

Cape Cod Neighborhood Support Coalition



Cape Cod Family Resource Center and Cape Cod Neighborhood Support Coalition

This free, monthly Cape and Islands-wide listing of workshops, meetings, groups and related programs for parents, grandparents, guardians, and primary caregivers of children has been compiled and distributed free for over nine years. You can find it online and sign-up for a monthly e-mail (no spam-ever): capecoalition.com/calendar

Parent Education & Support Opportunities: April 2016

All meetings, workshops etc. are free to participants unless otherwise noted.

Beginning March 31 for eight Thursdays (skips 4/21), 5:45-7:45 p.m.: **“Skills of Effective Parenting”** at John Wesley Methodist Church, 270 Gifford St., *Falmouth*, with Lee Burwell, MFT, LMHC, and Gottman Certified Educator. This eight-week workshop for parents of young children (ages 1 to 6) is based on the work of Bonnie Harris, M.Ed., parent educator and author. Topics include: Principles of Confident Parenting, Connective Communication, Instead of Yelling, Conflict Resolution, Developing Responsible Behavior, Building Self-Esteem, Creating Balance and Boundaries, and the Positive Perspective. Dinner and limited transportation provided. Funded by the Coalition for Children through a grant from the Children's Trust. Information or registration: Tina Toran at 508-548-0151 Ext. 172.

April 3 (first Sunday), 6-7:30 p.m.: **“Family and Friends of People with Mental Illness”** at Daybreak Clubhouse, 457-B State Road, *Vineyard Haven*. Support group facilitated by NAMI (National Alliance on Mental Illness). Information: Peggy at 508-693-5872 or pegsb4.1@comcast.net.

Beginning April 4 for eight Mondays (skips April 18 and May 30), 9:30 -11:30 am: **“Parenting the Positive Discipline Way”** at *Brewster Baptist Church*, 1848 Main St., facilitated by Monica Keefe-Hess, Parent Education Coordinator for Cape Cod Children's Place and Certified Positive Discipline Parent Educator. Based on Jane Nelsen's Positive Discipline books. Learn to reduce power struggles while creating an environment of cooperation and mutual respect; to raise children that are responsible, respectful and resourceful; to discipline with kindness AND firmness; to discover the

motives behind misbehavior and to use effective solutions to reduce misbehavior and more. Child care and breakfast provided. Funded by the PESP grant through the Children's Trust, administered by the Cape Cod Children's Place. Registration required. Information or registration: 508-240-3310.

April 6 (first Wednesday), 6-7:30 p.m.: **“Dads’ Talk ~ Lower Cape”** at the *Harwich Community Center*, 100 Oak St. with Eric Hauck. Connect with other fathers and chat about being a dad (or whatever is on your mind). All men are welcome to this non-therapeutic gathering, regardless of their child(ren)’s age(s), their parenting situation, and where they live. Free dinner and child care. Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place, and Harwich Early Childhood Council. Information or registration: beverly@capecoalition.com or 508-771-4336.

April 6, 5:30-7:30 pm: **“Financial Strategies 101: Making the Most of Your Money”** at *The Partnership School of Orleans*, 17 Nells Way, with Paul Goddu, Financial Planner, Highland Financial Group. Get started on smart financial management by: setting goals, paying yourself first, keeping emergency reserves and using company retirement plans. Pizza dinner and child care provided. Funded by a Family Centers grant through the Children's Trust and a Coordinated Community & Family Engagement (CFCE) grant through the Mass. Dept. of Early Education & Care, administered by Cape Cod Children's Place. Pre-registration required: 508-240-3310.

April 7 and 14 (must attend both sessions), 5:30-8 p.m.: **“Set a Good Example (SAGE)”** at MSPCC, 206 Breeds Hill Road, *Hyannis*, with Matt Daniels, LMHC, and Jodi Starck, LICSW. Divorce has a profound impact on children; lessen the impact for yours. Meets the court’s mandate for education for divorcing parents. FEE: \$80. Information or registration: Donna Davis at 508-775-0275.

April 7 (first Thursday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at St. Peter’s Lutheran Church, 310 Route 137, *East Harwich*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: 508-778-4277.

April 9 (second Saturday), 9 a.m.-4 p.m.: **“Labor Express”** at *Falmouth Hospital* (Faxon I Basement Conference Room), 100 Ter Heun Dr. A one-time prenatal class that includes: hospital orientation, tour, and comfort measures for labor, both medical and non-medical. Ideal for expectant couples who are unable to attend a series of Preparation for Birth classes. FEE: \$60 per couple (assistance available). Information or registration: fhparented@capecodhealth.org or 508-457-3632.

April 9 (second Saturday), 5-7 p.m.: **“Dadminion!”** at the Parent Information Network (PIN), 47 East Grove St., *Middleboro*, with Christopher J. Bean, MFT. For dads and other men who are challenged by a child’s mental, emotional, or behavioral needs. We exist to encourage and enable fathers to pursue the well-being of their children through positive leadership, provision, protection, and presence. Share your knowledge and experience with us. Information or registration: 508-947-8779.

April 11, 5:30-7 p.m.: **“Learn about your baby/Breastfeeding class”** at Health Imperatives, 350 Gifford St., *Falmouth*. This class teaches mothers ways to sooth and calm their baby, and also information on the benefits of breastfeeding from a licensed lactation consultant. Information or registration: WIC at 508-771-7896.

April 12, 4:30-6:30 p.m.: **“Home is Where the Heart Is”** at *Forestdale School* Library, 151 Route 130, with Valerie Perry and Steve Alexander of Adoption Journeys. This group celebrates the many variations of families raising children in our community. Dedicated to supporting parents who encounter unique sets of challenges and rewards every day. Snack and child care provided. Information or registration: Lauren at 508-477-6600 Ext. 132.

April 12 (Second Tuesday), 6:30-7:30 p.m.: **“Bridging the Gap”** at Dance in the Rain, 145 Barnstable Road, *Hyannis*. Designed for peers and family members to begin dialogue, heal, and find unique solutions families face when there is a mental health challenge within the family unit. A collaboration of Dance in the Rain Whole Person Approach and NAMI (National Alliance on Mental Illness). Information: NAMI at 508-778-4277.

April 12 (second Tuesday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at Lighthouse Christian Fellowship, 6 Merchants Road, Building B, *Sandwich*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: NAMI at 508-778-4277.

April 12 (second Tuesday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at Sherburne Commons, 40 Sherburne Commons Drive, *Nantucket*. Hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: Ruth at 508-221-3437 or ruthblount7@gmail.com.

Beginning April 13 for eight Wednesdays, 6-8 p.m.: **“From Surviving to Thriving”** at We Can, 783 Route 28, *Harwich Port*, with Maggie French, Certified Life Coach. Develop a plan to achieve your goals by examining your values and passions, become more aware of what holds you back, learning to focus on what is important to you and your family, and identifying opportunities that are available to you. Limited child care reimbursement available. Funded in part, by Rockland Trust. Information or registration: 508-430-8111 or info@wecancenter.org.

April 13, 5:30-7:30 pm: **“Parenting in the Cyber World”** at *Provincetown High School*, 12 Winslow St., with Cindy Horgan, Executive Director and Family Support Coordinator at Cape Cod Children's Place. Technology is here to stay. How do we help our children have a healthy balance? Come join us for a relaxing evening of dinner and conversation among friends. You'll have an opportunity to share experiences, ask questions and help plan for future discussions. Pizza dinner and child care provided. Please indicate if you are in need of transportation. Funded by a Family Centers grant through the Children's Trust and a Coordinated Community & Family Engagement grant through the Mass. Dept. of Early Education and Care, administered by Cape Cod Children's Place. Pre-registration required. Information or registration: 508-240-3310.

April 13, 5:30-7:30 p.m.: **“Family Law Overview: Everything Women Want to Know about Family Law but are Afraid to Ask”** at the Cape Cod Chamber of Commerce, 5 Patti Page Way, *Centerville*, with Attorney Anne Batchelder. Topics include: How to file for Divorce on your own, including paperwork and forms needed, legal terms and what they mean, available resources, child support and custody for married and unmarried parents, division of assets and debts in divorce, becoming the guardian of a grandchild or other children you care for. Limited reimbursement for child care available ask when registering. Information or registration: info@wecancenter.org or 508-430-8111.

April 14, 2-4 p.m.: **“Diversity Roundtable”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Tara Wallace, Family Support Worker. The Cape is enriched with many beautiful people from various cultures but regardless of our backgrounds we are all ONE community. As the old African proverb says, “It takes a village.” Join us, along with other parents, community members, and organizations as we discuss the critical needs and issues of diverse families on the Cape and learn what the Cape Cod Family Resource Center has to offer! Information or registration: Tara Wallace at 508-815-5138.

April 14, 5:30-7 p.m.: **“Single Parenting”** at Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Paul Melville, Program Director and Rebecca Harrison, Family Support Worker. This monthly group is a supportive environment for single dads and moms to share successes, challenges, and resources. All are welcome at this non-therapeutic gathering, regardless of child(ren)’s age(s) and parenting situation. Dinner and child care provided. Sponsored by the Cape Cod Family Resource Center and Cape Cod Child Development’s Families United Network (F.U.N.). Supported by Not Your Average Joe’s. Information or registration: Mary at 508-775-6240 Ext. 512.

April 15, 9-11 a.m.: **“Enough Abuse: Community Awareness Breakfast”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with the Massachusetts Enough Abuse Campaign Cape Cod and the Islands and Jetta Bernier, Executive Director of MassKids. You are invited to attend our Enough Abuse Awareness Breakfast in April in honor of National Child Abuse Prevention Month. Please join us as we welcome Ms. Bernier from MassKids- a state-wide child advocacy organization with a 55 year history of advocating for Massachusetts’ most vulnerable children. Information or registration: chrism@indhouse.net.

April 17 (third Sunday), 3:30-5 p.m.: **“Support Group for Parents of Transgender and Gender-Nonconforming Children”** at *West Barnstable Community Building*, 2401 Meetinghouse Way (Rte. 149). This group is for parents of transgender and gender-nonconforming youth ages 2 to 21. Co-led by the parent of a transgender youth and a transgender woman who advocates for transgender youth. Information: 508-694-6763 or sarah@pflagcapecod.org.

April 18 (third Monday), 7-8:30 p.m.: **“PFLAG ~ Brewster”** at *First Parish Brewster*, 1969 Main St. This monthly group for parents, families, and friends of lesbian, gay, bisexual, and transgender people is half support/half educational. All are welcome to come be supported and learn in a confidential, non-judgmental setting. Information: Amy at 508-420-0696 or www.pflagcapecod.org.

April 19 (third Tuesday), 10:15 a.m.-12:45 p.m.: **“Free Private Family Law Consults”** at the *Falmouth Service Center*, 611 Gifford St. Free thirty-minute appointments with an attorney for low to moderate income parents. The attorney will not represent you in court, but will advise you on legal matters and provide guidance at no cost to you. Limited appointments available; you must preregister. Sponsored by WE CAN and the Falmouth Service Center with support from the Massachusetts Bar Foundation IOLTA/ Funds, The Max and Victoria Dreyfus Foundation, and the Cape and Islands United Way. Information or Registration: WE CAN at 508-430-8111.

April 19, 6-7:30 p.m.: **“Dad and Babies Pizza Party”** at *Falmouth Hospital* (Faxon Conference Room), 100 Ter Heun Dr., with Paul Melville, family support specialist and Cheryl Donahue, LCCE, IBCLC. Dads: Come show off your baby, connect with other Cape dads, and learn about resources for local families. Free pizza dinner. Sponsored by Cape Cod Healthcare and the Coalition for Children. Information or registration: Suzan Scharr at 508-457-3632 or sscharr@capecodhealth.org.

April 19 (third Tuesday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at St. Mary’s Episcopal Church, 3055 Main St. (Route 6a), *Barnstable*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: Jud at 508-364-9035 or marshet@comcast.net.

April 20 (third Wednesday), 3:30-5 p.m.: **“Parents of Transitional Age Youth- Education and Support Group”** at 29 Bassett Lane, *Hyannis*, with Tresa Salters, PTAY Coordinator from Parent Information Network (PIN). Information or registration: Tresa at 508-947-8779 Ext. 222.

April 20 (third Wednesday), 6:30-8:00 p.m.: **“Family and Friends of People with Mental Illness”** at Martha’s Vineyard Hospital, 1 Hospital Road, *Oak Bluffs*. Hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: Daryl at 508-627-5249 or darylmknight@verizon.net.

April 21, 9:30-11 a.m.: **“Aware Parenting Discussion”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Elli Comeau and Mary Wilson. Does your child have sleep issues? Are they uncooperative? Want to handle unacceptable behavior without punishment? Looking for a new way to parent? Aware Parenting is an alternative that's neither authoritarian nor permissive. Sponsored by the Mid Cape CFCE/Families United Network Program of Cape Cod Child Development and the Cape Cod Family Resource Center. Information or registration: mwilson@cccdp.org or 508-775-6240 Ext. 512.

April 21 and 28 (must attend both sessions), 5:30-8 p.m.: **“Set a Good Example (SAGE)”** at MSPCC, 206 Breeds Hill Road, *Hyannis*, with Matt Daniels, LMHC, and Jodi Starck, LICSW. Divorce has a profound impact on children; lessen the impact for yours. Meets the court’s mandate for education for divorcing parents. FEE: \$80. Information or registration: Donna Davis at 508-775-0275.

April 25 (fourth Monday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at Gus Canty Recreation Center, 790 Main St., *Falmouth*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: 508-428-4351 or fisher62045@hotmail.com.

April 26 (Fourth Tuesday), 9-10 a.m.: **“Grand Parenting Support Group”** at *Harwich Elementary School* (Family Resource Center), 263 South St., with Courtney Bottcher and Sonya Daday. This support group is for parenting grandparents. Information or registration: Francie Joseph at 508-430-1692.

April 26, 5-7 p.m.: **“Journey of Acceptance: How to Get What You Need- Effective Communication and Appreciative Inquiry”** at the *West Barnstable* Community Building, 2377 Meetinghouse Way Rte. 149, with Debbie Fish, Director of Mediation and Training, Cape Mediation. Limited childcare and light supper provided. Registration required: Juliane Dillon, KDC Outreach Coordinator, jdillon@kdc.org or 774-352-1325.

April 26, 6:30-8 p.m.: **“Playing on Purpose”** at *Forestdale School* Library, 151 Route 130. This workshop is designed to help parents gain a better understanding of the importance of play and learn to by active participants in this important work. Parents will have an opportunity to share common “play problems”, and gain strategies to turn their playtime into a purposeful, enriching, and enjoyable experience for both their child as well as themselves. Presented by the Sandwich Partnership for Families. Free childcare will be provided but you must register first. Information or registration: Lauren at 508-477-6600 Ext. 132.

April 26 (last Tuesday), 7-8:30 p.m.: **“PFLAG ~ Falmouth”** at the Falmouth Jewish Congregation, 7 Hatchville Road, *East Falmouth*. For parents, families, and friends of lesbian, gay, bisexual, and transgender people. Half support/half education. All are welcome to this confidential, non-judgmental setting. Information: amy@pflagcapecod.org or www.pflagcapecod.org.

Beginning April 26 for eight Tuesdays, 7-9:30 p.m.: **“Childbirth Preparation: Babies, Bonding and Beyond”** at *Falmouth Hospital* (Faxon I Basement Conference Room), 100 Ter Heun Drive, with Cheryl Donahue, certified ASPO Lamaze childbirth educator, IBCLC; Lee Burwell, LMHC, certified Gottman educator; and Paul Melville, family support specialist. An innovative course to prepare women and their birth partner for the normal childbirth process and minimize the need for medical intervention. Includes third trimester changes, birth process, labor support, variations of labor, delivery,

and going home with your newborn. Teaches all childbirth options using exercise, body awareness, and Lamaze breathing and relaxation techniques. Learn what to expect during each phase of childbirth, how to work together as you transition to parenthood, and planning for relationship changes. Includes maternity unit tour. FEE: \$60 per couple (scholarships available). Information or registration: fhparented@capecodhealth.org or 508-457-3630.

April 28 (fourth Thursday), 10-11 a.m.: “**Snap-Ed Nutrition Workshop**” at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Susan Bourque, RD, LDN. This FREE workshop is for ALL families. Participants will try new, tasty recipes, learn to eat on a budget, and get tips on keeping you and your family healthy. Registration required. Information or registration: SNAP-ed.referral@state.ma.us.

Weekly Programs and Groups

Mondays (except holidays), 10-11 a.m.: “**Baby Breakfast Club**” at Cape Cod Hospital (Mugar Building, Cape Cod 5A Room), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. This free group for breastfeeding mothers provides hands on help, questions and answers, and weight checks. Bring your baby hungry and ready to breastfeed. No registration required. Information: Ann at 508-862-5123.

Mondays, 6:30-8:30 p.m.: “**Parents Supporting Parents**” at *Mashpee Welcome Center*, 5 Bates Road. This is a free family member support group for those who are coping with their child’s narcotic addiction. We share our experience with kindness and compassion for the purpose of strengthening ourselves and each other. We gain knowledge of addiction so that we can support our children through recovery and wellness. Information: Lisa at 774-238-1570.

Mondays, 7-8:30 p.m.: “**Learn to Cope**” at *Beth Israel Deaconess Hospital-Plymouth*, (Funkhouser Rooms A&B) 275 Sandwich St. A free weekly meeting offering support, education, and resources for parents and family members coping with a loved one addicted to opioids. Information: 508-738-5148.

Weekly Programs and Groups continued

Tuesdays, 9:15-11 a.m.: **“Baby’s First Year”** at Snow Library, 67 Main St., *Orleans*, with Monica Keefe-Hess, parent education coordinator at the Cape Cod Children’s Place. Meet to share stories, ask questions, and get familiar with resources that support you: nutrition, parenting, breast feeding, Etc. Discussion topics include developmental stages of baby’s first year. Funded by a Family Centers grant through the Children’s Trust, administered by the Cape Cod Children’s Place. Information: Monica Keefe-Hess at 508-240-3310 or mkeefe@capecodchildrensplace.com.

Tuesdays, 10-11:30 a.m.: **“Nursing Mothers’ Group”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. No cost; no registration. Come meet with a certified lactation consultant and other breastfeeding moms in a relaxed environment. Information: 888-890-2229.

Tuesdays, 5-6 p.m.: **“Anger Management Classes”** at the Gosnold-Thorne Outpatient Counseling Center, 1185 Falmouth Road, *Centerville*, with Dana Sumner, counselor. Fulfills court’s requirement for anger management classes. FEE: \$20 per class, pay as you go. Information or registration: Dana Sumner at dsumner@gosnold.org.

Tuesdays, 7-8:30 p.m.: **“Learn to Cope”** at the *Yarmouth Police Headquarters*, 1 Brad Erickson Way. A free weekly meeting offering support, education, and resources for parents and family members coping with a loved one addicted to opioids. Information: 508-738-5148 or lrc@learn2cope.org.

Wednesdays, 5:30-7:30 p.m.: **“Parenting in Recovery”** at Cape Cod Children’s Place, 10 Ballwic Road, *Eastham*. A free psychodynamic group set in a safe space. Increase your insight and skills to support your recovery and your desire to strengthen your parenting. We provide a consistent forum to seek out support, access resources and be part of a community. Dinner and child care provided. Information and registration: Cindy Horgan at 508-240-3310.

Wednesdays, 6-7:30 p.m.: **“Grief and Addiction Support Group”** at the Gosnold Counseling Center, 1185 Falmouth Road, *Centerville*. Designed for anyone who has lost a loved one to the disease of addiction, this group aims to help its participants build a network of support with others who share their experience, in an environment designed to facilitate both healing and integration of the loss into their lives. Information: Mary Fisher at 844-558-HELP (4357) or mfisher@gosnold.org.

Weekly Programs and Groups continued

Thursdays, 10 a.m.-noon: **“Breastfeeding Support Group”** at *Falmouth Hospital* (Faxon 1 Conference Room), 100 Ter Heun Dr. (off Route 28), with Suzan Scharr, RNC and board certified lactation consultant. All are welcome to this free group. Information: 508-457-3632.

Fridays, 10 a.m.-noon: **“Mom's Café”** at Cape Cod Hospital (Lorusso Conference Room), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. For new mothers. We discuss any and all topic related to being a new mom! Bring your baby. No registration. Information: Ann at 508-862-5123.

Fridays, 10 a.m.-noon: **“Breastfeeding Support Group”** at the *Hyannis WIC office*, 1019 Iyannough Road (Route 132). Open to all breastfeeding women (you needn't qualify for WIC). Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration. Information: Cheryl at 508-540-5275.

Select Ongoing Resources

“Al-Anon / Alateen of Cape Cod and the Islands”: There are over fifty weekly groups on Cape Cod for friends and loved ones of problem drinkers and alcoholics. Groups can help you recover from the impacts of a loved one's drinking. Members help each other by practicing the Twelve Steps of Alcoholics Anonymous themselves, by welcoming and giving comfort to families of alcoholics, and giving understanding and encouragement to the alcoholic. Information: 508-366-4663.

“Big Brothers Big Sisters of Cape Cod and the Islands”: Offers one-to-one mentoring to boys and girls ages 7 to 12. The organizations vision is to inspire, engage and transform communities by helping youth achieve their full potential. Information: www.bbbscci.org or 508-771-5150.

“Breastfeeding Warm-line” sponsored by the Center for Breastfeeding, *East Sandwich*. All calls are free and confidential. Call anytime, day or night; all messages received after-hours will be returned at the start of the next business day: 508-888-7794.

Select Ongoing Resources continued

“Cape Cod Dads Update” sponsored by the Southeast Fathers & Family Network. A free monthly e-mail and perpetual calendar of events and resources for fathers and human service providers who support fathers on or near Cape Cod. Check it out or sign up: dads.capecoalition.com. Information: Southeast Fathers & Family Network Coordinator, Paul Melville: pmelville@familycontinuity.org.

“Cape Cod Family Resource Center (a Program of Family Continuity)”: Now open in downtown Hyannis at 29 Bassett Lane. Information and referral for all families, parent education and support for all parenting situations, help navigating resources, child and youth assessments, and much more. All services free to all families, regardless of need, insurance, and community of residence. To learn more about us and how we can help your family or those you work with, call 508-862-0600 or email Paul Melville, program director at pmelville@familycontinuity.org.

“Cape Cod Neighborhood Support Coalition”: The mission of the Cape Cod Neighborhood Support Coalition (CCNSC) is to strengthen families and the resources that support them in order to help prevent child abuse and neglect in our region. We strive to achieve this mission by promoting effective community-based family support initiatives, and by participating in coordination and collaboration among family support providers, practitioners and policy-makers. Contact us to learn more about us and how we can help your family or the families you work with: 508-771-4336.

“Domestic Violence/ Sexual Assault Hotline”: Independence House staffs this hotline 24/7/365. You do not have to leave your relationship to get help and you do not have to press charges against your abuser. They will not notify the police unless you request it. They can help arrange emergency safe shelter for you and your family, as well as police intervention and medical care: 800-439-6507.

“Fit to be Kids” at the Spaulding Rehabilitation Hospital Cape Cod, 311 Service Road, *East Sandwich*. An outpatient program for children Ages 4 -15: exercise, nutrition, and healthy lifestyle strategies. Information or registration (including FEE schedule): Meg Petitti at 508-833-4197.

“FoodSource Hotline of Project Bread”: Having trouble making ends meet? We provide information and screen callers for food stamp eligibility, connect you to school meal programs, and other local emergency food resources in 160 languages. Information: 800-645-8333.

Select Ongoing Resources continued

“Military Family Outreach Cape Cod (formerly OMK)”: Families dealing with an overseas deployment can learn what is available to them and their child(ren). Free after school and family programs through a grant from the Army Child and Youth Services. Information: Kerry Bickford at kbickford@barnstablecounty.org or 508-375-6695.

“Parent Information Network (PIN)”: assists families challenged by children’s mental health, emotional, or behavioral needs. They offer a quarterly newsletter, individual advocacy, parent/ community education, and support groups across Cape Cod. Funded by the Department of Mental Health. Information or registration: 508-947-8779 or capepin@bamsi.org.

“Parental Stress Line”: You don’t have to keep going it alone, Parents Helping Parents can help. Confidential and anonymous 24 hours/day, 7 days/week across Massachusetts: 800-632-8188.

“Parents of transitional age youth (PTAY) with mental health challenges”: Get support from the Parent Information Network (PIN): Tresa Salters at 508-947-8779 Ext. 222 or ptaypin@bamsi.org.

“The Samaritans on Cape Cod and the Islands”: Dedicated volunteers listen compassionately to anyone who needs to be heard. Some callers are suicidal and some simply need a non-judgmental friend to validate their feelings and listen to their concerns. Confidential/anonymous: 800-893-9900.

“WE CAN” collaborates with other organizations and local businesses to improve the quality of life in our community by ensuring lasting, positive change in the lives of women and their families. They empower Cape Cod women of all ages to navigate challenging transitions and achieve lasting positive change through: Mentoring; free legal services; workshops, training and support groups, and information and referrals to other local resources. Information: www.wecancenter.org.

To find this list online or subscribe for free, go to www.capecoalition.com/calendar

The **Cape Cod Family Resource Center and Cape Cod Neighborhood Support Coalition** collaborate to compile and distribute this monthly list for the benefit of Cape and Islands families and professionals who support them. We include workshops, classes, support groups, and other resources that we believe adhere to best practices; however, we suggest that you consider the appropriateness of program content for your family’s needs and values. This list is neither exhaustive nor an endorsement of any specific program or provider.

To submit information for future editions, please e-mail: calendar@capecoalition.com