



Kia Ora



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Hello!



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Center for Families' Newsletter

Information, support, and programs for families with at least one child birth—8 years old living in Cambridge.



January—February 2020		Upcoming Events!	
<p>In the Center for Families' Newsletter, we have updated information on Center for Families' Family Fun Day! (see below), parent workshops (see page 7), Cambridge Dads (see pages 5&6) and resources to keep you and your family active and well connected this winter (see pages 8—11)!</p> <p>On page 2 you will find information on registering your child for Junior Kindergarten and Kindergarten. Remember to do so by January 31st!</p> <p>February is National Dental Hygiene month! Turn to page 2 for tips, information, and fun activities to help keep your family's teeth healthy.</p> <p>Our calendar is on page 4. Be sure to check our playgroup 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.</p> <p>We hope to see you soon!</p>		4-Part Mindful Parenting & Stress Reduction Series	Begins 2/12
		Moms' Group	1/17 & 2/14
		Dads & Kids at the Gym	2/1
		Baby Massage 5—Part Series	Begins 2/5
		Managing Screen-Time with Young Children	1/30 & 2/6
		3-Part Parent and Child Mindfulness and Creative Relaxation Series	Begins 2/28
		2-Part Early Childhood Development Discussion	See page 7
Center for Families' Family Fun Day January 2020!		Table of Contents	
<p><i>Saturday, January 11th, 10:00am—1:30pm, Peabody School Gym, 70 Rindge Ave. (please enter through door #11).</i></p> <p>Children ages birth— 8 years old and their families are invited to join the Center for Families for a fun morning of crafts, games and activities all about music and movement! We also have crafts, games, moon bounces, face painting, book giveaways, toddler obstacle course, infant area, a musical performer, a light lunch, and more! Only cancelled for severe weather. No need to register, just come! Contact the Center for Families at 617-349-6385 for more information.</p>		Family Activity Ideas	Page 2
		Drop-in Playgroup Schedule	Page 3
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		CFF News and Information	Page 8 & 9
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   		<p>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).</p> <p>Our Second location is at 51 Inman St., ground level.</p> <p>Give us a call for directions at 617-349-6385!</p>	

Spotlight: Junior Kindergarten and Kindergarten Registration Lottery

The Cambridge Public Schools January Junior Kindergarten and Kindergarten school choice lottery begins on January 2nd, 2020 and ends on January 31, 2020 at 4:00pm. This is the time when you will have the best chance of getting one of your school choices.

Eligibility:

Child's Birth Date:	Families Should Apply For:
September 1, 2015 – March 31, 2016	JK/K Lottery: January 2nd-31st, 2020 as a Junior Kindergartner.
September 1, 2014 – August 31, 2015	JK/K Lottery: January 2nd-31st, 2020 as a Kindergartner

How to Register:

1) Gather your required documents.

—**Required Forms:** 1) Application form, 2) Home Language Survey, 3) Health History Form. 4) Record Release (Required for students with IEPs, 504s, or equivalent), 5) Controlled Choice form

—**Required Documents:** 1) Proof of Age, 2) Proof of Address, 3) Proof of Occupancy, 4) Proof of Parent/Guardian/Caregiver Identity, 5) Student Immunization Record

—**Additional Documents - If Applicable:** 1) Guardianship Papers or Notarized Caregiver Authorization Affidavit, 2) Doubling Up Form, 3) Copy of student's Individualized Education Program (IEP) or 504 Plan

2) Fill out the forms: Save time by using the online pre-registration system, or fill out a paper packet, available in PDF form online or at the Student Registration Center (SRC). Find all forms and documents on the SRC website: https://www.cpsd.us/administration/src/registering_for/january_kindergarten_lottery

3) Visit the Student Registration Center in January! The registration deadline is 4pm on January 31.

If you are registering using paper forms, you must provide all of your documents in person at the time of registration.

If you are pre-registering online, many of your documents can be uploaded, but you must bring any documents you did not upload to the SRC to complete the process.

If a language test is required to determine eligibility to receive program language bonus points in the JK/K Lottery for Amigos, the Chinese Immersion Program and the Ola Program, families must schedule the language test in order to ensure that it is completed by 4PM on January 31.

Contact the Student Registration Center
Hours: Monday—Friday | 8:30AM - 3:30PM
Phone: 617-349-6551

Your child can not be entered into the lottery unless you complete their registration by 4pm on January 31st. Call the Student Registration Center at 617-349-6551 with any questions or for more information!

Family Playing and Learning Activities

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



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.

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!



Center for Families' Drop-in Playgroups

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 6th, 2020 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:
1/20, 2/13, 2/17, 2/18, 2/19, 2/20, 3/18, 4/20, 4/21, 4/22, 4/23, 5/13, 5/21, 5/25, 6/3

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 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

Wednesdays

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

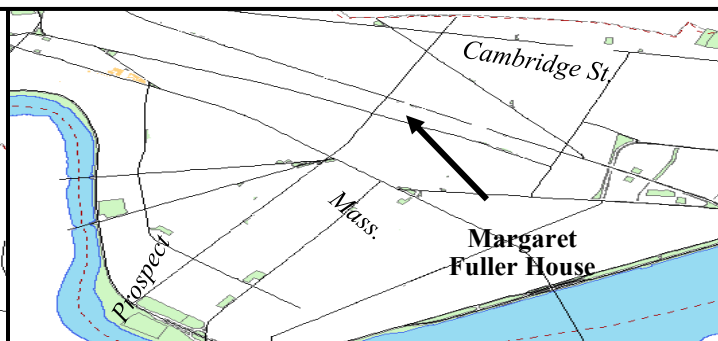
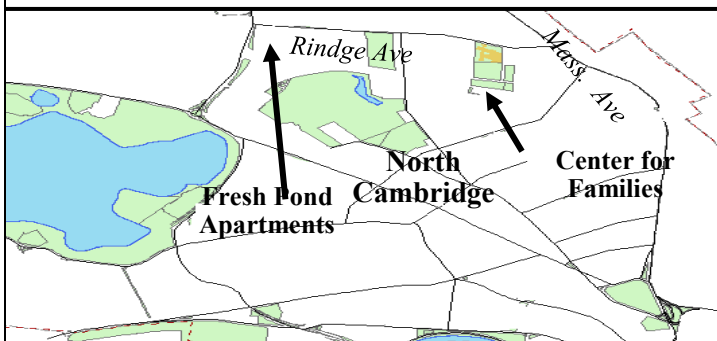
Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroups (these playgroups are for only non-relative childcare providers and the children in their care)

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



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' January–February 2020 Drop-ins and Events Calendar

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	January 6 —Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am- 11:30am —Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroup, Moore Youth Center, 10:00am-11:30am —Baby Time Infant Playgroup, Center for Families, 12:30pm-2:30pm	January 7 —Baby Time Infant Playgroup, Moses Youth Center, 12:00pm-2:00pm	January 8 —Parent/Relative and Child Drop-in Playgroup, Gately Youth Center, 10:00am-11:30am	January 9 —Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroup, Center for Families, 10:00am-11:30am	January 10	January 11 Family Fun Day at the Peabody School, 10am-1:30pm
12	January 13 —Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am- 11:30am —Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroup, Moore Youth Center, 10:00am-11:30am —Baby Time Infant Playgroup, Center for Families, 12:30pm-2:30pm Dads and Kids Reading Challenge Week 1	January 14 —Baby Time Infant Playgroup, Moses Youth Center, 12:00pm-2:00pm	January 15 —Parent/Relative and Child Drop-in Playgroup, Gately Youth Center, 10:00am-11:30am	January 16 —Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroup, Center for Families, 10:00am-11:30am	January 17 Moms' Group, Peabody School, 10:30am-12pm	January 18
19	January 20 No groups. CFF Closed. Dads and Kids Reading Challenge Week 2	January 21 —Baby Time Infant Playgroup, Moses Youth Center, 12:00pm-2:00pm	January 22 —Parent/Relative and Child Drop-in Playgroup, Gately Youth Center, 10:00am-11:30am	January 23 —Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroup, Center for Families, 10:00am-11:30am	January 24	January 25
26	January 27 —Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am- 11:30am —Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroup, Moore Youth Center, 10:00am-11:30am —Baby Time Infant Playgroup, Center for Families, 12:30pm-2:30pm Dads and Kids Reading Challenge Week 3	January 28 —Baby Time Infant Playgroup, Moses Youth Center, 12:00pm-2:00pm	January 29 —Parent/Relative and Child Drop-in Playgroup, Gately Youth Center, 10:00am-11:30am	January 30 —Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroup, Center for Families, 10:00am-11:30am	January 31	February 1 Dads and Kids at the Gym at Gately, 10am-11:30am
2	February 3 —Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am- 11:30am —Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroup, Moore Youth Center, 10:00am-11:30am —Baby Time Infant Playgroup, Center for Families, 12:30pm-2:30pm	February 4 —Baby Time Infant Playgroup, Moses Youth Center, 12:00pm-2:00pm	February 5 —Parent/Relative and Child Drop-in Playgroup, Gately Youth Center, 10:00am-11:30am	February 6 —Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroup, Center for Families, 10:00am-11:30am	February 7	February 8
9	February 10 —Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am- 11:30am —Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroup, Moore Youth Center, 10:00am-11:30am —Baby Time Infant Playgroup, Center for Families, 12:30pm-2:30pm	February 11 —Baby Time Infant Playgroup, Moses Youth Center, 12:00pm-2:00pm	February 12 —Parent/Relative and Child Drop-in Playgroup, Gately Youth Center, 10:00am-11:30am	February 13 No groups.	February 14 Moms' Group, Peabody School, 10:30am-12pm	February 15
16	February 17 No groups. CFF closed.	February 18 No groups.	February 19 No groups.	February 20 No groups.	February 21	February 22
23	February 24 —Parent/Relative and Child Drop-in Play-group, Moses Youth Center, 10:00am- 11:30am —Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroup, Moore Youth Center, 10:00am-11:30am —Baby Time Infant Playgroup, Center for Families, 12:30pm-2:30pm	February 25 —Baby Time Infant Playgroup, Moses Youth Center, 12:00pm-2:00pm	February 26 —Parent/Relative and Child Drop-in Playgroup, Gately Youth Center, 10:00am-11:30am	February 27 —Family Childcare Provider, Nanny or Au Pair and Child Drop—in Playgroup, Center for Families, 10:00am-11:30am	February 28	February 29

Cambridge Dads' Fatherhood Corner

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, and activities to do with your kids in and around Cambridge. Follow these quick steps:

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

The beginning of the year is a good time to start adopting some healthy habits. See below for 6 links prepared by the staff of the [Men's Health League](#) to get you off to a good start!

Healthy Tips for Men in their 20s & 30s

- <https://www.webmd.com/men/simple-health-steps-men-20s-30s>

Healthy Tips for Men in their 40s & 50s

- <https://www.webmd.com/men/guide/simple-health-steps-men-40s-50s>

Mental Health

- <https://www.webmd.com/men/features/men-depression#1>

Healthy Sex

- <https://www.webmd.com/men/guide/mental-health-male-sexual-problems#1>

Healthy Exercise

- <https://www.webmd.com/men/features/10-health-benefits-regular-exercise-men#1>

Anger Control

- <https://www.webmd.com/men/features/anger-control-men#1>

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



Cambridge Dads January–February 2020 Activities

Dads and Kids Reading Challenge!

Starting January 13th, Cambridge Dads will be hosting a virtual winter reading challenge!

Read books and share your thoughts for a chance to win cool prizes every week!

Dates:

Week 1: January 13th – January 19th – Winner announced January 20th

Week 2: January 20th – January 26th – Winner announced January 27th

Week 3: January 27th – February 2nd – Winner announced February 3rd

Check our Facebook (Cambridge Dads) and Twitter (@CambDads) pages after the New Year for details!

For more information call/text John at 857-209-4964 or email cambdads@cambridgema.gov



Dads and Kids at the Gym

Come have fun at the gym playing with your kids, and meeting other dads and their children. We will have food and fun gym toys for all ages—even for babies!



Saturday, February 1st

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.

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 kids and meeting other dads and their kids! 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.

More information coming soon!

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.

If you would like to obtain an Ages and Stages Questionnaire for your child, contact John at 857-209-4964 or email cambdads@cambridgema.gov

Parent Workshops

Managing Screen-Time with Young Children: a 2-Part Series for Cambridge Dads and Moms with Children Birth to 5 years
Thursdays 1/30 and 2/6 (snow date 2/13) from 6:30pm-8:00pm (childcare arrive at 6:15pm) in Central Square area (exact location TBD).

We live in a world filled with screens that is constantly changing. How do we help our children navigate it in a positive way? Learn concrete strategies and resources to help. Share your successes and challenges with other Dads & Moms. Limited child care available upon request. Light snacks served. All families must register. To register, please contact Christine Doucet at cdoucet@cambridgema.gov or 617-349-3003

4-Part Mindful Parenting & Stress Reduction Series
Wednesdays, 2/12, 2/26, 3/4 and 3/11 at the Peabody School, (70 Rindge Ave.) from 6:30pm-8:00pm. Learning mindfulness—that is to be present to the moment without judgement—can help during the beautiful AND challenging moments of parenting. Join Christine Doucet and Laura Indigo to learn practical tools to incorporate mindfulness into your family life and decrease parental stress. **For Parents parenting children 1—8 years old. Childcare available upon request. All families must register for the entire series. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

3-Part Parent and Child Mindfulness and Creative Relaxation Series
Fridays, 2/28, 3/6 & 3/13 at the Peabody School (70 Rindge Ave.) from 4:00pm to 5:00pm. Come to enjoy with your child(ren) mindfulness practices, relaxing exercises and simple yoga movements. You will learn simple ways to relax with your children and tools to continue these practices at home to decrease stress for the entire family. **This series is appropriate for children 4 years old or older with their parents. All families must register for the entire series. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

2-Part Early Childhood Development Discussion Series
 Parenting is an intense experience. Children are fantastic, frustrating, imaginative, infuriating, loving and challenging! (Sometimes all of those things in one hour or less!) Sharing experiences with others who are raising children can offer relief, new ideas and helps us to see the humor in all of it. Join us for an evening of honest sharing our stories and hear concrete strategies from Amy Bamforth, a local early childhood Specialist. Series is meant for parents with children ranging from 1-5 years old. **Please choose one 2-part series to attend (either Thursdays or Saturdays)**

—**Option 1:** Thursdays February 27 and March 5 from 6:30pm to 8pm at the Peabody School (70 Rindge Ave.)
 —**Option 2:** Saturday February 15 and 29 from 10am to 11:30am at Windsor Street DHSP Preschool (119 Windsor St.)

Childcare available upon request. All families must register for the entire series. To register, contact Center for Families at 617-349-3003 or cdoucet@cambridgema.gov.

Programs for Families with Infants

Baby Massage/Nurturing Touch & Infant Development Series (based on WINC without borders material and curriculum) 5 session series, *Wednesdays February 5th, 12th, 26th, March 4th and 11th from 12:30pm-2:00pm at the Center for Families (70 Rindge Ave.).* 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. For more information and 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.***

Mothers' Discussion and 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.*

Fridays, January 17th and February 14th 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).*

January Activity: Salt Bath

February Activity: Jewelry Making (make something for yourself!)

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

Center for Families' News and Information

Stay connected with the Center for Families

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

- Subscribe to our **Google Group Listserv** by filling out our sign-up form.
- Follow us on **Twitter** @cntrforfamilies
- Like us on **Facebook** at Facebook.com/cambridgecenterforfamilies
- Check out our **website**: www.cambridgema.gov/dhsp/cff
- **Fatherhood Text Campaign**: Text "father" to 95577

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.

Ages and Stages Questionnaire

Do you want to know more about your child's development ages 2 months-5 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 **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.

If you want to schedule an Ages and Stages Questionnaire for your child contact Christine at 617-349-3003 or cdoucet@cambridgema.gov

Are You Looking for Information or Resources?

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 or by emailing centerforfamilies@cambridgema.gov.

You can also visit us at either of our two locations: Peabody School (70 Rindge Ave.) or 51 Inman St. (ground level).

Center for Families' Help in a Bag!

The Center for Families now offers free resource bags 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 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 at 617-349-6385 or ktran@cambridgema.gov.

More Center for Families Information!

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) or e-mail us at: friendsofthecenterforfamilies@gmail.com.



Cambridge Community Information

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 your family! **Pathways** 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.

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.

Agenda for Children: Let's Talk

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 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 "letstalk" to 313131 for a weekly tip via text or connect with Let's Talk! at:

www.letstalkcambridge.org, [facebook.com/LetsTalkCambMA](https://www.facebook.com/LetsTalkCambMA) and @LetsTalkCambMA.



Have You Checked Out 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!

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/FindItCambridge), [Twitter](https://twitter.com/FindItCambridge), [Instagram](https://www.instagram.com/FindItCambridge), and [Pinterest](https://www.pinterest.com/FindItCambridge)

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

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>
- **Exceptional Lives** has created free, easy-to-read resources for families who have children with disabilities. Check their website: ma.exceptionallives.org

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.

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Center for Families

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Community Wing
70 Rindge Avenue
Cambridge, MA 02140



**family
centers**

a children's trust program



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

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**Center for Families**

c/o Dept. of Human Service Programs
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