



Judy Center

Hawthorne

Contact Information

410-887-0138

Facilitator

Rebecca Lindsey, Ed.D.

Family Case Manager

Letethia Nathan

Upcoming Events

Free Prenatal Massages

Mondays, Mar. 5, 12, & 26
Thursdays, Mar. 1, 8, 15, & 22

Session 1: 9:00- 9:30am
Session 2: 9:45- 10:15am
HES Wellness Center

A.B.C.

Tuesdays, Mar. 6, 13, 20, & 27

Fridays, Feb. 2, 9, 16, & 23
1:00-3:00pm
HES Preschool Classroom

Free Infant Massage Class

Thursday, Mar. 1, 8 and 15
10:00- 11:00am
HES Cafeteria

Free Healthy Cooking Class

*must register for event

Thursday, Mar. 1
4:00-5:30pm
HES Cafeteria

Free Employment Counseling

Thursdays, Mar. 1, 8, 15, &



March 2018

Husky Chronicles- March 2018

. Don't Forget...

Spring Break is March 30th- April 2nd, 2018

Please enjoy the holiday break activity

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

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

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

Community Corner

Baby Story Time

Thursdays, Mar. 1, 8, 15, 22, and 30
10:00- 10:30am
Essex Branch Public Library

Preschool Story Time

Thursdays, Mar. 1, 8, 15, 22 and 30
11:00-11:30am
Essex Branch Public Library

Healthy Babies Collaborative:

Healthy MOMs

Tuesdays, Mar. 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