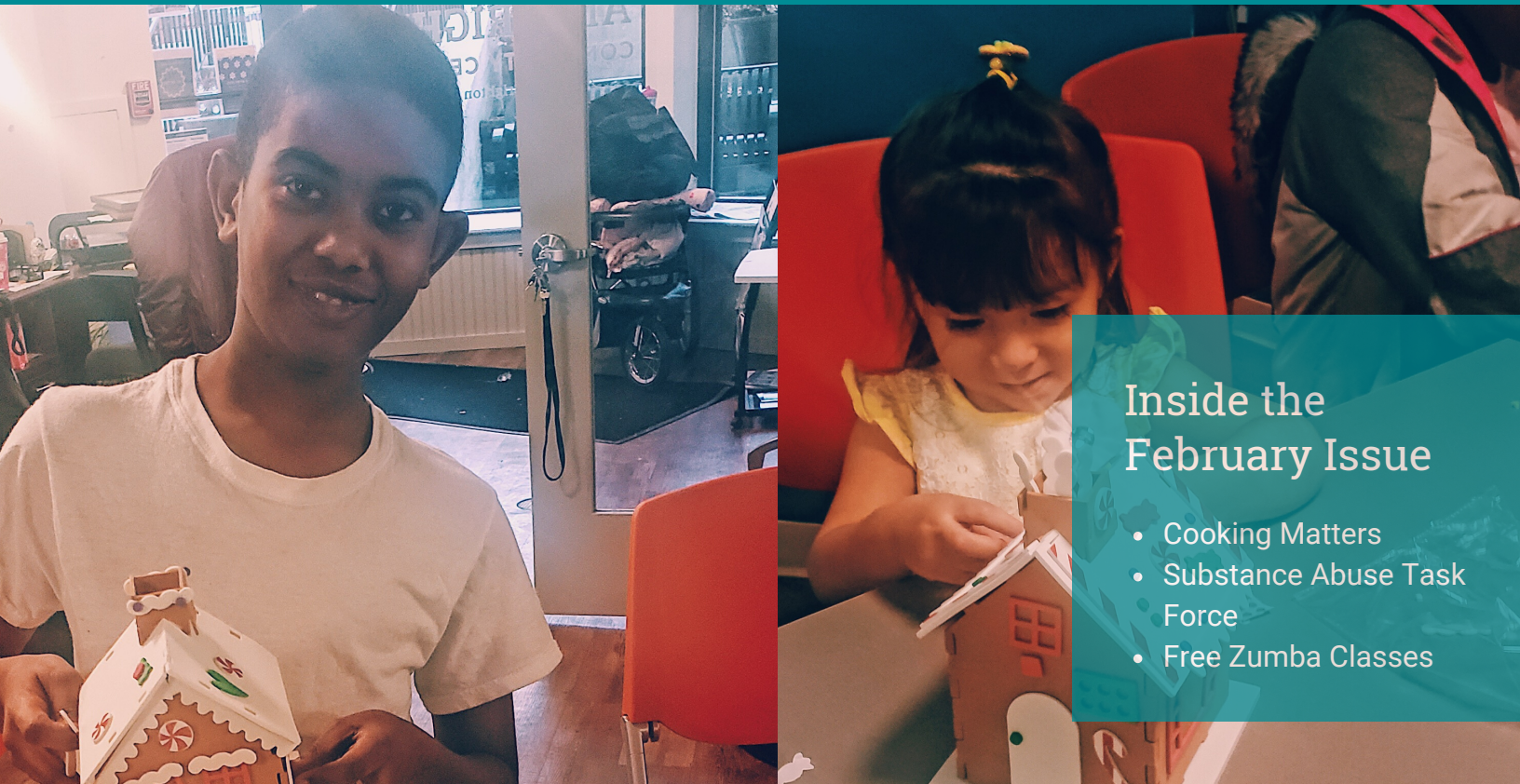


# THE RESIDENT TIMES

The monthly newsletter from Allston Brighton CDC



## Inside the February Issue

- Cooking Matters
- Substance Abuse Task Force
- Free Zumba Classes

## All Bright Afterschool

The All Bright Afterschool Program is back after being on Winter Break! Welcome back to all our students and tutors. We are excited for everything that is in store for the next few months! Do you have school aged children at home that need help with their homework and a safe place near home to go to after school? Enroll your child in the All Bright Afterschool Program! Its free, fun, inclusive and a place where kids can be surrounded by positive adult role models. **Enrollment forms are available at the All Bright Community Center – stop by to pick one up today!**



## Maloney Properties Staff

### Jean Lespinasse

Sr. Property Manager  
617-782-8644

### Clifton Geissler

Director of Maintenance  
617-782-8644 x 302

### Elisangela (Kelly) Goncalves

Asst. Property Manager  
617-782-8644 x 304

## Allston Brighton CDC Staff

### John Woods

Executive Director  
617-787-3874 x209

### Rachel Regis

Resident Services Manager  
617-787-3874 x 201

### Shela Jean-Baptiste

Resident Services Specialist  
617-787-3874 x 202

### Temmie Brier

Director of Finance  
617-787-3874 x 213

### Jason Desrosier

Manager of Community Building & Engagement  
617-787-3874 x 206

### Molly Goodman

Manager of Homeownership & Counseling Programs  
617-787-3874 x 218

### Meghan Monson

Homeownership Programs Coordinator  
617-787-3874 x 211

### Caitlin Robillard

Real Estate Development Manager  
617-787-3874 x210

### Sean Tatar

Resource Development & Communications Manager  
617-787-3874 x 223

# Upcoming Events

**Monday, February 3rd 10th 24th**  
**10:30- 11:30 AM**

Jewelry Making workshop with Cliff. All the beads and materials are provided

**Tuesday, February 4th and 18th**  
**6-7 PM**

Free Zumba classes

**Tuesday, February 11th and 25th**  
**10-11:30 AM**

MGH Stress Management Focus Groups

**Friday, February 14th**

Valentine's Day – this holiday focuses on love, kindness and chocolate!

**Monday, February 17th**

Presidents' Day – still legally known as Washington's Birthday

**Tuesday, February 20th**  
**10:30 AM- 12 PM**

Cooking Matters Pop-Up Tour

**Thursday, February 27th**  
**5:30-6:30 PM**

Substance Abuse Task Force workshop

## Substance Abuse Task Force

The Allston Brighton Substance Abuse Task Force will be at the All Bright Community Center on **Thursday, February 27th @ 5:30 pm** for a workshop tailored specifically for youth aged 14 and older to speak about how to cope with anxiety. This workshop will be led by youth leaders and all youth are encouraged to attend. Light refreshments will be provided!



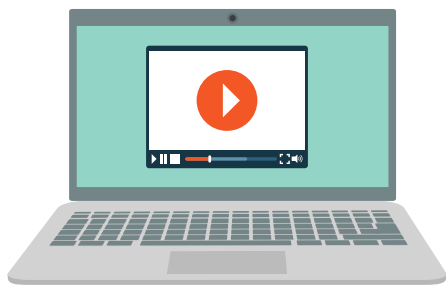
## Stress Management Presentation



Mass General Hospital is partnering with ABCDC to help residents learn how to cope with stress and improve overall mental health. The program is open to adults 18 years or older with symptoms of depression, anxiety or trauma to participate in this research study. Join MGH at the All Bright Community Center on **Tuesday, February 11th** for a presentation in English about how to improve your well-being. The presentation will be offered again on **Tuesday, February 25th** in Spanish for Spanish speakers.

## Upcoming Events

**Tech Goes Home** is BACK! Are you interested in learning more about computers and purchasing a Google Chromebook for \$50? If so, enroll in our upcoming classes beginning on **Wednesday, April 1st 2020**. Morning AND Afternoon classes will be offered! Classes fill up quickly. **Sign up by calling Resident Services TODAY at 617-787-3874 x 202.**



Do you want to workout and have fun? Take a free **Zumba** class at our All Bright Community Center!

The classes are for beginners and are a fun way to get moving. Join our Zumba instructor Pinar on **Tuesday, February 4th and Tuesday, February 18th**. No prior registration required!



**Cooking Matters** is coming back to the All Bright Community Center on **Thursday, February 20th from 10:30 am – 12 pm**.

Come learn how to read nutrition labels and how to make healthy food choices when shopping for you and/or family! All participants will receive a \$10 Stop & Shop gift card. You **MUST** be a caregiver or parent to enroll. **Call Resident Services to RSVP at 617-787-3874 x202.**



**REMINDER:** The All Bright Community Center will be closed, Friday, February 7th (Administrative Day), Monday, February 17th (President's Day), Friday, February 28th (Administrative Day)

# Announcements

## Make Sure To Recycle!

Allston Brighton CDC wants to encourage all residents to recycle! In this month's newsletter, we've included guidelines so that everyone can learn what items can be recycled, and how to prepare them. Post the cheat sheet on your refrigerator door for future reference. **REMEMBER:** Recycling is good for the environment, and also saves the City money, which could reduce our property taxes.



February is Black History Month. Black history is our history. This month is set aside to honor and learn about the men and women who have broken barriers of race and prejudice to bring recognition and advancement to African-Americans. Check out these wonderful websites to learn more.

[www.timeforkids.com/minisite/black-history-month](http://www.timeforkids.com/minisite/black-history-month)

[www.history.com/topics/black-history](http://www.history.com/topics/black-history)

NONPROFIT ORGANIZATION  
U.S. POSTAGE  
PAID  
BOSTON, MA  
PERMIT NO. 52208

1287B Commonwealth Avenue  
Allston, MA 02134

