

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: March 2015

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

Beginning March 3 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.

Beginning March 3 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.

March 4 (first Wednesday), 9-10:30 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.

March 4 (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.

March 4 (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 BAMSI program funded by the Massachusetts Department of Mental Health. Information: Kimberly Eldridge at 508-947-8779 Ext. 229 or capepin@bamsi.org.

Beginning March 4 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.

March 5 and 12 (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.

March 6 (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.

March 6 (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.

March 7, 8:30 a.m.-1 p.m.: **“Knowledge is Power: A Pediatric Workshop for Parents and Professionals”** at Spaulding Cape Cod, 311 Service Road, *East Sandwich*, with the experts from Spaulding Center for Children. Join us for our first Saturday Seminar, a half-day of presentations on the latest in pediatric rehabilitation. Designed for parents/caregivers, early childhood educators and healthcare professionals, this free workshop will offer a variety of topics and a chance to have your questions answered by the experts at Spaulding Center for Children. Presentations will include Exercise is Medicine: For Kids Too, All About Apps: Language and Learning for iDevices, Sensory Integration 101, and Food Coaching: Kitchen Strategies for Selective Eaters. Lunch provided. Seating is limited. Registration is required. Information or registration: 508-833-4210.

March 10, 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.

March 10, 6:30-8 p.m.: **“Raising an Organized Child”** at the *Sandwich Public Library*, 142 Main St., with Lisa Bates, author of *Raising an Organized Child*. Child care provided with pre-registration. Sponsored by the Sandwich Partnership for Families with funding support from Massachusetts Department of Early Education and Care. Information or registration: 508-888-9525.

March 11, 5-8 p.m.: **“Money \$en\$e: The Basics of Money Management”** at Community Development Partnership, 3 Main St., *Eastham*, with Sarah Robinson, CFP Owner, Robinson Financial Solutions. This free interactive workshop will launch you on the road to financial wellbeing! Create a vision of the life you dream about, set goals to step towards your life vision, establish a budget as a building block, and design a savings plan to nourish your vision. Child care reimbursement available (please mention when registering). Dinner provided with registration. Co-sponsored by WE CAN and Community Development Partnership with funding support from TD Bank and Eastern Bank. Information or registration: 508-430-8111 or info@wecancenter.org.

March 12, 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.

March 13, 7-9 p.m.: **“Building Resiliency in Children – Part I: The World is Good ... Really!”** at the Waldorf School of Cape Cod, 140 Old Oyster Road, *Cotuit*, with renowned author, speaker, advocate and educator, Joan Almon. This public lecture will set the stage for Saturday’s workshop, but is also open to all parents, grandparents, teachers, educators, and friends who work with and raise children whether they are able to attend the next day or not. A reception with refreshments will follow the lecture. No registration necessary. FEE: \$10 donation suggested (free if you’re registered for Saturday). Hosted by the Waldorf School of Cape Cod; refreshments provided by the Waldorf Community Association. Information: 508-420-1005, or administrator@waldorfschool.cc.

March 14, 8:30 a.m. - 3:30 p.m.: **“Building Resiliency in Children – Part II: Honoring Play for All Ages”** at the Waldorf School of Cape Cod, 140 Old Oyster Road, *Cotuit*, with renowned author, speaker, advocate and educator, Joan Almon. This parent education workshop is designed for all parents, grandparents, teachers, educators, and friends who work with and raise children. Includes morning warm- up, artistic activity, Building Resiliency in Children: Part II (continued from Friday evening), choice of workshops, facilitated discussion, and closing session led by Joan Almon. Catered morning snack and lunch also included. FEE: \$60 (\$50 before 3/1; limited financial assistance available). Hosted by the Waldorf School of Cape Cod. Information or registration: 508-420-1005, www.waldorfschoolofcapecod.org, or administrator@waldorfschool.cc.

March 14 (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.

March 14 (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.

March 15 (third Sunday), 5-7 p.m.: **“Support Group for Parents of Transgender and Gender-Non-conforming Children”** at *West Barnstable Community Building, 2377 Meetinghouse Way (Rte. 149)*. This group is for parents of transgender and gender-nonconforming youth ages 2 to 21 years. Co-led by the parent of a transgender youth and a transgender woman who is an advocate for transgender youth and is also a gender diversity trainer. Information: 508-694-6763 or sarah@pflagCapeCod.org.

March 16 (third Monday), 3:30-5 p.m.: **“PFLAG ~ Brewster”** at First Parish UU Church, 1969 Main St. (Route 6A), *Brewster*. 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@pflagcapecod.org or www.pflagcapecod.org.

March 16 (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.

March 17 (third Tuesday), 6-7:30 p.m.: **“Cooking Workshop for Parents of Selective Eaters”** at Spaulding Center for Children, 280-D Route 130 (Heritage Park Plaza), *Forestdale*, with Cheryl Pelletier, MS CCC-SLP (speech-language pathologist), and self-described foodie coach. A free cooking workshop for parents of children with feeding issues. Learn proven food modification and feeding strategies to use at home. Cooking classes will be held in our newly expanded “Kitchen Clinic,” a spacious and friendly treatment area where families can learn to prepare, play with and enjoy food with their child. Please bring a particularly challenging food to explore and modify through texture or preparation. You will learn strategies to foster and reward tasting and have the opportunity to share your own experiences with the class. Information or registration: 508-833-1060.

March 17 (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.

March 18 (third Wednesday), 3:30-5 p.m.: **“Education and Support for Parents of Transitional Age Youth”** at Family Continuity, 60 Perseverance Way, *Hyannis*. This group has a different topic each month and occasional guest speakers related to transition planning. 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 pplaypin@bamsi.org.

March 18 (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.

March 19 and 26 (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.

March 23 (fourth 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.

March 24 (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.

March 24, 5-7 p.m.: **“Pathway Presentation-Focus on Preschool Years”** 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; Judy Harrison, Early Intervention regional director, Lower Cape; and Jenn Jennings from the Monomoy School district. 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 child care/pre-school/kindergarten, IFSPs, IEPs, and much more. Light supper and limited child care provided. Registration required. Information or registration: Juliane Dillon at 508-385-6019 Ext. 125 or jdillon@kdc.org.

March 24, 5-8 p.m.: **“Money \$en\$e: The Basics of Money Management”** at the *Sandwich Public Library*, 142 Main St., with Sarah Robinson, CFP Owner, Robinson Financial Solutions. This free interactive workshop will launch you on the road to financial wellbeing! Create a vision of the life you dream about, set goals to step towards your life vision, establish a budget as a building block, and design a savings plan to nourish your vision. Dinner and child care provided with registration. Co-sponsored by WE CAN and the Sandwich Partnership for Families with funding support from TD Bank and Eastern Bank. Information or registration: 508-430-8111 or info@wecancenter.org.

March 24, 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.

March 24 (last Tuesday), 7-8:30 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@pflagcapecod.org or www.pflagcapecod.org.

March 25, 6:30-8 p.m.: **“It's all About Temperament - Pillow Case Workshop”** at the *East Falmouth School*, 33 Davisville Road, with Jeanine Fitzgerald, author and certified human behavior specialist with the Fitzgerald Institute of Lifelong Learning. Learning about temperament will help ALL of your relationships: with your child, your partner, your colleagues. Limited child care available. Please let us know if you need childcare (by March 20) when you register. Sponsored by the Coalition for Children. Information or registration: 508-548-1052 Ext. 7311.

March 26, 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.

March 27 (fourth Friday), 9:30-11 a.m.: **“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.

March 28, 9 a.m.-3 p.m.: **“Pathway Presentation-Focus on High School Years”** at Cape Cod Collaborative, 418 Bumps River Road, *Osterville*, with the Cape & Islands Transition Committee. Join us for a resource fair aimed at parents of young adults (14 to 22 years). Registration required. Information or registration: Juliane Dillon at 508-385-6019 Ext. 125 or jdillon@kdc.org.

March 30, 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 for Cape Cod Children's Place. Discover the unique needs of boys 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. Become aware of current trends that affect boys and learn to support them as they make sense of the process of growing up. Dinner, child care, and limited transportation assistance provided. Pre-registration required. Funding provided by a Family Centers grant through the Children's Trust and a Coordinated Community & Family Engagement (CFCE) grant through the Department of Early Education and Care, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

March 31 (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.

March 31 (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.

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.

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, 9:30 a.m.-11 a.m.: **“Mindful Mamas”** at Sandwich Recreation Department (Oak Crest Cove Lodge), 34 Quaker Meeting House Road, *East Sandwich*. Interested in learning more about environmentally sound practices, materials and ingredients? Need more information about limiting or avoiding toxins in your family’s diet or environment? Committed to a sustainable future with fewer chemicals but an improved quality of life? We don’t have all the answers, but together we can share best practices for living responsibly on a family budget. Learn about affordable options to help keep your homes and your children healthy and safe. Learn about a different topic each week from community consultants. We begin with a short yoga practice at 9:30 a.m. and get into the discussion at 10 a.m. We don't offer child care, but your children are welcome to play under your supervision. Sponsored by the Sandwich partnership for Families and the Sandwich Recreation Department with support from the Massachusetts Department of Early Education and Care and Kiwanis Club of Sandwich. Please bring a mat or cushion to sit on. Information or registration: 508-888-9525.

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.

Weekly Programs and Groups continued

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.

“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.

Select Ongoing Resources continued

“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.

“Grandparents Raising Grandchildren”: Parenting grandparents who have questions about available resources or are interested in attending an evening group in the Mid or Upper Cape areas should contact Beverly Costa-Ciavola at the Cape Cod Neighborhood Support Coalition. Information: 508-771-4336 Ext. 1 or beverly@capecoalition.com.

“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.

March 2015 Parent Education & Support Opportunities (www.capecoalition.com)-page 13 of 14

Select Ongoing Resources continued

“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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