



CHP Family Services Newsletter

December 2012

COMMUNITY HEALTH PROGRAMS, INC.
www.communityhealthprograms.org

413-644-0104

442 Stockbridge Road Great Barrington, MA

At the CHP Family Services Building, families are invited to use the playroom*, clothing exchange, and lending library (books & videos).

All activities are held at 442 Stockbridge Road unless otherwise indicated.

***The playroom is periodically closed for use by CHP classes & workshops. Call for info. on restricted access.**

Free Community Events for Families

Stockbridge Main Street at Christmas

Friday, November 30th 5:30-6:30 Reading around the Hearth. Gather 'round the Stockbridge Library Hearth to hear classic stories of the season.

Saturday, December 1st 11:00-11:30 Children's Holiday Story Time

Saturday, December 1st 6:00-7:00 Caroling Luminaria Walk—meet in front of the Red Lion Inn

Santa's Petting Zoo

Ward's Nursery & Garden Center South Main St, Gt. Barrington. Bring a wish list or share a quiet moment with Santa. Then enjoy the animals and the Christmas décor. You can visit Santa on weekends 11am - 3pm through Christmas!

Holiday Stroll

Downtown Great Barrington December 8 from 4pm - 7:30pm. Come and enjoy the fun downtown! There will be activities such as face painting, children's crafts, annual tree lighting and FIREWORKS!

Mason Library at the Holidays

Make a gingerbread house on December 15 at 1:15 *Please register ahead*

Read to Cheyenne, the tail-wagging tutor on December 22 at 11:00 *Please register ahead*

Family Movie Night on December 28th at 6:15pm - featuring 'Elf' *No registration required*



Come join us for our Holiday Party! (There will be no Skip and Dip this day)

Decorate cookies and do a Holiday craft.

December 14th from 10:00 - 11:00 at the CHP Family Services Building.

GROUPS FOR MOMS ...

BABY STEPS Weekly Tuesdays 11:00am - 12:30pm

Led by MaryBeth Merritt

Discuss topics relating to mothering infants; the unique challenges & joys of it at the CHP Family Services Building

BREASTFEEDING BASICS CLASS 3rd Thursday, Dec. 20th 6:00 - 7:00pm

Led by Amy Warner, CLC

Pre- / Postnatal information and counseling at the CHP Family Services Building

NURSING MOM'S GROUP Weekly Mondays, 12:30 - 2:00pm

Led by Amy Warner, CLC

Drop-in breastfeeding counseling at the CHP Family Services Building



KIDS CLASSES @ the Family Services Building



Toddler Steps

Sally DiCarlo, teacher

Tues. & Thurs. 9:30-10:30am

Structured playgroup exploring developmental stages as your child experiences and masters them. (18mths to 3yrs.)



Kids' Kitchen

Andrea Dorr, teacher

Thurs. 11:00am - noon

Free cooking class for children 2.5 - 5yrs focusing on healthy food choices. Limited registration. 413-528-0457



PLAY N LEARN is a FREE parent/child PRE-School program

PLAY + ART + SONGS CIRCLE + SNACK w/ Miss Kim

Weekly Mon. and Wed. 9:00-11:00am 3-4 year old program

To register or for information: email arada@chpberkshires.org or call 413-644-0104 x1159

Weekly Playgroup Schedule

Follows public school calendar

Monday	Tuesday	Wednesday	Thursday	Friday
W. Stockbridge Town Hall Gym Fun 9:30-11:30am	Farmington River School in Otis 9:30-11:30am	Lenox Community Center 9:30-11:30am	Bushnell-Sage Library in Sheffield Sing-A-Song 10:00-11:30am	Berkshire South RCC SKIP & DIP 10:00am - noon
*Note: NO group on Veteran's Day		New Marlborough Library Storytime 10:00-11:30am		
		Becket Town Hall 9:30 - 11:30am 1st & 3rd Wed. of the month		

Please Note CHP Holiday Reminders:

Community Health Programs is closed for business December 25th and January 1st.

Drop in playgroups follow the public school calendar and will not take place December 23rd - January 2nd.

Whole Wheat Bread Pudding

Beat together

3 cups non-fat milk

3 eggs

1/2 tsp salt

2 tsp vanilla

1/4 cup brown sugar

1/2 tsp cinnamon

Pour the first mixture over the bread, apple & nuts in the pan; stir until it is evenly mixed together.

Tastes great with fresh fruit, maple syrup or low-fat frozen yogurt.

Mix in a 9x13 baking pan

4 cups coarsely crumbled whole wheat bread, 8 slices

1 1/2 cups finely chopped apple

1/2 cup chopped nuts (optional)

Bake at 350* for 35 minutes.



Festival of Trees

Berkshire Museum in Pittsfield

Enjoy over 100 decorated trees throughout the galleries

Look for our CHP Play N Learn preschool children's tree!!



WIC IN YOUR AREA

To better serve all our families in South Berkshire County

we have hours at different sites!

For info or to arrange check pick-up contact **WIC at (413) 528-0457**

Great Barrington Office

(CHP Family Services Building, 442 Stockbridge Road)

Monday-Friday 8:30am-4:00pm Thursday Evenings till 7pm

Lee Office

(First Congregational Church, 25 Park Place)

Tuesday, 9:00am-12:30pm

Otis Playgroup (Farmington River School)

1st Tuesday of the month, 9:30 am - 11:00 am

(Please call ahead to arrange check pick-up.)

Becket Playgroup (Becket Town Hall)

3rd Wednesday of the month, 9:30am-11:30am

(Please call ahead to arrange check pick-up.)



PARENT WORKSHOP SERIES



Coordinated Family/Community Engagement & CHP Family Network presents

CHILDREN'S HEALTH - led by Lara Setti, MD

Tuesday, January 8th 6:30pm

Keeping your child healthy is a big job!

Hear about taking care of your child's body from teeth to toes.

Location: CHP campus 444 Stockbridge Road, Gt Barrington

Workshops are held in the community room of the CHP Administration offices

Childcare is available but space is limited & pre-registration must be confirmed.

Registration appreciated, 413-464-5095 or southberkshirekids@gmail.com

South County Holiday Program

Distribution Information

Location:

St. Peter's Parish Center

16 Russell Street,

Great Barrington

Use main entrance off of

driveway circle.

Please bring your distribution

information card and/or Eagle Santa

Fund Confirmation to pick up.

Distribution Times:

Friday, December 14th

5:00-7:00pm

Saturday, December 15th

9:00am-noon

Participating programs:

Watson Fund - Price Chopper food voucher/ family unit; Kmart children clothing voucher

Toys for Tots/WIC - Toys for children (0-12yrs)

Eagle Santa Fund - Toy for infants (0-2yrs); Walmart gift card for toys only for children

Gifts for Teens/SBCC - Berkshares for teens

HAPPY HOLIDAYS!!!



Family Services December 2012 Newsletter



Family Network

The Family Network provides structured and unstructured playgroups, parenting education, referral services, a clothing exchange & lending library resource center. All Playgroups are open to parent/caregivers and children age 5 and under. Children must be accompanied by an adult at all times.

First Steps

An early intervention team providing professional assessment and treatment for "at risk" children from birth to age three, including family support and education.

WIC (Women, Infants & Children)

The South Berkshire WIC Program provides breastfeeding or pregnant women and their young children with nutrition counseling, healthy diet education & vouchers to purchase healthy food.

WIC Contact #: 413-528-0457



GOOD FOOD and A WHOLE LOT MORE!
1-800-WIC-1007

Keep checking in online at
www.communityhealthprograms.org

Please consider making a donation to:
CHP Family Services,
442 Stockbridge Road Great Barrington, MA 01230
Together, we will make the daily lives of young families in our community better.

CHP Family Services is funded in part by the Massachusetts Dept. of Early Education and Care, the Massachusetts Dept. of Public Health, Berkshire Bank Foundation, the Central Berkshire Fund of the Berkshire Taconic Community Foundation, Berkshire United Way, Greylock Federal Credit Union, Coolidge Hill Foundation, the Kare Bear Invitational Golf Tournament.

