



# Judy Center

Hawthorne

## Contact Information

410-887-0138

### Facilitator

Rebecca Lindsey, Ed.D.

### Family Case Manager

Letethia Nathan

## Upcoming Events

### Free Infant Massages

Thursday, Mar. 7, 14, 21, & 28

HES Wellness Center

\*\*Please contact the Judy Center to schedule your morning massage

### A.B.C. Playgroup

Currently, full but if you would like to join the waitlist

Please contact the Judy Center for more information



## March 2019



The Colgate Van has been rescheduled for March 5<sup>th</sup> from 9:15am- 11:15am at Hawthorne Elementary.

If you have any questions or concerns, please contact the Hawthorne Judy Center



## Family Cooking event with United Healthcare Community

March 7<sup>th</sup> from 4:00pm- 5:30pm

Come out and join us for a free healthy food class taught by chef.

If you would like more information, please contact the Hawthorne Judy Center at 410-887-0138

## Infant Massages

Join us for a free 4 week parent/ infant massage course where you will learn how to:

- use nurturing touch to bond with your baby
- reduce stress levels
- help you and your baby relax

Come discover the many benefits of infant massage, meet other parents and gain confidence in responding to your baby's cues

Call the Hawthorne Judy Center at 410-887-0138 to enroll.

**\*\*Free Weekly Giveaways\*\***

## Community Corner

### Baby Story Time

Thursdays, Mar. 7, 14, 21 & 28  
10:00- 10:30am  
Essex Branch Public Library

### Preschool Story Time

Thursdays, Mar 7, 14, 21 & 28  
11:00-11:30am  
Essex Branch Public Library

### Healthy Babies

#### Collaborative:

### Healthy MOMs

Tuesdays, Mar. 5, 12, 19 & 26  
9:30-11:30am  
Stembridge Community Center

### Healthy Babies

#### Collaborative:

### Essex Breastfeeding Luncheon

Every Wednesday  
11:00-1:00pm  
Essex Library  
Call : 410-828-7700