



Zdravstvuite!!



Ci yi bak!



Hello!



Adaab!



Arru!



# Center for Families Newsletter: Cambridge Family News



Information, Support, & Activities for Families with Children Ages Birth—8 Living in Cambridge

## January—February 2018



In this issue of **Cambridge Family News**, we have updated information on community programs, events, workshops, and resources to keep you and your family active and well connected this winter!

On page 2 you will find information on registering your child for Junior Kindergarten and Kindergarten. Remember to do so by Wednesday, January 31st! Check out page 5 for all our information and programs just for dads! Interested in attending workshops or family events with the Center for Families, see information on page 6. Pages 8 and 9 have lots of community information and resources. Have you heard about Find It Cambridge? Check out more information below. It is a great online resource for Cambridge families.

Lastly, February is National Dental Hygiene month! Turn to page 2 for tips, information, and fun activities to help keep your family's teeth healthy.

Our calendar is on page 4. Be sure to check our playgroup and program 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. We hope to see you soon!



## Upcoming Events!

Drop-in Playgroups and Baby Time Infant Playgroups begin for 2018!	1/8
Mothers' Discussion and Craft Activity Group (registration required)	1/12 and 2/2
Adult Yoga for Beginners Series (registration required)	1/18, 1/25, 2/1, 2/8, 2/15, 3/1
CFF Family Fun Day	1/20
Child Development Series (registration required)	1/22, 1/29, 2/5, 2/12
Dads and Kids at the Gym	2/10 and 3/7

## Table of Contents

Family Activity Ideas	Page 2
Drop-in Playgroup Schedule	Page 3
CFF Calendar	Page 4
Fatherhood Corner	Page 5
Upcoming Workshops and Events	Page 6
CFF News and Information	Page 7
Cambridge Community Information	Page 8
Community Resources, Services, and Supports	Page 9
Staff Contact Information	Page 10

## Center for Families' Family Fun Day!

Join us on Saturday, January 20th, 10:00am—1:30pm, Peabody School Gym, 70 Rindge Ave. (please enter through door #11).



Children ages birth—8 years old and their families are invited to join the Center for Families for a fun morning of crafts and activities all using your imagination! We also have moon bounces, face painting, book giveaways, toddler obstacle course, infant area, 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.**

## Find It Cambridge

[www.finditcambridge.org](http://www.finditcambridge.org)

**Find It Cambridge** is a new website to help you easily find the activities, services, and resources you are looking for in Cambridge.

You can also talk to a **Find It Here Expert** at the Cambridge Public Schools' Family Resource Center (Mondays and Wednesdays 9am—1pm only), Cambridge Economic Opportunity Committee (CEOC), and Center for Families (CFF) to get help with finding the resources you need.

If you have any questions you can call our **Find It Cambridge Manager, Hector Acevedo**. He can be reached by email ([hacevedo@cambridgema.gov](mailto:hacevedo@cambridgema.gov)) or phone (617-349-6392).

The Center for Families office is located at 70 Rindge Ave, in the rear of the Peabody School (please use main entrance of school 9am-3pm).

It is near the Davis Square and Porter Square T stops, and can be accessed by the 77 and 83 buses. Programs run in different locations.

## Spotlight: Junior Kindergarten and Kindergarten Registration

The January Junior Kindergarten and Kindergarten school choice lottery for students who are eligible for either JK or K begins on Tuesday, January 2nd, 2018 and ends on Wednesday, January 31, 2018.

All registration forms for the lottery must be submitted in person to the Family Resource Center (Cambridge Rindge & Latin School, First Floor, FRC Entrance, 459 Broadway St.).

**Important information to keep in mind:** Children born between September 1, 2013 – March 31, 2014 should register for **Junior Kindergarten** between January 2nd and January 31st. Children born between September 1, 2012 – August 31, 2013 should register for **Kindergarten** between January 2nd and January 31st.

### How to register:

1. Complete the registration forms. Email [welcome@cpsd.us](mailto:welcome@cpsd.us) to request the digital forms, download the application at [www.cpsd.us](http://www.cpsd.us), or pick up a packet at the Family Resource Center (FRC).
2. Gather your required documents (see below). The checklist on the front of the application can help you organize your paperwork.
3. Go to the Family Resource Center between 1/2/18 and 1/31/18 to turn in your forms! **January 31st is the deadline to participate in the First Cycle Kindergarten Lottery.** This is the time when you will have the best chance of getting one of your school choices.

### January Registration Hours at the Family Resource Center:

- Monday-Friday from 8:30am-3:30pm
- Extended Hours:
  - January 23rd to 25th from 8:30am-7pm
  - Saturday, January 27th from 9am-12pm
  - January 30th from 8:30am-7pm
  - January 31st (Last Day) from 8:30am to 4:00pm

**Registration Requirements:** Please see application checklist for a full list of approved documents.

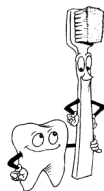
- Completed required registration forms
- Child's birth certificate or passport (*original or certified copy*)
- Lease, mortgage, or other approved proof of address
- Utility bill dated within 30 days
- Parent/Guardian license, passport, or other approved proof of identity
- Immunization (shots) record

Call the Family Resource 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 begin on Monday, January 8th and run through Thursday, June 14th. Playgroups do not meet on days when the Cambridge Public Schools have early release, are closed or there is a snow day as well as days when Center for Families has staff training. Please check the Center for Families calendar on page 4 of this Newsletter for more information. **Drop-in Playgroups/Baby Time Playgroups do not meet on: 1/15, 2/19, 2/20, 2/21, 2/22** . Please call the Center for Families at 617-349-6385 with questions.

### Parent/Family Member and Child Drop—in Playgroups

#### Mondays

- Moses Youth Center (formally Area IV Youth Center), 243 Harvard St., Bus Routes 69,83 & 91, 10:00—11:30 am
- Baby Time Infant Playgroup (for parents/family members 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/family members with children ages birth—15 months), Moses Youth Center (formally Area IV Youth Center), 243 Harvard St., Bus Routes 69,83 & 91, 12:00pm—2:00pm. **New location and time!**

#### 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 and Child Drop—in Playgroups

#### Mondays

- Baby Time Infant Playgroup (for parents/family members 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\*
- Moore Youth Center Gym, 12 Gilmore St. (off of Western Ave.), Bus Route 70, 10:00—11:30 am\*\*

#### Tuesdays

- Baby Time Infant Playgroup (for parents/family members with children ages birth—15 months), Moses Youth Center (formally Area IV Youth Center), 243 Harvard St., Bus Routes 69,83 & 91, 12:00pm—2:00pm. **New location and time!**

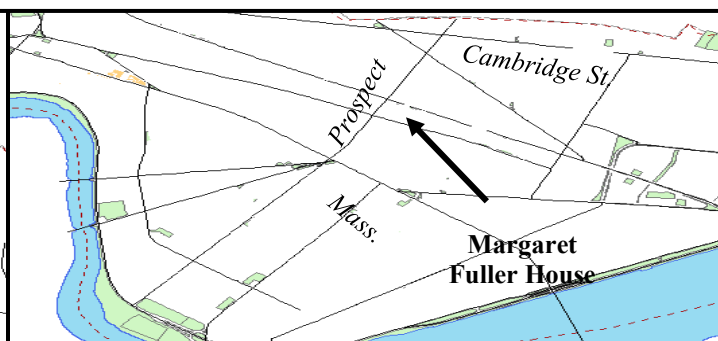
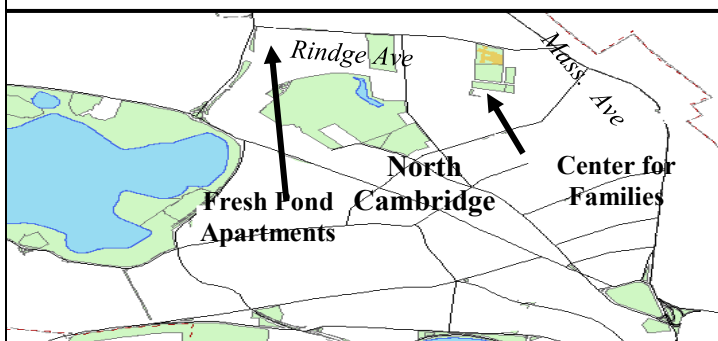
#### Thursdays

- 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:

\*Please attend either Monday or Tuesday Infant Group

\*\*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.

# CFF January—February 2018

## Drop-in Playgroups and Events Calendar

Sun.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 31	January 1 CFF closed.	2 No groups.	3 No groups.	4 No groups.	5	6
7	8 —Parent/Child Playgroup (Moses Youth Center) 10:00-11:30am —Provider/Child Playgroup (Moore Youth Center) 10:00-11:30am —Baby Time (CFF) 12:30-2:30pm	9 Baby Time (Moses Youth Center) 12:00pm-2:00pm	10 Parent/Child Playgroup (Gately Youth Center) 10:00-11:30am	11 Provider/Child Playgroup (CFF) 10:00-11:30am	12 Mothers' Discussion and Craft Activity Group, 10:30am-12pm	13
14	15 CFF closed.	16 Baby Time (Moses Youth Center) 12:00pm-2:00pm	17 Parent/Child Playgroup (Gately Youth Center) 10:00-11:30am	18 Provider/Child Playgroup (CFF) 10:00-11:30am Adult Yoga Series 6:30pm-7:30pm	19	20 CFF Family Fun Day at Peabody School, 10am-1:30pm
21	22 —Parent/Child Playgroup (Moses Youth Center) 10:00-11:30am —Provider/Child Playgroup (Moore Youth Center) 10:00-11:30am —Baby Time (CFF) 12:30-2:30pm Child Development Series 6:30pm-8:00pm	23 Baby Time (Moses Youth Center) 12:00pm-2:00pm	24 Parent/Child Playgroup (Gately Youth Center) 10:00-11:30am	25 Provider/Child Playgroup (CFF) 10:00-11:30am Adult Yoga Series 6:30pm-7:30pm	26	27
28	29 —Parent/Child Playgroup (Moses Youth Center) 10:00-11:30am —Provider/Child Playgroup (Moore Youth Center) 10:00-11:30am —Baby Time (CFF) 12:30-2:30pm Child Development Series 6:30pm-8:00pm	30 Baby Time (Moses Youth Center) 12:00pm-2:00pm	31 Parent/Child Playgroup (Gately Youth Center) 10:00-11:30am	February 1 Provider/Child Playgroup (CFF) 10:00-11:30am Adult Yoga Series 6:30pm-7:30pm	2 Mothers' Discussion and Craft Activity Group, 10:30am-12pm	3
4	5 —Parent/Child Playgroup (Moses Youth Center) 10:00-11:30am —Provider/Child Playgroup (Moore Youth Center) 10:00-11:30am —Baby Time (CFF) 12:30-2:30pm Child Development Series 6:30pm-8:00pm	6 Baby Time (Moses Youth Center) 12:00pm-2:00pm	7 Parent/Child Playgroup (Gately Youth Center) 10:00-11:30am	8 Provider/Child Playgroup (CFF) 10:00-11:30am Adult Yoga Series 6:30pm-7:30pm	9	10 Dads and Kids at the Gym, Gately Youth Center, 10am-11:30am
11	12 —Parent/Child Playgroup (Moses Youth Center) 10:00-11:30am —Provider/Child Playgroup (Moore Youth Center) 10:00-11:30am —Baby Time (CFF) 12:30-2:30pm Child Development Series 6:30pm-8:00pm	13 Baby Time (Moses Youth Center) 12:00pm-2:00pm	14 Parent/Child Playgroup (Gately Youth Center) 10:00-11:30am	15 Provider/Child Playgroup (CFF) 10:00-11:30am Adult Yoga Series 6:30pm-7:30pm	16	17
18	19 CFF closed.	20 No groups.	21 No groups.	22 No groups.	23	24
25	26 —Parent/Child Playgroup (Moses Youth Center) 10:00-11:30am —Provider/Child Playgroup (Moore Youth Center) 10:00-11:30am —Baby Time (CFF) 12:30-2:30pm	27 Baby Time (Moses Youth Center) 12:00pm-2:00pm	28 Parent/Child Playgroup (Gately Youth Center) 10:00-11:30am Baby Massage 12:30pm-2:00pm	March 1 Provider/Child Playgroup (CFF) 10:00-11:30am Adult Yoga Series 6:30pm-7:30pm	2	3

# Center for Families' Fatherhood Corner

## Hey Dads!

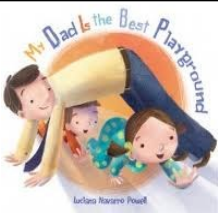
We hope you will join us with your children on **1/20/18 at the Center for Families' Family Fun Day! Peabody School, 10am-1:30pm** (lots of activities, games, moon bounces, drumming, giant basketball, free light lunch, and more)!

### Sample text from our Fatherhood Text Campaign:

"When you play with your kids, they have better chance to have better self-esteem, self-control, and willingness to explore the world."

We hope you see you soon! All dads, uncles, male-caregivers, grandfathers, step-dads, godfathers, etc. welcome!

## Dads and Kids at the Gym!



Come have fun at the gym with your kids playing and meeting other dads & their children. Kids love to play with other children and learn by observing other children (especially when they are young.) We will have food and fun gym toys for ages infants to 8 years old.

**Saturdays, 2/10 and 3/7** at the 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!**

To sign up or with questions, email [cambdads@cambridgema.gov](mailto:cambdads@cambridgema.gov).

## Cambridge Dads Podcast!

In each episode from the Center for Families and the Agenda for Children, a father will reflect back to an experience he had around fatherhood while growing up and how it translates now into their own parenting style today.

**Search YouTube: Cambridge Dads Podcast**



## Cambridge Dads on Social Media

**Building an online network of Dads to promote active parenting and self-care. An initiative of the Center for Families and the Agenda for Children Literacy Initiative.**

Follow **@CambDads** on Twitter



'Like' **Cambridge Dads** on Facebook



## 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!**

**Curious about what the texts say? Here are some examples of our weekly texts:**

"When a toddler begins to walk, they will be attracted to things at their eyesight level. Remember to baby-proof the home."

"Join us TONIGHT for Dads-only Basketball at Fletcher-Maynard Academy 6pm-8:00pm. Use door at corner of Windsor & Harvard St."

"Any fool can have a child. That doesn't make you a father. The courage to raise a child makes you a father." - Barack Obama"

"Father engagement reduces psychological problems and rates of depression in young women. (The Fatherhood Project, 2015)

**Read the powerful words shared by over 50 Cambridge dads. Immerse yourself in this collection to hear the many voices of dedicated fathers in our community! Check out the e-book: [bit.ly/dadswords](http://bit.ly/dadswords)**

# Upcoming Workshops and Events

## Workshops and Events

### Center for Families' Family Fun Day

Saturday, January 20, 2018 from 10am-1:30pm at the Peabody School (please enter through door #11)! We will have games, activities, moon bounces, giant basketball, an infant area, crafts, free light lunch, a performer, and more for Cambridge families with children birth-8 years old! *Only cancelled for severe weather.* **No need to register, just come! Give us a call at 617-349-6385 with questions.**

### 4-Part Child Development Series: More Fun, Less Stress with Toddlers, Twos, and Threes!

Mondays January 22, 29, February 5 and 12 (snow date: February 26) from 6:30pm to 8:00pm (please arrive promptly at 6:15pm for childcare) at Center for Families, 70 Rindge Ave. Parenting very young children is challenging to say the least! Children develop so rapidly in the first few years of life that as soon as you master one challenge, another pops up. And yet, very young children are filled with wonder, enthusiasm, and love. In this four-part workshop, we will look at the challenges of parenting toddlers, twos and threes, and discuss developmentally-informed approaches to meeting our young children's needs, teaching what they need to learn, and creating more harmony and happiness during this phase of family life. Facilitated by Kathy Kelts, Child Development Specialist and Social Worker. **Limited childcare available with registration. All families must register. To register, contact Christine at 617-349-3003 or [cdoucet@cambridmgema.gov](mailto:cdoucet@cambridmgema.gov).**

### 6-Part Adult Yoga Series for Beginners Series!

Thursdays January 18, 25, February 1, 8, 15, and March 1 from 6:30pm-7:30pm (6:15pm for childcare), Fresh Pond Apartments, 362 Rindge Avenue. Have you ever wanted to learn yoga? Are you looking for a fun and welcoming stress-reducing experience? Join CFF for Adult Yoga for Beginners! We will learn yoga together. No experience needed. **Limited childcare available with registration. To register, contact Christine at 617-349-3003 or [cdoucet@cambridmgema.gov](mailto:cdoucet@cambridmgema.gov).**

## 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 12th and February 2nd 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).**

### Activities:

January 12th: Creating sensory toys  
February 2nd: Surprise!

**All mothers must register. To register, contact Christine at 617-349-3003 or [cdoucet@cambridmgema.gov](mailto:cdoucet@cambridmgema.gov).**

## Families with Infants

### 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, (formally Area IV Youth Center), 243 Harvard St. **New Location and time!**

*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 [cdoucet@cambridmgema.gov](mailto:cdoucet@cambridmgema.gov) with questions.*

### Baby Massage/Nurturing Touch & Infant Development Series (based on WINC without borders material and curriculum)

**5-week series:** Wednesdays, February 28, March 7, 21, 28, and April 4 12:30pm—2:00pm, 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.

**All families must register. To register, contact Christine at 617-349-3003 or [cdoucet@cambridmgema.gov](mailto:cdoucet@cambridmgema.gov).**



See page 9 for more resources for families with infants.

# Center for Families' News and Information

## Caught in the Act!



You may have seen this issue's **Caught in the Act** staff out at events meeting families, helping children with crafts, or in the office helping to fold newsletters or prepare activities.

**Hosneara** is very dependable and always willing to lend a helping hand! **Hosneara**, you are Caught in the Act! Thank you for all the work you do at the Center for Families and all around Cambridge!

## 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](mailto:froznowski@cpsd.us).**

## 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** and get updates and connect with other parents. To be added to the listserv call (617) 349-6327 or email [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov).



Follow us on **Twitter** @cntrforfamilies



Like us on **Facebook** at Facebook.com/cambridgecenterforfamilies

Check out our **website**:  
[www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)

Fatherhood Text Campaign: Text "father" to 95577

Also, please fill out a **Center for Families Sign-up Form** to be on our mailing list. Registration forms are available at our office, playgroups, events, or on our website. We have a new form now so even if you have done it in the past, we are asking families to fill one out again.

## 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](mailto:centerforfamilies@cambridgema.gov).

## Center for Families' Help in a Bag!

The Center for Families now offers free resource bags on the following topics:

- 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](mailto:ktran@cambridgema.gov).

## Cambridge Community Information

### City of Cambridge/Community Legal Services and Counseling Center

#### Immigration Legal Screen Clinic

This **FREE** monthly clinic offers participants a consultation with an immigration attorney and the chance to learn more about how immigration law affects them and their families.

**When:** 5:15pm—7:15pm, every 3rd Wednesday of the month

**Where:** Community Legal Services and Counseling Center, 47 Thorndike St., Suite SB-LL-1, Cambridge, MA 02141

**Who:** Available to Massachusetts immigrants and their families

Please do not arrive more than 15 minutes before the scheduled start time. Early arrivals will not be given preference. The attorneys will make every effort to meet with all participants, but may not be able to do so in the time allotted. During consultations, attorneys are not able to review or complete any forms. **If you need an interpreter, you are encouraged to bring your own interpreter.**

#### 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](mailto:cdoucet@cambridgema.gov) or Fran at 617-349-6485 or [froznowski@cpsd.us](mailto:froznowski@cpsd.us).

#### Agenda for Children: Let's Talk

**Let's Talk!** is a free early literacy program in Cambridge that offers services for moms, dads and child care providers—including workshops, literacy home visits, and fun family events.



lets talk!

For tips and resources on ways to support young children, connect with Let's Talk! at: [www.letstalkcambridge.org](http://www.letstalkcambridge.org), on Facebook ([facebook.com/LetsTalkCambMA](https://facebook.com/LetsTalkCambMA)) and Twitter ([\LetsTalkCambMA](https://twitter.com/LetsTalkCambMA)) or by phone at 617-665-3812.

#### Diaper Circle

**Diaper Circle** is an organization that provides diapers to social service agencies working with low income families to distribute as needed. **The Center for Families has Diaper Circle donation bin in our office at 70 Rindge Ave. in the rear of the Peabody School, door 10.**

For more information, visit their website at [www.diapercircle.org](http://www.diapercircle.org) or check out Facebook.com/diapercircle or their Twitter account @diapercircle. **Feel free to call the Center for Families at 617-349-6385 for more 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 you! **Pathways** is a support program that works with immigrant parents of school age children to better **understand the U.S. School system**, help **support your children's learning** and **connect to community resources** to help you and your family succeed.

For more information, contact Beth at 617-665-3827.



## 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](http://www.cambridgema.gov/DHSP).
- **Family Resource Center (FRC):** 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).
- **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](http://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](http://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.

### 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>

**If you are unable to find what you are looking for, please call the Center for Families at 617-349-6385.**

# CENTER FOR FAMILIES' FULL-TIME STAFF

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**Center for Families**

Peabody School  
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, Hindi, Pashto, Spanish, Urdu, and Vietnamese.

**Main Office**

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**Center for Families' Funding Information**

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**Center for Families**  
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