

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: January 2015

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

January 2 (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.

January 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.

Beginning January 5 for five Mondays, 6-8:30 p.m.: **“Parent & Baby Class”** at Waldorf School of Cape Cod, 140 Old Oyster Road, *Cotuit*, with Cristan Vineis, certified Waldorf early childhood teacher and doula. For parents and their infant 3 months old to crawling. Parents take time to observe their babies as they develop and explore their ever-widening world from the simple discovery of their fingers and toes, to rolling over, sitting up, and crawling. Parents will learn age appropriate songs and lullabies and simple infant massage techniques to promote health and well being. Tea and refreshments served and parenting topics discussed. FEE: \$25. Information or registration: Waldorf School of Cape Cod at 508-420-1005.

January 6, 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.

January 6 and 13, 6-8:30 p.m.: **“Breastfeeding 101”** at Waldorf School of Cape Cod, 140 Old Oyster Road, *Cotuit*, with leeda Rico, certified lactation educator and doula. Breastfeeding has countless physical and emotional benefits for mother and baby. This two-week course for expectant mothers and partners will provide comprehensive information and techniques for successful breastfeeding from birth and beyond. Evidence-based information regarding effective latching, pumping, bonding, self-care and nutrition for mother and baby will help you make an informed choice for feeding your baby with confidence.. FEE: \$50. Information or registration: 508-420-1005.

Beginning January 6 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 January 6 for eight Tuesdays, 7-9:30 p.m.: **“Childbirth Preparation: Babies, Bonding and Beyond”** at *Falmouth Hospital* (Faxon I Basement Conference Room), 100 Ter Heun Drive, with Cheryl Donahue, certified ASPO Lamaze childbirth educator, IBCLC; Lee Burwell, LMHC, certified Gottman educator; and Paul Melville, family support specialist. An innovative course to prepare women and their birth partner for the normal childbirth process, and minimize the need for medical intervention. Topics include: third trimester changes, birth process, labor, delivery, labor support, variations of labor, and going home with your newborn. We teach all childbirth options using exercise, body awareness, and Lamaze breathing and relaxation techniques. Couples learn what to expect during each phase of childbirth, how to work together as they transition into parenthood, and to plan for relationship changes that result from birth. Includes a tour of the maternity unit. FEE: \$60 per couple (scholarships available). Information or registration: fhparented@capecodhealth.org or 508-457-3630.

January 7 (first Wednesday), 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.

Beginning January 7 for eight Wednesdays, 5:30-7 p.m.: **“Divorce Support Group for Women”** the *Harwich Community Center*, 100 Oak St. In the time of divorce, a woman may feel like her world has fallen apart. It is common to feel alone, scared and overwhelmed. This group connects women to provide a sense of support, competence and empowerment. Limited to 12 participants and no one new admitted after week two. FEE: Suggested donation of \$5 per session (no one turned away for inability to pay). Information or registration: WE CAN at 508-430-8111 or info@wecancenter.org.

January 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. 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 7 (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 BAMS! program funded by the Massachusetts Department of Mental Health. Information: Kim Eldridge at 508-947-8779 Ext. 229 or capepin@bamsi.org.

Beginning January 7 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.

January 8 and 22 (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. 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.

Beginning January 8 for six Thursdays, 5:30-7:30 p.m.: **“Preparation for Childbirth”** at Waldorf School of Cape Cod, 140 Old Oyster Road, *Cotuit*, with Amanda Jane Haddad, RN and certified professional midwife; leeda Rico, certified lactation educator and doula; and Cristan Vineis, certified Waldorf early childhood teacher and doula. A series for women in their third trimester and their birth partners. Each class includes time for exercise, refreshments and birth preparedness. Covers pregnancy through caring for a newborn. Topics include: anatomy and physiology; stages of labor and birth; choices to expect; responsible and informed consent; alternative therapies for common discomforts; hospital procedures; complications - signs and symptoms; cesarean birth and recovery; VBAC; cord blood banking and stem cell research; breastfeeding; future contraception; caring for your newborn; understanding health screenings and vaccination schedules; baby wearing and car seats; and self-care. FEE: \$150. Information or registration: 508-420-1005.

January 8 and 15 (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.

January 9 (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.

January 10 (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. Ideal for expectant couples who are unable to attend a series of Preparation for Birth classes. FEE: \$60 per couple (scholarships available). Information or registration: fhparented@capecodhealth.org or 508-457-3630.

January 10 (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.

Beginning January 13 for eight Tuesdays (skips 2/17), 5:30-7:30 p.m.: **“Raising Healthy Families”** at *Eastham Elementary School*, 200 Schoolhouse Road, with Cindy Horgan, executive director and family support coordinator at Cape Cod Children's Place. This eight-week series will provide skills to support parents with some of the challenges that make parenting so difficult. Topics include: discipline without yelling, handling tantrums, understanding temperament (why our children do what they do), the value of routines, setting limits and boundaries, and much more. You'll have a chance to ask questions, share ideas and go home with education and resource materials. Dinner, child care, and limited transportation provided. No cost, but pre-registration is required. Funded by grants from the Bilezekian Family Foundation and Cahn Funds for Social Change, administered by Cape Cod Children's Place. Information or registration: Cape Cod Children's Place at 508-240-3310.

January 15, 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.

Beginning January 15 for sixteen Thursdays (skips 2/19 and 4/23), 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 young children 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 19 (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.

January 20 (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 21 (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.

January 21 (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.

January 22 (fourth Thursday), 5-6:30 p.m.: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at YMCA Cape Cod (Diabetes Resource Room), 2245 Iyannough Road, *West Barnstable*. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125 or jdillon@kdc.org.

January 22 and 29 (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.

January 22, 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’s guest offers free growth and development screenings for infants and toddlers of all ages. 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.

January 23 (fourth Friday), 9:30 a.m.-11: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at Spaulding Rehabilitation Hospital (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.

January 24, 11:30 a.m.-12:30 p.m.: **“Baby on a Budget”** at the *South Yarmouth Library*, 312 Old Main St. with Amy Gregoire. Join Miss Amy for some cool tips and tricks to keep baby care and essentials affordable. Lots of great information and some free samples to take home. Pregnant and new parents are invited to join the group. Sponsored by the Mid Cape CFCE/Families United Network (F.U.N.) Program of Cape Cod Child Development with funding from the Massachusetts Department of Early Education and Care. Information or registration: Mary Wilson at 508-775-6240 Ext. 512.

January 27 (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 at the Lower Cape office of Child and Family Services, Inc. Free group for parenting grandparents; new members always welcome. Coffee and refreshments provided. Information or registration: 508-430-1692.

January 27 (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.

January 27 (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.

January 27, 5-7 p.m. **“Early Intervention Presentation”** at *West Barnstable Community Building*, 2377 Meetinghouse Way (Rte. 149), with Barbara Prindle Eaton, OTL/R, CEIS/D, director of Cape and Islands Early Intervention; and Judy Harrison, early Intervention regional director, Lower Cape. Would you or someone you know, benefit from information and insight into possible or existing early childhood delays or developmental concerns? Join us for this important interactive presentation. Topics to be covered include early childhood education, interventions, transitioning into pre-school, preschool and much more. Light supper and child care provided. Registration required. Information or registration: Juliane Dillon at 508-385-6019 Ext. 125 or jdillon@kdc.org.

January 27, 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: This month we'll have a special guest speaker: Father of two and ER doctor, Dr. Jim Rodrigez. 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.

January 27 (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 27 (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.

January 29, 5:30-7:30 p.m.: **“Raising Healthy Boys”** at Stony Brook Elementary School, 384 Underpass Road, *Brewster*, with Cindy Horgan, executive director and family support coordinator at Cape Cod Children's Place. Discover boys' unique needs as they grow and develop. Learn to promote skills that support boys' healthy emotional development and how to recognize the impact of media, culture and technology on boys and the messages they take from these influences. Learn about current trends that affect boys and learn to support our boys as they make sense of the process of growing up. Dinner, child care, and limited transportation provided. No cost, but pre-registration is required. Funded by a Family Centers grant through the Children's Trust and a Coordinated Community and Family Engagement (CFCE) grant through the Massachusetts Department of Early Education and Care, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

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 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 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*. No cost; no registration. Come meet with a certified lactation consultant and other breastfeeding moms in a relaxed environment. Information: 888-890-2229.

Weekly Programs and Groups continued

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.

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.

Weekly Programs and Groups continued

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 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 / 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.

Select Ongoing Resources continued

“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.

“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.

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: 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

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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