

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: August 2016

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

August 2 (first Tuesday), 10:30-11:30 a.m.: **“Grandparents Advocacy Group (GAP)”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Kerry Bickford of the Massachusetts Commission on the Status of Grandparents Raising Grandchildren, Attorney Kathleen Snow of Children and Parents, and Cynthia Klopfer, Family Partner at the Cape Cod Family Resource Center. Come meet informally with other grandparents and with local providers who can answer your questions and direct you to resources. Sponsored by the Cape Cod Neighborhood Support Coalition. An RSVP is helpful but not required. Information or registration: Kerry at 508-771-4336 or grandparents@capecoalition.com.

Beginning August 3rd for four Wednesdays, 5:30-7 p.m.: **“Raising Healthy Families”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*. Join us for an introduction to the Raising Healthy Families DVD series by Cindy Horgan. This DVD series covers child development and effective communication, understanding temperament, positive discipline, anger, and power struggles. Child care and dinner provided. Pre-registration required. Information or registration: Julie Showalter at 508-815-5100 or jshowalter@familycontinuity.org.

August 3 (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. Dinner and child care provided. 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.

August 3 (first Wednesday), 6:30-8:30 p.m.: **“Parent Information Network (PIN) Parent Support Group”** at *Falmouth Public Library*, 300 Main St., with Claudia King. For families who are challenged by children’s mental health, emotional, or behavioral needs. Sponsored by the Parent Information Network (PIN), a BAMSII program funded by the Massachusetts Department of Mental Health. Information: Parent Coordinator, Claudia King at 508-947-8779 Ext. 229 or capepin@bamsii.org.

August 4 and 11 (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.

August 4 (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.

August 7 (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.

August 13 (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.

August 13 (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. Information or registration: 508-947-8779.

August 9 and 23 (second and fourth Tuesday), 5:30-7 p.m.: **“Grandparents Helping Grandparents Support Group”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Cynthia Klopfer, Family Partner. Utilizing the Parents Helping Parents model, this group provides a supportive environment for grandparents who play a significant role in raising their grandchild(ren). All grandparents are welcome at this non-therapeutic gathering, regardless of grandchild(ren)’s age(s). Dinner and Child care provided. Information or registration: Cynthia at cklopfer@familycontinuity.org or 508-815-5143.

August 9, 6-7:30 p.m.: **“Dads 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. This month we’ll focus on the benefits of baby-wearing (carriers, slings, etc.). 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.

August 9 (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, healing, and finding solutions when there is a mental health challenge within the family. A collaboration of Dance in the Rain and NAMI (National Alliance on Mental Illness). Information: NAMI at 508-778-4277.

August 9 (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.

August 9 (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.

August 15 (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.

August 16 (third Tuesday), 10:15 a.m.-12:45 p.m.: **“Free Private Family Law Consults”** at the *Falmouth Service Center*, 611 Gifford St. Free half hour appointments with an attorney for low to moderate income parents. They will not represent you in court, but can advise you on legal matters and provide guidance at no cost. Limited appointments; must preregister. Sponsored by WE CAN and the Falmouth Service Center with support from Mass. Bar Foundation, Max and Victoria Dreyfus Foundation, and Cape & Islands United Way. Information or Registration: WE CAN at 508-430-8111.

August 16 (third Tuesday), 5:30-6:30 p.m.: **“Grandparents Advocacy Group (GAP)”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Kerry Bickford of the Massachusetts Commission on the Status of Grandparents Raising Grandchildren, Attorney Kathleen Snow of Children and Parents, and Cynthia Klopfer, Family Partner at the Cape Cod Family Resource Center. Come meet informally with other grandparents and with local providers who can answer your questions and direct you to resources. An RSVP is helpful but not required. Sponsored by the Cape Cod Neighborhood Support Coalition. Information or registration: Kerry at 508-771-4336 or grandparents@capecoalition.com.

August 16 (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.

Beginning August 16 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.

August 17 (third Wednesday), 3:30-5 p.m.: **“Parents of Transitional Age Youth- Education and Support Group”** at 29 Bassett Lane, *Hyannis*, with Tresa Salters of BAMSI’s Parent Information Network (PIN). Information or registration: Tresa at 508-947-8779 Ext. 222 or ptaypin@bamsi.org.

August 17 (third Wednesday), 6:30-8 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.

August 18, 5:30-7 p.m.: **“Single Parenting”** at Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with 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: Rebecca at 508-815-5175 or rharrison@familycontinuity.org.

August 18 and 25 (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.

August 21 (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.

August 22 (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.

August 25 (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 or the Cape Cod Family Resource Center at 508-815-5100.

August 30 (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.

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 a certified lactation consultant. This free group for breastfeeding mothers provides hands on help, questions and answers, and weight checks. Bring your baby hungry and ready to breastfeed. 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.

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.

Weekly Programs and Groups continued

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.

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.

“**Cape Cod Dads Update**” sponsored by the Cape Cod 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: Cape Cod 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 508-815-5100 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.

Select Ongoing Resources continued

“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): Samantha Bassett 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.

“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.

Select Ongoing Resources continued

“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

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

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.