

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): www.capecodfamilyresourcecenter.org

Parent Education & Support Opportunities: October 2016

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

October 2 (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 October 4 for six Tuesdays, 5:30-7:30 p.m.: **“Raising Healthy Families”** at *Harwich Elementary School*, Activity Room, 263 South St., with Cindy Horgan, Executive Director and Family Support Coordinator at Cape Cod Children's Place. Topics include: discipline without yelling, how to handle tantrums, understanding temperament and why our children do what they do, the value of routines, setting limits and boundaries. Dinner, childcare, and limited transportation provided. Information or registration: 508-240-3310.

October 4 (first Tuesday), 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, IB-CLC. 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.

October 4 and 18 (first and third Tuesday), 5:30-7 p.m.: **“Grandparents Raising Grandchildren”** at *East Falmouth Elementary*, 33 Davisville Road, with Beverly Costa-Ciavola. All grandparents are welcome at this non-therapeutic gathering, regardless of grandchild(ren)’s age(s). Dinner and Child care provided. Information or registration: Beverly at 508-771-4336 or beverly@capecoalition.com.

October 5 (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.

October 6 (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.

October 6 and 13 (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.

October 8 (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.

October 8 (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 encourage fathers to pursue the well-being of their children through positive leadership and presence. Share your experience. Information or registration: 508-947-8779.

October 11 and 25 (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. 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 508-815-5100.

October 11 (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.

October 11 (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.

October 11 (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.

October 16 (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.

October 17 (third Monday), 5:30-7 p.m.: **“Breastfeeding Support Group”** at the *Hyannis WIC office*, 1019 Iyannough Road (Route 132). Open to all breastfeeding women (not just WIC). Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration. Information: Cheryl at 508-540-5275.

October 17 (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: come be supported and learn in a confidential, non-judgmental place. Information: Amy at 508-420-0696 or www.pflagcapecod.org.

October 18 (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. Information or Registration: WE CAN at 508-430-8111.

October 18, 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. This month’s topic will be “Involving Grandfathers.” Come meet informally with other grandparents and with local providers who can answer your questions and direct you to resources. Must preregister. Sponsored by the Cape Cod Neighborhood Support Coalition and the Cape Cod Family Resource Center. Information or registration: 508-815-5100 or grandparents@capecoalition.com.

October 18 (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.

October 19 (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 BAMSIS’s Parent Information Network (PIN). Information or registration: Tresa at 508-947-8779 Ext. 222 or ptaypin@bamsi.org.

October 19, 5:30-7:30 p.m.: **“Financial Strategies 101: Making the Most of Your Money Workshop”** at The Laurel School, 1436 Long Pond Rd., *Brewster*, with Paul E. Goddu, Financial Planner with Highland Financial Group. Topics included: Debt, inflation, procrastination and a lack of focus are symptoms of poor financial management that can derail the best of your intentions. Many people start a portfolio without professional advice. They don't coordinate their goals and don't know how to stay on track. Get started on smart financial management by: setting goals, paying yourself first, keeping emergency reserves, using retirement plans. Dinner and childcare provided. Information or registration: Cape Cod Children's Place at 508-240-3310.

October 19 (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.

October 20 (third Thursday), 5:30-7 p.m.: **“Single Parenting”** at the 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 FUN Program with support from Not Your Average Joe’s. Information or registration: Rebecca at 508-815-5175 or rharrison@familycontinuity.org.

October 20 and 27 (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.

October 24 (fourth Monday), 10-11:30 a.m.: **“Grandparents Raising Grandchildren”** at Bourne Senior Center, 239 Main St., *Buzzards Bay*, with Lois Carr. Information or registration: Lois at 508-759-0653.

October 24 (fourth Monday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at Gus Cauty 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.

October 25 (last Tuesday), 9-10 a.m.: **“Grand Parenting Support Group”** at *Harwich Elementary School* (Family Resource Center), 263 South St., with Kerry McCarthy. This is a confidential support group for parenting grandparents. Information or registration: Francie Joseph at 508-430-1692 or fjoseph@monomoy.edu.

October 25 (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.

October 27 (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 508-815-5100.

Weekly Programs and Groups

Mondays (except holidays), 10-11 a.m.: **“Infant Massage Class”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Amy Brigham. Parents and other caregivers are invited to bring their babies (newborn through pre-walker) to this weekly infant massage class (start anytime). Learn to help your baby relax, digest, and sleep better. Sponsored by the Cape Cod Family Resource Center. Information or registration: 508-815-5100 or rharrison@familycontinuity.org.

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, 11-12:30 p.m.: **“Babys’ First Year”** at the Snow Library, 67 Main St, *Orleans*. No cost; no registration. Come meet 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. Discussion topics include developmental stages of baby’s first year. Information: Monica Keefe-Hess at 508-240-3310 or mkeefe@capecodchildrensplace.com.

Weekly Programs and Groups continued

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.

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.

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Weekly Programs and Groups continued

Fridays, noon-1:30 p.m.: **“Grand Parenting Support Group”** at *Barnstable Senior Center*, 825 Falmouth Road, *Hyannis*, with Kerry Bickford of the Massachusetts Commission on the Status of Grandparents Raising Grandchildren. This is a confidential support group for parenting grandparents. Information or registration: Kerry at 508-771-4336 or grandparents@capecoalition.com.

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)”: 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, visit www.capecodfamilyresourcecenter.org, call 508-815-5100, or email Paul Melville, program director at pmelville@familycontinuity.org.

Select Ongoing Resources continued

“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 promote effective community-based family support initiatives and collaborate with 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): 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.

“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.

Select Ongoing Resources continued

“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.

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 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