Hello Cambridge! Now that the weather is warming up, there are lots of fun-activities happening! Check out page 7 for upcoming events and workshops! Remember, if there is no Cambridge Public School or it is an Early Release Day, we do not run programs, including playgroups.

Dads, there is lots of information just for you on page 5 and 6. If you have questions or need more information about Cambridge Dads, call or text John Arias at 857-209-4964 or email cambdads@cambridgema.gov.

Now is the time to start thinking about summer camp. If you are interested in looking for programs for your child, the Annual Camp Information Night is on Wednesday, March 4th from 6:30pm—8:30pm at CRLS, 459 Broadway, Main Cafeteria (snow date is March 11th). Come meet the representatives for Cambridge Community School Inclusive camps and other private and public camps, including Programs for children with special needs. Parking is available in the school garage. For more information, contact Liz Lewis, 617-349-6283.

What are Cambridge Community Playgroups?
Community Playgroups are run by the Agenda for Children and the Center for Families. Community Playgroups are fun, FREE groups for Dads, Moms or caregivers from Cambridge and their children ages 15 months—5 years old. There are two Tiny Tot Community Playgroups for children ages 15 months—23 months and three Community Playgroups for children ages 2 years old—5 years old.

When and where do they meet?
Each playgroup meets 7 - 8 times, April—June. Groups do not meet on days the Cambridge Public Schools are closed (such as snow days or holidays) or Early Release Days. Please review the dates for each group on the Registration Form carefully. Playgroups meet in the morning from 10:00am—11:30am.

How do I sign up?
Fill out the registration form and return it by Friday, March 20th. Forms are available on our website (www.cambridgema.gov/dhsp/cff) or by emailing the Center for Families at: center-forfamilies@cambridgema.gov. You can also pick up a copy of the forms or drop off completed forms at either of the Center for Families locations (70 Rindge Ave or 51 Inman St., ground level) or at the Agenda for Children (119 Windsor St., ground level).

Remember, forms are due Friday, March 20th!

The Center for Families office is located at 70 Rindge Ave, in the rear of the Peabody School (please use main entrance of school 8am-3pm).

Our Second location is at 51 Inman St., ground level.

Give us a call for directions at 617-349-6385!
Spotlight: Cambridge Economic Opportunity Committee (CEOC)

CEOC offers:
College Assistance, Financial Education, Food Pantry, Health Insurance Assistance, Housing Assistance, Public Benefits Assistance, SNAP/Food Stamp Assistance.

CEOC also offers Free Tax Preparation. They are an IRS certified Volunteer Income Tax Assistance (VITA) partner that provides free tax preparation by appointment for individuals and families with low to moderate income. They will electronically file your federal and state taxes so you can get your refund quickly.

Call CEOC directly at: 617-868-2900.

Family Playing and Learning Activities

**Plant a seed and watch it grow!**

Talk with your child about how soil, sun, and water help plants sprout and grow. All you need is a clear plastic cup, soil, a seed (or a lima bean), and a sunny window. Help your child fill the plastic cup two-thirds full with potting soil. Let your child plant the seeds under the soil next to the side of the cup where it can be seen. Water the seeds and keep them moist in a warm, sunny place.

Ask your child to predict (to guess) what will happen. Then talk about what is actually happening as the seed begins to sprout. Ask your child to watch the seed every day and observe how it changes. They can even draw a picture of the seed as it changes. Your child will learn new vocabulary and learn about science and nature!

**Some books about planting to read together:**
- *Planting a Rainbow* by Lois Elhert
- *Growing Vegetable Soup* by Lois Elhert
- *From Seed to Plant* by Gail Gibbons

**Teach Your Child About Recycling**

Have your child help you recycle. Show them where plastic containers and paper go. Sorting not only teaches them early math skills, but you are showing them at a young age the importance of recycling. Explain to them why we recycle and how they use old paper, plastic, and bottles to make new ones. This helps to keep the earth clean.

**Other Fun Spring Activities to celebrate Earth Day:**

**Go for a Walk**

The weather is starting to get warmer, so it is the perfect time to get out and walk outside more. Cambridge is a great city to walk around. Walk to a park, a new neighborhood, or the grocery store. Talk about what you see and hear along the way.
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 Baby Time Infant Playgroups run January through June 11th, 2020. Playgroups do not meet on days when the Cambridge Public Schools have early release, are closed, snow days, and for Center for Families staff trainings. Please check the Center for Families’ calendar on page 4 of this Newsletter for more information. Please call the Center for Families at 617-349-6385 with questions.

Drop-in Playgroups/Baby Time Playgroups do not meet on:

Baby Time Infant Playgroups for Parents, Relatives, Family Childcare Providers, Nannies or Au Pairs and their child (ren)
Mondays
- Baby Time Infant Playgroup (for parents/relatives/providers 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
- Baby Time Infant Playgroup (for parents/relatives/providers with children ages birth—15 months), Moses Youth Center, 243 Harvard St., Bus Routes 69,83 & 91, 12:00pm—2:00pm.* Please ring the bell at the door.

*Please note: Please only attend either Monday or Tuesday Infant Group

Parent/Relative and Child Drop-in Playgroup (these playgroups are only for parents, relatives, and their children)
Mondays
- Moses Youth Center, 243 Harvard St., Bus Routes 69,83 & 91, 10:00—11:30 am. Please ring the bell at the door.

Wednesdays
- Gately Youth Center Gym, 70 Rindge Ave. (back of Peabody School, door #13), Bus Routes 77 & 83, 10:00—11:30 am**

Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroups (these playgroups are for only non-relative childcare providers and the children in their care)
Mondays
- Moore Youth Center Gym, 12 Gilmore St. (off of Western Ave.), Bus Route 70, 10:00—11:30 am**

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: Gym groups are for physical activities, no crafts or snacks

Map: Center for Families’ Drop—in Playgroups
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.
<table>
<thead>
<tr>
<th>S</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am-11:30am</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 12:00pm-2:00pm</td>
<td>—Parent/Relative and Child Drop-in Play-group, Gately Youth Center, 10:00am-11:30am</td>
<td>—Family Childcare Provider, Nanny or Au Pair and Child Drop-in Playgroup, Center for Families, 10:00am-11:30am</td>
<td>—Mother's Discussion and Craft Activity Group, Peabody School, 10:30am-12:00pm</td>
<td>—</td>
</tr>
<tr>
<td>8</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am-11:30am</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 12:00pm-2:00pm</td>
<td>—Parent/Relative and Child Drop-in Play-group, Gately Youth Center, 10:00am-11:30am</td>
<td>—Family Childcare Provider, Nanny or Au Pair and Child Drop-in Playgroup, Center for Families, 10:00am-11:30am</td>
<td>—</td>
<td>—</td>
</tr>
<tr>
<td>15</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am-11:30am</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 12:00pm-2:00pm</td>
<td>No groups.</td>
<td>—Family Childcare Provider, Nanny or Au Pair and Child Drop-in Playgroup, Center for Families, 10:00am-11:30am</td>
<td>—</td>
<td>—</td>
</tr>
<tr>
<td>22</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am-11:30am</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 12:00pm-2:00pm</td>
<td>—Parent/Relative and Child Drop-in Play-group, Gately Youth Center, 10:00am-11:30am</td>
<td>—Family Childcare Provider, Nanny or Au Pair and Child Drop-in Playgroup, Center for Families, 10:00am-11:30am</td>
<td>—Art and Literacy Night!, Kennedy-LongFellow, 5:30pm-7:00pm</td>
<td>—</td>
</tr>
<tr>
<td>29</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am-11:30am</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 12:00pm-2:00pm</td>
<td>April 1</td>
<td>—Family Childcare Provider, Nanny or Au Pair and Child Drop-in Playgroup, Center for Families, 10:00am-11:30am</td>
<td>—</td>
<td>April 3</td>
</tr>
<tr>
<td>5</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am-11:30am</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 12:00pm-2:00pm</td>
<td>—Family Childcare Provider, Nanny or Au Pair and Child Drop-in Playgroup, Center for Families, 10:00am-11:30am</td>
<td>—Family Childcare Provider, Nanny or Au Pair and Child Drop-in Playgroup, Center for Families, 10:00am-11:30am</td>
<td>—</td>
<td>April 11</td>
</tr>
<tr>
<td>12</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am-11:30am</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 12:00pm-2:00pm</td>
<td>—Family Childcare Provider, Nanny or Au Pair and Child Drop-in Playgroup, Center for Families, 10:00am-11:30am</td>
<td>—Family Childcare Provider, Nanny or Au Pair and Child Drop-in Playgroup, Center for Families, 10:00am-11:30am</td>
<td>—Mothers’ Discussion and Craft Activity Group, Peabody School, 10:30am-12:00pm</td>
<td>—</td>
</tr>
<tr>
<td>19</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am-11:30am</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 12:00pm-2:00pm</td>
<td>Basketball for Dads, FMA, 6:00pm-8:00pm</td>
<td>—Family Childcare Provider, Nanny or Au Pair and Child Drop-in Playgroup, Gately Youth Center, 10:00am-11:30am</td>
<td>—Dads and Kids at the Gym, Gately Youth Center, 10:00am-11:30am</td>
<td>—</td>
</tr>
<tr>
<td>26</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am-11:30am</td>
<td>—Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 12:00pm-2:00pm</td>
<td>Basketball for Dads, FMA, 6:00pm-8:00pm</td>
<td>—Family Childcare Provider, Nanny or Au Pair and Child Drop-in Playgroup, Center for Families, 10:00am-11:30am</td>
<td>—</td>
<td>May 2</td>
</tr>
</tbody>
</table>

*workshops not listed in calendar*
Hi Dads,

Cambridge Dads is a program of the Agenda for Children Literacy Initiative and the Center for Families. We’re here to support you, and provide opportunities for you to engage your children and meet other dads.

Join us at an upcoming event! Or if you have questions/want to say hello:

**John Arias**
**Call or text:** 857-209-4964
**Email:** cambdads@cambridgema.gov

**Shawn Proctor**
**Call:** 617-349-6334
**Email:** sproctor@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!

---

**Men’s Health League**

**March is National Nutrition Month!**

- **Men’s Mental Health & Wellness Conversation Series**
  
  Join the Men’s Health League for conversations on Men and Mental Health. The series is sponsored by the Cambridge Public Health Department and the conversations will be facilitated by Kwame Dance, MA, MBA PsyD candidate **from 6 – 8 pm**
  
  **Dinner and childcare provided.**

  **March 2nd**
  ELKS Lodge
  55 Bishop Allen Drive
  Cambridge, MA

  **March 23rd**
  Citywide Senior Center
  806 Massachusetts Ave
  Cambridge, MA

- **Boys to Men Leadership Brunch**
  
  Join the Men’s Health League, the Men of Color Task Force and the Putnam Ave Upper School for its annual Boys to Men Leadership Brunch

  **April 4th 12:00-2:00pm**
  Putnam Ave Upper School
  100 Putnam Ave Cambridge

  For more information or to RSVP for:
  - Men's Mental Health & Wellness Conversation Series
  - Boys to Men Leadership Brunch

  Contact Albert Pless at apless@challiance.org or call 617-665-3830

---

**Resource Bag**

- **First-Time Dads**
  
  The bag is filled with resources, tip sheets, how-to guides, a book, and more!

  If you are interested in borrowing the resource bag or have questions, please contact John at 857-209-4964 or email cambdads@cambridgema.gov

---

**Cambridge Dads’ Social Media**

- Building an online network of dads to promote active parenting and self-care.
  
  **Follow @CambDads on Twitter**

  **‘Like’ Cambridge Dads on Facebook**
### March/April Activities

#### Dads and Kids at the Gym
Come have fun at the gym playing with your child, and meeting other dads and their children. We will have snacks and fun gym toys for all ages—even for babies!

**Saturdays, 2/29, 4/4, 5/2**  
Gately Youth Center, 70 Rindge Ave (behind Peabody School, door 13), 10:00-11:30am  
All dads, uncles, male-caregivers, grandfathers, step-dads, godfathers, etc. welcome with at least one child age birth to 8 years. **Let us know you’re coming!**  
Call/text John at 857-209-4964 or email cambdads@cambridgema.gov.

#### Dads and Kids Swim
Come have fun at the pool with your child ages birth-8 years old swimming and meeting other dads & their children.

**Friday, 4/3** at War Memorial Pool, 1640 Cambridge St, 5:30pm-7:00pm. **Registration required.**  
To register call/text John at 857-209-4964 or email cambdads@cambridgema.gov.

#### Dads and Kids Cook
Come have a great time cooking with your child and meeting other dads and their children! We will be preparing an appetizer or dessert to pair with dinner provided!

**At the event, dads will receive tip sheets on how to promote healthy eating and literacy through cooking.**

**Date:** February 25 & March 3  
**Time:** 6:00-7:30  
**Place:** Cafeteria  
Fletcher-Maynard Academy  
225 Windsor St.

**Registration required.**  
To register call/text John at 857-209-4964 or email cambdads@cambridgema.gov.

#### Basketball for Dads
Have some spare time to lace ’em up with other dads/male caregivers? Join us for Basketball for Dads!

**Tuesdays, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19**  
Fletcher Maynard Academy, 225 Windsor St. (use door at the corner of Windsor & Harvard Streets)  
6:00-8:00pm

**Registration required.**  
To register email Shawn Proctor at sproctor@cambridgema.gov.

#### Cambridge Dads Talk!
Join us for a cup of coffee and discussion with other dads! Over the course of 3 weeks, we will meet and talk about topics such as:

- What does it mean to be a father?  
- Stress Management  
- Discipline and behavior  
- Different parenting styles  
- Men’s Health

**Date:** 3/24, 3/31, 4/7  
**Time:** 6:15 – 7:45 pm  
**Place:** 51 Inman Street  
Ground Floor Conference Room  
**Light dinner and limited child care provided!**

**Registration required.**  
To register call/text John at 857-209-4964 or email cambdads@cambridgema.gov.

#### Ages & Stages Questionnaire
Interested in knowing more about your child’s development ages 2 months—5 years?

The Ages and Stages Questionnaire (ASQ) is a set of questions to help parents find out what skills their baby or young child has.

**To obtain an Ages and Stages Questionnaire for your child,** contact John at 857-209-4964 or email cambdads@cambridgema.gov.
Baby Massage/Nurturing Touch & Infant Development Series (based on WINC without borders material and curriculum) 4 session series, Wednesdays April 8th, 15th, 29th and May 6th from 12:00pm-1:30pm at the Moses Youth Center (243 Harvard St.). The next Baby Massage Series starts May 20th at CFF. For parents with infants 6 weeks—pre-crawling. Massaging your baby and growing child helps in developing strong relationships between you and your child. Massage might help your baby to have less gas and constipation, relax better and sleep longer. The discussion topics of this series are designed to support you in your parenting. All families must register for the entire series. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

4-Part Infant Playgroup with Sign Language
Thursdays April 30, May 7, 14, and 21 from 12:30pm-1:45pm, at Community Room at 362 Rindge Avenue. This playgroup is for parents with children 5 months - 18 months. In this playgroup, we will sing songs, do fun activities, and learn sign language for babies together. This playgroup is an opportunity for parents to support children in their language development. All families must register for the entire series. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

Two-Part Series: Postpartum Exercises, Tips and Stretches for Mothers in their First Year after Giving Birth
Thursdays, 5/28 and 6/4 at the Community Room at 362 Rindge Avenue, 12:15 pm —1:30 pm. Postpartum workshop for mothers with babies birth—12 months (Babies are welcome to come with you). Learn from a physical therapist specialized in postpartum how to improve your physical health after birth. This workshop will give you tools to strengthen safely your whole body especially the pelvic floor and abdominal muscles. Instructor: Sybille Bosslet, Physical Therapist. All mothers must register for the entire series. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

Baby Time 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 to the group or Christine, and relax while babies explore the playroom. Christine leads a short sing-a-long.
- Mondays, 12:30pm—2:30pm, Center for Families, 70 Rindge Ave., rear of Peabody School (please enter through the main door of the school and sign in at the front office).
- Tuesdays, 12:00pm,—2:00pm, Moses Youth Center, 243 Harvard St.
Baby Time 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 617-349-3003 or cdoucet@cambridgema.gov with questions.

Programs for Families

Maternal Health

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.

Fridays, March 6th and April 17th from 10:30am—12:00pm, Center for Families, 70 Rindge Ave. (please enter through main door of the school and sign in at the office).

March Activity: Edible Fruit Decorations!
April Activity: Surprise!

All mothers must register for each session. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

Art & Literacy Night!

Friday, 3/27 at the Kennedy-Longfellow School (158 Spring St.) from 5:30pm—7:00pm.

Children ages 2—8 and their families are invited to join the Center for Families and the Agenda for Children for a fun evening of listening to stories and doing art activities all about the Olympics! One free book for all children! There will be pizza at 5:30pm and stories & crafts from 6:00—7:00 pm. No need to register, just come!

Call Kim at 617-349-6385 or email Kim Tran at ktran@cambridgema.gov with questions.
<table>
<thead>
<tr>
<th>Stay connected with the Center for Families</th>
<th>Ages and Stages Questionnaire</th>
</tr>
</thead>
<tbody>
<tr>
<td>We have lots of ways for you to <strong>stay up-to-date</strong> on Center for Family programs!</td>
<td>Do you want to know more about your child’s development ages 2 months-5 years old?</td>
</tr>
<tr>
<td>• Subscribe to our <strong>Google Group Listserv</strong> by filling out our sign-up form.</td>
<td>The <strong>Ages and Stages Questionnaire (ASQ)</strong> is a set of questions to help parents find out what skills their baby or young child has. <strong>Christine Doucet and Fran Roznowski</strong> are available for free to come to your home or meet somewhere in the community to do the ASQ with you and your child in about 20 minutes.</td>
</tr>
<tr>
<td>• Follow us on <strong>Twitter</strong> @cntrforfamilies</td>
<td>If you want to schedule an <strong>Ages and Stages Questionnaire</strong> for your child contact Christine at 617-349-3003 or <a href="mailto:cdoucet@cambridgema.gov">cdoucet@cambridgema.gov</a></td>
</tr>
<tr>
<td>• Like us on <strong>Facebook</strong> at Facebook.com/cambridgecenterfamilies</td>
<td></td>
</tr>
<tr>
<td>• Check out our <strong>website</strong>: <a href="http://www.cambridgema.gov/dhsp/cff">www.cambridgema.gov/dhsp/cff</a></td>
<td></td>
</tr>
<tr>
<td>• <strong>Fatherhood Text Campaign</strong>: Text “father” to 95577</td>
<td></td>
</tr>
</tbody>
</table>

Please fill out a **Center for Families Sign-up Form** to be on our mailing list and attend our programs. Registration forms are available at our office, playgroups, events, or on our website.

<table>
<thead>
<tr>
<th>Are You Looking for Information or Resources?</th>
<th>Center for Families’ Help in a Bag!</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Center for Families can help connect you to information and resources for families in Cambridge!</td>
<td>The Center for Families now offers free resource bags on the following topics:</td>
</tr>
<tr>
<td><strong>We have information about:</strong></td>
<td>• First Time Dads</td>
</tr>
<tr>
<td>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!</td>
<td>• Getting Ready to Share</td>
</tr>
<tr>
<td><strong>Please contact the Center for Families at 617-349-6385 or by emailing <a href="mailto:centerforfamilies@cambridgema.gov">centerforfamilies@cambridgema.gov</a>.</strong></td>
<td>• Biting</td>
</tr>
<tr>
<td></td>
<td>• Hitting</td>
</tr>
<tr>
<td></td>
<td>• Fun with Language</td>
</tr>
<tr>
<td></td>
<td>• Starting Childcare or School</td>
</tr>
<tr>
<td></td>
<td>• A New Baby in the Family</td>
</tr>
<tr>
<td></td>
<td>• Death of a Loved One</td>
</tr>
<tr>
<td></td>
<td>• Potty Training!</td>
</tr>
<tr>
<td>You can also visit us at either of our two locations: Peabody School (70 Rindge Ave.) or 51 Inman St. (ground level).</td>
<td>Each bag is filled with books for toddlers and preschoolers as well as articles and resource lists, including websites for parents.</td>
</tr>
<tr>
<td></td>
<td>If you are interested in borrowing any of the resource bags or have any questions, please contact Kim at 617-349-6385 or <a href="mailto:ktran@cambridgema.gov">ktran@cambridgema.gov</a>.</td>
</tr>
</tbody>
</table>
### Questions about Child Development?
**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. **All of Fran’s support and services are free. 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.**

### Have you been to the new Center for Families second location at 51 Inman St., (ground level)?

By joining Baby University as part of the Center for Families, creating Cambridge Dads with the Agenda for Children Literacy Initiative, and becoming a Find It Cambridge Outpost, we hope to create a space for all Cambridge families with young children to receive support, access resources, participate in parent education, and create a sense of community.

---

### Friends of the Center for Families

**What is Friends of the Center for Families and what do we do?**
We are a 501(c)(3) nonprofit organization that raises funds and awareness for family programs, activities, and events for the Center for Families.

**How can you get involved?** We are looking for community members to get involved by sharing your skills and expertise to help enhance our efforts and to shape the future of the Friends of Center for Families.

Please visit our website for more information ([www.friendsofthecenterforfamilies.org](http://www.friendsofthecenterforfamilies.org)) or e-mail us at: friendsofthecenterfamilies@gmail.com.
### Cambridge Community Information

<table>
<thead>
<tr>
<th>Pathways to Family Success</th>
<th>Agenda for Children: Let’s Talk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Do you have a child who is in grades kindergarten to 3rd grade? Is English not your first language?</strong> If you answered yes to these questions, then <strong>Pathways to Family Success</strong> could be for your family! <strong>Pathways</strong> is a free program for immigrant parents of school age children to help you better understand the U.S. School system, help support your children’s learning, and connect you to community resources to help you and your family succeed.</td>
<td><strong>Let’s Talk!</strong> is a free early literacy program for families with children ages birth-age 8 in Cambridge that offers services for moms, dads and child care providers. To sign up for a free literacy home visit, call 617-665-3812. For tips and resources on ways to support young children, text &quot;letstalk&quot; to 313131 for a weekly tip via text or connect with Let’s Talk! at: <a href="http://www.letstalkcambridge.org">www.letstalkcambridge.org</a>, facebook.com/LetsTalkCambMA and @LetsTalkCambMA.</td>
</tr>
</tbody>
</table>

**Pathways** meets on Saturday mornings in North Cambridge. **Parent and children attend the program together.** There are fun activities for children! For more information, contact Becky at 617-665-3827 or rsmick@challiance.org.

### Have You Checked Out Find It Cambridge?!

Find It Cambridge ([www.finditcambridge.org](http://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!

You can also talk to a Find It Here Expert at the Cambridge Economic Opportunity Committee (CEOC) (11 Inman St., Monday-Friday 9:00am-5:00pm), and Center for Families (CFF) (70 Rindge Ave., Monday-Friday 9:00am-4:00pm or 51 Inman St., Mondays and Thursdays 10:00am-1:00pm) and at the Student Registration Center (Mondays, 9am—1pm only) to get help with finding the resources you need.

Please like and follow Find It Cambridge on: [Facebook](https://www.facebook.com), [Twitter](https://twitter.com), [Instagram](https://www.instagram.com), and [Pinterest](https://www.pinterest.com).

If you have any questions you can call Find It at 617-652-5232 or email Find It at info@finditcambridge.org.
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.
- **Student Registration Center (SRC)**: 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).
- **Riverside Community Care (originally 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
- **JF & CF**: 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 and check website for other resources provided to families: http://www.jfcsboston.org/.  
- **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.
- **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 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.
- **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. Just Just-A-Start Corporation also offers a Financial Opportunity Program including: free tax preparation, education on credit and asset building, and one-one-one financial counseling. Website: https://www.justastart.org/

Special Needs Services
- **Riverside Community Care (originally The Guidance Center)**: 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.
- **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/cpdp.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-Postelli@cpsd.us.

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

If you are unable to find what you are looking for, please call the Center for Families at 617-349-6385.
Kim Tran  
Program Assistant  
ktran@cambridgema.gov  
617-349-6385  
(Vietnamese & English)

Lucy Hernández  
Family Support Program Assistant  
hernandez@cambridgema.gov  
617-349-6967  
(Spanish & English)

Christine Doucet  
Family Support Specialist/Infant Coordinator  
cdoucet@cambridgema.gov  
617-349-3003  
(French & English)

Cynthia Woodward  
Family Services Coordinator  
cwoodward@cambridgema.gov  
617-349-6327  
(English)

Michelle Godfrey  
Program Manager  
mgodfrey@cambridgema.gov  
617-349-3002  
(English)

John Arias  
Cambridge Dads Coordinator  
cambdads@cambridgema.gov  
857-209-4964  
(Spanish and English)

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

Main Office  
617-349-6385
Fax:  
617-349-6386
Web:  
www.cambridgema.gov/dhsp/cff
Facebook:  
facebook.com/cambridgecenterforfamilies
Twitter:  
http://twitter.com/cntrforfamilies
Email:  
centerforfamilies@cambridgema.gov
Facebook:  
http://on.fb.me/xzNyXs

Center for Families  
Peabody School  
Community Wing  
70 Rindge Avenue  
Cambridge, MA 02140

Center for Families’ Funding Information
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), the Massachusetts’ Children’s Trust, Cambridge Public Schools, and the Cambridge Health Alliance. The Center for Families serves all families living in Cambridge with children birth—8 years old.