Hello Families and Friends and Happy April!

The Center for Families is so excited to share that we have a new team member! Jennifer (Jen) Cabezas joins the team as our new Parent Education/Home Visiting Coordinator. Jen comes to the Center for Families with lots of experience supporting families and young children! Jen has trained as a postpartum doula, lactation counselor, has experience in family support and a master’s in Psychology. She finds that the most influential experience related to her work, however, was becoming a parent herself! Jen is passionate about promoting healthy parent-child attachment, celebrating small victories, and the idea of life-long learning. You will see Jen at many programs and events this spring as she gets to know Center for Families and our wonderful community. Welcome Jen!

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 narrative 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.

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.
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!

Let's hear from a parent, just like you!

"The ASQ has allowed us to know more about our daughter's developmental stages. Our follow-up conversation with Christine has been equally calming, inspiring, and enlightening about how to motivate our baby girl. We are sure that we will continue using this helpful resource." – Cambridge Mom

What Cambridge Parents Are Saying

"The ASQ is a valuable resource for all parents, especially for new parents. If you're curious about your child's development and want to learn about activities to do with your child, this is the opportunity for you! Our family had such a positive experience that we did the questionnaire multiple times for my child at different ages. I highly recommend this resource!" – Cambridge Parent

SECURE LINK TO ASQ QUESTIONNAIRE (SCAN WITH PHONE’S CAMERA)

The Center for Families staff are available to support you in accessing or completing the ASQ tool. Please feel free to reach out to us anytime at 617-349-6385 or centerforfamilies@cambridgema.gov.

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 (DEECA), Children's Trust, Cambridge Public Schools, and the Cambridge Health Alliance.

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
CHILD CLOTHING DRIVE!

Saturday, April 30th
9:30am-12:30pm
Donations can be dropped off in front of the Peabody School (70 Rindge Avenue). RAIN OR SHINE.

WE CAN ACCEPT DONATIONS OF GENTLY USED OR NEW:
- Children’s Clothing and Pajamas (size newborn to adult medium)
- Children’s Winter Outerwear (size newborn to adult medium)
- New Children’s Socks & Underwear (new in packages only)
- Children’s Shoes/Boots (up to Adult size 11)
- Diapers and Pull-Ups of all sizes (can be loose)

We CANNOT accept baby/child items or equipment, such as stroller, car seats, toys, books, etc. Clothing and shoes cannot have any references to holidays or characters, such as Disney characters, superheroes, Christmas, etc.

Friends of the Center for Families wants to show their gratitude for your generous donation with a small gift for families who donate items. Gift will be available at the Clothing Drive while supplies last. Thank you!

All donations will go to THE SPOT in Cambridge or Cradles to Crayons.

Questions? Contact Lucy from the Center for Families at 617-349-6385 or centerforfamilies@cambridgema.gov.

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.

Pajama Story Time Series (Virtual)
Wednesday, April 27th from 6:45pm-7:15pm on Zoom. The Center for Families and the Cambridge Public Library invite Cambridge children birth through age 8 and their grownups to join us virtually for songs, stories, and rhymes to wind down the day. Caregivers are asked to participate in the program with their children. Plan to join in and sing along! Our May and June sessions will be back in-person outside the O'Neill Library! More information to come. **Registration required. To access the registration link, please contact Maeve at mlinnane@cambridgema.gov or call 617-349-6385.**

Moms’ Discussion Group with Craft Activity (In-Person, Outside)
Friday, April 29th from 10:00am to 11:30am at Joan Lorentz Park (449 Broadway St., park in front of the main library). Join Christine Doucet and Kim Tran from the Center for Families as well as other moms as we talk about parenting and share our experiences, while doing a craft activity! Activity kits and snack will be provided. Group will be on Zoom if raining. **All mothers must register. To register, email Kim at Ktran@cambridgema.gov or call 617-349-6385 and leave a message after the long voicemail.**

Stress Reduction and Yoga Series for Cambridge Parents (Virtual)
Wednesdays, May 4th, 11th, 18th, and 25th from 8:00pm-9:00pm on Zoom. Are you looking for a calming way to reduce stress? Do you want to meet other parents? Join the Center for Families for our Stress Reduction and Exercise Series! **There is no experience with yoga needed!** We will learn yoga together leady by Angelica Teixeira. This series is designed for Cambridge parents, but children are welcome to participate or be nearby! This series will run on Zoom. For more information and to sign-up, contact Jen Cabezas at jcabezas@cambridgema.gov or call 617-349-6385.

Family Fun and Movement Event with Knucklebones (In-Person, Outside)
Saturday, May 7th from 3:00pm-4:00pm at Greene-Rose Heritage Park (238 Broadway St.). Rain date: May 14th. Join Center for Families and Knucklebones for family games, movement, and fun! We will bring lots of exciting child-friendly equipment. This is a great chance to connect with other families, play games, and have fun outside as a family! Event is for Cambridge families with children ages 3-8 years old. **Space is limited. All families must register. To register, contact Maeve Linnane at mlinnane@cambridgema.gov or 617-349-6385.**

Three-Part Parent Discussion Group with an Early Childhood Specialist (In-Person, Outside)
Tuesdays, May 17th, May 24th and May 31st from 10:00am to 11:30am at Bergin Park (Haskell St., near the Peabody School). This series is for Cambridge parents with children ages 1-5 years old. Parenting is wonderful and challenging all at the same time. These past years with many transitions and uncertainties have added many new stresses and difficulties that may affect our feelings and reactions to our children. Come join a group to explore how to ease some of the stress of parenting in general, share ideas, and learn about ways to support our children. You will be able to ask questions, get concrete ideas around challenging behaviors, and connect with other parents. **Facilitated by Amy Bamforth, a local Early Childhood/ Mental Health Professional.** Staff from the Center for Families will be available to help with childcare at the park. If raining, sessions will be on Zoom. **All families must register for the entire series. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**
Spring Playgroups in the Parks

For Cambridge families with children 15 months–4 years old. Join us in the parks to meet other families, learn songs and activities to support your child's development, and have fun! Our theme this spring is music and movement!

**Playgroup Series Dates and Locations:**
All playgroups run 10:30am–11:30am.

**Mondays at Danehy Park:**
4/25, 5/2, 5/9, 5/16, 5/23, 6/6, 6/13

**Wednesdays at Donnelly Field:**
4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15

**Thursdays at Greene-Rose Heritage Park:**
4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16

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.

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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. Let’s Talk/AFC is funded by the Cambridge Public Health Department and the City of Cambridge.
Families with Infants

COVID Protocol Updates: All in-person programs will follow COVID safety measures, including following social distancing guidelines.

Baby Walk with Singalong Series (In-Person)
Mondays, February 28th, March 7th, 28th, April 4th, 11th and 25th from 10:30am to 11:30am (no programs on 3/14, 3/21 & 4/18). We will walk at Canal Park (in east Cambridge, near the mall). If raining, the group will walk inside the CambridgeSide Galleria Mall at 100 Cambridgeside Place. This program is for families with babies birth to 16 months in strollers or baby carriers! Christine will lead a singalong, and we walk and talk together, while babies are napping or enjoying the scenery. All families must register. 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 3 months–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 session at their chosen location. If a group is cancelled due to rain, the group will be on Zoom.

- **North Cambridge Series:** Tuesdays, April 5th, 26th, May 17th, 31st, and June 14th from 12:30pm to 1:30pm at Bergin Park (Haskell Street - behind Peabody School).
- **East Cambridge Series:** Tuesdays, April 12th, May 10th, 24th, June 7th, and 21st from 12:30pm to 1:30pm at Donnelly Field (Cambridge 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 and leave a message after the long voicemail.
Families with Infants

COVID Protocol Updates: All in-person programs will follow COVID safety measures, including following social distancing guidelines.

Postpartum Exercises and Self-Care Tips (Virtual)
Thursdays, March 24th, April 28th and May 5th from 10:00am to 11:30am. Learn from a physical therapist specialized 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. You can join even if you missed the first date. This series will run on Zoom. To register, email Christine Doucet at cdoucet@cambridgema.gov or call 617-349-6385 and leave a message after the long voicemail.

Nurturing Touch/Baby Massage and Infant Development 6-Part Series (Hybrid)
Wednesdays, May 18th, 25th, June 1st, 8th, 15th, and 22nd from 12:30pm-1:45pm at Joan Lorentz Park (449 Broadway St., park in front of the main library) or join on Zoom. This Series is for Cambridge Families with a baby 5 weeks through pre-crawling. Massaging your baby helps in developing strong relationships between you and your child. Massage helps your baby relax, decrease gas and constipation, increase body awareness and maturation & regulate sleep. The discussion topics and handouts in this series are designed to support you in your parenting. Other members of the family can participate too. Families can choose to attend in person or join on Zoom. All families must register for the entire series. To register, email Christine Doucet at cdoucet@cambridgema.gov or call 617-349-6385.

Baby Sign Language Series (In-Person, Outside)
Fridays, April 29th, May 6th, 13th, and 20th from 12:30pm-1:30pm at Joan Lorentz Park (449 Broadway St., park in front of the main library). This series is for parents with children 5 months–18 months. With Sheryl White, we will learn sign language for babies and play and sing songs together. This playgroup is an opportunity for parents to support children in their language development and connect with each other. Sessions will run on Zoom if raining. All families must register for the entire series. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.
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).

APRIL PROGRAMMING

Dads & Kids at the Park

Join Cambridge Dads staff and other dads at Bergin Park (Haskell St. - near the Peabody School) for a fun time on Saturday! This is a great opportunity to engage with your child and meet other dads and their children!

When: Saturday, April 30
Where: Bergin Park (Haskell Street)
Time: 1:30pm – 2:30pm
Registration required. To register or with questions reach out by email at cambdads@cambridgema.gov, or call 617-349-6334.

CELEBRATE FATHERS’ DAY!

What does fatherhood mean to you?
Help us celebrate Father’s Day this year by sharing what fatherhood means to you!

Responses will be posted on our social media accounts starting June 9 through June 19!

Share your response online here: bit.ly/3i8Od2g
Or email it to cambdads@cambridgema.gov.
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 the Center for Families at 617-349-6385 or centerforfamilies@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 (in-person and virtual options) 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 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 During COVID-19 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.