

CAPE COD NEIGHBORHOOD SUPPORT COALITION

Strong Families Need
Strong Support

Support, education
and information for all
families with children,
including
single moms and dads,
foster parents,
grandparents raising
grandchildren
and other
kinship families

Cape Cod Neighborhood Support Coalition *Strong Families Need Strong Support*



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Cape Cod Neighborhood Support Coalition's Priorities:

- Community-based Family Support Initiatives and Resources
- Parent Support and Education
- Quality Child Care and Positive Youth Development
- Violence Prevention
- Effective Social Services
 - Including a positive role for the Department of Children and Families (DCF) in the community.

Monthly Parent Education & Support Calendar

For over eight years, the CCNSC has been compiling and distributing this free, monthly Cape and Islands-wide listing of workshops, meetings, groups and related programs for parents, grandparents, guardians, and primary caregivers of children. Find it online and sign-up for a monthly e-mail (no spam-ever): capecoalition.com/calendar

Parent Education & Support Opportunities: December 2014

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

December 2 (first Tuesday), 8-9:30 a.m.: **“Parent Information Network (PIN) Parent Support Coffee/Tea Group”** at Hearth ‘n Kettle, 9 West St., *Orleans*. For families who are challenged by children’s mental health, emotional, or behavioral needs. Cup of coffee/tea provided. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information: Kimberly Eldridge at 508-947-8779 Ext. 229 or capepin@bamsi.org.

December 2, 5-6:30 p.m.: **“Home Is Where the Heart is – (a support group for families created through adoption, guardianship, kinship and foster care)”** at the *Sandwich Public Library*, 142 Main St., with Steve Alexander and Valerie Perry from Adoption Journeys. Dinner and child care provided with pre-registration. Sponsored by the Sandwich Partnership for Families and Adoption Journeys with funding support from Massachusetts Department of Early Education and Care and Child and Family Services Inc. Information or registration: 508-888-9525.

December 2, 5:30-7:30 p.m.: **“Toilet Training 101: Everything you wanted to know about potty training and more!”** at *Wellfleet Elementary School*, 100 Lawrence Road, with Cindy Horgan, Executive Director & Family Support Coordinator at Cape Cod Children's Place. Join us for a workshop that covers signs of readiness, individual child temperament, and how to support your child through the potty training process. Dinner and child care provided. Pre-registration required for this free event. Funding support provided by a Family Centers grant through the Children's Trust, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

December 2, 6-7:30 p.m.: **“Dads & Babies Pizza Party”** at *Falmouth Hospital* (Faxon Basement Conference Room), 100 Terr 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.

Beginning December 2 for four Tuesdays, 6:30–8:30 p.m.: **“Birth and Beyond: A Family Experience”** at Cape Cod Hospital, 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. This series of five classes (four before and one after birth) includes informational discussions for parents six to eight months pregnant. Topics include: hospital orientation, choices in labor and delivery, anesthesia, cesarean birth, breastfeeding, newborn developmental needs and parenting. Includes tour of the Family Birthplace at Cape Cod Hospital. FEE: \$35 per couple. Information or registration: Ann at 508-862-5123 or amacdonald@capecodhealth.org.

Beginning December 2 for three Tuesdays, 7–9 p.m.: **“And Baby Makes Three or Four or More”** at *Falmouth Hospital* (Conference Room C), 100 Ter Heun Drive, with Lee Burwell, LMHC. Preparing for a new addition to the family? This series of free workshops for expectant couples (and parents with babies up to 6 months) gives participants time to learn important tools and information to plan for the relationship changes that result from the birth or adoption of a baby/child. Presented by Falmouth Human Services and Falmouth Hospital. Information or registration: Lee at 508-548-0533 Ext. 15.

December 3 and 4 (must attend both sessions), 5:30-8 p.m.: **“For the Sake of the Children”** at *Sandwich Public Library*, 142 Main St. Divorce has a profound impact on children; learn to lessen the impact for your kids. Meets the court's mandate for education for divorcing parents. FEE: \$80. Information or registration: 857-373-9011, parentclass@yahoo.com, or <http://cftclass.org/sandwich>.

December 3 (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. Connect with other 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 dinner and child care. Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place, Family Support Project, and the Harwich Early Childhood Council. Information or registration: Paul Melville at 508-771-4336 Ext. 2 or paul@capecoalition.com.

December 3 (first Wednesday), 6:30-8:30 p.m.: **“Parent Information Network (PIN) Parent Support Group”** at *Falmouth Public Library* (Basement Conference Room), 300 Main St. 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: Kim Eldridge at 508-947-8779 Ext. 229 or capepin@bamsi.org.

Beginning December 3 for four Wednesdays, 6:30–8:30 p.m.: **“Birth and Beyond: A Family Experience”** at Cape Cod Hospital, 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. This series of five classes (four before and one after birth) includes informational discussions for those parents six to eight months pregnant. Topics include: hospital orientation, choices in labor and delivery, anesthesia, cesarean birth, breastfeeding, newborn developmental needs and parenting. Includes a tour of the Family Birthplace at Cape Cod Hospital. FEE: \$35 per couple. Information or registration: Ann at 508-862-5123 or amacdonald@capecodhealth.org.

December 4, 6–8 p.m.: **“Father & Baby Pizza Party”** at Cape Cod Hospital (Lorusso Conference Center), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE and Paul Melville, family support specialist. Dads: Come show off your baby, connect with other Cape dads, and learn about resources for local families. This month we'll be joined by local dental hygiene students and their professor. Free pizza dinner. Sponsored by Cape Cod Healthcare and the Families United Network Program of Cape Cod Child Development. Information or registration: Ann at 508-862-5123.

December 4 and 18 (first and third Thursdays), 5:30-7:30 p.m.: **“Grandparents Raising Grandchildren Support Group”** at Cape Cod Child Development, 83 Pearl St., *Hyannis*, with Kerry Bickford. Empowers parenting grandparents with information and connections to help support them and their families. Child care provided. Registration required. Sponsored by the Cape Cod Neighborhood Support Coalition. Information or registration: Kerry Bickford at 508-771-4336 Ext. 3.

December 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 Judy Starck, LICSW. Divorce has a profound impact on children; learn to 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.

December 5 (first Friday), 9:30-11 a.m.: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at Panera Bread - *Mashpee Commons*, 9 Steeple St. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 Ext. 125 or jdillon@kdc.org.

December 5 (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 11, 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 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 child(ren)’s age(s) and parenting situation. Dinner and child care provided. Sponsored by Cape Cod Child Development’s Families United Network (F.U.N.) Program and the Cape Cod Neighborhood Support Coalition with support from Not Your Average Joe’s. Information or registration: Mary Wilson at 508-775-6240 Ext. 512.

December 12 (second Friday), 9:30-11 a.m. **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at Spaulding Cape Cod (first floor conference room), 311 Service Road, *East Sandwich*. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 Ext. 125 or jdillon@kdc.org.

December 13 (second Saturday), 9 a.m.-4 p.m.: **“Labor Express”** at *Falmouth Hospital* (Faxon I Basement Conference Room), 100 Ter Heun Drive. A one-time prenatal class that includes: hospital orientation, tour, and comfort measures for labor, both medical and non-medical. This one day class is ideal for expectant couples who are unable to attend a series of Preparation for Birth classes. FEE: \$60 per couple (scholarships available based on need). Information or registration: fhparented@capecodhealth.org or 508-457-3630.

December 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 male caregivers who are challenged by a child’s mental health, 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. Come share your knowledge and experience with us. Information or registration: 508-947-8779 or cbean@bamsi.org.

December 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 and 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.

December 16 (third Tuesday), 7-9 p.m.: **“NAMI-Family Member Support Group”** at St. Mary’s Episcopal Church, 3055 Main St. (Route 6A), *Barnstable*. This non-therapeutic group is open to all who have 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: Jud at 508-364-9035 or marshset@verizon.net.

December 17 (third Wednesday), 3:30-5 p.m.: **“Education and Support for Parents of Transitional Age Youth”** at Family Continuity, 60 Perseverance Way, *Hyannis*. Sponsored by the Parent Information Network (PIN) in collaboration with Cape & Islands Community Service Agency (CSA) JRI/Family Continuity. Information: Tresa Salters at 508-947-8779 Ext. 222 or ptaypin@bamsi.org.

December 17 (third Wednesday), 6-7:30 p.m.: **“Support Group for Parents and Caregivers of Children on the Autism Spectrum or with other Developmental Disabilities”** at the Dennis Senior Center (first floor library), 1045 Route 134, *South Dennis*. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 Ext. 125 or jdillon@kdc.org.

December 23 (fourth Tuesday), 10:30 a.m.-noon: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at the Eastham Senior Center (first floor library), 1405 Nauset Road, *North Eastham*. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 Ext. 125 or jdillon@kdc.org.

December 23 (fourth Tuesday), 6-7:30 p.m.: **“Dads’ Talk ~ Upper Cape”** at the Falmouth School Age Center, 439 E. Falmouth Highway, *East Falmouth*, with Mark Abbott, LICSW and Paul Gabrielle. A monthly opportunity to get together with other local fathers. Connect with other fathers. All Dads welcome! Dinner and child care provided. Sponsored by Falmouth Human Services, Cape Cod Child Development, Family Support Project, and the Cape Cod Neighborhood Support Coalition. Information or registration: Mark Abbott at 508-548-0533 or mabbott@falmouthhumanservices.org.

December 30 (last Tuesday), 8:30-9:30 a.m.: **“Grandparenting Support Group”** at *Harwich Elementary School* (Family Resource Center), 263 South St., with Sue Landers, LICSW from the Lower Cape office of Child and Family Services, Inc. For parenting grandparents. Coffee and refreshments provided. Information or registration: Francie Joseph at 508-430-1692.

December 30 (last Tuesday), 10-11:30 a.m.: **“Parent Information Network (PIN) Parent Support Coffee/Tea Group”** at Dunkin’ Donuts, 24 Meetinghouse Lane, *Sagamore Beach* (Off-Cape side of bridge). For families who are challenged by children’s mental health, emotional, or behavioral needs. First cup of coffee/tea provided. Sponsored by the Parent Information Network (PIN), a BAMSII program funded by the Massachusetts Department of Mental Health. Information: Kimberly Eldridge at 508-947-8779 Ext. 229 or capepin@bamsi.org.

December 30 (last Tuesday), 6:30-8 p.m.: **“PFLAG ~ Falmouth”** at the Unitarian Universalist Fellowship of Falmouth, 840 Sandwich 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 at 508-420-0696 or www.pflagcapecod.org.

Weekly Programs and Groups

Mondays, 6:30-8:30 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. We share our experience with kindness and compassion for the purpose of strengthening our selves 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 or Donna 508-934-9058.

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, 11 a.m.-12:30 p.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 the developmental stages during 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, 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, 6-7 p.m.: **“Reaching Out Family Support Group”** at the Gosnold-Thorne Outpatient Counseling Center, 1185 Falmouth Road, *Centerville*. A free weekly support group for family members and loved ones of addicted individuals. No registration required. Information: Shelley Stormo at 508-563-9229 Ext. 5074 or mstormo@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 ltc@learn2cope.org.

Weekly Programs and Groups continued

Wednesdays, 6-7 p.m.: “**Reaching Out Family Support Group**” at the Gus Canty Community Center, 790 Main St., *Falmouth*. A free weekly support group for family members and loved ones of addicted individuals. No registration required. Information: Shelley Stormo at 508-563-9229 Ext. 5074 or mstormo@gosnold.org.

Thursdays, 10 a.m.-Noon: “**MotherWoman Support Group (Circle of Moms)**” at Northside Methodist Church, 701 Airline Road, *Brewster*, with Mary Wilson, F.U.N. Program Coordinator, and Mary Wright, Psychiatric Nurse Practitioner. A support group for pregnant and postpartum women and their babies up to one year old. An opportunity to talk with other moms about the adjustment to motherhood, balancing day-to-day self and baby care, and the range of feelings from depression, anxiety and overwhelm, to love and joy. This group is a safe and confidential place to feel heard, understood, nurtured, and validated. Snacks provided. Limited transportation assistance available. Must pre-register. Sponsored by the Families United Network (F.U.N.) Program of Cape Cod Child Development, the Northside Methodist Church, and the Cape & Islands Maternal Depression Task Force. Information or registration: 508-775-6240 Ext. 512.

Thursdays, 10 a.m.-noon: “**Breastfeeding Support Group**” at *Falmouth Hospital* (Faxon 1 Conf. Room), 100 Ter Heun Dr. (off Route 28), with Suzan Schar, RNC and board certified lactation consultant. All are welcome to this free group. Information: 508-457-3630.

Fridays, 10 a.m.-noon: “**Moms & Babies Support Group**” at Cape Cod Hospital, 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.

Fridays, 10 a.m.-noon: “**Breastfeeding Support Group**” at the *Hyannis WIC office*, 1019 Hyannough Road (Route 132). 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.

Select Ongoing Resources

“Al-Anon / Ala-teen 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. These 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.

“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 Neighborhood Support Coalition. A free monthly e-mail and perpetual calendar of events and resources for fathers on or near Cape Cod. Check it out or sign up: dads.capecoalition.com. Information: Paul Melville: paul@capecoalition.com.

“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.

Select Ongoing Resources continued

“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.

“Operation Military Kids (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: 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: Kim Eldridge 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/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. For 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

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