# 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 six 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. To find it online or to sign-up for a monthly e-mail (no spam, ever), visit www.capecoalition.com/calendar.

# Parent Education & Support Opportunities: January 2014

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

January 1 (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. First time attendees must pre-register. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information: 508-947-8779.

January 3 (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.

January 7, 4–5:30 p.m.: **"Adoption Support Group"** at the *Sandwich Public Library*, 142 Main St.. For all those parenting those not born to them. Dinner and child care provided. Registration required. Sponsored by the Sandwich Partnership for Families. Information or registration: 508-888-9525.

January 7 (second Tuesday), 6–7:30 p.m.: **"Grandparents Raising Grandchildren Monthly Support Group"** at the Bourne Senior Center, 239 Main St., *Buzzards Bay,* with Lois Carr. Information or registration: Lois at 508-759-0653.

Beginning January 8 for eight Wednesdays (skips 2/19), 5:30 – 7:30 p.m.: **"Effective Positive Discipline"** at Faith Assembly Church/Kiddie Kollege, 154 Bearse's Way, *Hyannis,* with Cindy Horgan, co-creator of the Parenting Station. Designed for parents of children birth to six years old: developmental issues, communication, understanding temperament, encouraging good behavior, parenting styles, discipline, working through power struggles and tantrums, anger management, sibling rivalries, and coping with stress. Free pizza, limited child care and transportation available. Sponsored by Cape Cod Child Development's Families United Network Program, Children's Trust, and Massachusetts Department of Early Education and Care. Information or registration: 508-775-6240 ext. 512.

January 8 (DIFFERENT WEEK), 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.

January 9th and 23rd (second and fourth Thursdays), 5:30–7:30 p.m.: **"Grandparents Raising Grandchildren Support Group"** at Cape Cod Child Development, 83 Pearl St., *Hyannis*, with Kerry Bickford and a variety of special guests. This new group will continue to meet twice each month to empower parenting grandparents with information and connections to help support them and their families. Dinner and child care provided. Registration required. Sponsored by the Cape Cod Neighborhood Support Coalition. Information or registration: Kerry Bickford at 508-771-4336.

January 9, 6 – 7:30 p.m.: **"New Year – New Ways to Save Money $$"** at Cape Cod Child Development-Early Intervention Building, 80 Pearl St., *Hyannis*, with Mary Wilson. Come learn and share tips and ways to save money for the year ahead. Limited child care and transportation. Sponsored by Cape Cod Child Development's FUN Program with funding from the Massachusetts Department of Early Education and Care. Information or registration: 508-775-6240 ext. 512.

January 11 (second Saturday), 9 a.m.–4 p.m.: **"Labor Express"** at *Falmouth Hospital (Faxon I Conference Room)*, 100 Ter Heun Drive. A onetime 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@capecodheaolth.org or 508-457-3630.

January 13, 6:30 – 8:30 p.m.: **"Understanding the Special Education Law"** at Mullen-Hall School, 130 Katherine Lee Bates Road, Falmouth. Part of a Special Education Series offered to parents and providers. This workshop will introduce you to the Individuals with Disabilities Education Act (IDEA 2004) and highlight its responsibility to young children and families. You'll also be introduced to Early Intervention and Public School special education requirements for children with disabilities, inclusion and inclusive practices for early childhood settings. Presented by the Coalition for Children and Justice Resource Institute. Information or registration: Tina Toran at 508-548-0151 ext. 172.

Beginning January 16th for five Thursdays, 5:30–7:30 p.m.: **"Dads' Group"** at *Harwich Elementary School* (Activity Room), 263 South St., with Cindy Horgan, Executive Director and Family Support Coordinator at the Cape Cod Children's Place. This free-five week parenting series is for dads and other father figures. Studies show that children grow up happier and healthier with nurturing gathers in their lives. At this group you will hear other dads experiences and have the opportunity to share your own. Create your "toolbox" for effective parenting, gain skills for handling challenging behaviors, and learn effective communication and positive discipline techniques. Free pizza dinner, child care, and limited transportation provided! Funding is provided by a Family Centers Grant through the Children Trust and the Whitlock Memorial Fund by U.U. through the Cape Cod Foundation, administered by the Cape Cod Children's Place. Information or registration: 508-240-3310.

Beginning January 16 for sixteen Thursdays (skips 2/20 and 4/24), 5:45-7:45 p.m.: **"Effective Parenting Workshop"** at John Wesley Methodist Church, 270 Gifford St., *Falmouth,* with Lee Burwell, MFT, LMHC. This sixteen-week workshop for parents of 1-6 year olds is based on the teachings of Bonnie Harris, M.Ed., parent educator and author. Free dinner, limited child care, and limited transportation available. Funded by the Coalition for Children through a grant from The Children's Trust. Information or registration: 508-548-0151 ext. 172.

January 20 (third Monday), 10–11:30 a.m.: **"Grandparents Raising Grandchildren Monthly Support Group"** at the Bourne Senior Center, 239 Main St., *Buzzards Bay,* with Lois Carr. Information or registration: Lois at 508-759-0653.

January 20 (third Monday), 7–8:30 p.m.: **"PFLAG ~ Brewster"** at *First Parish Brewster*, 1696 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.

January 21, 8:30–9:30 a.m.: **"Grand Parenting Support Group"** at *Harwich Elementary School* (Family Resource Center), 263 South St., with Sue Landers, LICSW from Child and Family Services. This free group is for grandparents who are parenting their Grandchildren. Coffee and refreshments provided. Information or registration: Francie Joseph at 508-430-1692.

January 21, 5:30-7:30 p.m.: **"Parenting Differences"** at *Eastham Elementary School*, 200 Schoolhouse Rd., with Cindy Horgan, Executive Director and Family Support Coordinator at Cape Cod Children's Place. This workshop focuses on effective communication, rules for fair fighting, handling the stresses of life, elements of teamwork, and how to handle outside influences. Participants come away with a different perspective of the other person as well as how their reactions or non-reactions can play a role in the behavior of their parenting partner, whether parenting in the same home or separate homes. Pizza dinner and child care provided. Funded by a grant from the Cahn Funds for Social Change, through the Children's Trust, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

January 21 (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.

January 22, 6–8:30 p.m.: **"Parenting with Purpose: The Slow Tech Movement"** at the *Sandwich Public Library* (Room 2), 142 Main St., with Janell Burley Hofmann, author of i-Home. Sponsored by the Sandwich Partnership for Families and the Sandwich Public Library. Information or registration: 508-888-9525.

January 23, 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.

January 28 (last Tuesday), 6:30–8 p.m.: **"PFLAG ~ Falmouth"** at the Unitarian Universalist Fellowship of Falmouth, 840 Sandwich Road, *East Falmouth*. 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.

January 28 (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.

January 30, 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. 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.

## 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 the Snow Library (Craine room), 67 Main St. *Orleans*, with Monica Keefe-Hess, Parent Education Coordinator at the Cape Cod Children's Place. We meet to share stories, ask questions, and get familiar with resources that support you such as: nutrition, parenting, breast feeding, etc. Weekly discussion topics will include the various developmental stages during baby's first year. This is a drop-in group, no pre-registration required. Sponsored by the Cape Cod Children's Place. Information: Monica Keefe-Hess at 508-240-3310.

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, 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.

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, 9–10:15 a.m.: **"Thursday Morning Parents' Group on Nantucket"** at the Early Childhood Center (NHS Rm. 106), 10 Surfside Road, *Nantucket*. A drop-in discussion group for parents with children birth to eight. An opportunity to meet other parents and discuss a variety of parenting topics in a casual group setting. Information: 508-228-7257 ext. 1166.

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 Iyannough 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 / 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. 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 by giving understanding and encouragement to the alcoholic. Information: 508-394-4555.

**"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.

**"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 weight management program for children Ages 6 -14. Information or registration (including FEE schedule): Deb Merigan 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: 508-947-8779.

**"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.

For over six 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.

**To find this list online or subscribe for free, go to** www.capecoalition.com/calendar

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.

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

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