

# Community Services Programs

Supporting Families

## Community Health Education

### Prenatal Education Programs

Classes are taught by certified educators and cover many important childbirth, infant care, breastfeeding, and parenting topics. To register for a class, scan the QR Code to send a message or email Community Health Education at [CHE@TuftsMedicine.org](mailto:CHE@TuftsMedicine.org).



### Baby Bundle App

With the Baby Bundle App, powered by YoMingo, you will have everything you need to know about having your baby at MelroseWakefield Hospital. The app also includes evidence-based information and tools about pregnancy, postpartum, and infant care. Scan the QR Code to sign up.



## Postpartum Supports

### Baby Café

Free, drop-in breastfeeding support, facilitated by MelroseWakefield Hospital lactation consultants and counselors. Breastfeeding and pregnant mothers who want to learn more about breastfeeding are welcome to attend. For more information, call 781-979-MILK(6455), scan the QR Code to send a message or email [breastfeeding@TuftsMedicine.org](mailto:breastfeeding@TuftsMedicine.org).



### Creative Coping

A free, weekly series for first-time moms and moms-to-be. Each session features community experts presenting on a variety of parenting topics. For more information and to register, scan the QR Code to send a message or email Karen Andrews at [Karen.L.Andrews@TuftsMedicine.org](mailto:Karen.L.Andrews@TuftsMedicine.org).



## Postpartum Supports (continued)

### North Suburban Child and Family Resource Network

Providing parent education workshops, playgroups, support groups, family activities and information on parenting and community resources. Also offering *Hello Baby, Now What?* for families with children under age 1. This group provides parents the opportunity to share joys and challenges, resources and information on self-care and child development. Visit the website [www.nsfamilynetwork.org](http://www.nsfamilynetwork.org), scan the QR Code, or email [nsfamilynetwork@gmail.com](mailto:nsfamilynetwork@gmail.com) for more information.



## Additional Community Supports

### WIC Nutrition Programs

North Suburban WIC is a health and nutrition program sponsored by the Massachusetts Department of Public Health and the USDA, administered locally by MelroseWakefield Healthcare. To find out if you are eligible, please call 781-338-7578 or apply online at <https://www.mass.gov/forms/apply-for-wic-online>.



### Mobile Food Market

A monthly program providing food assistance. Fresh produce, dairy products, and other healthy food items are distributed to community partners. Please call 781-338-7568 for more information.

### Mothers Helping Mothers Clothing Closet

In need of infant or children's clothing or baby essentials? Call 781-338-7579 to make an appointment for the Mothers Helping Mothers free store. Also accepting gently used items for donation including children's clothes, books, bouncy seats, disposable diapers (open packages are okay), maternity clothes, Pack 'n Plays, and strollers. Not currently accepting adult clothing, toys, cribs, or car seats. To donate call 781-338-7607.

### Healthy Families

Healthy Families Melrose-Wakefield/MA Home Visiting Initiative is a home visiting program available to first-time parents age 24 and under. Healthy Families supports families with connection to community resources and activities, information on child development, prenatal and parenting coaching, support groups, activities, and supports goal development for the future. For more information, please call 781-338-7550.

