



# Medford Family Network Newsletter

of the Medford Public Schools

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

Fall 2015



## Yoki's 4th Annual Charity Golf Tournament

**Monday, September 21, 2015**  
9:00 am

Location: Sagamore Spring Golf Club  
1287 Main Street, Lynnfield, MA

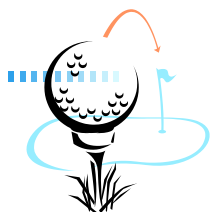
100% of the proceeds go to fund the programs and  
services of the Medford Family Network

**Join Mayor McGlynn** and the Medford Family Network!

All golfers will receive: golf balls, golf cart, 18 holes of golf, light breakfast, lunch, refreshments, and dinner reception at Yoki immediately after.

**Register online at [www.yokirestaurant.com](http://www.yokirestaurant.com).**

Any questions, contact Phong Nguyen at  
(781) 502-8836 or  
[phong@yokirestaurant.com](mailto:phong@yokirestaurant.com).



**Yoki Japanese Restaurant**  
62 Station Landing  
Medford, MA

## Medford Family Network Family Center

Medford High School

489 Winthrop Street, Medford, MA 02155

Phone: (781) 393-2106 Fax: (781) 393-2123

Website: [www.medfordfamilynetwork.org](http://www.medfordfamilynetwork.org)

[Http://www.medfordfamilies.org](http://www.medfordfamilies.org)

**Find us on Facebook -**

Medford Family Network

**Tweet Us on Twitter @MFNO2155**

**Online Calendar**—[www.calendarwiz.com/mfnschedule](http://www.calendarwiz.com/mfnschedule)

Marie Cassidy, Family Support Coordinator  
Heather Fuller, Program Aide

**Office Hours:**

9:00 am—5:00 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 infomacion, por favor contacta la officina 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



## NIGHT OF 10,000 LIGHTS 2015

SAVE THE DATE and invite your friends!

## Night of 10,000 Lights

**Sunday, November 1, 2015**

**6:00 - 9:00 pm**

Medford City Hall

The Friends of the Medford Family Network (FMFN) will be holding its annual fundraiser. This adults' night out will once again feature tastings from all of the best restaurants in Medford; live music; a silent auction; fabulous raffle prizes; and gift bags for all attendees.

**Our goal is to raise more than \$20,000.**

Help support the Medford Family Network by:

- ◆ **Attending the Event;**
- ◆ **Sponsoring the Event;**
- ◆ **Advertising in the Program Book;**
- ◆ **Making a Donation for the Silent Auction, raffles and/or grab bags;**
- ◆ **Volunteering before/during the event.**

Tickets are \$30.00 in advance (drinks included);  
\$35.00 on the day of the event

Get your tickets via [www.medfordfamilies.org](http://www.medfordfamilies.org), at  
Mystic Coffee Roasters, or  
at the MFN Family Center.

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## Parenting Today—Support Programs & Workshops

Call the Medford Family Network at (781) 393-2106  
Please call for transportation options and child care, if applicable.



### **Creative Coping—A New Moms FREE Lunch Series** (birth to one year)

**Registration Required**

*Facilitated by Karen Andrews, Hallmark Health*

**8 Mondays; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 17**

**11:30 am—1:00 pm**

**Location: MFN Family Center**

Special topics will be presented by community experts such as the many challenges of motherhood; understanding your developing child; your pediatrician—your friend; how to keep your child safe; developing a balanced life.

### **New Parent's Group**

**Drop-in Format**

*Facilitated by Aine O'Malley, JF&CS Parent Leader*

**Every Tuesday beginning September 15**

**12:30—2:00 pm**

**Location: MFN Family Center**

Are you a new parent? Welcome to a great supportive network and a wonderful opportunity to meet new friends for yourself and new playmates for your child! For families of children birth to 12 months.

### **Grandparents Group**

**Drop-in Format**

*Facilitated by Peg Murphy, PhD*

**Every Thursday beginning September 10**

**10:00—11:30 am**

**Location: MFN Family Center**

The group is a support network 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 ideas and resources.

### **English for Speakers of Other Languages (ESOL)**

**Registration Required**

*Facilitated by Becky Sarah (Intermediate); Ami Saulnier and Deb Trachtenberg (Advanced Intermediate Class)*

**Tuesdays & Thursdays; September 8, 2015—June 9, 2016**

**3:30—5:30 pm**

**Location: MFN Family Center**

These FREE classes include a focus on conversation, grammar and articulation as well as Parenting Today discussions, guest speakers, celebration events, daily living and special interest themes.

### **Financial Literacy—Be "FinLit" Fit and Invest in Your Own Learning!**

**Registration Required**

*Facilitated by Ali Mahood, MFN Parent Leader, FMFN Treasurer*

**2 Wednesdays; September 23, 30**

**9:30—11:00 am**

**Location: MFN Family Center**

This 2-part series will focus on personal financial management in helping children (ages 2-7) learn about money through tools and language. Participants will be encouraged to discuss their own concerns and ask questions regarding their families' financial future.

**3 Tuesdays; October 13, 20; November 3**

**6:30—8:00 pm**

**Location: MFN Family Center**

This 3-part series will focus on budgeting for parents; long-term savings and major purchases; and raising a saver (children ages 2-7). All questions are welcome. Handouts and helpful resources are included.

### **Yoga Anywhere—"Stress Free" Parenting Everywhere!**

**Registration Required**

*Facilitated by Judy Scribner-Moore, MFN Parent Educator*

**Monday, October 19**

**9:30—11:00 am**

**Location: MFN Family Center**

A "hands on" class that will explore and practice self-care techniques to use on the playground, at the kitchen sink, during children's sports activities, during a sleepless night, and in the middle of the mall. Dress appropriately.

### **STEP (Systematic Training for Effective Parenting)**

**Registration Required**

*Facilitated by Valerie DeGeorge, MFN Parent Educator*

**7 Tuesdays; November 3, 10, 17, 24\*; December 1, 8, 15**

**7:00—8:30 pm**

**Location: MFN Family Center**

Principles and skills in this workshop offer strategies to effectively communicate with your child(ren), birth to 8. Valerie will explore and discuss ways that focus on confident, cooperative, and responsible parent/child interactions.

\* Parent discussion and child care only; no facilitator available.

### **Resilient Parenting**

**Registration Required**

*Facilitated by Judy Scribner-Moore, MFN Parent Educator*

**6 Mondays; November 9, 16, 23, 30; December 7, 14**

**9:30—11:00 am**

**Location: MFN Family Center**

These classes focus on stress reduction and nourishing the body and mind. Discussions based on reading and sharing their parenting experiences, ideas and strategies, along with the practice of yoga based self-care exercises and mindfulness meditation. Develop and hone tools to support resilient parenting. Dress appropriately.

## Drop-in Playtime Schedule at the MFN Family Center

Parents, Caregivers, Guardians welcome!

### September 2015

Mondays	9:00 am— 5:00 pm 9:00 am— 2:30 pm (9/21 only)
Tuesdays	9:00 am—12:30 pm
Wednesdays	9:00 am— 5:00 pm (9/9, 9/16) 11:30 am— 5:00 pm (9/23, 9/30)
Thursdays	9:00 am— 3:00 pm
Fridays	9:00 am—5:00 pm

### October/November/December

Mondays	9:00 am—5:00 pm (10/5 only) 1:30 pm—5:00 pm
Tuesdays	No Drop-ins
Wednesdays	2:00 pm—5:00 pm (Closed 11/11)
Thursdays	No Drop-ins
Fridays	2:30 pm—5:00 pm (Closed 11/27)

Sign in all family members when  
you arrive each day!

### What is Playtime?

Drop-in playtime is a wonderful opportunity to play and interact with your child(ren). Enjoy the company of other families with young children while playing in our playroom. Books, puzzles, toys, blocks, and more! 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 responsibility. Look over our handouts and take what interests you. Review our Parent Resource Library and borrow some books. Place your ideas and suggestions in our Idea Box near the Sign-In book.

### Drop-in Playtime Guidelines

- ◆ Park strollers and put jackets, boots, etc. in the cubbies or on the hooks in the foyer area.
- ◆ Sign in and out at the registration desk.
- ◆ Parent/caregiver must stay with child(ren) at all times, including bathroom visits.
- ◆ Keep food/snacks limited to the round “snack table”. Snacks must be peanut and nut free.
- ◆ Cold beverages are allowed, HOT are NOT!
- ◆ All electronics, i.e., cell phones, iPhones, iPods, iPads, laptops, Kindles, etc. should be turned off and limited to emergencies ONLY.
- ◆ 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 responsibility and community.

## Ten Terrific Traveling Playgroups in the Park

Facilitated by “Miss Andrea” Breen,  
Playgroup Leader

### September 2015 9:30 ~ 11:30 am

All Playgroups are FREE for families who live/  
work in Medford! Please register at the park  
each day you attend.

Wednesday, September 9 ~ McNally  
Wednesday, September 16 ~ Cummings  
Thursday, September 17 ~ Logan  
Friday, September 18 ~ Victory  
Monday, September 21 ~ Playstead  
Tuesday, September 22 ~ Dugger  
Thursday, September 24 ~ Carr  
Tuesday, September 29 ~ Hickey  
Wednesday, September 30 ~ Barry

Bubbles! Balls! Storytelling!  
Art Activities! Parachute Play!  
Music & Movement Activities!  
Community Resource Information!

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

### A Focus on Child Health!

The Child Health Equity Lab at Tufts University in collaboration with the MFN invite you to join a research study about preventative health care and healthy lifestyle choices.

**Saturday, October 17**  
**9:00 am to 10:30 am OR**  
**11:30 am to 1:00 pm**

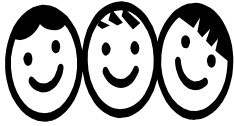
Location: MFN Family Center, 479 Winthrop Street

If you are:

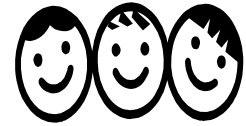
- \* a parent of a child 7 years or younger AND willing to be audio recorded we want you!

Every participant will receive \$20.00 cash.  
Child care and refreshments will be provided.  
One participant per household.  
All information will be strictly confidential.

Please call (617) 627-0588 to register or with questions and call the MFN at (781) 393-2106 for child care.



Medford Family Network  
**Fall 2015 Play and Learn Groups**  
**Registration Information**  
 Call Marie Cassidy or Heather Fuller at (781) 393-2106  
 at any time with any questions!



**What are Play and Learn Groups?**

Play and Learn Groups are FREE, interactive programs for families who live or work in Medford. Play and Learn Group leaders offer children a safe environment where they can explore their world and develop new friendships. They are designed to offer parents and caregivers social connections; help families connect with and be resources for each other; provide information to help parents access needed services and resources; and model positive strategies to support parent/child interactions. Play and Learn groups are aligned with age-specific Early Education and Care (EEC) guidelines ([www.mass.gov/eec](http://www.mass.gov/eec)) and utilize the Strengthening Families approach ([www.cssp.org/reform/strengtheningfamilies](http://www.cssp.org/reform/strengtheningfamilies)). These groups include Brain Building in Progress ([www.brainbuildinginprogress.org](http://www.brainbuildinginprogress.org)) and STEAM (Science, Technology, Engineering, Art and Math) activities. Handouts will be distributed at each session that give ideas to try at home.

**Sing!                      Laugh!                      Play!                      Move!**  
**Listen to/tell Stories!                      Explore!**

**Play and Learn Groups**  
**Registration Information**  
**Registration will be held on:**

**Tuesday, September 8, 9:00 am—6:00 pm**  
**Wednesday, September 9, 9:00 am—5:00 pm**  
**Thursday, September 10, 9:00 am—8:00 pm**  
**Friday, September 11, 9:00 am—5:00pm**  
at the Medford Family Network Family Center  
489 Winthrop Street, Medford.

\*This is a lottery for returning families—first time families have priority. Parents have the same opportunity for the lottery no matter when they register.

**Programs at Medford Public Library**

**Yahoo Crew (Age 21 - 33 months)**

**10 Fridays; 9:30—11:00 am**  
 October 9, 16, 23, 30; November 6, 13, 20;  
 December 4, 11, 18

**OR**

**10 Fridays; 11:30 am—1:00 pm**  
 October 9, 16, 23, 30; November 6, 13, 20;  
 December 4, 11, 18

**Programs at MFN Family Center**

**Waddlin' & Toddlin' (Age 14-20 months)**

**11 Tuesdays, 11:15 am—12:15 pm**  
 October 6, 13, 20, 27; November 3, 10, 17, 24;  
 December 1, 8, 15

**Yahoo Crew (Age 21 - 33 months)**

**11 Tuesdays; 9:00—10:30 am**  
 October 6, 13, 20, 27; November 3, 10, 17, 24;  
 December 1, 8, 15

**OR**

**10 Wednesdays; 9:00—10:30 am**  
 October 7, 14, 21, 28; November 4, 18, 25;  
 December 2, 9, 16

**OR**

**10 Thursdays; 9:00—10:30 am**  
 October 8, 15, 22, 29; November 5, 12, 19;  
 December 3, 10, 17

**Kiddie Glee (Age 34 - 47 months)**

**10 Wednesdays; 11:30 am—1:30 pm**  
 October 7, 14, 21, 28; November 4, 18, 25;  
 December 2, 9, 16

**OR**

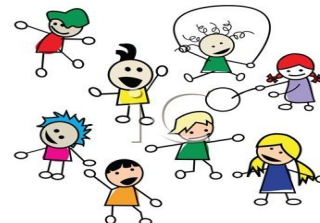
**10 Thursdays; 11:30 am—1:30 pm**  
 October 8, 15, 22, 29; November 5, 12, 19;  
 December 3, 10, 17

**OR**

**10 Fridays, 9:00—11:00 am**  
 October 9, 16, 23, 30; November 6, 13, 20;  
 December 4, 11, 18

**Fun Galore (Age 42 - 60 months)**

**10 Fridays, 12:00—2:00 pm**  
 October 9, 16, 23, 30; November 6, 13, 20;  
 December 4, 11, 18



**Exploring S.T.E.A.M.—  
Science, Technology, Engineering, Art, Math!  
Play & Learn Programs!**

For Ages 3, 4 & 5!



***Ramps & Speed***

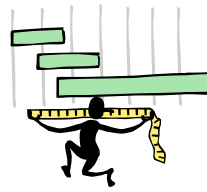
*Facilitated by Vicky de la Garza,  
MFN Parent Leader*

**Saturday, September 12  
9:30—11:30 am**

Location: MFN Family Center

Create ramps, trackways and tunnels!  
Build a marble run and participate in a marble  
(or ball) race!  
Marble art!

Registration is Required!  
Call (781) 393-2106



***Estimation & Measurements***

*Facilitated by Vicky de la Garza,  
MFN Parent Leader*

**Saturday, September 26  
9:30—11:30 am**

Location: MFN Family Center

Use dominoes, blocks, sticks, and  
even your bodies as a unit of measurement!  
Measure the circumference of common objects!

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



***Water, Bubbles & Ice***

*Facilitated by Vicky de la Garza,  
MFN Parent Leader*

**Saturday, October 10  
9:30—11:30 am**

Location: MFN Family Center

Experiment with your hands, sponges,  
droppers and cups!  
Paint with bubbles or bubble art!

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



***Shadows***

*Facilitated by Vicky de la Garza,  
MFN Parent Leader*

**Saturday, October 24  
9:30—11:30 am**

Location: MFN Family Center

Play and experiment using light from a lamp,  
flashlights and a light table!  
Join us on a Shadow walk!  
Shadow art!

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



***Magnets & Magnifiers***

*Facilitated by Vicky de la Garza,  
MFN Parent Leader*

**Saturday, November 7  
9:30—11:30 am**

Location: MFN Family Center

Magnetic exploration!  
Create and play with a magnet powered car!  
Paint with magnets!

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



***Building, Building, Building***

*Facilitated by Vicky de la Garza,  
MFN Parent Leader*

**Saturday, November 21  
9:30—11:30 am**

Location: MFN Family Center

Legos, blocks and Duplos!  
All sorts, all kinds! Boxes, too!  
Make a sculpture with fun reusable materials!

Registration is Required!  
Call (781) 393-2106

## Join MFN at Special Events in the Community

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

### Medford Early Education & Care Forum and Fair

Tuesday, November 10, 2015

6:30 ~ 8:30 pm

Medford High School Library, 489 Winthrop Street, Medford



Join us for a panel discussion as well as a question & answer session about the many Department of Early Education and Care Licensed and Public and Private School Early Education and Care Programs in Medford. **What are Early Education and Care options in Medford for infants, toddlers and preschoolers?** Speak with representatives and/or take home brochures and materials that inform you about Medford's options. Call (781) 393-2106 with questions and/or transportation and child care options. Registration is requested, but not required.

#### Making Art Together Workshops

Facilitated by *Local Artists*

Saturday, September 12

11:00 am, 12:00 pm, 1:00 pm

**Location:** Medford Arts Center,  
Meadow Glen Mall

Learn and enjoy the art of cartooning, jewelry making, and river mosaics in a group with other families. Make new friends as you strengthen family ties. *Suggested donation of \$5.00 per workshop.*

#### Medford Community Day—Family Fun—FREE Event!

Hosted by the *City of Medford*

Sunday, September 13

12:30—4:30 pm

**Location:** Andrews Middle School

Live entertainment, food trucks, face painting, kiddie rides, native flag exhibit, Middlesex Sheriff's Fingerprinting Safety Unit, Home Depot craft corner, "Touch a Truck" vehicles, Medford Police K9 demonstration, and much, much more!

#### Wright's Pond Kickoff Beach Party!

Hosted by the *Medford Educational Foundation (MEF)*

Sunday, September 20 [rain or shine]

3:00 pm—7:00 pm

**Location:** Wright's Pond

MEF proudly announces a kickoff beach party to raise awareness of how the MEF supports teacher innovation in the classroom. Live, local music and food trucks; beach balls; beach games; sandcastles; and more! Suggested donation of \$10.00 or more.

#### 13th Annual Community Day at Tufts University!

*Co-sponsored with the cities of Medford and Somerville*

Sunday, October 4 [Rain or Shine]

11:00 am—3:00 pm

**Location:** On the green at the top  
of the hill (center of the campus)

**Come Visit the MFN table!** Music & dance performances, community resources, arts! All events, including lunch, are FREE. Free parking in garage at 419 Boston Ave, Medford. For more information, visit <http://cdays.tufts.edu>

#### MFN @ Farmers Market... Final Market & Apple Fest!

Thursday, October 8

3:00 pm—7:00 pm

**Location:** City Hall Mall

Come on down and reap the benefits of the local fall harvest. MFN will offer children's activities. Vendors include: produce, fresh breads, baked goods, wine, jewelry, free range meat, coffee and much more! Visit [www.medfordfarmersmarket.org](http://www.medfordfarmersmarket.org).

#### Halloween Business Trick or Treat

Hosted by the *Medford Chamber of Commerce*

Friday, October 30

3:00 pm—5:00 pm

**Location:** Medford Square

Calling all ghosts and ghouls! Show off your costumes as you trick or treat at local businesses throughout Medford Square, West Medford Square and Haines Square. Visit the MFN table in front of Bank of America.

#### Storybook Walk... "It's Fall" by Linda Glaser

Sponsored by the *Massachusetts Department of Conservation and Recreation (DCR), Friends of the Middlesex Fells, Medford Family Network, North Suburban Child and Family Resource Network, and Mass in Motion*

Saturday, October 10—Sunday, October 25

**Location:** Crystal Trail, Greenwood Park

Storybook Walk is a self-guided walk through the Middlesex Fells Reservation. To participate, just follow the laminated pages of the book posted along the trail.

#### Swap Day—Help Others & Help Yourself

Hosted by *Tamar Siegel, MFN Parent Leader*

Sunday, October 18

3:00—4:30 pm

**Location:** Temple Shalom, 475 Winthrop St

**What can I donate?** Clothing for infants, toddlers, kids, tweens and teens; and maternity wear; gently-used and clean toys, books, music and movies, baby equipment. We do NOT accept stuffed animals, furniture, mattresses, electronics; or any car seats. You do NOT need to donate anything in order to take items. **Drop off your donations** at the MFN Family Center, 489 Winthrop Street from 9:00 am—5:00 pm on Friday, October 16 **OR** anytime between Monday, October 12 and Saturday, October 17 on the porch of 155 Forest Street. Contact Tamar Siegel at [rsiegel@comcast.net](mailto:rsiegel@comcast.net) or call the MFN at (781) 393-2106 with questions.

## Parent Leadership Opportunities

### Medford Family Network (MFN) Advisory Board

We are seeking new Board and Committee members who are welcome to join at any time. Committees are...

#### Marketing/Program Relations Committee

Focus on all communication, including brochures, press, newsletters and social media to ensure that MFN information is available in a variety of formats to all families.

#### Program Committee

Advise on program development and implementation; assist in the planning and promotion of the Early Education & Care Fair as well as specialized programming such as Parent Café, Peer Review, Financial Literacy and Family Literacy.

#### Ad Hoc Legislative Breakfast Committee

Plan/hold a Legislative breakfast in April for our local representatives, senator, school committee and city council. We want to inform our legislators about the programs and services of MFN and to advocate for their continued support.

Board meetings are held on the second Thursday of each month from 6:15 to 8:15 pm at the MFN Family Center (includes dinner, child care and transportation options).

*For more information, please contact Marie Cassidy, Family Support Coordinator at (781) 393-2106 or [mcassidy@medford.k12.ma.us](mailto:mcassidy@medford.k12.ma.us).*



### Friends of the Medford Family Network (FMFN) Board

The FMFN is a nonprofit membership organization that directly supports the MFN by securing donations for programming and family events (e.g., Teddy Bear Picnic, Playgroups in the Park, Family Concerts). The FMFN is currently looking for interested individuals to serve on the Board and help plan the Fall Gala and upcoming events.

*For more information, please contact Suanna Crowley, President, at [info@medfordfamilies.org](mailto:info@medfordfamilies.org).*



### Medford Family Resource Coalition (MFRC) Council

The MFRC Council is an early childhood advisory body. The next meeting is Tuesday, October 6 from 6:00 to 8:00 pm at the MFN Family Center (includes dinner, child care and transportation options).

### School Readiness and Early Childhood Curriculum Committee (SRECCC)

Seeking PreK, Kindergarten, and Grade 1 parents. The next meeting is Monday, October 5 at 3:30 pm at the MFN Family Center.

*Questions? Please contact Shelley Gross, Early Childhood/Afterschool Director at (781) 393-2211 or [gross@medford.k12.ma.us](mailto:gross@medford.k12.ma.us)*

### Onetoughjob.org

*"Parenting is one tough job. We get it!"*

The Children's Trust has created a parenting website—[www.OneToughJob.org](http://www.OneToughJob.org)—to connect parents in Massachusetts and beyond with the latest and greatest parenting information, ideas, and on-the-ground resources. It also provides a bridge to help find other moms/dads who have asked the same questions and faced similar challenges. *Coming soon in Espanol.*

### Help Me Grow Program - Ages & Stages The Screening Questionnaire

This questionnaire allows parents to monitor their child's growth/development - cognitively, physically, emotionally, and socially. Be an active participant in your child's development. Working together, we will be able to provide the most effective learning and resources to ensure your child has every opportunity for optimal growth/development.

### Free Safety Seats Installations

The Medford Police Child Protection Safety Seat Inspection/Installation program has made some changes to the request-for-appointment process. Please note the following: the new phone number is 781-391-6776. Call and leave a brief message with a callback number—a daytime, evening or cellphone. Appointments will be scheduled for Tuesday evenings from 4:00—8:00 pm

### The Parent-Child Home Program (PCHP)

PCHP of the Medford Public Schools is a FREE home-based early literacy and school readiness program for parents of children between the ages of 16 months and 4 years. Help your children grow up to BE and DO the BEST THEY CAN. The visits are fun! The books, toys and games we use are yours to keep. For more information, please contact Donna Foti-Scovell, Coordinator, at 781-393-2122 or email [dscovell@medford.k12.ma.us](mailto:dscovell@medford.k12.ma.us)

### Medford Public Schools Early Childhood Office (781) 393-2102

The Early Childhood Office can provide information about quality early education and care and afterschool options. We are happy to assist!

### **What is the Medford Family Network (MFN)?**

The Medford Family Network of the Medford Public Schools is a FREE 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. All adults who live or work in Medford, caring for young children, are welcome! This is accomplished through parenting education workshops; age-specific play and learn groups; new moms groups; home visitation; family events; a lending library; a family resource/drop-in center; information and referral services; family literacy activities; financial literacy information; and individual consultation. 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.

### **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 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.

### **We are funded in part by:**

#### **Department of Early Education and Care Coordinated Family and Community Engagement Grant**

Grant priorities are to: reach and meet the needs of children, especially those with multiple risk factors and/or are hard to reach, through universal and targeted outreach strategies; provide families with access to comprehensive services; provide evidence-based early literacy and family literacy opportunities; and provide families with support for continuity through early childhood transitions.

#### **Children's Trust Massachusetts Family Center Grant**

The Children's Trust helps parents navigate the joys and challenges of raising children. The grant priorities are based on the five protective factors that are the foundation of the Strengthening Families Approach: parental resilience; social connections; concrete supports in times of need; knowledge of parenting and child development; social and emotional competence of children. MFN incorporates all of these factors into its programming throughout the year in a variety of methods and activities.

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



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