



# Judy Center

Hawthorne

## Contact Information

410-887-0138

### Facilitator

Rebecca Lindsey, Ed.D.

### Family Case Manager

Letethia Nathan

## Upcoming Events

### Free Prenatal Massages

Thursday, Nov. 1, 8, 15, & 29

HES Wellness Center

\*\*Please contact the Judy

Center to schedule your

morning massage

### A.B.C. Playgroup

Currently, have a few spots

left in out Tuesday ABC

Playgroups

Please contact the Judy

Center for more

information

### ESOL Registration

Tuesday, November 12<sup>th</sup>

10am

Hawthorne Rec Room

**November 6<sup>th</sup>: No School- Election Day**

**November 9<sup>th</sup>: Half day for Elementary students**

**November 22<sup>nd</sup>-23<sup>rd</sup>- No School- Thanksgiving Break**

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## November 2018

### Ways to Teach Children to be Thankful

**1. Share your gratitude out loud.**

**2. Make time for thanks.**

Designate a daily time for your family to talk about their day and to name things they are thankful for.

**3. Help the thank-you note make a comeback.**

Encourage your children to write a thank you note when they receive a gift or when they want to express appreciation for something another person has done.

**4. Writing down gratitude enhances its beneficial effects.**

For example placing a note of appreciation in your child's lunch box or bookbag.

**5. Encourage teamwork and community involvement.**

Pitch in! The holiday season offers many opportunities to volunteer on community projects for those in need.

### Prenatal Massages

The HES Judy Center along with Healthy Babies Collaborative and Touch Is the Way LLC

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 Thursday mornings.

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

## Community Corner

### Baby Story Time

Thursdays, Nov. 1, 8, 15 & 29

10:00- 10:30am

Essex Branch Public Library

### Preschool Story Time

Thursdays, Nov. 1, 8, 15 & 29

11:00-11:30am

Essex Branch Public Library

### Healthy Babies

#### Collaborative:

### Healthy MOMs

Tuesdays, Nov. 6, 13, 20 & 27

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