



Judy Center

Hawthorne



FEBRUARY 2018

Contact Information

410-887-0138

Facilitator

Rebecca Lindsey, Ed.D.

Family Case Manager

Letethia Nathan

Upcoming Events

Free Prenatal Massages

Mondays, Feb. 5, 12, & 26
Thursday, Feb. 8, 15, & 22
Session 1: 9:00- 9:30am
Session 2: 9:45- 10:15am
HES Wellness Center

A.B.C.

Tuesdays, Feb. 6, 13, 20, & 27
Fridays, Feb. 2, 9, 16, & 23
1:00-3:00pm
HES Preschool Classroom

Free Infant Massage Class

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

Free Family Zumba

Thursday, Feb. 8
4:00-4:45pm
HES Gymnasium

Free Employment Counseling

Thursdays, Feb. 1, 8, 15, & 22
Parent Resource Room

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.

Massages can be received on Monday or Thursday mornings.

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

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****

Don't Forget...

NO SCHOOL
on

February 19th in observance of President's Day

Please enjoy the holiday break activity

ESOL Registration

¿Estás interesado en aprender el idioma inglés? Venga el 5 de febrero a las 10am para registrarse para clases de inglés GRATUITAS.

Are you interested in learning the English language? Come in on February 5th at 10am to register for FREE English classes.

For more info. Contact HES Judy Center at 410-887-0138

Community Corner

Baby Story Time

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

Preschool Story Time

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

Healthy Babies Collaborative: Healthy MOMs

Tuesdays, Feb. 6, 13, 20, & 27
9:30-11:30am
Stembridge Community Center