



Greater Boston Community Resource Guide for Families with Young Children

Jewish Community Organizations

- **JCC of Greater Boston** organizes events, programs, and activities that help families connect with the Jewish community and bring Jewish life into their own homes
- **Combined Jewish Philanthropies (CJP)** connects Greater Boston's Jewish community to each other and to Israel, summer camps, learning opportunities, and volunteer and service projects
- **PJ Library** delivers free, high-quality Jewish children's books or music monthly to families with children ages six months through six years old
- **Welcome Baby** connects you and your baby to the Boston Jewish community with a visit, a gift tote, and community resource referrals
- **Gateways: Access to Jewish Education** provides Jewish learning programs for students of all abilities and with a wide range of learning needs
- **IAC New England** provides a range of innovative programming to engage and build community for Israeli-Americans and the Jewish community
- **JCC North Shore (JCCNS)** offers a weekly JBaby group on Wednesdays and other family programs
- **Jewish Arts Collaborative** offers events and workshops on Jewish arts and culture
- **Jewish Family & Children's Service (JF&CS) Center for Early Relationship Support** provides direct services, training, and consultations that focus on the earliest infant-parent relationship
- **JewishBoston.com** gathers recipes, blogs, DIY projects, family-friendly events, and a community directory, and has a weekly "Plus Kids" newsletter for families with young children
- **Keshet** works for full LGBTQ equality and inclusion in Jewish life
- **North Suburban JCC (NSJCC)** in Peabody offers infant, toddler, and preschool programs, plus family and community programs

Interfaith Family Resources

- **18Doors** posts blogs and e-newsletters, provides referrals, and offers activities for interfaith families
- **Union for Reform Judaism (URJ)** offers classes and workshops in partnership with area Reform synagogues for couples and individuals in interfaith relationships who want to explore or learn more about Judaism

New Parent Education Resources

- **Brazelton Touchpoints**
- **Center on the Developing Child at Harvard**
- **Children's Trust MA**
- **Guiding Hands by Beth** – Infant massage
- **North Suburban Child and Family Resource Network**

Specialists

- **BabyCafe** – Breastfeeding support
- **Brooke Kay Coaching** – Coach specializing in new moms
- **Coral Care** – Pediatric specialists, in-person and at home
- **Dr. Heidi Besse** – Perinatal psychologist
- **Janel Funk Nutrition & Wellness** – Registered dietitian
- **La Leche League** – Breastfeeding support
- **Nursing Mothers Council** – Breastfeeding support
- **Table Talk** – Feeding and speech therapy

New Parent Support

- **4th Trimester New Moms Group** – Arlington
- **Beehive Moms** – Arlington
- **Boston Birth Village** – Newton
- **Bumps, Babies & Beyond** – Needham
- **Camberville Mama & Baby Group** – Inman Square
- **Emotions in Motion** – Natick
- **First Connections** – Acton
- **Gather Well by Dawn** – Needham
- **JF&CS New Parent Support Groups** – Various locations
- **Marblehead Parenting & Tot Club** – Marblehead
- **Mindful Mommies** – Newton
- **Mount Auburn Postpartum Support Group** – Waltham
- **NAPS Newborn & Parenting Support** – Boston
- **New Family Needs** – Needham
- **Stork Ready** – Reading
- **The Loved Child** – Belmont

Pre and Postnatal Health

- **Connections Physical Therapy** – Medfield
- **Innherself Pelvic Health** – Brookline
- **Mom Life Health**
- **New Mom Health**
- **Sisu Boston** – Brookline

Social Services

- **Aspire Developmental** provides Early Intervention services
- **CJP Mental Health Resources** is a no-cost, virtual program to support your mental health
- **CJP Warmline** connects callers with one confidential phone call to multiple Jewish social service agencies, including those that address immediate needs like food, heat, employment, and housing
- **Jewish Family & Children's Service (JF&CS)** provides a broad range of services for families, seniors, people with disabilities, and people in need
- **JF&CS Parent Connect Hotline** is a free, confidential helpline for parents and caregivers with questions or concerns about their child, their family, themselves, or next steps
- **Jewish Vocational Service** helps individuals find employment and build careers
- **Northeast Arc** offers Early Intervention, autism and specialty ABA support, and more
- **WIC (Women, Infants & Children Nutrition Program)** provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services, free of charge, to Massachusetts families who qualify

Volunteer Opportunities

- **CJP Hineni**
- **Friendship Circle of Sharon**
- **JF&CS Volunteer Opportunities**

Adult Learning

- **CJP** and **Hebrew College** offer options for every adult learner:
 - **Me'ah** is a two-year, in-depth curriculum that provides understanding and insight into Jewish texts, thought, history, and culture with master teachers
 - **Open Circle Jewish Learning** offers Jewish learning when you want it, at your pace, and on topics you want to learn about
- **JewBelong** offers free, easy-to-use resources for Jewish holidays, rituals, and everyday life

Grandparents

- **Jewish Grandparents Network** explores new ways for grandparents to play joyful and meaningful roles in our families, to cherish our time together, and to share our Jewish stories, heritage, and traditions