



Greater Lawrence Community Action Council, Inc.
Fiscal Lead Agency
305 Essex St. Lawrence, Ma. 01840



Michael B. Christensen Community & Family Support Center (CFSC)
CFSC December 2011 Lawrence Newsletter

Where resources are only a step away!

Quote of the Month! The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. Wishing you happiness. ~Helen Keller

Upcoming Events at the GLCPC Family Network!

Family Night Celebration!

Join us for story time, songs & rhymes, hands-on activities (create your own family tree!)

Free event for families with children 0-14

Wednesday, December 14

6:30-7:30pm

Methuen Housing Authority

Community Room

75 Edgewood Ave

Methuen, MA 01844

For more info, contact Mercedes Rondon (978) 722-2505



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Learn how to do CPR for infants and children!

Join us at the GLCPC Family Network

Wednesday, December 14 at 9am

190 Hampshire St

Lawrence, MA 01840

Call to register (978) 722-2505

Upcoming Events at the Nevins Memorial Library

305 Broadway, Methuen, MA 01844

(978) 686-4080

Programs for Children:

Tuesday, Dec. 13 at 6:30pm- *Holiday Terrific Tuesday* (K-3 grade)

Wednesday, Dec. 14 at 10am- *Holiday Storytime* (3-5 years old)

Friday, Dec. 16 at 10am- *Holiday Storytime* (2 year old)

Friday, Dec. 16 at 11am- *Babies and Books*

Friday, Dec. 16 at 1pm- *Story and Craft Day* (4 to 7 year old)

Sat., Dec. 17 at 9:30am- *Donuts with Dad* (3-6 years old)

Monday, Dec. 19 at 6:30pm- *Get on Board the Polar Express Adventure* (K-3 grade)

Tuesday, Dec. 20 at 6pm- *'Twas the Night Before Christmas Storytime* (3-6 years)

Thurs., Dec. 22 at 4pm- *Crafty Kids: Make a last minute gift* (K-6 grade)

Tuesday, Dec. 27 at 4pm- *Crafty Kids: Make a winter craft* (K-6 grade)

Thursday, Dec. 29 at 10am- *Vacation Movie Day* (K-6 grade)



Workshops and Trainings for Families!

Diabetes Prevention Program:

- The Merrimack Valley YMCA is inviting a trained lifestyle coach to help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes. Topics covered include nutrition, getting started with physical activity, overcoming stress, staying motivated, and more. After 16 one-hour core sessions, you will meet monthly for up to a year for added support to help them maintain their progress.
- To qualify for the program, individuals must be overweight and at high risk for developing diabetes or overweight and have been diagnosed by a physician as someone with pre-diabetes.
- For more information, Contact Gia Saraceni (978) 725-6681 ext 158 or gsaraceni@mvyymca.org

Date: Monday, December 12

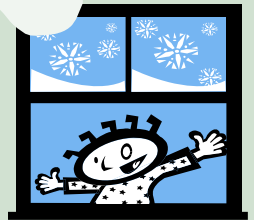
Time: 11am-12pm

Place: Merrimack Valley YMCA 40 Lawrence St, Lawrence, MA 01840

Workshops and Trainings for Families

Breathe free for Kids: (study by the Harvard School of Public Health in partnership with the Mayor's Health Task Force in Lawrence MA)

- **Anyone caring for a child 0-5 may be eligible for a unique program to help improve the air quality in their homes without asking anyone to quit smoking.**
- **Participants will receive up to \$80 for 2-3 hours of time over 6 months in the convenience of their home.**
- **For more information, call or text (978) 494-4222 or email breathe-freestudy@gmail.com**



Announcements!
Share with your families!



Parent Child Home Program: for parents and children between the ages of 18 months and three years old who live in Andover, North Andover, Lawrence, and Methuen.

- A home visitor comes to your home for thirty minutes twice a week. At these visits, the home visitor demonstrates book reading using Dialogic Reading and also demonstrates the use of a toy to enhance language and literacy in the home. Parents receive the book and toy to use with activities to help enhance literacy.
- The goal of the program is to ensure that parents as their child's first teachers experience the joy and value of reading and talking to their children using a play format to give the children a head start of being ready to learn when entering school.
- For more information, please call: **Faustina De Leon (978) 681-4985**

MSPCC Healthy Families: Services provided in Andover, North Andover, Lawrence, Methuen, and Middleton

Home Visiting Program for Teen parents under age 21 with their first baby includes: Parenting Education (Parenting Groups), Play Groups, Community Connect, Social Activities.

Parents older than 21 years old with more than one child are offered: Home visit program and case management

Extra Information for Our Parents!

On-The-Go Activities to do with your infant or toddler that promote language and literacy! (provided by Washington Learning systems. For more information, the website is <http://www.wlearning.com/>).

Activity: Talking About Things Outside

Ask your child questions about things he/she sees out the car window.

What color is it?

What shape is it?

How do you think it feels?

Do you think it has a smell?

To help your child succeed, you can:

Talk about what color and shape things are and how they feel and smell

Ask your child questions about things your child is really interested in

Ask yes/no questions (are those snowflakes on the windshield?)

To make it more of a challenge, you can:

Encourage your child to describe things with more than one word

Need help and don't know where to turn? The solution is to dial 2-1-1

- With the support of social service organizations that provide health and human services throughout Massachusetts, the United Way introduces this statewide Information & Referral System.
- The service is available 24 hours a day, 7 days a week!
- It is Free, Confidential, and Multilingual/TTY
- *Mass 2-1-1 can help you find information on: food, shelter, rent assistance, utility bill assistance, after-school programs, child care, counseling, senior services, disaster relief and much more!*





CFSC's Mission

The Community and Family Support Center strives to unite key organizations and individuals through collaboration and are committed to ensuring that all children and families have access to high quality education and care.

Community and Family Support Center funded by: Massachusetts Department of Early Education and Care (EEC)

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