Dear Families and Friends,

Happy November! We hope everyone is enjoying the fall. It has been so great to see so many of you out at playgroups, events and programs! You can find programming information on pages 5 and 6! Cambridge Dads, check out pages 7 and 8 for lots of info just for dads! You can also learn about our new program, Mindfulness Mondays with Maeve on page 3.

Did you know, November is Family Literacy Month! You can check out page 4 for lots of ways to celebrate – including Family Literacy Bingo Games and a Bilingual Book Giveaway event!

Center staff are available to support families in connecting with afterschool programs, community resources, meet one-on-one for support, and provide access to the Ages and Stages Questionnaire, which supports parents in understanding more about their child's development.

The Center for Families also offers free resource bags for families with children's books and information and supports for parents on a variety of topics, such as Potty Training, Hitting, Starting Childcare/School, and more! Check out page 10 for more information.

Do you need information, support, or just want to connect? Our phone number is 617-349-6385. You can also reach us via email at centerforfamilies@cambridgema.gov or visit our website at www.cambridgema.gov/DHSP/CFF.

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.
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

To access the ASQ, please visit: https://www.asqonline.com/family/3ef982 or scan the QR code with your 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 (DEEC), Children’s Trust, Cambridge Public Schools, and the Cambridge Health Alliance.
MINDFULNESS MONDAYS WITH MAEVE!

THE CENTER FOR FAMILIES PRESENTS
Mindfulness Mondays with Maeve
An opportunity to practice mindfulness to start your week!
A NEW VIDEO WILL BE POSTED ON OUR YOUTUBE CHANNEL ON THE 1ST & 3RD MONDAY OF EVERY MONTH:
HTTPS://BIT.LY/CFFYOUTUBE

CFF YouTube Channel Link: https://bit.ly/CFFYouTube
November is Family Literacy Month!

Talk, Read, Play, Sing & Tell Stories Together!

**Cambridge Families: Here are some ways to celebrate!**

**Bilingual Book Event:** Free books in over 20 different languages for Cambridge children birth - 5 years old!
- **Date:** Saturday, Nov 6
- **Time:** 12-2 pm
- **Where:** Joan Lorentz Park
  - in front of the Main Library
  - 449 Broadway
- **Rain date:** Sunday, Nov. 7 from 12-2 pm
- **Questions? Call (617) 299-6705**

**Family Literacy Bingo:** play the bingo board together to have fun and win a book! Designed for families with children birth-8 years old.

You can pick up a bingo board all month long at any Library branch or the Center for Families office at 51 Inman Street. Digital copies available at: [bit.ly/2Z4ukSS](https://bit.ly/2Z4ukSS)

**Postcard Palooza:** Write or decorate a postcard and send it to yourself, a family member or a friend! Send one to us and we’ll include it in a display at the libraries!

You can get your postcard and stamp all month long at any Cambridge Public Library location or the Center for Families Office at 51 Inman Street.

**Social Media:** check out our accounts all month long for family literacy tips, activity ideas and resources!
- Center for Families- Facebook: @cambridgecenterforfamilies
  - Twitter: @cntrforfamilies
- Let’s Talk- Facebook, Instagram or Twitter: @LetsTalkCambMA

**Questions? Call (617)-299-6705**

_Brought to you by: Agenda for Children Literacy Initiative, Cambridge Public Library, Cambridge Public Schools/Title 1 Program and Center for Families_
COVID Protocol Updates: All in-person programs will follow COVID safety measures, including following social distancing guidelines. The Center for Families continues to ask all adults to wear masks at in-person programs (inside or outside) when social distancing is not possible.

Exercise and Stress Reduction Series: Virtual Zumba!
Mondays, November 1st and 8th from 7:00pm-7:45pm. Are you looking for a fun ways to get moving and stay active? Do you want to do a fun and new stress-reducing experience? Do you want to connect with other parents? Join the Center for Families for our Zumba Series! There is no experience needed! This series is designed for Cambridge parents, but children are welcome to participate or be near by! This series will run on Zoom. You can still register for this series! To register, email Lucy Hernandez at lhernandez@cambridgema.gov or call 617-349-6385 and leave a message after the long voicemail.

Pajama Story Time Series (Virtual)
Wednesday, November 17th and December 15th 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! Registration required. To register, contact Cynthia at cwoodward@cambridgema.gov.

Virtual Moms’ Discussion with a Craft Activity Group
November 19th from 10 am to 11:30 am. 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 at our own homes. Kits for the activity will be delivered at your home. Even if the activity is not specifically designed for children, we understand that your children might be around you during this program. We hope you can join us! This session will run on Zoom. All mothers must register. To register, email Christine Doucet at cdoucet@cambridgema.gov or call 617-349-6385 and leave a message after the long voicemail.

Alex Makes Art - Family Literacy and Craft Event (In-person, outside)!
Saturday, November 20th from 11:00am-12:00pm at Greene-Rose Heritage Park (155 Harvard St.). If raining, event will be on Zoom. The Center for Families and Alex from AlexMakesArt invite Cambridge children 3-8 years old and their grownups to bundle up and join us for a fun morning of fall crafting! We will supply all the materials and a light snack. Registration required. To register, contact Lucy Hernandez at lhernandez@cambridgema.gov or call 617-349-6385.
COVID Protocol Updates: All in-person programs will follow COVID safety measures, including following social distancing guidelines. The Center for Families continues to ask all adults to wear masks at in-person programs (inside or outside) when social distancing is not possible.

Infant Playgroup/Support Group with Baby Activities in the Park (In-Person)
(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.

Infant Group Schedule:
- Tuesday, November 2nd: In-Person Baby Playgroup at Bergin Park from 12:30 to 1:30 pm (Weather permitting; otherwise, it will be on zoom)
- Tuesday, November 9: In-Person Baby Playgroup at Donnelly Field from 12:30 to 1:30 pm (Weather permitting; otherwise, it will be on zoom)

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 Playgroup/Support Group (Virtual)
(For Cambridge parents with babies 3 months- 15 months). During these groups, you will be able to connect with other parents/caregivers, participate with your baby in an interactive singalong, receive information about Cambridge resources and ask question about babies' development. During the Baby Playgroup, Christine and Annie will share an activity you can do with your baby while at home. The activity will be included in Christine's weekly Infant Support Group email. These playgroups, even though virtual, can benefit babies' social and emotional development. It also helps break isolation during the colder months. To prepare for the singalong, have a shaker or a toy baby can shake and a scarf.

Infant Group Schedule:
- Tuesdays from 12:30pm to 1:30 pm on November 16th, November 30th, December 7th, and December 14th (no groups on 11/24, 12/21 and 12/28). A Zoom link will be sent to anyone who is participated in the in-person groups in the park or anyone new who registers.

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.

Baby Walk with Singalong Series (In-Person)
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 all session at their chosen location.

Riverside Series: Wednesdays 11/3, 11/17, 12/8 from 10:00am to 11:00am. Group will meet at the Riverside Press Park (corner of River Street and Memorial Drive) and walk along the river, weather permitting.

North Cambridge Series: Wednesdays, 11/10, 12/2, 12/15 from 10:00am to 11:00am. Group will meet at Danehy Park (entrance on Sherman Street near the playground), weather permitting.

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.
Cambridge Dads is a partnership between the Center for Families and the Agenda for Children Literacy Initiative. John 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).
CAMBRIDGE DADS
FALL PROGRAMMING

COVID Protocol Updates: All in-person programs will follow COVID safety measures, including following social distancing guidelines. The Center for Families continues to ask all adults to wear masks at in-person programs (inside or outside) when social distancing is not possible.

Dads & Kids at the Park!
Get your Saturday morning started with fun games led by Knucklebones! Join us at Bergin Park for a fun time with your child and other Cambridge dads and their kids!

When: Saturday, November 13
Time: 10:00am - 11:30am
Where: Bergin Park, Haskell Street
To register, complete this form: bit.ly/3cIQLPM
Questions? Reach out to Cambridge Dads by:
Email at cambdads@cambridgema.gov

Virtual New Dads Group
Date: Thursday evenings, October 28th and November 4th
Time: 7:00-8:15pm
Share your experience as a dad with a baby between newborn and 1 year old including the joys, the challenges, and resources that have been helpful to you. Cambridge Dads will be sharing information on a variety of resources in the community.
Register through one of the following ways:
Online Registration Form: bit.ly/2XRjDSU
Email: cambdads@cambridgema.gov
Call/Text: 857-209-4964

24/7 Dads
Sign up for our new series that creates a space for dads to share, reflect, and gain tools to support you in being a nurturing dad! At the series we will discuss topics including:
- What is Means to Be a Dad
- Co-Parenting
- Discipline
- Communication

Virtually on Tuesday evenings: October 19th, 26th, November 2nd, 9th, 16th, 30th, and December 7th
Time: 6:30-8:15pm.
Saturday morning meetups on October 23rd and November 13th

To sign up or for more information:
Complete this online form: bit.ly/3kAKeFW
Email: cambdads@cambridgema.gov
Call/Text: 857-209-4964
**Friends of the Center for Families Needs Your Input!**

**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 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 two 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 Fran Roznowski at froznowski@cpsd.us or 617-821-4504.

---

**Friends of the Center for Families Needs Your Input!**
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!

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

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.

- **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 New 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 313131 for a weekly tip via text or connect with Let’s Talk! at: www.letstalkcambridge.org, facebook.com/LetsTalkCambMA or twitter.com/LetsTalkCambMA

- **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.

Department of Human Service Programs

- Are you looking for out of school time programs and activities for your children this upcoming school year? The Department of Human Service Programs (DHSP) offers a variety of afterschool programming to children in grades JK–8. DHSP programs strive to be inclusive and accessible to all Cambridge families. Capacity in each program is limited. A percentage of seats will be reserved for income-eligible families, and general enrollment for programs will be determined by a lottery system. Registration opened on Monday, August 2nd for School Year 2021–2022 afterschool programming at Community Schools and Cambridge Youth Programs (CYP). Enrollment in Community Schools and CYP programs will be determined by a lottery system. You can learn more and register here: https://bit.ly/3yVFm9I
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 24 hours. 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.

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.

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.