



Judy Center

Hawthorne

**Contact Information**

410-887-0138

**Facilitator**

Rebecca Lindsey, Ed.D.

**Family Case Manager**

Letethia Nathan

**Upcoming Events**

**Free Prenatal Massages**

Mondays, Apr. 9, 23, & 30  
Thursday, Apr.12, & 26  
Session 1: 9:00- 9:30am  
Session 2: 9:45- 10:15am  
HES Wellness Center

**A.B.C.**

Tuesdays, Apr. 3, 10, 17, & 24  
Fridays, Apr. 6, 13, 20, & 27  
1:00-3:00pm  
HES Preschool Classroom

**Free Infant Massage Class**

Thursday, Apr. 5, 12, 19 and 26  
10:00- 11:00am  
HES Cafeteria

**Free Parent Leadership Party**

Thursday, April 19<sup>th</sup> 4:00-5:30pm  
Topic 1: Trust and Conflict  
\*Please register for event  
Dinner will be provided  
HES Cafeteria

**Free Employment Counseling**

Thursdays, Apr. 12, 19, & 26  
Parent Resource Room  
\*\* Please contact the Judy Center for more information



**April 2018**



**Calling All Parents**

The Hawthorne Judy Center has partnered with Ready at Five to present a 4-part workshop to encourage parent engagement in the school and community.

**April 19, 2018: Trust and Conflict**

**May 3, 2018: Communication**

**May 10, 2018: Advocacy**

**May 17, 2018: Idea Implementation**

Free Childcare and Dinner will be provided.

Contact the Judy Center for more information

**Community Corner**

**Baby Story Time**

Thursdays, Apr. 12, 19, and 26  
10:00- 10:30am  
Essex Branch Public Library

**Preschool Story Time**

Thursdays, Apr. 12, 19, and 26  
11:00-11:30am  
Essex Branch Public Library

**Healthy Babies Collaborative: Healthy MOMs**

Tuesdays, Apr. 10, 17, & 24  
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

**Prenatal Massages**

The HES Judy Center along with Healthy Babies Collaborative and CCBC presents Free Prenatal Massages for expecting mothers.

**Did you know that prenatal massages can ...**

- Reduce Stress
- Reduce leg/back pain
- Decrease labor pain as well as time in labor
- Reduce depression/anxiety
- Reduce premature labor and contribute to your baby's healthy birth weight

Open to all Hawthorne area mothers.

Massages can be received on Monday or Thursday mornings.

Call the Hawthorne Judy Center at 410-887-0138 to schedule your massage

**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\*\***

**Aliza Brandwine Center (A.B.C.) Program**

Did you know Baltimore County Public Schools has a **FREE** School Readiness Program for children birth-4 years? The A.B.C. program provides the following for children and their families:

- \* Baltimore County approved curriculum \* learn through play \*
- \* create art projects \* talk with other parents and caregivers \*
- \* prepare for the transition to school \* enjoy circle time\*

Spaces are available and registration is required

Tuesday and Fridays 1:00- 3:00pm