



## Community Teamwork

Coordinated Family & Community Engagement Program-CFCE

JANUARY & FEBRUARY 2020 Newsletter



### Coordinator's Corner

#### Post Holiday Blahs

Most of the holidays are over, kids are going back to school, your adrenalin level is returning to normal, you'll be able to take a breather and then BAM you get hit with the "after-holiday blahs" . . . no energy, feeling out-of-sorts, lack of patience. You're not alone. Whenever there's a period of high adrenaline, it will be followed by a period of blahs.

You won't be the only one feeling this way; it will happen to your spouse/partner and children also. Be prepared and talk about it beforehand with everyone and think of ways to combat this feeling.

- ♦ Plan a few low-key family activities: walking, family movie night with popcorn, a visit to someone you couldn't get together with during the holidays.
- ♦ Go outside-physical activity helps!
- ♦ Discuss family wants and plans for the new year.
- ♦ Read stories together before bedtime.
- ♦ Water is very calming. Try a warm bath. Add your favorite scent.
- ♦ Don't make unrealistic New Year's Resolutions! You'll be setting yourself up to fail and be depressed.
- ♦ REMEMBER TO LAUGH!!!
- ♦ Breath in through your nose to a count of 3 and then out through your mouth to a count of 3.
- ♦ **ATTEND ONE OF OUR FAMILY EVENTS!**

*Happy Parenting,  
Gail & Debbie*

#### Stay in touch with us:

**World Wide Web-** [www.commteam.org](http://www.commteam.org)  
**Twitter-** @Comm\_Team  
**Facebook-** Community Teamwork Inc  
**Instagram-** communityteamwork

### **FREE FAMILY EVENTS!!**

**See the last page for details**

#### **MUSIC NIGHT**

**January 10th**

**Dracut**

**The "MUSIC MAN" is coming**

**January 13, 2020**

**Wilmington**

#### **PUPPET SHOW**

**"3 Billy Goats Gruff &  
The Lion & the Mouse"**

**Feb. 18, 2020**

**Billerica**

### **School Vacation is coming!**

Check out the libraries for free events and passes to area museums, etc.

Billerica Library	<a href="http://www.billericalibrary.org">www.billericalibrary.org</a>
Chelmsford Library	<a href="http://www.chelmsfordlibrary.org">www.chelmsfordlibrary.org</a>
Dracut Library	<a href="http://www.dracutlibrary.org">www.dracutlibrary.org</a>
Tewksbury Library	<a href="http://www.tewksburypl.org">www.tewksburypl.org</a>
Tyngsborough Library	<a href="http://www.tynglib.org">www.tynglib.org</a>
Wilmington Library	<a href="http://www.wilmlibrary.org">www.wilmlibrary.org</a>

### **CFCE-Family Resource Network**

165 Merrimack Street - Lowell, MA 01852  
978-654-5673

**Connie Martin-** Division Director for Energy & Community Resources- 978-654-5636 [cmartin@commteam.org](mailto:cmartin@commteam.org)

**Christina Santos-Gordon;** Director 978-654-5675  
[csantosgordon@commteam.org](mailto:csantosgordon@commteam.org)

**Deborah Berthiaume;** CFCE Coordinator  
978-654-5704 [dberthiaume@commteam.org](mailto:dberthiaume@commteam.org)

**Gail Fortes;** CFCE Co-Coordinator  
978-654-5704 [gfortes@commteam.org](mailto:gfortes@commteam.org)

**Gladys Santiago;** Program Support Specialist  
978-654-5673 [gsantiago@commteam.org](mailto:gsantiago@commteam.org)



The CFCE is funded by a grant from the Massachusetts Department of Early Education and Care.

It is managed by Community Teamwork.





# Community Teamwork—CFCE Program

## Playgroups and Storytimes



**\*\* INCLEMENT WEATHER: if the town's schools are closed, the playgroup will be cancelled that day \*\***

### Chelmsford Library PlaySpace

...a drop-in playgroup for ages 2 to 3

The CFCE offers a purposeful playgroup at the Chelmsford Library. Each day will begin with a story. Imaginative play connected to the story will follow.

Day: Thursdays starting Jan. 13th  
Time: 10-11:00 AM  
Location: Chelmsford Public Library  
 25 Boston Road

The playgroup will end on 12/19 and will resume sometime in January. For the restart date, please call the CFCE in early January or checkout the library's webpage at <https://www.chelmsfordlibrary.org/>

### \*Tyngsboro Family Playgroup

...a drop-in playgroup for ages- 0 to 5

The Tyngsboro Family Playgroup is for children birth to age five. (\$2.00 donation is suggested to cover special events) The CFCE will be on location to offer STEM and literacy activities.

Day: 1st & 3rd Wednesday of every month  
Time: 9:00-10:30AM  
Location: Tyngsboro Recreation Center

### Tewksbury Library—Story Time Stations

...a drop-in playgroup for ages 2-3

At Story Time Stations, we will start each group with a story with playtime to follow. Please join us!

Day: 1st and 3rd Tuesday of the month  
Time: 11:00-12:00  
Location: Tewksbury Library  
 300 Chandler Street  
 Tewksbury

### Billerica Library - Play and Learn:

...a drop-in playgroup for ages 2-5

Meet us at playgroup! Children learn together and parents support one another.

Date: Jan. 15 and Feb. 12th  
Time: 9:30- 11:00  
Location: Billerica Library -15 Concord Rd  
 Billerica

### Dracut Community Playgroup

All are welcome!

Dates: 6-week series Tuesdays  
 Series #1: 1/7 to 2/11  
 Series #2: 2/25to 3/31  
Time: 9:30-11:00 AM  
Location: Christ Church United  
 10 Arlington St- Dracut  
 corner of routes 38 and 133  
TO REGISTER: Call 978-654-5704  
 Please register, but drop-ins are also welcome.

### Tyngsborough - Tiny Tots Time

Ages 0 to 3

Join Miss Debbie for some fun as she shares books, rhymes & songs!

Day: 1st and 3rd Wednesday of the month  
Time: 11:00—11:30 AM  
Location: Tyngsborough Library  
 25 Bryant Lane, Tyngsborough

### Wilmington Community Playgroup

...a drop-in playgroup for ages 2 to 3

At the Wilmington Community Playgroup, we will begin with a story and then play together!

Date: 1st Monday of every month  
Time: 9:30-10:30 AM  
Location: Wilmington Library  
 175 Middlesex Ave  
 Wilmington

### Integrated Playgroups

CTI's CFCE program partners with two local integrated playgroup programs in the Greater Lowell area. Please call to learn more.

On Monday & Friday at:	Weekly at:
Thom Anne	Project BEAM
Sullivan Center	35 River Street
126 Phoenix Avenue	Billerica, MA
Lowell, MA 01852	01821
# 978-453-8331	# 978-528-8596



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**Community Teamwork's**  
**Coordinated Family & Community Engagement- CFCE**  
**Learning Through Enrichment**



**Dads and Donuts in Chelmsford**

Children ages 2 and up are invited to join in a story-time followed by a snack. This offering is for dads, but moms & guardians are always welcome.

Dates: 2nd Sat. each month  
Jan. 11 and Feb. 8th  
Time: 10:30 AM  
Location: Chelmsford Library  
25 Boston Road-Chelmsford  
No Registration is required.

**Dads and Donuts Playgroup in Tyngsboro**

For infants to 3 year olds and their Dad, grandparents, or other caregivers including moms! Drop in! Join us for free playtime, meet other parents and new friends, plus juice, goldfish and munchkins.

Date: Jan. 11 and Feb. 8th  
Time: 10:00—11:00 AM  
Location: Tyngsborough Library  
25 Bryant Lane- Tyngsborough  
Call the library (978) 649-7361 or the CFCE to learn more 978-654-5704

**Dracut Playgroup Series**

Do you and your young child want to enjoy playing and learning together with other families? Then this is the place for you. Our twice-monthly parent-child playgroup at Christ Church United is being expanded into a 6-week series. Groups are facilitated by an experienced early childhood educator and will involve fun activities that address all the different areas of child development.

TO REGISTER: Call Gail at 978-654-5704  
DATE: Tuesdays, Jan. 7 to Feb. 11th  
TIME: 9:30 - 11:00 AM  
LOCATION: Christ Church United  
10 Arlington St., Dracut  
TO REGISTER: Call 978-654-5704  
Please register, but drop-ins are also welcome.

**Community Events Notice**

\* \* CFCE staff work throughout the year to form collaborative partnerships with local programs and agencies. Our goal is to provide families with opportunities to learn, strengthen parenting skills, interact with each other and other families and find resources/support services. Some events we are able to financially sponsor because they promote our funder's goals. For non-CFCE sponsored events our partners have offered us space to promote our free services to those who may be unaware of what the CFCE has to offer.

**Ages & Stages Questionnaire (ASQ) Corner**  
**Parent-child activities**

Winter activities to promote family time, child development and STEM

- ♦ Build an igloo out of sugar cubes or marshmallows.
- ♦ Have a snowman building challenge. Who can build the tallest snowman! You can do this outside with snow or inside with foam or plastic cups.
- ♦ Build a fort inside with couch cushions, blankets, sheets, etc.
- ♦ Build a snow fort outside. Talk about why the snow binds together; do some types of snow work better than others?
- ♦ Stack green paper cups to build an evergreen tree.
- ♦ Build a 3 dimensional structure using pipe cleaners.
- ♦ Catch snowflakes on your tongue.
- ♦ Take your child to the library. Find books about winter.
- ♦ February is Black History month. Find a book on famous African-Americans and read to your child. Ask questions that make your child think.

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## Coordinated Family & Community Engagement– CFCE

*Enrichment, Training and Support for Families*



### AGES & STAGES QUESTIONNAIRES (ASQ)

Do you have any thoughts or concerns that your child may be a little delayed in some areas of development? Let the ASQ help you. What is ASQ? It is a simple, user-friendly, child development questionnaire that parents, caregivers and professionals can use with children ages 1 month to 5-1/2 years old. It can help you determine if your child is progressing at a typical rate, may need some support in areas or may require early intervention services. The CFCE can provide you with access to all the questionnaires, which can be done by you alone at your pace and in the comfort of your own home on our ASQ webpage. All information is confidential. <https://www.asqonline.com/family/fb95f8>

If you have any questions or concerns, please do not hesitate to contact one of us.

Gail F. 978-654-5704 [gfortes@commteam.org](mailto:gfortes@commteam.org) or Debbie B. 978-654-5704 at one of our playgroups

### FREE FAMILY EVENTS

#### **FAMILY MUSIC NIGHT**

**Friday, January 10th**

Come join staff from **Lowell Learns** for an evening of ukulele playing and drumming. This free event is open to everyone of all ages. **Lowell Learns Community Music and Arts School** is a non-profit program that believes "in the dignity of all and the power of music and art to enrich lives and spark imagination!"

TIME: **7-9 PM**

LOCATION: Old Yellow Meeting House-Christ Church United  
10 Arlington St., Dracut

QUESTIONS?: Contact Alisa at [familyoutreach@ccudracut.org](mailto:familyoutreach@ccudracut.org)

#### **The "MUSIC MAN" is coming**

**Monday, January 13, 2020**

Come sing and dance with the "Music Man!" For over 10 years, Ed Morgan has delighted kids and grown-ups alike with his interactive blend of original and traditional children's songs. All ages welcome.

TIME: **10:00 AM**

LOCATION: Wilmington Memorial Library  
175 Middlesex Ave., Wilmington

#### **PUPPET SHOW**

#### **The 3 Billy Goats Gruff & The Lion and the Mouse**

**Tuesday, Feb. 18, 2020**

Two classic tales make up this wonderful animal-inspired show. In Three Billy Goats Gruff, the quick-witted billy goats outsmart the troll, but the troll isn't really mean – he's just green, has a snaggletooth, and lives under a bridge. In The Lion and the Mouse, two unlikely friends – one very big and one very small – learn to help each other to solve their problems. Both tales are told with colorful, friendly hand puppets and feature lots of audience. Recommended for children ages 3 and up.

PERFORMERS: Pumpernickel Puppets

TIME: **10:00 AM**

LOCATION: Billerica Public Library  
15 Concord Rd., Billerica



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# Free Tax Return Preparation

## For low income individuals and families

### VITA-Volunteer Income Tax Assistance Program

#### You may qualify for EARNED INCOME CREDIT, CHILD TAX CREDIT & more.

Let our IRS Certified Volunteer Preparers help you get all the tax credits you qualify for.

#### HAVE TO BRING:

- ☐ SSA Card or ITIN for everyone on the return
- ☐ Government issued photo ID for you and your spouse
- ☐ All W-2s, 1099-MISC, 1099-R, 1099-INT, 1099-SSA, 1099-G Forms
- ☐ Proof of health insurance for taxpayer, spouse and all dependents (HC-1099, 1095-A, etc.)
- ☐ Student loan interest paid (1098-E)
- ☐ Child care expenses in 2016/7 includes provider's name, address, EIN or SSA number.
- ☐ Tuition payments: 1098T Form, receipts for materials and books.

#### \*FOR A FASTER RE-FUND \*

Have your refund electronically deposited to your bank account.

BRING your Bank's Name, Routing/ABA # and your Account #

## COMMUNITY TEAMWORK

Available by **APPOINTMENT ONLY.**

**WE WILL START SCHEDULING APPOINTMENTS on Monday, Jan. 13th, 2020**

At [www.commteam.org](http://www.commteam.org) (Look for the "BOOK NOW" button at the top of our page)

Or at <https://booknow.appointment-plus.com/b1q06p6m/>

**In Person - Face to Face Appointments** (17 Kirk St Lowell MA)

Wednesday's 5pm-8pm & Saturday's 9am-12pm - Feb. 1st through April 11th, 2020

**Virtual - Drop-Off Now & Pick Up Later Appointments**

(165 Merrimack St Lowell MA)

Monday - Friday 9am - 12pm - Feb. 3rd through March 31st, 2020

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## IMPORTANT - YOU MUST BRING

An original or very clear copy of a Social Security Card (SSA) for yourself and for every person that will be listed on your tax return.

The ONLY EXCEPTION - We can accept a Medicare Card in lieu of an SSA Card (Only if your Full SS Number is on it)

QUESTIONS? Call Sandra at 978-654-5725 or Gladys 978-654-5673

**We CANNOT prepare returns for the following:**

- \* Cancellation of Debt due to foreclosure or insolvency
- \* Foreign students
- \* Military income
- \* International income
- \* Stocks, dividends or bonds
- \* Business income
- \* Capital gain or loss
- \* Rental real estate
- \* Ride Sharing (Uber / Lyft)