



southeast fathers & family
network
 a children's trust program



July 2016

Hey Dads,

It's summer time! For some of you that means fun in the sun, for others it means earning the money you and your family need to make it through the year. Either way, I hope you had a nice Fathers' Day and you're fully into your summer mode.

If you're looking for a parent support group or fun activity that's just for dads, then read on and share this with a friend. It's all absolutely free. If you've got questions or want to chat with me before you commit to something, simply call the Cape Cod Family Resource Center at 508-815-5100 or email me directly: pmelville@familycontinuity.org. Thanks!

Cape Cod Dads' Update

Looking to take your kids to a **parade or fireworks** show to celebrate our country's 240th anniversary as a free nation? We've got you covered with an awesome list we put together with help from Cape Cod Moms (OK, they compiled all the info; but they did give me permission to turn their hard work into a nifty flier and share it with you). Email us or stop by for a copy, be safe, and have fun!

Oh yeah, the dad stuff:

On Wednesday, July 6th, Eric Hauck will host **Lower/Outer Cape Dads' Talk** (usually the first Wednesday each month) at the Harwich Community Center from 6 to 7:30. There's always free dinner and child care for those who need it. The Community Center is at 100 Oak Street in Harwich. I highly recommend attending this group. Please call 508-771-4336 or email beverly@capecoalition.com so they know that you're coming. Thanks.

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Paul's Calendar for Dads:

"Dads' Talk~Lower Cape"

Wed. Jul. 6, 6 - 7:30 p.m.
 Harwich Community Center
 Please call: 508-771-4336 or
beverly@capecoalition.com

"Dadminion! ~ Middleboro"

Sat. Jul. 9, 5 - 7 p.m.
 Parent Information Network
 Please call: 508-947-8779 or
christopherbean@bamsi.org

"Dads & Babies Pizza Party"

Tue. Jul. 12, 6 - 7:30 p.m.
 Falmouth Hospital
 Please call: 508-457-3632 or
sscharr@capecodhealth.org

"Dads' Talk~Lower Cape"

Wed. Aug. 3, 6 - 7:30 p.m.
 Harwich Community Center
 Please call: 508-771-4336 or
beverly@capecoalition.com

"Dads & Babies Pizza Party"

Tue. Aug. 9, 6 - 7:30 p.m.
 Falmouth Hospital
 Please call: 508-457-3632 or
sscharr@capecodhealth.org

"Dadminion! ~ Middleboro"

Sat. Aug. 13, 5 - 7 p.m.
 Parent Information Network
 Please call: 508-947-8779 or
christopherbean@bamsi.org

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On Saturday, July 9th (second Saturday each month), from 5 to 7 p.m., Chris Bean facilitates **Dadminion!** A group for fathers who are challenged by a child's mental health, emotional, or behavioral needs. If you want to meet some other dads who understand what you're going through, call or email Chris and check out this group in Middleboro: christopherbean@bamsi.org or 508-947-8779.

On Tuesday, July 12th, from 6 to 7:30 p.m, Cheryl Donahue and I will be hosting another **Dads & Babies Pizza Party** at **Falmouth Hospital** (Faxon Basement Conference Room). This is a great chance for new dads to meet each other, show off their babies, and learn about some local resources for families. Free pizza/no pressure. You don't have to live in Falmouth to attend this meeting. Expectant dads welcome, too! Please leave a voice message at 508-457-3632 or email sscharr@capecodhealth.org so we know to expect you.

For more details on any of these events or to look further into the future, check out my calendar on the right or go to dads.capecoalition.com. For more information about the Cape Cod Family Resource Center and how we can help support your family, please call, email, or stop by anytime (see hours below).

Thank you for being a dad, and I hope to see you soon!

-Paul

Paul N. Melville, Cape Cod & Nantucket Family Resource Centers
Program Director and Cape Cod Fathers & Family Network Coordinator
Family Support Specialist/Parent Educator/Trainer/Dad

PS: Get this update by email:

If you'd like to get an electronic version of this **Cape Cod Dads' Update** in your email box each month, please let me know:

pmelville@familycontinuity.org.

The Cape Cod Family Resource Center offers parenting programs, support groups, assessments, and information and referral resources to ALL families. All at no cost to families, regardless of income, insurance status, and community of residence. We're conveniently located at 29 Basset Lane, Hyannis, MA. 508-815-5100.

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"Dads & Babies Pizza Party"

Tue. Sep. 6, 6 - 7:30 p.m.

Falmouth Hospital

Please call: 508-457-3632 or

sscharr@capecodhealth.org

"Dads' Talk~Lower Cape"

Wed. Sep. 7, 6 - 7:30 p.m.

Harwich Community Center

Please call: 508-771-4336 or

beverly@capecoalition.com

"Dadminion! ~ Middleboro"

Sat. Sep. 10, 5 - 7 p.m.

Parent Information Network

Please call: 508-947-8779 or

christopherbean@bamsi.org

"Dads & Babies Pizza Party"

Tue. Oct. 4, 6 - 7:30 p.m.

Falmouth Hospital

Please call: 508-457-3632 or

sscharr@capecodhealth.org

"Dads' Talk~Lower Cape"

Wed. Sep. 5, 6 - 7:30 p.m.

Harwich Community Center

Please call: 508-771-4336 or

beverly@capecoalition.com



Monday: 9 a.m. to 5 p.m.

Tuesday: 10 a.m. to 7 p.m.

Wednesday: 10 a.m. to 7 p.m.

Thursday: 10 a.m. to 7 p.m.

Friday: 9 a.m. to 5 p.m.

First and third Saturday each month: 9 a.m. to 1 p.m.

WE ARE DAD FRIENDLY!