



Medford Family Network Newsletter

of the Medford Public Schools

A Friend to Know...a Place to Grow!

Spring 2011



Character Breakfast with Curious George!

Sponsored by *The Greater Boston Reading Council*

Saturday, May 7, 2011
10:00—11:30 am

McGlynn Elementary School
3002 Mystic Valley Parkway, Medford

Awesome Waffles! Bananas!
Monkey Bread!
Orange-you-the-Berries Juice!
Strawberry Cream Cheese Toast!
Face Painting!

Have your picture taken!
Make Your Own Picture Frame!
FREE Books for Children!
FREE Literacy Packet for Caregivers!

Registration is Required!
Call (781) 393-2106!

[Transportation Options Available Upon Request]
Call if you need directions!

Annual Teddy Bear Picnic!



Friday, June 24, 2011
10:00 am ~ 12:00 pm

OR

Saturday, June 25, 2011
10:00 am – 12:00 pm

Victory Park, Winthrop Street, Medford

Parachute Play! Face Painting!
Obstacle Course! Sing-a-Long!
Games! Bubbles! Hula Hoops!
Crafts with recyclables!

Teddy Bear Parade! Bring your favorite
Teddy or any favorite Lovie! Pack a picnic,
bring a blanket, and enjoy the fun!

Registration is Required! Please let us know which
day you will be attending! (781) 393-2106
[Transportation Options Available Upon Request]
Call if you need directions!

PUMPERNICKEL PUPPETS



Monday, June 20
3:00 ~ 4:00 pm

Marsha Caron Theater, Medford High School
489 Winthrop Street, Medford, MA

The Three Billy Goats! Gruff/The Lion & the Mouse!

Large colorful puppets and fast-paced scenes with live voices
will delight and engage the children. The show ends with a
demonstration on what happens behind the scenes and ideas
on how to make your own puppet shows.

Registration is Required! Please call (781) 393-2106!

Medford Family Network Family Center

Medford High School
489 Winthrop Street, Medford, MA 02155
Phone: (781) 393-2106 Fax: (781) 393-2123

Email: mcassidy@medford.k12.ma.us
Website: www.medford.k12.ma.us
[Http://www.medfordfamilies.org](http://www.medfordfamilies.org)

Find Us On Facebook - Medford Family Network

Marie Cassidy, Family Specialist
Heather Fuller, Program Aide
Dottie Palladino, Office Worker

Office Hours:
8:00 am—6:00 pm (Monday—Friday)

Casa necessite de um Interprete para traduzir esta informacao,
favor contactar o escritorio de ELL no numero 781-393-2348

Si un Interprete es necesitado para tradusir esta informacion,
por favor contacta la oficina de ELL en numero 781-393-2348

Si w bezwen yo Entepret pou tradui enfomasyon sa a pou wou,
souple rele biwo ELL nan nimewo sa a 781-393-2348

TABLE OF CONTENTS:

Page 2	Family Support/Parent Education Programs
Page 3	Ways to Play Together!
Page 4	Weekday/Weekend Family Fun
Page 5	In the Hands of Others...
Page 6	Community Resources
Page 7	Parent Leadership Opportunities
Page 8	What is the MFN?



Family Support Programs

Call the Medford Family Network at (781) 393-2106
Please call if you need transportation assistance.

New Mom's Group

Facilitated by Liz Katzman, JF&CS Visiting Moms Group

Every Thursday

12:00—1:30 pm

Drop-in Format

Location: MFN Family Center

Are you a new mom? Would you like to join a group of others who know exactly what you mean by the word "tired?" Welcome to a great supportive network and a wonderful opportunity to meet new friends for yourself and new playmates for your child! If you plan to arrive later than 30 minutes after the group starts, please call the Medford Family Network.

Grandparents and Others

Facilitated by Arlene Wish, Council on Aging

Every Thursday

10:00—11:30 am

Location: MFN Family Center

Welcome to a great supportive support group that provides an avenue for grandparents to meet others who are caring for their grandchild(ren) either on a full or part-time basis and to offer support, ideas and compassion. Issues of limit setting and other child-rearing topics such as teaching children safety and empathy are discussed.

Registration Required

Babysitting Exchange Program

Hosted by Jane Hamel, MFN Parent Leader

Barter for child care! We still have openings for families interested in participating in this established, family-friendly program. Please feel free to contact Jane at jane.hamel@gmail.com with any questions, to join, and/or to learn more about the exchange.

Registration Required

Life Transitions...Surviving and Thriving Through and After Divorce

Hosted by Leona Tevari, MFN Parent Leader

Monday, May 23

7:00—8:30 pm

Location: MFN Family Center

Special Guest...Family Practice Attorney Cindy Runge will present important information on Mediation, a voluntary, confidential and collaborative process to help parties resolve their disputes and issues. There will be a question/answer period. You are welcome to call the MFN in advance with any specific questions you want answered or topics addressed.

Registration Required

Similarly Different

Co-Led by Adrienne Szafranski and Kathy Aluia, MFN Parent Leaders

Thursday, May 12

7:30 - 9:00 pm

Location: MFN Family Center

Calling all parents/caregivers of children with Autism, PDD, ASD, Down syndrome and other special needs! Join us to address and find positive ways to deal with the isolation and uncertainty of caring for a child with unique challenges. Special guest, Chenine Peloquin, CTRS, Director of EMARC Recreation, will discuss their child and youth programs.

Registration Required

Parenting Education Programs

Call the Medford Family Network at (781) 393-2106
Child care registration is required. Please call if you need transportation assistance.

Conversations on Stress Reduction, Self Care and Parenting!

Facilitated by Judy Scribner-Moore, Parent Educator

7 Wednesdays; May 11, 18, 25; June 1, 8, 15, 22

9:30—11:00 am

Registration Required

Location: MFN Family Center

- ◆ Learn/practice basic stress reduction techniques;
- ◆ Discuss your thoughts/concerns/joys about parenting;
- ◆ Learn skills to help children manage their energy levels, handle frustration, solve problems, improve communication needs, and sharing;
- ◆ Discuss ideas for creating pleasant and nourishing meal times and assuring that the whole family gets adequate rest;
- ◆ Clarify family values and explore ways to make them a priority;
- ◆ Develop support systems and network skills to help achieve your goals;
- ◆ If weather permits, one class will take place at a nearby playground to de-stress through the power of play!

Parenting with Style

Facilitated by Debbie Weinstock-Savoy, Parent Educator

5 Mondays; May 16, 23; June 6, 13, 20

9:30—11:00 am

Registration Required

Location: MFN Family Center

This program is a study of different qualities that make up an individual's type and temperament, affording us a window into the triggers and motivators that make each of us "tick." How do you view the world? Interpret information? Relate to others? Communication, parenting, giving and receiving love, self-esteem, the development of values, and how learning occurs are all shaped by these qualities. Learn about your "style." Includes handouts especially created for this program.

Ways to Play Together!



TRAVELING PLAYGROUPS IN THE PARK

9:30 ~ 11:30 AM

Tuesdays

May 3 (Tufts) May 10 (Tufts)
May 17 (Tufts) May 24 (Tufts)
May 31 (Tufts) June 7 (Tufts)
June 14 (Tufts)

Thursdays

May 5 (Playstead)
May 12 (Hickey)
May 19 (Cummings)
May 26 (Carr)
June 2 (Victory)
June 9 (Logan)
June 16 (Capen)

Fridays

May 6 (Cummings)
May 13 (Carr)
May 20 (Logan)
May 27 (Capen)
June 3 (Playstead)
June 10 (Hickey)
June 17 (Victory)

Bubbles! Balls! Sidewalk Chalk!
Art Activities! Parachute Play!
Children's Play Structures!
Free Books! Hula Hoops! Songs!
Summer Fun Activity and Information!
Community Resources!

If it is NOT pouring, we are playing!
If it IS raining, please call the MFN to find out if
we will be at the park! (781) 393-2106

Please register at the park each day you attend.

Pack a snack and a beverage!

Bring sunscreen!

We will have a First Aid kit for
emergencies!

Please call (781) 393-2106
regarding transportation options
and/or directions.

Call (617) 222-3200 for the
MBTA bus information!



Drop-in Playtime at the Family Center!

Parents, Caregivers, Guardians welcome!

May 2011

Mondays 11:30 am—5:00 pm
Tuesdays 9:00 am—3:00 pm
Wednesdays 3:00 pm—5:00 pm
Thursdays 9:00 am—3:00 pm
Fridays 9:00 am—5:00 pm

June 2011

Mondays 11:30 am—5:00 pm
Tuesdays 9:00 am—5:00 pm
Wednesdays 11:30 am—5:00 pm
Thursdays 9:00 am—5:00 pm
Fridays 9:00 am—5:00 pm

Sign in all family members when you arrive each day!

Drop-in playtime at the Family Center is a wonderful opportunity to play and interact with your child(ren). Come down and enjoy the company of other families with young children while playing in our large playroom. Books, puzzles, toys, blocks, and more await you and your child(ren)!

**CLEAN UP...CLEAN UP...EVERYBODY EVERYWHERE!
CLEAN UP...CLEAN UP...EVERYBODY DO YOUR SHARE!**

Please make every effort to clean up "as you go" and before you leave. Clean up activities help children sort, organize and have a sense of accomplishment.

MFN Family Center

489 Winthrop Street, Medford, MA 02155
(781) 393-2106

Knuckle Bones...

for the love of play!

Sponsored by the Dads are Great! Program

(For ages 1 to 7)

Saturday, June 18

10:00 am - 12:00 pm

Victory Park, Winthrop Street, Medford

Hey kids and families...bring the dads or the important man in your life for some fun and play in the sun!

The Knuckle Bones program provides lots of laughter, excitement, exercise, and healthy, memorable athletic activities and games for kids and their caregivers!

Registration Required!

Call (781) 393-2106!

Weekday Family Fun

Please call (781) 393-2106 with questions!
[Transportation Assistance Available Upon Request]

Babes in the Woods

Sponsored by the Mass Dept. of Conservation and Recreation (DCR)

Tuesdays; May 3, 10, 17, 24, 31; June 7

10:00—11:30 am

Walks are accessible for caretakers and children of all ages in backpacks, jogging strollers, or on foot. Contact the Friends of the Middlesex Fells for more information by calling (781) 662-2340 or visiting www.fells.org. Bring snacks and drinks, and dress for the weather. Trails may be muddy in spots. No dogs, please.

Drop-in Format

Location: Varies

Crawlers & Walkers

Co-Led by Jen Iacopucci, Jen Ostrosky, Debbie Steiner-Hayes, MFN Parent Leaders

Every Tuesday

11:30 am—12:30 pm

Informal playgroup for crawlers and walkers that includes songs, music, a story and new parent social connections.

Drop-in Format

Location: MFN Family Center

Sing-A-Long with Penny Kohut

Friday, May 20

10:00—11:00 am

Have lots of fun and enjoy singing, clapping and action with your baby and toddler! Sing-a-longs are for parents and their child(ren) from birth to 36 months.

Drop-in Format

Location: Medford Public Library

Story Times

Monday, May 2 and Wednesday, May 4

10:00 - 11:00am

FREE Craft with *Farmer Duck* by Martin Waddell book reading.

Drop-in Format

Location: Medford Public Library

Weekend Family Fun

Please call (781) 393-2106 with questions!

Laugh & Learn with Linda (ages 15 to 33 months) Playgroup

Facilitated by Linda Selinger, Director, Kids' Corner Child Care Center

3 Saturdays; May 7, 21; June 4

9:30—11:00 am

Location: MFN Family Center

Join Linda for a hands-on parent/child interactive themed playgroup that includes stories, fun activities, free play, circle time, music, and more! Sign up for one, two or all three!

Registration Required

So Silly...So Science (ages 3-5) Playgroup

Facilitated by Linda Selinger, Director, Kids' Corner Child Care Center

3 Saturdays; May 7, 21; June 4,

11:30 am—1:00 pm

Location: MFN Family Center

Join us as we explore science! Kids love to get "hands on" with activities that help them explore their physical and sensory worlds. Mix It Up! Good Vibrations! Melt Away! A Beautiful Rainbow! Splendid Stems! Sign up for one, two or all three!

Registration Required

"Let's Move Medford" Healthy Living Informational Fair

Sponsored by the Grace Episcopal Church

Sunday, June 5

1:00 pm—4:00 pm

Location: Hormel Stadium
3002 Mystic Valley Parkway

A day of fun and learning! Raffles, including Red Sox tickets! This family event will feature a variety of physical activities for children and adults including Zumba, karate, races, field games, and more! Several community organizations, including the Medford Family Network, Medford Health Matters, the Medford Boys & Girls Club will also be present to help inform families about strategies for healthy living. If it is raining, the event will take place inside the McGlynn Elementary School.

Drop-in Format

Spring Cleaning?

Baby, Toddler and Older Children Swap Day!

Hosted by Tamar Siegel, MFN Parent Leader

Saturday, June 11, 3:00 pm—4:30 pm

MFN Family Center, 489 Winthrop Street, Medford



Do you live in a Medford and have gently-used children's clothing (infants, toddlers, grade schoolers, and older), toys, books, baby equipment, or women's maternity wear (no other adult clothing, please)? If so, this is a great opportunity to donate.

Please drop off items at the MFN Family Center on Friday, June 10; 9:00 to 5:00 pm ONLY, or anytime between Monday, June 6 and Friday, June 10 on the porch of 155 Forest Street, Medford. Contact Tamar Siegel at rtsiegel@comcast.net for more information. No stuffed animals, please!

Community Resources

Call the Medford Family Network at (781) 393-2106

In the Hands of Others...

Navigating Early Education and Care for My Child(ren)!

Facilitated by *Debbie Lee Keenan, Director,*
Eliot-Pearson Children's School, Tufts University

Wednesday, May 4

7:00 - 8:30 pm

Medford High School Library, 489 Winthrop Street, Medford, MA 02155

This presentation is intended to give parents and caregivers an understanding of how to navigate the process of choosing the right child care. A question/answer period will follow the presentation.

- ◆ How do I choose the right the child care for my child(ren)?
- ◆ Practical considerations
- ◆ Matching your child's temperament and learning style
- ◆ Understanding the differences in educational philosophies and environment
- ◆ Financial assistance
- ◆ Packet of handouts, including *Choosing Childcare How to Find the Right Fit for your Family*

Registration is requested, but not required!

Call (781) 393-2106!

Transportation options and translation are available upon request.

Farmers Market Opens in June!

Starting Thursday, June 16

3:00 - 7:00 pm

Location: Whole Foods, Medford

Farmers Market will be held every Thursday until October 13 at the Whole Foods parking lot. There will be 20 vendors including 4 produce, 2 bread, 2 wine, 1 full time jewelry, 2 free range meat, 2 coffee, 2 baked goods, and much more!

FREE Kids Event at Whole Foods!

Saturday, May 21

11:00 am - 1:00 pm

Location: Whole Foods, Medford

Come join the fun and stay as long as you want any time between 11:00 am and 1:00 pm! This event will focus on where our food comes from. Fun activities include a farmer who grows mushrooms, face painting, simple cooking presentation, and a book raffle. Look for the fun at the front of the store!

Freebie Foyer at the MFN Family Center

Please come by and check out our FREE gently-used items including books, maternity wear, infant and children's clothing (to size 6), diapers and baby essentials. TO DONATE, PLEASE BRING ALL ITEMS TO THE STAFF IN THE MFN OFFICE. We will check them for safety and appropriateness and then place them in the Freebie Foyer's display. Also, feel free to give us a call at (781) 393-2106 if you need a particular item.

Local Food Pantries in Medford

Community Cupboard Food Pantry at Unitarian Universalist Church (781) 396-4549, Thursdays; 6:00 to 7:30 pm

Saint Francis Food Pantry (781) 396-3400, Thursdays; 3:00 to 4:30 pm

Shiloh Baptist Church (781) 488-8850, every second Tuesday; 6:00 to 7:00 pm; every third Saturday; 10:00 to 11:00 am

Holiness Food Pantry & Multi Services (781) 395-4100; 362 Salem Street, Medford; last Saturday of each month

Project Bread's Food Source Hotline (800) 645-8333

Local Food Pantry in Malden

Bread of Life (781) 397-0404; 511 Main Street, Malden; Wednesdays; 4:00 - 6:00 pm; Fridays; 2:00 - 4:00 pm

WIC

Are you struggling to meet your weekly food bill? Are you a new mom on unpaid maternity leave? Has your family recently experienced a reduction in work hours or job loss? You might be eligible for WIC benefits. WIC is a health and nutrition program sponsored by the Massachusetts Department of Public Health and the Department of Agriculture. Contact the Malden office at (781) 338-7578 or the Medford office at (781) 338-7578 to see if you are eligible.

Medford Family Network * 489 Winthrop Street * Medford, MA 02155 * (781) 393-2106 * www.medford.k12.ma.us

Community Resources

Call the Medford Family Network at (781) 393-2106

EMARC

EMARC is a non-profit organization serving individuals with developmental disabilities throughout the Metro North area. The Family Resource Center offers assistance to parents and other primary caregivers in their efforts to provide care in the home and community for a child or an adult. Our philosophy is to do whatever it takes to support families by offering services which are flexible, individualized and family directed. For more information, please contact Judy Santa Maria, Director of Family Support at (781) 942-4888 x4022 or visit www.themarc.org

FREE Playdates at the ICA (Institute of Contemporary Art)

These programs are FREE for 2 adults per family with children 12 and under. For more information, go to www.icaboston.org.

Saturday, May 28

10:00 am - 4:00 pm

Drop-in Format

Location: 100 Northern Ave, Boston

What's Inside? What's Outside?

Take part in sketching, family games and music on Boston Harbor Walk in front of the ICA. Go inside to view the galleries and try an arts scavenger hunt. Take part in a collage-making workshop and talk with an artist.

Saturday, June, 25

10:00 am - 4:00 pm

Location: 100 Northern Ave, Boston

Art & Music: The Record.

Learn how vinyl records inspired contemporary artists and then create recordings about your family using a variety of art materials.

Summer Camps

- 1) American Camp Association (ACA) (781) 541-6080; www.acanewengland.org
- 2) KidsCamps.com (877) 242-9330; www.kidscamps.com
- 3) Federation for Children with Special Needs (617) 236-7210; www.fcsn.org
- 4) National Camp Association (NCA) (800) 966-2267; www.summercamps.org
- 5) SummerCamps.com - www.summercamps.com
- 6) Medford Community Schools Program (781) 393-2226
- 7) Early Childhood Office (781) 393-2102

The Children's Room

The Children's Room is the leading nonprofit organization in Massachusetts serving grieving children, teens, and families. The staff at The Children's Room offers a series of workshops that provide practical information and strategies to address challenging topics related to death, divorce, illness, or any crisis of loss. Visit www.childrensroom.org or call (781) 641-4741.

Parents Helping Parents

Are you a parent feeling overwhelmed, isolated or stressed? Several local groups are facilitated by trained volunteers who provide a place for support, sharing and encouragement with other parents with similar concerns. FREE and CONFIDENTIAL. Parental Stress Line is open 24 hours a day 7 days a week at (800) 632-8188 or visit www.parentshelpingparents.org

Mass "211"

Sponsored by United Way

Try this free, confidential, multilingual/TTY statewide information and referral service that connects people with community resources (www.mass211.org). Mass 211 operates 24 hours, 7 days a week and helps you find information on: food, shelter, rent assistance, utility bill assistance, after-school programs, child care, counseling, senior services, disaster relief, and more!

Make Way For Kids Preschool

Tuesdays/Thursdays (3 yr olds) 12:25—2:20 pm

Mondays/Wednesdays/Fridays (4 yr olds) 9:00—11:30 am

Now Enrolling for 2011-2012. This program provides a safe and warm environment where children can learn through play. Contact Michele Farquharson at (781) 393-2210 for more information.

Medford Early Education Program (MEEP)

Monday, May 23 11:30—1:30 pm

The Medford Public Schools will offer preschool screening. This is an opportunity for you and your child to meet with specialists and discuss concerns regarding your preschooler. To schedule an appointment, please contact Suzanne MacEachern at (781) 393-2381 or at smaceachern@medford.k12.ma.us. Recommendations are made on that day.

Merry Go Round Nursery School

Tuesdays/Thursdays (3 yr olds) 8:45 am—11:45 pm

Mondays/Wednesdays/Fridays (4 & 5 yr olds) 8:45 am—12:45 pm

Now accepting registrations for 2011/12. For more information, call Betsy Dussault or Kathie Hunt at (781) 396-1711.

McGlynn Preschool - Full School-Day Program 2011-2012!

Open registration period: May 2 to May 13. This is a five-day a week school year program. Child must be four years old by December 31. If demand exceeds space, a lottery system will take place. To receive an application or for more information, please call Cheryl Alpers at (781) 393-2102.

Connecting with Children

“A ‘connected childhood’ is a most reliable key to success and happiness,” observes Edward M. Hallowell, MD, in *Work & Family Life* (January 2011).

“The starting point in creating a connected childhood is unconditional love from parents or another important adult who is active in a child’s life. But loving children unconditionally doesn’t mean you don’t have expectations for them. High expectations are fine - just not unrealistically high. When parents’ love always has to be earned children feel that they can never please their parents, no matter what. Have high but realistic expectations. Be assured that by providing connectedness, above all, you’re giving your child the best ‘leg up’ on the competition. The connected child will achieve at the level he/she is supposed to and will enjoy doing so.

“At the opposite extreme of driving children too hard is not expecting enough from them. This is a form of disconnection called indifference (and can) lead to sadness, loneliness, and low self-esteem which can result in self-destructive behavior. As with everything else, balance is key. Being a loving, connected parent doesn’t mean giving kids too much, too soon and always coming to their rescue. We should remind ourselves that children don’t need a lot of fancy toys and clothes. What they do need is your time, interest, love, guidance, and ability to say no.”

Excerpt from ExchangeEveryDay (January 25, 2011)

Check out these helpful websites:

www.bostoncentral.com

family fun in Medford and surrounding areas

www.medfordpubliclibrary.org

museum passes, story times, and much more!

www.babysitterexchange.com

established family-friendly child care bartering

www.onetoughjob.org

an online resource for real-live parents sponsored by the Children’s Trust Fund; ages birth - teenage; current topic on the “Ask the Experts” column is *Nurturing Your Family - Taking Care of Yourself*...a good read with interesting suggestions and strategies!

Medford Public Schools Early Childhood Office

(781) 393-2102

The Early Childhood Office is a local point of entry. Parents/guardians can call the Early Childhood Office to find out information about quality child care. We can also assist placing eligible families on the Department of Early Education and Care centralized wait list for child care— infant, toddler, preschool, and school age.

Parent Leadership Opportunities

Medford Family Resource Coalition Council (MFRC)

The Council is an early childhood governing body whose purpose is to plan, develop, and oversee the implementation of comprehensive, high-quality services to children, youth and families in the city.

Our next meeting is Thursday, May 26, 6:00pm.

For more information, please contact Shelley Gross, Early Childhood/Afterschool Director at (781) 393-2211 or sgross@medford.k12.ma.us.

Friends of the Medford Family Network Board (FMFN)

The Friends is a nonprofit corporation comprised of MFN parents who promote, support, and assist in raising funds for MFN programs. We are seeking parents with grant writing, fundraising, outreach and/or accounting experience.

For more information, please contact Jen Lewis, President at (617) 834-5408

Medford Family Network Advisory Board (MFN)

We are seeking new Board Members for the upcoming year, July 2011- June 2012. Call to have a current Board Member speak with you about this opportunity as a parent leader! Our Committees are...

Administrative/Ad Hoc Committee

To review the bylaws and other administrative items and to develop and prepare for the Boards’ annual election every May. Meets as needed.

Legislative Action Committee

To be aware of legislative bills and state and federal policies that affect children and their families, and host activities such as an annual Legislative Breakfast for local legislators.

Marketing/Public Relations Committee

To focus on all communications, including brochures, press, newsletter and social media.

Outreach Committee

To focus on reaching out to parents and families who live and/or work in Medford.

Program Committee

To advise on program development and implementation; to identify grants for future programs.

For more information, please contact Marie Cassidy, Family Specialist at (781) 393-2106 or mcassidy@medford.k12.ma.us.

What is the Medford Family Network?

The Medford Family Network of the Medford Public Schools is a universal (everyone welcome) parenting education and family support program focusing on the positive impact on the developmental process of children prenatal to age 8, and supporting the families that care for them. This is accomplished through parenting education workshops; discussion groups; age-specific playgroups; new moms groups; home visitation; family events; a lending library; a family resource/drop-in center; information and referral services; and family literacy initiatives. There are programs for dads, grandparents, single parents, parents who speak languages other than English; working parents; at-home parents; and more. Programs are held at a variety of sites around the city – weekdays, evenings and weekends. Many activities are co-sponsored with other family-serving agencies. Parent advisory, governing and leadership roles are available and encouraged. All adults who live or work in Medford, caring for young children, are welcome!

Information & Referral Services

If you have questions or concerns about your child(ren), family, or want to know about community resources, you can always call on the Medford Family Network. Our role is to listen and help you find the information you need. Stop by the MFN Family Center at the Medford High School or call us at (781) 393-2106. We can make appointments to meet with you at the Center, in another location, or just take some time to talk on the phone. Please let us know what is important for the healthy growth and development of you and your family. We are here to make a difference... and you are the one who can make that happen!

Wish List

Plain White Napkins	Paper Towels	Plastic Flatware	White Paper Plates (any size)
Clorox Anywhere Spray	Hand Sanitizer	Tissues	Clear Liquid Hand Soap
2" and 3" Ring Binders (white)		Manila Folders (not legal size)	
"Hello" type Name Tags	9"x12" clear plastic stand-up display stands	Playdough (any size, any color)	
Washable Markers (all colors)	BJs/Costco/Supermarket/Target/Walmart Gift Certificates		

Our BIGGEST wish is that you know how much we appreciate your support! No matter what it is, we are most grateful for your kindness and thoughtfulness.

IMPORTANT NOTICE TO ALL INTERNET SUBSCRIBERS! WE NEED YOUR E-MAIL ADDRESS! E-MAILS SAVE US \$\$\$\$!

Join our email list to receive our program fliers and updates of local events at the Medford Family Network. Send a request by e-mail with your name, address and phone number to hfuller@medford.k12.ma.us. Also, please let us know of any address changes so we may update our database. You can also access the newsletter via www.medford.k12.ma.us.

A FRIEND TO KNOW...A PLACE TO GROW!



MEDFORD FAMILY NETWORK
MEDFORD HIGH SCHOOL
489 WINTHROP STREET
MEDFORD, MA 02155

Medford Family Network is funded by the Massachusetts Department of Early Education and Care, the Children's Trust Fund, the Friends of the Medford Family Network, Corp., and the generous donations from our families and friends.