

Parent Education & Support Opportunities

December 2011

The Cape Cod Neighborhood Support Coalition compiles and distributes 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. For more about the Cape Cod Neighborhood Support Coalition, please visit www.capecoalition.com.

To find this list online or to receive it every month by e-mail, please go to
www.capecoalition.com/calendar or dads.capecoalition.com

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

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

Beginning November 29 for eight Tuesdays, 6 - 7 p.m.: **“General Parenting Program”** at the Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), 206 Breeds Hill Road, *Hyannis*, with Jennifer Taylor, LMHC. For parents of children through age 13. Topics include: developmental patterns, common behavioral challenges, and successful behavior management techniques. FEE: \$50; free for DCF clients with JRI referral. Free child care available. Funded in part by the Massachusetts Department of Children and Families. Information or registration: Kirsten Abrahamson at 508-775-0275.

Beginning November 29 for eight Tuesdays, 7 - 8 p.m.: **“Parenting Your Adolescent”** at the Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), 206 Breeds Hill Road, *Hyannis*, with Jennifer Taylor, LMHC. For parents of adolescents ages 13-19. Topics include: developmental patterns, common behavioral challenges, and successful behavior management techniques. FEE: \$50; free for DCF clients with JRI referral. Free child care available. Funded in part by the Massachusetts Department of Children and Families. Information or registration: Kirsten Abrahamson at 508-775-0275.

December 1, 5:15 - 6:45 p.m.: **“Single Parenting”** at Cape Cod Child Development, 83 Pearl St., *Hyannis*, with Paul Melville, family support specialist. This monthly group is a safe, supportive environment for single moms and dads to share successes, challenges, and resources. All single parents are welcome at this non-therapeutic gathering, regardless of their child(ren)’s age(s) and their parenting situation. Free dinner and child care. Sponsored by Cape Cod Child Development’s Families United Network (F.U.N.) Program and the Cape Cod Neighborhood Support Coalition with generous support from Not Your Average Joe’s. Information or registration: Mary Wilson at 508-775-6240 ext. 512.

December 1 and 8 (must attend both sessions), 5:30 - 8 p.m.: **“Set a Good Example (SAGE)”** at MSPCC, 206 Breeds Hill Road, *Hyannis*, with Jennifer Taylor, LMHC and Matt Daniels, LMHC. Divorce has a profound impact on children; learn how you can lessen the impact for your kids. Meets the court’s mandate for education for parents filing for divorce. FEE: \$80. Information or registration: 508-775-0275.

December 2 (first Friday), 10 - 11 a.m.: **“Getting Started Breastfeeding”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. This free group is designed especially for pregnant women. Information: 888-890-2229 or 508-888-7794.

December 2, 16, and 30 (every other Friday), 10 a.m. - noon: **“Breastfeeding Support Group”** at the *Hyannis WIC office*, 1019 Iyannough Road. Open to all WIC and community breastfeeding women. Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration necessary. Information: Cheryl at 508-540-5275.

December 3, 1- 3 p.m.: **“Everything you wanted to know about Family Law but were afraid to ask”** at the Lower Cape Outreach Council, 19 Brewster Cross Road, *Orleans*. In this workshop, a family law attorney will provide an overview of the major aspects of family law: divorce, child custody, and guardianship of minors. Topics will include: key steps in a divorce, legal resources, child custody and child support for married and unmarried parents, becoming your grandchild’s guardian, and much more. Attendees are encouraged to bring questions. FEE: \$5-20 based on personal means, but no one will be turned away due to inability to pay. Information or registration: 508-430-8111 or info@wecancenter.org.

December 3 (first Saturday), 5 - 7 p.m.: **“Parent Information Network - Dads Only Support Group”** at the Parent Information Network (PIN), 47 East Grove St., *Middleboro*, with Joe Leandre, parent supporter at PIN, and Chris Bean, MS MFT, home-based team clinician. This group is for dads and other male caregivers who are challenged by a child’s mental health, emotional, or behavioral needs. If you ever wish you could talk with other dads who understand what your family is going through or you’d like some help finding services for your child, then this group is for you. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information or registration: 508-947-8779 ext. 221 or jleandre@bamsi.org.

December 6 and 20 (every other Tuesday), 10 a.m. - noon: **“New Babies’ Breastfeeding Support Group”** at *Falmouth Hospital* (Family Room, Maternity), 100 Ter Heun Dr. (off Route 28), with Suzan Schar, RNC and board certified lactation consultant. Siblings welcome. Information: 508-457-3632.

December 6 (first Tuesday), 6 - 8 p.m.: **“Parent Information Network (PIN) Parent Support Group”** at *Falmouth Public Library* (Basement Conference Room), 300 Main St., with Jean Cole, parent coordinator at PIN. This group assists families who are challenged by children’s mental health, emotional, or behavioral needs. If you are coming for the first time you must pre-register. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole at 508-947-8779 ext. 229 or capepin@bamsi.org.

December 6, 6:30 - 8 p.m.: **“Surviving the Holidays . . . Handling the Stress”** at *Bourne Middle School* (Library), 77 Waterhouse Road, with Cindy Horgan, co-creator of the Parenting Station. Whatever your stressor (schedule, family, money etc.), come hear Cindy's suggestions. Sponsored by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information and registration: 508-743-3800.

December 7, 5:30 - 7 p.m.: **“Holiday Nutrition for Kids: Fun, Informative and Yummy!”** at *Harwich Elementary School* (Activity Room), 263 South St., with Kim Concra, LDN, Nutrition Educator with Cape Cod Cooperative Extension. This workshop for families and early childhood professionals will include a discussion of the food pyramid and portion size, hands-on holiday treat making, and time to find answer questions about nutrition. Limited child care available, but you must pre-register. Funding through a grant from the Cape Cod 5 Cents Savings Bank in partnership with the Harwich Early Childhood Council. Information and registration: Francie Joseph at 508-430-1692.

December 7 (first Wednesday), 6 - 7:30 p.m.: **“Dads’ Talk ~ Lower Cape”** at the *Harwich Community Center*, 100 Oak St., with Paul Melville, family support specialist. This is a great place to connect with other local fathers and chat about being a dad (or whatever else 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 pizza and child care. Please RSVP. Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place, Harwich Early Childhood Council, and the Youth Suicide Prevention Project of the Community Health Center of Cape Cod. Information or registration: Paul Melville at 508-771-4336 ext. 2 or paul@capecoalition.com.

December 7 (first Wednesday), 6:30 - 8 p.m.: **“Parents of Diabetic Children”** at *Sandwich Public Library*, 142 Main St. (Room 2), with Sandy Bovat. Non-therapeutic parent-led support group. Open discussion format. Join us for information sharing and support. No registration necessary. Information: Sandy at 508-477-8542 or Susan Hendy at 508-888-7054.

December 8 (second Thursday), 7 - 8:30 p.m.: “**All Families Touched by Adoption (AFTA), Waiting Parents Group**” at the Family Center (Martha’s Vineyard Regional High School), Edgartown-Vineyard Haven Road, *Oak Bluffs*, with Marney Toole. The group mission is to enrich the lives of children, families and all those touched by or considering adoption. We hope to provide, education, support, communication and resources to all. Information or registration: Marney Toole at 508-693-7900 ext. 283.

December 8 (second Thursday), 7 - 9:30 p.m.: “**Breastfeeding Class**” at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28). This one session course prepares moms-to-be for breastfeeding. It covers the advantages of breastfeeding, the anatomy and physiology of lactation, dispels myths surrounding breastfeeding, and will prepare you to get the best possible start. FEE: \$5 per couple. Information or registration: 508-457-3632.

December 9 and 23 (every other Friday), 10 a.m. - noon: “**Breastfeeding Support Group**” at the Gus Cauty Community Center, 790 Main St., *Falmouth*. Open to all WIC and community breastfeeding women. Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration necessary. Information: Kathy at 774-392-1411.

December 13 (third Tuesday), 7 - 9 p.m.: “**NAMI-Family Member Support Group**” at the Federated Church, 320 Main St., *Hyannis*. This non-therapeutic group is open to anyone who has a family member with a mental illness. Connect with other family members, share challenges and successes, and learn about the resources available to your family. Refreshments provided. Sponsored by the Cape Cod Chapter of the National Alliance on Mental Illness (NAMI). Information: Bobbi Field at 508-957-2338.

December 14, 6:30 - 8 p.m.: “**Holiday Nutrition for Kids: Fun, Informative and Yummy!**” at the *East Falmouth School*, 33 Davisville Road, with Kim Concra, LDN, Nutrition Educator with Cape Cod Cooperative Extension. This workshop will include a discussion of the food pyramid and portion size, hands-on holiday treat making, and plenty of time for your questions about nutrition. Limited child care available. Must pre-register. Part of the monthly Parent Connection Series, a presentation of Falmouth Public Schools and the Coalition for Children. Information or registration: Laney Cooke-Johnson at 508-548-0151 ext. 175 or lcooke_johnson@falmouth.k12.ma.us.

December 15 (third Thursday), 7 - 9:30 p.m.: “**Newborn Care**” at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28). This class covers infant daily care, feeding and sleep habits, infant growth, development, and safety. We’ll also cover the identification of illnesses and when to call your pediatrician. FEE: \$5 per couple. Information or registration: 508-457-3632.

December 19, 6 - 7:30 p.m.: “**A Mother's Gathering**” at Cape Cod Children's Place, 10 Ballwic Road (off Nauset Road), *Eastham*, with Cindy Horgan, family support coordinator. Join us for some uninterrupted adult conversation and a hot meal while your children play and dine with our professional child care providers. This non-therapeutic group is designed to provide moms with an opportunity to connect in a safe, supportive environment. Free pizza dinner and child care provided. Must register by 12/15. Funding support provided by a Massachusetts Family Centers grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

December 21, 10 - 11:30 a.m.: “**Breastfeeding Support Group**” at the Outer Cape WIC office, 79 Finlay Road, Orleans, with Gabrielle Hathaway, lactation consultant. All moms-to-be and mothers of nursing infants welcome. This month, Gabrielle is teaching “Happiest Baby on the Block”, but you can still get your breastfeeding questions answered and learn the latest information in a confidential and sympathetic group environment. Sponsored by Outer Cape WIC. Information: 508-240-0853.

December 21 (third Wednesday), 6 - 8 p.m.: “**Parent Information Network (PIN) Parent Support Group**” at Cape Cod Hospital (Lorusso Conference Center), 27 Park St., *Hyannis*, with Jean Cole, parent coordinator at PIN. This group assists families who are challenged by children's mental health, emotional, or behavioral needs. If you are coming for the first time you must pre-register. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole at 508-947-8779 ext. 229 or capepin@bamsi.org.

December 27 (fourth Tuesday), 6 - 7:30 p.m.: “**Dads' Talk ~ Upper Cape**” at *Mashpee Village* (Community Room), 1 Wampanoag Drive, with Paul Melville, family support specialist, and Mark Abbott, LICSW. A monthly opportunity to get together with local fathers and other male caregivers. This is a great place to connect with other Dads and chat about being a father (or whatever else is on your mind). All Dads are welcome to this non-therapeutic gathering, regardless of their child(ren)'s age(s), their parenting situation, and where they live. Dinner provided (please RSVP). Co-sponsored by the Falmouth Public School's Parent Connection Series, Falmouth Human Services, and TCB Inc. /Mashpee Village. Information or registration: Paul Melville at 508-771-4336 ext. 2 or paul@capecoalition.com.

Weekly Programs and Groups:

Mondays, 10:30 a.m. - noon: “**Postpartum Moms and Babies Group**” at *Harwich Community Center*, 100 Oak St., with Monica Keefe-Hess. We meet to share stories, ask questions, and get familiar with resources that support you such as: nutrition, parenting, breast feeding etc. Funded by a Massachusetts Family Centers Grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information: 508-240-3310.

Weekly Programs and Groups continued:

Mondays, 6:30 - 8 p.m.: **“Parents Supporting Parents”** at *Mashpee Senior Center*, 26 Frank Hicks Drive. This is a free family member support group for those who are coping with their child’s narcotic addiction. Refreshments and plenty of parking. Information: Lisa M. at 774-238-1570.

Mondays (except holidays), 7 - 8:30 p.m.: **“Parents of Prisoners (PoP)”** at the Gus Cauty Recreation Center, 790 Main St., *Falmouth*. If you are the parent of a prisoner (past or present) looking for support and understanding from fellow parents, please join us. First time participants, please call ahead to register. Visit us at www.parentsofprisoners.com. Information or registration: Sophia at 508-944-2694 or parentsofprisoners@yahoo.com.

Tuesdays, 10 - 11:30 a.m.: **“Nursing Mothers’ Group”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. There’s no charge and no registration necessary for this group. Come meet with a certified lactation consultant and other breastfeeding moms in a relaxed environment. Information: 888-890-2229 or 508-888-7794.

Tuesdays, noon - 1 p.m.: **“Afternoon Parent Chat”** at Friendship Garden Nursery School, 460 Locustfield Road, *East Falmouth*, with Carol DiFalco, MS, LMHC. A drop-in, brown bag, best thing you’ve ever done with your lunch break group! Share the joys and challenges of parenting with others in a safe and nurturing environment. Child care available with pre-registration: 508-548-0151 ext. 172.

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. For information or registration: Dana Sumner at dsumner@gosnold.org.

Thursdays, 1 - 2 p.m.: **“Talking Parenting with Julie Sacchetti”** at Jonathan Bourne Public Library, 19 Sandwich Road, *Bourne*. Julie is a social worker, parent educator, and family support specialist. An informal drop-in group to address parent education and school-age child development topics. Timing coincides with story hour in the children’s library. Funded by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information: 508-759-0644.

Fridays, 10 a.m. - noon: **“Moms & Babies Support Group”** at Cape Cod Hospital (Whitcomb Pavilion), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. A great place to connect with other Cape Cod moms. Information or registration: Ann at 508-862-5123.

Select Ongoing Resources:

“Adoption Network Programs” sponsored by the Cape Cod Adoption Network are held at various locations across the Cape. Playgroups and programs for adoptive parents, foster parents, or adoptive parents-to-be. Information: 508-385-7815 or visit www.capecodadoptionnetwork.org.

“Breastfeeding Warmline” 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: 508-566-6248.

“Cape Cod Dads Update” sponsored by the Cape Cod Neighborhood Support Coalition. A free monthly e-mail that lists events and resources specifically for fathers on or near Cape Cod. Sign up at dads.capecoalition.com. Information: Paul Melville: 508-771-4336 ext. 2 or paul@capecoalition.com.

“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 for 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 weight management program for children Ages 6 -14. Information or registration (including FEE schedule): Deb Merigan at 508-833-4197.

“FoodSource Hotline of Project Bread”: Having trouble making ends meet? Hotline operators provide information and screen callers for food stamp eligibility, connect you to school meal programs, and direct you to the best local, emergency food resources. All calls are personalized and confidential; we speak 160 languages. Monday - Friday, 8 a.m. - 7 p.m., and Saturday 10 a.m. - 2 p.m.: 800-645-8333.

“Kids Grieve Too!”: Children who experience the loss of someone they love often feel like the world is falling apart and that no one else knows how they feel. At Hospice & Palliative Care of Cape Cod, licensed therapists specialize in supporting children through loss and grief. They use sharing, expressive arts, and play therapy to assist children in expressing their feelings. Information: 508-957-0200.

“Operation Military Kids (OMK)”: Families dealing with an overseas deployment can learn what opportunities are available to them and their child(ren). Free after school and family programs are available through a grant from the Army Child and Youth Services, and hero backpacks are available to school-aged children. Information: Kerry Bickford at 508-375-6695 or kbickford@barnstablecounty.org.

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: Jean Cole at 508-947-8779 ext. 229 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 and 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 thousands of women and their families. They empower Cape Cod women of all ages to successfully 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. For information: www.wecancenter.org.

The Cape Cod Neighborhood Support Coalition (CCNSC) compiles and distributes 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.

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



www.facebook.com/CapeCodCoalition

FOLLOW ME ON 

www.twitter.com/CapeCoalition