



# Family Nurturing Center of Massachusetts

## FNC Celebrates 10 Years of Nurturing!

### A Season of Celebration

This fall marks the Family Nurturing Center of Massachusetts' 10<sup>th</sup> year of nurturing families throughout Boston and the commonwealth. Founded by Sharon Shay Workman in late 1994, the Family Nurturing Center began as a program within the Department of Developmental and Behavioral Pediatrics at Boston City Hospital. In 1997, FNC's growing team moved to a community location in Dorchester, and in 1999, five years after its birth, the Family Nurturing Center became an independent non-profit 501(c) 3 organization led by an energetic and committed Board of Directors. Now, five years later and assisted by talented student interns from five area colleges and over 300 volunteers, FNC's accomplished staff of twelve has developed and spread innovative programs that have positively impacted the lives of thousands of families and children.

With a brief look back, one can see the exciting progress FNC has made over the past decade. During that first year, a small team of three built the foundation for what would become FNC's three program areas: Training and Community Education, Nurturing Programs, and neighborhood-based Circles of Caring. FNC trained Boston City Hospital employees and staff from neighboring community organizations in the nurturing philosophy and of-

fered the first Nurturing Programs for families in Roxbury and Mattapan. With the help of an anonymous donor, FNC started High Point CARES, organizing family support programs for families residing in a Roslindale housing community. FNC also helped the Department of Social Services develop "Community Connections", building teams and establishing coalitions for comprehensive family support in twenty-two Massachusetts communities.

In 1996, FNC led a city-wide collaboration, "Connecting the Dots for Boston Tots", one of fifteen national Starting Points programs funded by the Carnegie Corporation, to improve the health and well-being of infants and toddlers. This work attracted funds from the Department of Education, the Mabel Louise Riley Foundation and others, allowing the team and programs to grow. During the following four years, FNC and various strategic partners envisioned and developed innovative strategies to support families with newborns and connect them to needed community resources. Neighborhood "circles of caring" were established in Dorchester and Allston-Brighton, offering welcome baby visits, literacy promotion activities, parent/child playgroups, prenatal nurturing programs, infant massage instruction, parent support groups, fathers' advocacy and training, and resource and referral opportunities.

During that same period, the Department of Social Services funded an innovative new Nurturing Program that brings together birth and foster families to reduce trauma to children in out of home care. FNC increased its staff team, trained DSS staff in the nurturing philosophy, and reached still more families in need of support. This work soon expanded to several DSS area offices and more specialized Nurturing Programs, including a Nurturing Father's Program and a Program for Cape Verdean families.

*(Continued on page 15)*

**FNC Mission Statement**

To work with others to build nurturing communities where children are cherished, families are supported, and everyone works together to promote healthy human development.

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In honor of FNC's 10<sup>th</sup> Birthday, please consider giving someone who has nurtured you a birthday gift by making a tax-deductible contribution in their honor to the Family Nurturing Center. Let us know who you would like to honor and we will send them a nurturing message!

Please make checks payable to Family Nurturing Center of Massachusetts and mail to 200 Bowdoin Street, Dorchester, MA 02122 or you can make your donation online at [www.networkforgood.org](http://www.networkforgood.org) and type in Family Nurturing Center as your keywords.



# Record Number of Nurturing Programs!

This past spring, the Family Nurturing Center of Massachusetts set a record for the number of Nurturing Program teams we mentored and families we helped to graduate! A total of *seven* Boston neighborhood Nurturing Programs graduated more than *110* families. That is a lot of nurturing and a tremendous commitment on the part of our collaborating and sponsoring agencies!

Although some of these programs are longstanding programs (including the Department of Social Services Cape Verdean Family Program, the Birth and Foster Family Program, and the Fathers' programs), several were first-time programs that spread the nurturing philosophy to new venues. Among these 'first-time nurturing teams' were the South Boston FANS Community Connections Coalition, the Allston-Brighton Family Nurturing Program, and English High School's Teen Parent Nurturing Program.

Congratulations for all the hard work on nurturing families and young children last spring. FNC looks forward to continuing this important work of spreading nurturing seeds in the months and years to come. For more information about upcoming Boston area programs, please refer to the enclosed Training and Program Calendar on pages 5-6 and 11.

## The Fabric of Community

Quilters know the beauty and symbolism of each and every quilt they make. And last spring, quilters and non-quilters alike had a chance to celebrate the beauty and symbolism of a very special Nurturing Quilt. South Boston Nurturing Program facilitators and families worked together to create a montage of colors, family scenes, individual symbols, and words that represented their energy and experiences of nurturing. The quilt was presented at a most memorable graduation ceremony and left everyone in attendance awestruck and anxious to begin the next program together. Congratulations to all who helped design and create this Nurturing Quilt. If you're in the South Boston neighborhood soon, please stop by the Labouré Center to see this masterpiece hanging in their beautiful new building. And special thanks to South Boston FANS, South Boston Neighborhood House, DSS, Communities For People, YO Boston, and many others for their work to support such a successful program.

## Allston-Brighton Nurtures Families In A New Way

*The goal:* to build community and share strategies for promoting healthier families. *The strategy:* to implement the neighborhood's first



*South Boston Nurturing Program families and facilitators create Boston's first Nurturing Program Quilt.*



*Father and son share some nurturing time together over pizza.*

Family Nurturing Program. *The location:* Jackson-Mann Community Center. *The tools:* discussion, music, games, role-plays, art, humor, and more. *The result:* a huge success!

Last spring's Allston-Brighton Family Nurturing Program graduated twelve families including eighteen parents, one grandparent, and seventeen children. During the four month program, parents discussed particular topics and children were engaged in 'hands on' activities to help them learn the same concept. Children had so much fun at the program that all week long they would ask if it was Wednesday night and time to go to the 'class'! The children's enthusiasm was very contagious and positively impacted both the parents and facilitators.

Families came from various backgrounds and cultures and represented seven different countries of origin. Families learned a Chinese game and sang songs in Spanish. During the

course of the program, several children learned to speak English as well as their native Russian or Mandarin.

Congratulations to this dynamic team of new and veteran 'nurturers' and to the Boston Community Partnerships Program for supporting the family support program. FNC is looking forward to beginning another Allston-Brighton Family Nurturing Program very soon.

## "So Sabi" Cape Verdean Style

"So Sabi" or "We're Happy" echoed through the Park Street DSS Area Office building for the 5<sup>th</sup> spring in a row as fourteen families celebrated their graduation from the annual Cape Verdean Family Nurturing Program. The FNC and DSS team of nurturing facilitators continues to grow and successfully respond to the need for this valuable



*Children from all over the world share the bond of nurturing.*

program in a city that has limited resources to support the large Cape Verdean community.

"I have truly enjoyed coming here every week and so have my boys," stated Maria Andrade, mother of two boys who graduated from the program. "This program gave me the opportunity to talk about my challenges in life. We are ending today, but I take all of you with me." The Andrade family and others presented a variety of skits, poems, and impromptu 'thanks' throughout the memorable graduation celebration.

### A Testimony to the Power of Nurturing Fathers

This past June, 23 men graduated from two Nurturing Father's Programs. Dads traveled to Boston from Bridgewater, Medford, Canton, and Quincy to be a part of these groups. Both groups were supported with help from the Massachusetts Department of Social Services and we doubled the number of DSS staff - all dads - who co-facilitated the sessions.

One of the programs had a particularly interesting twist. A group of four men discovered a shared interest in music and starting working together on a creative project outside the program. It was great to witness their extracurricular camaraderie and growing friendship. However, one week later, the stark tension between two members of this team was obvious to all the program participants.

So, using the active listening and conflict resolution exercises the curriculum promotes to alleviate tension in a family, the group members were able to mediate the misunderstanding between the two men. The problem was solved, both guys apologized and, in front of many sets of eyes, a friendship was saved. All those who attended our graduation celebration were able to witness the accomplishments of the graduates *and* the musical quartet!

### Boston English High School Nurtures Teen Parents in a New Way

Pizza, magic circles, brainstorms, and art projects accompanied the first Boston English High School Teen Parent Nurturing Program! Fourteen expectant and parenting teens participated in the program held during ten afternoons of high school early release days. Co-facilitators Jenny Gigl, MSW, of the Comprehensive School Age Parenting Program, and Kate Shambo, MSW, of the on-site YWCA Child Care Program, shared with FNC trainer/mentor Sandy Sachs that spirited discussions on toddler discipline, communication skills, enhancing home life, and healthy relationships that began during the two hour structured parenting education sessions continued in the form of many hours of one on one student conversations between the sessions. Participants' babies and toddlers who were enrolled in the child care center joined in the learning and fun during the sessions focused on the importance of play, early literacy, and infant massage.

This hard working group of teen parents demonstrated much wisdom beyond their years. Their commitment to staying in school and to nurturing their growing infants and toddlers was impressive. This summer Kate and Sandy brought a Welcome Baby basket to two of the Nurturing Program graduates, proud parents of healthy baby boys. Congratulations to our double graduates (High School and the Teen Parent Nurturing Program!) and to those students returning to participate again when Jenny and Kate co-facilitate the Teen Parent Nurturing Program on their own. FNC staff will stay behind the scene to provide guidance and support. Two determined young moms will further their education at Simmons College and in a new computer training program. Special appreciation from FNC goes out to the New England High Tech Charity Foundation; to Jose Duarte, Boston English High School Headmaster; and to Betty Ogara, Director of the Comprehensive School Age Parenting Program for their enthusiastic support for these young parents and for the Teen Parent Nurturing Program.

### Birth and Foster Families Unite

In our yearly tradition, FNC and the Department of Social Services Dimock Street Area Office are gearing up for the Birth and Foster Family Nurturing Program. After another successful season and memorable graduation celebration last June, the Nurturing Team is now out recruiting families, interviewing parents, ordering curricula, and marking their calendars for the Wednesday night program. This year's mark of success may be seen by the number of graduates who are excited about opportunities to participate in the program again and in new ways.

Family Nurturing Programs offer wonderful opportunities for parents and children to learn new skills, make new friends, discover new community resources, and much more. Among the new things some parents discover is a desire and affinity for leadership and helping others. As these interests and goals become clear, FNC staff seek to recruit a new round of 'nurturers' and involve them in the program coordination and delivery as appropriate. This program is no exception. Stay tuned for more details on how Nurturing Program graduates share their wisdom and experiences as part of this fall's Nurturing Team!

# High Point CARES in Roslindale

## "Out and about with Culture"

Adult literacy and culture – what do they have in common? Combine the two and you get a great event that promotes the value of and need for adult literacy programs, and increased funds to support a new classroom for adults on a waiting list for literacy classes.

This past spring, the Family Nurturing Center was one of several partners who helped to plan the first "Taste of Culture" international cuisine and entertainment celebration at the Sons of Italy in Roslindale Square. The colorful event saw over 400 hundred participants, including Senator Marian Walsh, Representative Liz Mahlia, President of ABCD, Bob Coard, Janice Williams, Main Streets representatives and business owners, adult learners, families with children, and other supporters of adult literacy. The event was a huge success, drawing support from local restaurants and entertainers who donated their services and time. A unique group of volunteers including Little People's Playhouse; Cape Verdean Pilon Cola; Maria Placencia, a Venezuelan dancer; and Feltia Estellas, a Puerto Rican folksinger, provided dazzling entertainment for the crowd.

## Support with Open Arms

Neighborhood parents will soon reconvene on Tuesday nights to share stories, laugh, bond, advise, and support one another...all with open arms and hearts. FNC will soon begin its fifth year of coordinating and facilitating the Roslindale Nurturing Circles parent support group and it's going strong. With initial support from the MA Children's Trust Fund and work with partnering agency Parents Helping Parents, this group of parents has supported one another through the ups and downs of parenting, encouraged and promoted the development of leadership and facilitation skills among the participants, and been a model group for others across the city to replicate.

## "Ninety Strong Can't be Wrong"

Families in Roslindale, Mattapan, West Roxbury, and Hyde Park have been gaining a new twinkle in their eyes as they turn the dream of owning a home into a reality. Family Nurturing Center and High Point CARES has collaborated with MAHA (Massachusetts Housing Alliance) to provide two three-part workshops for over ninety motivated participants. The most common response from the participants is that "These classes help to remove the fear of not being able to afford a house and show us that if we can pay rent, we can own a house!"

## A Promise for Next Year's Trophy

High Point Village housing community was bustling with lots of energy and excitement as residents prepared for the twelfth annual Olympiad held at Bridgewater State College. High Point families and children took home several individual gold medals with an overall second place standing, giving up their defending title to the Davis

Commons housing community in Brockton. The event was very successful and complete with good sportsmanship and hard work on behalf of the children, parents, and staff. "We will bring back the trophy next year," said High Point team members as they settled down for their long bus ride home.



*Neighborhood boys and girls share their culinary skills while enjoying an afternoon of fun and laughter.*

## Cooking with a Purpose

High Point CARES partnered with Share Our Strength Operation Frontline to provide another wonderfully nutritious experience for children 9-13 years old at High Point Village this past summer. An active group of children kept busy by making smoothies and using fresh fruits and vegetables to create other nutritious snacks and meals. Youth were inspired to try new, healthy foods and bring home the recipes and ingredients to share with the whole family.

## Roslindale is Welcoming Babies in Style

FNC's High Point CARES Program Assistant Dianna Wayne has been linking the circle of caring for families with young children by making connections to Early Intervention; the Greater Roslindale Medical and Dental Center; Women, Infants and Children; neighborhood infant massage classes; and other services as she welcomes newborn babies living in Roslindale.

This past season, she worked with community partners to welcome fifteen babies to the neighborhood. Welcome Baby visits are voluntary visits to help celebrate the birth of the baby, give resource information to family members, and promote the development of early literacy skills. Each family receives a beautiful gift basket with baby care items, diapers, books for baby, parenting books, a community resource guide, home safety items, and gifts for adults and siblings in the home. Families enjoy the visit as it helps to broaden their circle of support and shows them that they are not alone in raising their new child.

Organizations and individual families continue to support Welcome Baby by holding baby showers and donating a variety of items to the Family Nurturing Center. "I now have an extra number to call when I need some resources, and this is the best thing about this program!" says the most recent recipient of a Welcome Baby visit.

*Congratulations FNC!*

*Family Nurturing Center of Massachusetts was selected to appear in the 2004 Catalogue for Philanthropy!*

# Family Nurturing Center of Massachusetts

200 Bowdoin Street, Dorchester, MA 02122  
 (617) 474-1143 Fax: (617) 474-1261

A variety of neighborhood based Nurturing Programs for Families are now available, each specially designed for the parents and children they serve. Programs range in length, are free, include a meal, and are offered at various times and locations. To learn more about referring families to a program or about joining a Nurturing Team of facilitators, please contact the person listed below. Unless otherwise indicated, programs are conducted in English. The following calendar is organized by curriculum. Please refer to page 11 for a calendar organized by neighborhood.

## *"Developing Nurturing Families and Communities: Nurturing Skills Training"*

This fourteen hour training provides an opportunity to learn about the nurturing philosophy and experience elements of the Nurturing Parenting Program. Completion of this training is a pre-requisite for facilitating a community Nurturing Program. Please contact the appropriate person for more information or to enroll.

Day/Time	Location	Community Partner	Contact Person for Training
Sept 11 & 18 9:00 am – 4:00 pm	Jamaica Plain	Jamaica Plain Community Connections Tree of Life/Arbol de Vida	Wanda Guzman (617) 254-9363
Oct 5 & 6 9:00 am – 4:00 pm	Dorchester Bay Cove Early Intervention 105 Victory Road	DSS Boston Area Offices	Sue Parker (617) 474-1143 x236
Oct 6 & 7 9:30 am – 4:00 pm	Allston-Brighton Jackson/Mann Community Center 500 Cambridge Street	Community Partnerships	Randi Freundlich (617) 474-1143 x228
Nov 5, 6 (eves) & 7 5:00 pm – 9:00 pm 9:00 am – 4:00 pm (Sat)	Roxbury TBA	Roxbury Community Connections	Dumas Lafontaine (617) 989-3249
Dec or Jan (TBA)	Dorchester TBA	Dorchester CARES	Noemia Monteiro-DoCanto (617) 474-1256 x252

## Boston Area Nurturing Program Calendar Fall 2004 (arranged by program type)

CURRICULUM	PROGRAM TYPE	COMMUNITY PARTNER	DAY/TIME	OTHER INFO	CONTACT PERSON
Nurturing Program For Parents & Children	Nurturing Program for Parents and Children	Allston-Brighton Family Network ALLSTON-BRIGHTON	Wednesdays 5:30-8:00 pm Starts: 10/20	Referral: open Transportation: provided (A/B only)	Randi Freundlich (617) 474-1143 x228
	Nurturing Program for Birth and Foster Families	Dimock Street DSS Area Office ROXBURY	Wednesdays 6:00–8:30 pm Starts: 10/27	Referral: open Transportation: provided	Sue Parker (617) 474-1143 x236
	Nurturing Program for Parents and Children	Elizabeth Stone House ROXBURY	Thursdays 4:00-7:00 pm Starts: 8/5	Closed to new referrals as of 8/28	Celia Lees-Low (617) 427-9801 x409

# Nurturing Program Training Calendar

CURRICULUM	PROGRAM TYPE	COMMUNITY PARTNER	DAY/TIME	OTHER INFO	CONTACT PERSON
<b>Nurturing Program For Parents &amp; Children (cont.)</b>	Nurturing Program for Parents and Children (SPANISH & ENGLISH)	Elizabeth Stone House ROXBURY	Thursdays 4:00-7:00 pm December TBA	Referral: open Transportation: not provided	Ida Allen (617) 427-9801 x409
	Nurturing Program for Parents and Children	South Boston FANS SOUTH BOSTON	Mondays 6:00-8:30 pm Starts: 1/10/05	Referral: open Transportation: provided (SB only)	Debra Malone (617) 269-9331
	Nurturing Program for Parents and Children	Dorchester House Multi-Service Center DORCHESTER	Fridays 9:30 am-12:30 pm Starts: 9/17	Referral: open Transportation: provided	Joy Gonzalez (617) 288-3230 x2232
	Nurturing Program for Cape Verdean Families (CAPE VERDEAN CREOLE)	Dorchester CARES DORCHESTER	TBA	Referral: open Transportation: provided	Noemia Monteiro-DoCanto (617) 474-1256 x252
	Nurturing Program for Parents and Children (SPANISH)	Chelsea Community Connections Coalition CHELSEA	Sundays 2:30-5:30 pm Starts: 10/10	Referral: open Transportation: provided (local)	Sheila McMahon (617) 889-7100
	Nurturing Program for Parents and Children (SPANISH)	Jamaica Plain Tree of Life/Arbol de Vida JAMAICA PLAIN	Fridays 5:30-8:30 pm Starts: 10/8	Referral: open Transportation: provided	Wanda Guzman (617) 254-9363
	Nurturing Program for Parents and Children	Lynn Community Connections Coalition LYNN	Fridays 6:00-8:30 pm Starts: 9/24	Referral: open Transportation: call for details	Pam Freeman (781) 477-2902
	Nurturing Program for Parents and Children	High Point CARES ROSLINDALE	Wednesdays 6:00-8:30 pm Starts: 10/27	Referral: open Transportation: call for details	Maxine Hall (617) 325-6732
<b>Nurturing Program for Teen Parents</b>	Nurturing Program for Teen Parents	English High School JAMAICA PLAIN	Wednesdays (early release days only) Starts: 10/27	Referral: English HS only Transportation: not provided	Kate Shambo (617) 635-6978 Jenny Gigl (617) 524-4054
	Nurturing Program for Young Parents and Children (Infants and Toddlers)	ABCD Early Head Start – Geneva Ave. DORCHESTER	Day/Time TBA Starts: October	Referral: closed Transportation: not provided	Sue Brister (617) 288-5580 x275
<b>Nurturing Father's Programs</b>	Nurturing Father's Program	Hyde Park DSS Area Office HYDE PARK	Tuesdays 6:00-8:30 pm Starts: 10/19	Referral: open Transportation: call for details	Haji Shearer (617) 474-1143 x251
<b>On-going Support Groups</b>	Nurturing Circles: On-going Parents & Babies Support Group	Allston-Brighton Family Network ALLSTON-BRIGHTON	Thursdays 10:00-11:00 am Starts: 10/14	Referral: open Transportation: call for details	Randi Freundlich (617) 474-1143 x228
	Nurturing Circles: On-going Parent Support Group	High Point CARES ROSLINDALE	Thursdays 6:00-7:30 pm Starts: 11/18	Referral: open Transportation: not provided	Maxine Hall (617) 325-6732

# FY 04 Annual Report



Family Nurturing Center  
of Massachusetts

200 Bowdoin Street  
Boston, MA 02122

617 474-1143  
617-474-1261 fax



## Letter from the President

This past year for the Family Nurturing Center was truly one that stands out and one of which the staff and board should be most proud. It was a year of groundbreaking work and a year full of significant achievements. We developed new strategic partnerships with neighborhood organizations, attracted the support of new funders, and made significant progress in our work to provide nurturing programs for families at different stages of development.

We expanded the Welcome Baby Home Visitation Literacy Promotion Project to new families, brought the Nurturing Philosophy and Program to new communities and sites, presented at local and international conferences from Boston to Cape Verde, trained more parent leaders to be strong advocates, and engaged incarcerated fathers in discussion groups to strengthen their communication and parenting skills.

Internally, the Family Nurturing Center worked with skilled consultants to complete an impressive organizational assessment, develop new and improved outcome measurements for our programs, and define a long term resource development plan. We are strong, healthy, and excited about our progress.

This year is also significant because it marks FNC's 10<sup>th</sup> anniversary and a transition in leadership. After ten years of spreading the nurturing philosophy and being instrumental in the growth of FNC, Elise DeWinter Eckelkamp decided to resign from her position as Executive Director to embark on the most important journey of them all, raising her own family! Elise's compassion, leadership, and expertise, along with her love of family will be greatly missed, as she has been a driving force in FNC's success. On behalf of the Board of Directors, I would like to wish Elise and her family the best of luck as they begin a new and wonderful chapter in their lives.

While we are both saddened by Elise's departure and excited about the new opportunities that await her, the Board is confident that the FNC will continue to flourish. We have begun an extensive search for another dynamic leader who can build upon our last decade of success and bring us to new heights in the next decade. If you or anyone you know may be interested in this exciting opportunity, please call the Family Nurturing Center to learn more about the position.

Thank you for being a part of our growing Nurturing Network. I am proud to be in this role and serving you and others, and I look forward to continued collaboration and nurturing in the years ahead.

Sincerely,

Kenneth Willis  
Board President



*Nurture us and watch us grow*

## A Brief Look at FY04



Here's a sampling of what the FNC team accomplished during the past year:

- ♥ Mentored 83 staff in the development of various Nurturing Parenting Programs
- ♥ Graduated 110 families from Nurturing Programs including 127 parents and 137 children ages birth – seventeen
- ♥ Provided more than 276 hours of training for professionals and parents in local, statewide and international trainings
- ♥ Trained 774 participants in a variety of skill based, interactive trainings
- ♥ Worked with strategic partners to deliver more than 750 Welcome Baby baskets to Boston families with newborns
- ♥ Coordinated and participated in more than 40 community building events that engaged more than 510 volunteers
- ♥ Supported more than 505 families through various advocacy efforts and program activities in Roslindale and Allston-Brighton

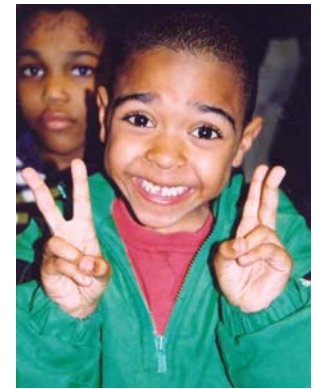
# Nurturing to me is...



welcoming babies



family time



smiling



hugging



ageless

## High Point CARES Turns 10!

This year celebrates our tenth year of working with High Point Village and First Realty Management Company to provide innovative family support and education programs for neighborhood families. Over the years, the FNC team has worked tirelessly to train staff in the principles of family support, mentor providers in the development of parenting support programs, encourage youth and parents to become active residents and involved citizens, and build alliances with community organizations and businesses that share the same goal of promoting healthy families and strong neighborhoods.

In the last decade, some of the highlights have been:

- developing a Family Center for families to comfortably gather and learn about community resources
- successfully advocating for families struggling with a variety of concerns including schooling, employment, child care, health care, and parenting skills
- developing and maintaining Roslindale's annual Family Nurturing Program and graduating more than 85 families and children

- helping to design and develop a Computer Learning Center and Community Center and engaging student interns and professionals in successful training opportunities that promote healthy family development
- presenting at statewide conferences to share the successes and lessons learned from the High Point CARES model
- working with residents to develop a variety of activities and programs including a community garden, Nurturing Circles parent support group, Learning Circles preschool program, nutrition and cooking classes, infant massage instruction, parent/child playgroups, Welcome Baby home visits, and much more!

We are grateful to High Point Village and First Realty Management for their continued support of the nurturing philosophy and the families they serve. This continues to be a very fruitful partnership that means more successes for neighborhood families and young children. We look forward to another decade of nurturing together!



*time with Dad*



*eating*



*bonding*



*circle time*



*dancing*



*community*

**FNC BOARD OF DIRECTORS**

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- Elise DeWinter Eckelkamp, Executive Director
- Maxine Hall, Neighborhood Development Coordinator
- Sandy Sachs, Child Development Specialist
- Sue Parker, Program Manager
- Alice Gomes, Family Development Specialist
- Haji Shearer, Father's Program Director
- Valerie May Bean, Business Manager
- Dianna Wayne, High Point CARES Program Assistant
- Randi Freundlich, Director of Community Programs

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- Ismail Abdurrashid, Father and Family Support
- Mary Elaine Anderson, Training and Program Delivery
- Elayne Baskin, Allston-Brighton Family Network
- Jill Nellis, Database Management and Publications
- Sharon Shay Workman, Special Projects



*helping*



*learning*



*parenting*

"As a father who attended the Nurturing Fathers Program two years ago, I gained the skills and understanding to build a positive relationship with both my father and son. As a FNC Board member, I look forward to continuing my work with a committed, dynamic, and intelligent organization that spreads the nurturing philosophy throughout Massachusetts."

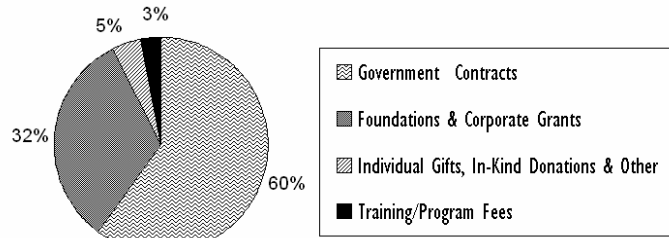
*Kenneth Willis,  
Board President*

"At a time when civility, compassion and caring seem to have disappeared from our national consciousness, the fact that Family Nurturing Center is working quietly and steadily to help people give expression to these values gives me great hope!"

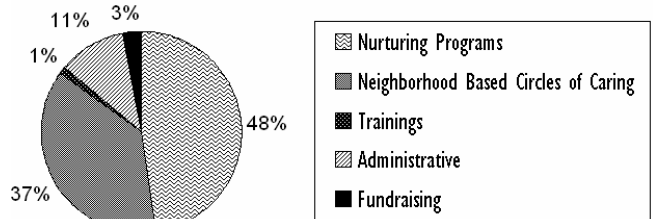
*Penny Lane,  
Board Clerk*

Special thanks to all of those who helped spread the Nurturing Philosophy last year.

FNC FY04 Support



FNC FY04 Expenses



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# Boston Area Nurturing Program Calendar

## Fall 2004

(arranged by neighborhood)

LOCATION	PROGRAM TYPE	COMMUNITY PARTNER	DAY/TIME	OTHER INFO	CONTACT PERSON
Allston-Brighton	Nurturing Circles: On-going Parents & Babies Support Group	Allston-Brighton Family Network	Thursdays 10-11:00 am Starts: 10/14	Referral: open Transportation: call for details	Randi Freundlich (617) 474-1143 x228
Allston-Brighton	Nurturing Program for Parents and Children	Allston-Brighton Family Network	Wednesdays 5:30-8:00 pm Starts: 10/20	Referral: open Transportation: provided (A/B only)	Randi Freundlich (617) 474-1143 x228
Chelsea	Nurturing Program for Parents and Children (SPANISH)	Chelsea Community Connections Coalition	Sundays 2:30-5:30 pm Starts: 10/10	Referral: open Transportation: provided (local)	Sheila McMahon (617) 889-7100
Dorchester	Nurturing Program for Cape Verdean Families (CAPE VERDEAN CREOLE)	Dorchester CARES	TBA	Referral: open Transportation: provided	Noemia Monteiro-DoCanto (617) 474-1256 x252
Dorchester	Nurturing Program for Parents and Children	Dorchester House Multi-Service Center	Fridays 9:30 am-12:30 pm Starts: 9/17	Referral: open Transportation: provided	Joy Gonzalez (617) 288-3230 x2232
Dorchester	Nurturing Program for Young Parents and Children (Infants and Toddlers)	ABCD Early Head Start Geneva Avenue	Day/Time TBA Starts: October	Referral: closed Transportation: not provided	Sue Brister (617) 288-5580 x275
Hyde Park	Nurturing Father's Program	Hyde Park DSS Area Office	Tuesdays 6:00-8:30 pm Starts: 10/19	Referral: open Transportation: call for details	Haji Shearer (617) 474-1143 x251
Jamaica Plain	Nurturing Program for Teen Parents	English High School	Wednesdays (early release days only) Starts: 10/27	Referral: English High students only Transportation: not provided	Kate Shambo (617) 635-6978 Jenny Gigl (617) 524-4054
Jamaica Plain	Nurturing Program for Parents and Children (SPANISH)	Jamaica Plain Tree of Life/Arbol de Vida	Fridays 5:30-8:30 pm Starts: 10/8	Referral: open Transportation: provided	Wanda Guzman (617) 254-9363
Lynn	Nurturing Program for Parents and Children	Lynn Community Connections Coalition	Fridays 6:00-8:30 pm Starts: 9/24	Referral: open Transportation: call for details	Pam Freeman (781) 477-2902
Roslindale	Nurturing Program for Parents and Children	High Point CARES	Wednesdays 6:00-8:30 pm Starts: 10/27	Referral: open Transportation: call for details	Maxine Hall (617) 325-6732
Roslindale	Nurturing Circles: On-going Parent Support Group	High Point CARES	Thursdays 6:00-7:30 pm Starts: 11/18	Referral: open Transportation: not provided	Maxine Hall (617) 325-6732
Roxbury	Nurturing Program for Birth and Foster Families	Dimock Street DSS Area Office	Wednesdays 6:00-8:30 pm Starts: 10/27	Referral: open to families w/ child living out of home Transportation: provided	Sue Parker (617) 474-1143 x236
Roxbury	Nurturing Program for Parents and Children	Elizabeth Stone House	Thursdays 4:00-7:00 pm Starts: 8/5	Closed to new referrals as of 8/28	Celia Lees-Low (617) 427-9801 x409
Roxbury	Nurturing Program for Parents and Children (SPANISH & ENGLISH)	Elizabeth Stone House	Thursdays 4:00-7:00 pm December TBA	Referral: open Transportation: not provided	Ida Allen (617) 427-9801 x409
South Boston	Nurturing Program for Parents and Children	South Boston FANS	Mondays 6:00-8:30 pm Starts: 1/10/05	Referral: open Transportation: provided	Debra Malone (617) 269-9331

# Allston-Brighton Family Network

Allston-Brighton Family Network continues to evolve with each new season and year. Sadly, this past season the Family Nurturing Center and Allston-Brighton Family Network teams said farewell to Janet Hawkins, FNC's part-time Welcome Baby Coordinator in Allston-Brighton. Janet brought boundless energy and enthusiasm to her work with families and the community. She helped launch Welcome Baby in Allston-Brighton in 2001 and, in many creative ways, spread the wonders of Welcome Baby throughout the community. Now, three years later, Welcome Baby is well established in the neighborhood and has many individual and group supporters and volunteers. We will miss Janet, but we will continue to work with her in her new role as full-time Outreach Coordinator at Brighton-Roslindale WIC. Thank you, Janet, for all you have done to establish Welcome Baby in Allston-Brighton and for being such a valuable part of the Family Nurturing Center of Massachusetts team!

## Parents and Children Active As Ever

The year went quickly for families participating in Allston-Brighton Family Network playgroups, and many families could not bear to break up their groups when the summer schedule changed. Therefore, families made plans to maintain their relationships while finding new and fun ways to be with their children in our fair city.

Some parents volunteered to host summer playgroups in the park. Others coordinated visits to the Harvard Museum of Science and Natural History, local libraries, and other city sites. The informal gatherings in neighborhood parks helped reassure parents that there would be at least one familiar, friendly face present on different days, and they gave some structure to other families during the long summer.

The Boston Children's Museum hosted a Countdown to Kindergarten day at the end of August that many ABFN families attended. Given the success and the fact that many of these families who have kindergarteners also have younger children, the Children's Museum opened its doors for an ABFN family reunion in mid September. It was quite a hit and everyone enjoyed a day of play and laughter at our city's great museum.

This fall, Allston-Brighton Family Network partners resume the regular schedule of parent/child playgroups, and in addition to the groups that are regularly held at the Commonwealth/Glenville Housing Community, we are developing some wonderful new partnerships with other neighborhood organizations to host groups in different parts of the community. For more information, please contact Randi Freundlich at (617) 474-1143 x 228 or [rfreundlich@familynurturing.org](mailto:rfreundlich@familynurturing.org).

## Welcoming Babies in Allston-Brighton

The Allston-Brighton Welcome Baby program is going strong and is excited about our growing partnership with MAPS (Massachusetts Alliance for Portuguese Speakers). As a result of this partnership and the work of Welcome Baby visitor Paula Bronzoni of MAPS, we are doing more outreach and providing more skillful home visits to the Portuguese speaking community. In the last four months, we have visited more than twenty Brazilian families who speak Portuguese and are excited about what we are learning from and what we are sharing with these families.



## Intergenerational Music a Big Success!

On June 8, at the Veronica Smith Senior Center, families with very young children and seniors gathered together to make music with Alice Gollan of Family Music Makers. Alice had the whole group singing, clapping, dancing, and moving around as she led the group in "making music".



*Music is nurturing to all ages. Young and old enjoy a morning of singing, playing, and dancing in Allston-Brighton.*

Some of the seniors had a previous connection to the babies and toddlers. They belong to a group that regularly gathers to crochet baby blankets and then donates them to programs like Welcome Baby! It seemed natural to bring these two groups together to celebrate.

It might seem unlikely that two groups of people so different in age would enjoy the same kind of music-making. But Alice Gollan was not surprised and explained, "Making music is full of joy, and everyone, no matter their age, can connect to it. A 'musical community' is formed, and it feels like going to a great party!"

Marguerite Fagan, a Senior Center volunteer, said, "I was impressed that this event held the attention of the babies. It was fun looking around at the seniors smiling and clapping and having so much fun. When was the last time we did that? I'm ready to do it again!"

# Training and Community Education

Family Nurturing Center's training team continues to excite, challenge, educate, and inspire parents, children, and professionals working with families. Most recently, members of the FNC training team have worked with libraries, real estate companies, home visitors, early childhood educators, fathering advocates, and members of various faith-based groups, to provide innovative trainings that engage participants in memorable and transforming activities.

FNC is reaching out to you – our supporters and those who have been a part of our growing Nurturing Network – to see if you know others who would like to hear about our work. If you are interested in learning more about how the FNC may provide a training experience suited to your goals or goals of someone you know, please contact Sue Parker at (617) 474-1143 x236.

## FNC of Massachusetts Goes International

There is no limit to the wonders that nurturing can do for individuals and groups. There is also no limit as to who needs, wants, and benefits from nurturing. With this in mind, Alice Gomes, Family Development Specialist at the Family Nurturing Center of Massachusetts, headed for Cape Verde last April to spread the word about the Cape Verdean Family Nurturing Program we have been doing in Boston for the past decade. Alice and others from Boston attended and presented at the Forum Movimento Associativo Cabo Verde na Diaspora, sponsored by the Instituto Das Comunidades. Alice and fellow nurturer Denise Gonsalves gave a ninety minute workshop on the value of the Family Nurturing Program, the how to's, and the benefits derived from this unique family support and community building program. We have witnessed and helped to spread nurturing seeds throughout Boston, Massachusetts, and the USA. Now we look forward to seeing these seeds take root in the Cape Verde islands.

## FNC Trains Child Care Resource Center Providers

Family Nurturing Center of Massachusetts staff members continue to provide innovative training that specifically responds to the needs and goals of each particular audience. FNC specializes in providing training in the following areas: parent and family support, early childhood development, community development, parent leadership development, and team development.

Last spring, FNC's Early Childhood Specialist Sandy Sachs delivered a series of workshops on the Social and Emotional Development of Infants and Toddlers at the Child Care Resource Center in Cambridge. The series brought together family and center-based child care providers from Belmont and Chelsea to share their wisdom and hands-on experiences. Through discussions of communication styles, coping skills, and attachment and separation issues, providers explored ways that they can help parents understand and enhance their infant and toddler's foundation and learning at home.



*Men, women and children come together to learn the value and impact of creating nurturing families and neighborhoods.*



*FNC's Maxine Hall (4th from right) and ALL program graduates celebrate a successful training experience.*

If you would like more information about FNC's Training Programs, please contact Sue Parker at (617) 474-1143 x236 or [sparker@familynurturing.org](mailto:sparker@familynurturing.org).

## It's All about ALL – Adult Learners Becoming Leaders

Last year marked the beginning of another FNC training program that was built upon our existing Parents Are Leaders training series. The focus of this training, however, was *all* about Adult Learners becoming Leaders, or ALL for short. The pilot group of five men and women came recommended for the training course from several different organizational partners in the Roslindale community, including Casserly House, ABCD, Boston Housing Association, and High Point CARES. Common sentiment from the group was that "this course was wonderful and should be longer."

Participants spent 3 hours per week for 6 weeks learning about leadership development, public speaking, advocacy skills, and much more. After the class work was completed, participants had an opportunity to complete an internship with a variety of local organizations

*(Continued on page 14)*



*No shortage of hugs for these little nurturers!*

*(Continued from page 13)*

and businesses. The experience proved fruitful for all, as evidenced by the wonderful testimonies at the June graduation. "We are now more positive about ourselves," said one participant with nods from others in agreement. "I felt confident working in my internship" and "I never thought I would be able to speak in public" were other frequent reflections. And everyone agreed that not only did they learn a lot from FNC's trainer, Maxine Hall, but that they "learned so much from the other participants it made the whole experience take on a new meaning."

### **8<sup>th</sup> International Nurturing Conference**

Four FNC staff members attended the 8<sup>th</sup> International Nurturing Conference in Holland, Michigan, which was held September 8 – 11, 2004. Alice Gomes, Randi Freundlich, Sandy Sachs, and Sue Parker brought back many new ideas to share with "family nurturers" here in Massachusetts. Many presentations were made, and there were ample opportunities for networking with about 80 attendees from as far away as Alaska and Mexico. Some of the presentation topics were "The Effects of Trauma on Children", "Implementation of the Nurturing Program in the Military", "Successful Implementation of the Nurturing Program in Schools", and "Nurturing Skills for Families with Seriously Ill Children". Dr. Stephen Bavolek, author of the Nurturing Program Curricula and President of Family Development Resources, spoke about why spanking is detrimental to

the welfare of families. He also presented new findings in using the AAPI (Adult-Adolescent Parenting Inventory), which is the pre and post test used to assess how parents' attitudes have changed through attendance at the Nurturing Program. We learned about how the entire city of Hampton, Virginia is working together to bring nurturing to families; we also heard about how a statewide initiative is bringing the Nurturing Program to families in New Mexico.

Along with the learning and networking were also games, ice-breakers, and "nurturing of the nurturers". On the last day of the conference, we were brought to a lovely setting along Lake Michigan to attend "Nurturing Camp", where we were able to do indoor rock-climbing, participate in group challenges, and receive a foot, hand or shoulder massage from local professionals. We learned how several states are sending families to "Family Nurturing Camp" for a residential weekend program. These camp settings offer an innovative and fun adaptation of the Nurturing Program, and include adventure education, therapeutic art, and recreational activities. To end this lovely day at the camp, Boston nurturers were asked to lead songs around the campfire on the beach! Participants learned a Cape Verdean song, and folks from Mexico taught a song in Spanish. As the sun set over the water, we all left feeling more nurtured, and inspired to bring more nurturing ideas and strategies back to our own programs and home states.

### **VOLUNTEERS WANTED:**

Seeking enthusiastic, fun minded individuals or groups to share their time, talents and/or treasures in a variety of ways that promote healthy children, families and neighborhoods. Morning, afternoon, evening shifts available. A variety of projects exist year round. No previous experience required. Will train and support all interested parties.



*Noemia Monteiro-DoCanto and Family Nurturing Center staff Sue Parker, Alice Gomes, Sandy Sachs, and Randi Freundlich share some nurturing time at the 8<sup>th</sup> International Nurturing Conference.*

(Continued from page 1)

In 2000, this “small but mighty” team faced its first major transition, when Sharon Shay Workman, FNC’s founder, left her position as Executive Director. After 12 years in Massachusetts, Sharon and her husband, Wayne, decided to move back to Michigan, their home state, to be closer to family. Fortunately, Elise DeWinter Eckelkamp, who had been by Sharon’s side since that first year at Boston City Hospital, agreed to take on the role of Executive Director.

During the past four years, under Elise’s capable leadership, FNC programs have continued to flourish. FNC staff have worked with partners in South Boston, South End, Mattapan, Roxbury, Roslindale, Dorchester, Allston-Brighton, Jamaica Plain, Chelsea, Lynn, Lawrence, Brockton, Holyoke, Springfield, and other communities to develop and deliver more than five different Nurturing Program curricula and eighty distinct programs. In addition to DSS area offices, Nurturing Programs now take place in health centers, housing communities, libraries, schools, churches, a house of correction, and community centers, and have been significant parts of both federally and privately funded initiatives.

In 2002, FNC joined with other Boston organizations as part of *Boston Learns*, a million dollar federally funded initiative developed to strengthen families by bringing early literary enhancements and parenting support services to families with children 0-5 years of age. This support has allowed FNC to expand its circles of caring in a few Boston neighborhoods and to deliver innovative programming in Spanish and English.

FNC now trains more than 1,000 people across the state each year in a variety of family strengthening topics. FNC staff members are frequent presenters at local and national conferences and this past year presented at an international conference in Cape Verde!

As the FNC team acknowledges ten years of nurturing and celebrates the families and collaborators it works with, the staff and Board of Directors are grateful to all of you who have supported this work. The Nurturing Network in Massachusetts is going strong, and we look forward to the next decade with continued enthusiasm, optimism, and commitment to our mission. Thank you for your continued support!

## A Season of Change

I am excited to celebrate FNC’s tenth year of nurturing and all that we have accomplished throughout the decade. I have had the extraordinary pleasure of working with and cultivating the FNC team since late 1994 and, since 2000, I have had the honor of leading this team as its Executive Director. It is with bittersweet emotions that I have submitted my letter of resignation to our Board of Directors. FNC has been a wonderful place to grow, both professionally and personally, and I have learned from and with many of you over the years.

This professional change is timed with an exciting personal change in my life. I have the unique opportunity to “walk the talk” and put much of what I have learned and taught others to do in place for myself and my growing family. As the mother of a toddler and now a newborn, I am very excited about this next phase in my life – a time to face new types of challenges, build different kinds of strategic partnerships, practice more infant massage, and entertain more nighttime reading routines including *Goodnight Moon* and other classics.

Although I will be resigning as Executive Director, I plan to remain involved in the continued expansion of Nurturing Programs and family support programs throughout our state. Thank you for your ongoing commitment to the Family Nurturing Center and the families we serve.

With much gratitude and appreciation,

Elise D. Eckelkamp



FNC staff members and friends share yet another nurturing meal together at 200 Bowdoin Street in Dorchester.



### Here’s what Nurturing Program graduates are saying...

“I feel like I am a better listener, not just to my children, but to my partner too.”

“I understand more now that my child needs attention when he is misbehaving.”

“I have new methods I can use for discipline without spanking my children.”

“As a dad, I learned a lot about being a parent; it gave me things to think about that I hadn’t thought about before.”

“Meeting other parents was important to me, and I think friendships will develop. I am organizing the group of us to continue meeting so we don’t lose the benefit of the group.”



## **NURTURING NETWORK NEWS**

### **Family Nurturing Center of Massachusetts**

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