

In Our Community

Your voice matters!

Hearing on the 2017 - 18 CPS Budget
Tuesday, January 17 at 6PM
Dr. Henrietta Attles School Committee Meeting Room
Cambridge Rindge and Latin School - 459 Broadway
Make your opinion count! Each year CPS makes decisions about where to increase, decrease, or maintain funding in support of CPS programs. What educational priorities do YOU value? To share your opinion, sign up to speak at the beginning of this regular School Committee meeting. You may mail comments to the address below, or email SchoolCom@cpsd.us. We hope to hear from you!

FREE Concert Tickets!

The Cambridge Symphony Orchestra (CSO) is pleased to offer a limited number of free tickets to its upcoming Family Concert: Carnival of the Animals on Sunday, January 22, 2017 at Center for Arts at the Armory, 191 Highland Ave. in Somerville. There will be TWO performances, at 2:00 PM and at 4:00 PM. Music Director Cynthia Woods will lead our full symphonic Orchestra. The concert will last approximately 1 hour, and will be followed by an instrument petting zoo where kids can try out instruments for the first time (instruments provided by our friends at Rayburn Music). The program can be viewed in more detail at cambridgesymphony.org/event/family-concert-carnival-of-the-animals/

The free tickets are for a youth and adult companion (maximum one adult ticket per youth.) Reservations are on a first-come, first-served basis while tickets last. Underwriting for free youth tickets has been generously provided by Cambridge Trust Company. To reserve these free tickets, individuals should email me at carol.thomas@cambridgesymphony.org with their: name, number of youths and number of accompanying adults (maximum one free adult ticket per youth), specifying which performance time they are asking for (2 PM or 4 PM), and mentioning CPSD or their individual school. If there are sufficient tickets, the requesters will receive a confirming email from me in advance. Reserved tickets will be held at the door under "CPSD" and the requester's name.

Additional regular-price tickets are available for purchase online at <http://cambridgesymphony.org/>, and, space providing, at the door for: \$15 (adult general seating), \$5 (children, students, seniors). Further information about the Cambridge Symphony Orchestra may be found on our website www.cambridgesymphony.org.

Big Brothers Big Sisters of Mass Bay

Big Brothers Big Sisters of Mass Bay is now enrolling youth in Cambridge, ages 7-12 for their Community Based program. Youth in this program will be matched with a Big Brother/Sister for a minimum of 1 year and hang out twice a month, for about 2-4 hours. The focus is on free or low cost activities. Some of our matches go to the park, museums, or play sports together! For more information on how to get your child involved, reach out to Jenny Bautista, Community Engagement and Recruitment Coordinator at Big Brothers Big Sisters of Mass Bay, jbautista@bbbsmb.org, 617-956-0205.

Camp Erin® Boston

Camp Erin® Boston is a FREE weekend overnight camp for children and teens ages 6 through 17 who have experienced the death of someone close to them. This three day, two night experience is filled with traditional and fun camp activities combined with grief education and emotional support facilitated by bereavement professionals and trained volunteers. The Moyer Foundation has partnered with CareGroup Parmenter as the Boston area Camp Erin provider. More info: www.camperinboston.org.

North Cambridge Family Opera

Like to sing? Interested in Science? The North Cambridge Family Opera - Festival Chorus is recruiting for "Singing for the Rain: Songs about Weather and Climate." Inviting adults and children ages 6 and up to sing about weather and climate, including songs about tornados, rain, thunderstorms, the ozone hole, ocean level rise and more. Rehearsals are Wednesdays, 6:15-7:30pm, at the Peabody School, 70 Rindge Ave, Cambridge. Registration is at the first two rehearsals, January 25 and February 21st. Performances are Saturdays, 4/15, 4/22 and 4/23. For more info: email festival2017@familyopera.org or visit www.familyopera.org.

Volunteer Opportunities for Families in Cambridge

Some of the most accessible opportunities for family volunteering are group volunteering days. Examples include Charles River Conservancy which has clean up days along the banks of the Charles River or Fresh Pond Reservation which has weekly teams of volunteers controlling invasive plants.

Cambridge nursing homes like Neville Place and Youville Place and Somerville-Cambridge Elder Services welcome families to come visit and spend time with elders – think about gathering a group to play games, sing songs or just come to visit. Organize a neighborhood lightbulb exchange with Cambridge Energy Alliance. Or help stock food at one of Cambridge's 13 food pantries (they are profiled on this site). Or gather some friends and make a meal to deliver to homeless women at On the Rise or homeless adults at Heading Home's School Street Shelter. Or help sort clothes at Childrens' Clothing Exchange. Or help tend one of the CitySprouts schoolyard gardens during the summer.

The city of Cambridge has a Junior Forester program which is looking for kids aged 5-13 to "adopt" and take care of newly planted city trees in their neighborhood by watering, weeding and mulching them.

Explore the website www.manyhelpinghands.org, check out the tags for "family friendly" and "volunteer with children". Check back often for new possibilities. And please let us know if you find a great family volunteering option so that we can share it with others.

Family Fun Day

Saturday, January 21st, 10:00am-1:30pm, Peabody School Gym, 70 Rindge Ave. 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 about Community Helpers!. We also have moon bounces, face painting, book giveaways, toddler obstacle course, infant area, performer, a light lunch, and more! Contact the Center for Families at 617-349-6385 for more information.

Early Literacy Development: Moms and Dads Make a Difference!

A 4-part series for Cambridge moms and dads. Thursdays, 1/26, 2/2, 2/9, 2/16, 3/2 (snow date-will only meet this date if another date is cancelled due to weather), 6:30-8:30pm (6:15pm for childcare), Center for Families, 70 Rindge Ave., rear of Peabody School. Come and learn concrete strategies to support your child's language and literacy development (birth to five years) and share your successes and challenges with other Dads and Moms. Topics include talking, reading, managing screen time and storytelling. Free books and giveaways! Co-sponsored with the Agenda for Children Literacy Initiative. To register contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

Adult Yoga for Beginners!

Tuesdays 2/7, 2/14, 2/28, 3/7, 6:30-7:30pm (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 us for Adult Yoga for Beginners! We will learn yoga together. No experience needed. Limited childcare available upon request. To register contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

Mindful Parenting: More Present-More Compassionate- Less Stressed: 4-part series

Wednesdays 2/8, 2/15, 3/1, 3/8 (3/15 is snow date), 6:30-8:00pm (6:15pm for childcare), Fletcher Maynard Academy, 225 Windsor St. Learning mindfulness—that is the awareness that comes from learning to be present to the moment without judgement—can help during the beautiful AND challenging moments of parenting. Join Christine Doucet to learn practical tools to incorporate mindfulness into your life and decrease parental stress. For parents parenting children 1-8 years old. Childcare available upon request. To register contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

Movement & Yoga for Parents & Children

Saturday, February 11th, 10:30—11:30am, Center for Families, 70 Rindge Ave. A movement-based class for parents and children ages 4—8 years old, where they do relaxing exercises and yoga together. Please wear comfortable clothes. All families must register. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

Find It Cambridge (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. Our city has an amazing array of opportunities, and Find It Cambridge will serve as that one-stop-shop website for those who live and work here. There are many features to make it easy for you to find what you are looking for: you can filter by age, category, location and/or cost; sign up to get reminders about upcoming events; report information that is outdated or inaccurate, and much more. If you have any questions about the City's new website, you can call our Find It Manager, Hector Acevedo. He can be reached at hacevedo@cambridgema.gov or 617-349-6392. Check out www.finditcambridge.org

Transition House

Want to talk about relationships in your life? Would you like some tools to manage difficult relationship/s? Do you want to know about resources available to you? Come join a new Women's Support Group in Cambridge. We meet weekly on Thursday evenings from 6:30pm to 7:30pm, Transition House office, 7 Temple Street (2nd floor), Cambridge. A light dinner and child-care provided. To sign up and receive more information, call Shameka at 617-868-1650 ext. 1006.

Housing Search Workshop

Wednesdays from 10am-11:30am
Cambridge Multi-Service Center
362 Green Street, Cambridge, MA

- Learn about tools and strategies to assist your housing search and to advocate for yourself
-All are welcome, no matter where you are in your search and whether or not you have a voucher, and no appointment is necessary

Topics include: Tenants' rights and responsibilities, Discussing Section 8 with a potential landlord, Conflict resolution tips when a dispute arises, Conducting online housing search, Financial literacy and management, Getting and improving your credit report and CORI

English Classes

The Community Learning Center offers free English classes for adults who have immigrated to the United States living in Cambridge. Classes are held at Jefferson Park! CLC offers: 4 levels of ESOL (basic literacy-intermediate); Morning and evening classes; 9-Month program (September-June); Summer classes; Students use computers as part of their class. For more information, contact Felipe Vaquerano at 617-497-4411 or fvaquerano@cambridgema.gov.