



Center for Families Parent Education Programs

All workshops are free and open to families that live in Cambridge. Check specific workshops for more details.

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.

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.