.



a children's trust program

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