



Judy Center

Hawthorne

Contact Information

410-887-0138

Facilitator

Rebecca Lindsey, Ed.D.

Family Case Manager

Letethia Nathan

## Upcoming Events

### Free Parent Training on Conscious Discipline

Monday, May 7<sup>th</sup>

9:30- 11:30

Hear from Master Conscious Discipline Instructor: Vicky Hepler

Contact the Judy Center for more information

### Free Prenatal Massages

Monday, May, 7<sup>th</sup>

Thursdays, May 3<sup>rd</sup> and 10<sup>th</sup>

Session 1: 9:00- 9:30am

Session 2: 9:45- 10:15am

HES Wellness Center

### A.B.C.

Tuesdays, May. 8, 15, 22 & 29

Fridays, May 4, 11, 18 & 25

1:00-3:00pm

HES Preschool Classroom

### Free Infant Massage Class

Thursday, May 10, 17, 24, and 31

10:00- 11:00am

HES Cafeteria

### Chick-Fil-A Night

May 2, 2018 @ Martin Plaza

Chick- Fil-A

5:00pm-8:00pm

Husky Chronicles- May 2018



## May 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

ATTENTION

## PARENTS

**Join is May 7<sup>th</sup> for a Free Parent Training on Conscious Discipline**

Conscious Discipline is a proven, comprehensive approach that empowers you with skills that create a safe, connected, problem-solving environment for families.

## Community Corner

### Healthy Babies Collaborative:

### Healthy MOMs

Tuesdays, May 1, 8, 15, 22 & 29

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

### Baby Story Time

Thursdays, May 3, 10, 17, 24 & 31

10:00- 10:30am

Essex Branch Public Library

### Preschool Story Time

Thursdays, May 3, 10, 17, 24 & 31

11:00-11:30am

Essex Branch Public Library

## 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

## 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.

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