

Cape Cod Neighborhood Support Coalition



Cape Cod Family Resource Center and Cape Cod Neighborhood Support Coalition

Monthly Parent Education & Support Calendar

This free, monthly Cape and Islands-wide listing of workshops, meetings, groups and related programs for parents, grandparents, guardians, and primary caregivers of children has been compiled and distributed free for over nine years. You can find it online and sign-up for a monthly e-mail (no spam-ever): capecoalition.com/calendar

Parent Education & Support Opportunities: November 2015

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

November 2, 9, 16, and 30 (skips 11/23), 9:30-11 a.m.: **“Parent Chat”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Paul Melville and Mary Wilson. Start your week connecting with other parents and giving your child a chance to experience creative learning activities on Monday mornings. Each session includes some parent/child together time and a facilitated discussion with other parents while your children are cared for in the brand new play space. Topics are geared toward child development, communication, and local resources for families. Registration required. Information or registration: Mary Wilson at mwilson@cccdp.org or 508-775-6240 Ext. 512.

November 3, 6-7:30 p.m.: **“Dad and Babies Pizza Party”** at *Falmouth Hospital* (Faxon Conference Room), 100 Ter 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. This month we'll be joined by local dental hygiene students and their professor. Free pizza dinner. Sponsored by Cape Cod Healthcare and the Coalition for Children. Information or registration: Suzan Scharr at 508-457-3632 or fhparented@capecodhealth.org.

November 4 (first Wednesday), 6-7:30 p.m.: **“Dads’ Talk ~ Lower Cape”** at the *Harwich Community Center*, 100 Oak St. with Eric Hauck. Connect with other fathers and chat about being a dad (or whatever 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, and Harwich Early Childhood Council. Information or registration: beverly@capecoalition.com or 508-771-4336.

November 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 Jodi Starck, LICSW. Divorce has a profound impact on children; learn to lessen the impact for yours. Meets the court’s education mandate for divorcing parents. FEE: \$80. Information or registration: Donna Davis at 508-775-0275.

November 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: Dan Small at dsmall@kdc.org.

November 7, 10-11:30 a.m.: **“Reality Couponing 101”** at *Osterville Public Library*, 43 Wianno Ave. with Selissa Johnson. A seminar for parents who want to learn about couponing and saving substantial money while also leading a busy life. Registration required: Mary Wilson 508-775-6240 Ext. 512.

November 12, 5:15-6:45 p.m.: **“Single Parenting”** at Cape Cod Family Resource Center, 29 Bassett Lane, Hyannis, with Paul Melville, Program Director. 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 Family Continuity's Cape Cod Family Resource Center and Cape Cod Child Development’s Families United Network (F.U.N.). Supported by Not Your Average Joe’s. Information or registration: Mary at 508-775-6240 Ext. 512.

November 14 (second Saturday), 9 a.m.-4 p.m.: **“Labor Express”** at *Falmouth Hospital* (Faxon I Basement Conference Room), 100 Ter Heun Dr. One-time prenatal class 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 508-457-3632.

November 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 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 christopherbean@bamsi.org.

November 15 (third Sunday), 3:30-5 p.m.: **“Support Group for Parents of Transgender and Gender-Nonconforming Children”** at *West Barnstable Community Building*, 2401 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.

November 16, 5:30-7 p.m.: **“Learn about your baby/Breastfeeding class”** at the Health Imperatives office, 1019 Iyannough Road, *Hyannis*. This class teaches parents ways to sooth and calm their baby, and also offers information on the benefits of breastfeeding from a licensed lactation consultant. Information and Registration: Cape Cod WIC at 508-771-7896.

November 16, 6-7:30 p.m.: **“Don’t Pop Your Cork”** at *Plymouth Family Network* (inside PCIS), 117 Long Pond Road, with Jeanine Fitzgerald, author and behavior specialist. This engaging workshop will help parents with the stressful and demanding job of being a parent. We'll explore ways to create wellness in your life, beyond simply stress management and reduction. Limited child care available. Information and registration: Plymouth Family Network at 508-830-4444.

November 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 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.

November 17 (third Tuesday), 10:15 a.m.-12:45 p.m.: **“Free Private Family Law Consults”** at the *Falmouth Service Center*, 611 Gifford St. Free thirty-minute appointments with an attorney for low to moderate income parents. The attorney will not represent you in court, but will advise you on legal matters and provide guidance at no cost to you. Limited appointments available; you must preregister. Sponsored by W E CAN and the Falmouth Service Center with support from the Massachusetts Bar Foundation IOLTA/ Funds, The Max and Victoria Dreyfus Foundation, and the Cape and Islands United Way. Information or Registration: WE CAN at 508-430-8111.

November 17, 5:30-7:30 p.m.: **“Waste Not, Want Not; Nutrition that Makes 'Cents”** at Cape Cod Children's Place, 10 Ballwic Road (off Nauset), *Eastham*, with Judy Welch. Keeping your family healthy on a budget can be challenging. But that doesn't mean it's impossible! Join us for a cooking demonstration and discussion on how to shop locally for your family's food. Topics will include: planning for affordable family meals, what foods (including organic) to look for in your grocery store, how to make meals that last, and more! Dinner and child care provided. Pre-registration required. Funding support provided by a Family Centers grant through the Children's Trust, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

November 18 (third Wednesday), 3:30-5 p.m.: **“PTAY- Education and Support Group”** at 29 Bassett Lane, *Hyannis*. Guest speaker Deb Raush from NAMI Cape Cod will be here to answer questions for parents and families. Information or registration: Tresa Salters: 508-947-8779 Ext. 222.

November 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: Dan Small at dsmall@kdc.org.

November 19, 5:30-7:30 p.m.: **“Toilet Training 101: Everything you wanted to know about potty training and more!”** at *Truro Public Library*, 7 Standish Way, with Cindy Horgan, Executive Director and Family Support Coordinator for Cape Cod Children's Place. Come join us for a workshop that covers the signs of readiness, individual temperaments, and how to support your child through the potty training process. Dinner and child care provided. Pre-registration required. Transportation assistance available. Funding support provided by a Family Centers grant through the Children's Trust, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

November 19 12-1:00 p.m.: **“Infant Massage”** at *Plymouth Family Network* (inside PCIS), 117 Long Pond Road, with Sue West, Parent Educator. Bring your infant and learn some techniques, routines, and methods to soothe and nurture your infant, expectant families welcome. Child care available. Information and registration: Plymouth Family Network at 508-830-4444.

November 24 (fourth Tuesday), 10:30 a.m.-noon: **“Support Group for Parents and Caregivers of Children with Intellectual and Developmental Disabilities”** at the Eastham Senior Center (first floor library), 1405 Nauset Road, *North Eastham*. Sponsored by Kennedy Donovan Center. Information or registration: Dan Small at dsmall@kdc.org.

November 24 (last Tuesday), 7-8:30 p.m.: **“PFLAG ~ Falmouth”** at the Falmouth Jewish Congregation, 7 Hatchville 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.

December 1, 8, and 15, 5-7 p.m.: **“Active Parenting of Teens”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*. This free three-week class for parents of teens, preteens, and 'tweens helps give you confidence and courage to meet the challenges (and savor the joys) of your children's teen years. Child care and a light dinner provided. Pre-registration required. Information or registration: 508-862-0600 or mhilton@familycontinuity.org.

Weekly Programs and Groups

Mondays, 6:30-8:30 p.m.: **“Parents Supporting Parents”** at *Mashpee Welcome Center*, 5 Bates Road. 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.

Mondays, 6-7:30 p.m.: **“Reaching Out Family Support Group”** at *Harwich Police Department*, 183 Sisson Road. 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

Mondays, 7-8:30 p.m.: **“Learn to Cope”** at *Beth Israel Deaconess Hospital-Plymouth* (Funkhouser Rooms A&B), 275 Sandwich St. 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.

Mondays (except holidays), 10-11 a.m.: **“Baby Breakfast Club”** at Cape Cod Hospital (Mugar Building, Cape Cod 5A Room), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. This free group for breastfeeding mothers provides hands on help, questions and answers, and weight checks. Bring baby hungry and ready to breastfeed. No registration required. Information: 508-862-5123.

Tuesdays, 9:15-11 a.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, breastfeeding, Etc. Discussion topics include developmental stages of 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, 5:30-7:00 p.m.: **“Divorce Support Group”** at *Harwich Community Center*, 100 Oak St. This six week group for women in the process of, or dealing with the aftermath of divorce or the breakup of a long-term committed relationship. Information or registration: Tracy 508-430-8111.

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, 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 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 lrc@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.

Wednesdays, 6-7:30 p.m.: **“Grief and Addiction Support Group”** at the Gosnold Counseling Center, 1185 Falmouth Road, *Centerville*. Designed for anyone who has lost a loved one to the disease of addiction, this group aims to help its participants build a network of support with others who share their experience, in an environment designed to facilitate both healing and integration of the loss into their lives. Information: Mary Fisher at 844-558-HELP (4357) or mfisher@gosnold.org.

Thursdays, 10 a.m.-noon: **“Breastfeeding Support Group”** at *Falmouth Hospital* (Faxon 1 Conference Room), 100 Ter Heun Dr. (off Route 28), with Suzan Scharr, RNC and board certified lactation consultant. All are welcome to this free group. Information: 508-457-3632.

Fridays, 10 a.m.-noon: **“Mom's Café”** at Cape Cod Hospital (Lorusso Conference Room), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. Free group for all new mothers, we discuss any and all topics that relate to being a new mom! Bring your baby. No registration required. Information: Ann at 508-862-5123.

Weekly Programs and Groups Continued

Fridays, 10 a.m.-noon: “**Breastfeeding Support Group**” at the *Hyannis WIC office*, 1019 Hyannough Road (Route 132). Open to all WIC and community breastfeeding women. Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration necessary. Information: Cheryl at 508-540-5275.

Select Ongoing Resources

“**Al-Anon / 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. 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 Southeast Fathers & Family Network. 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: pmelville@familycontinuity.org.

“**Cape Cod Family Resource Center (a Program of Family Continuity)**”: Now open in downtown *Hyannis* at 29 Bassett Lane. Information and referral for all families, parent education and support for all parenting situations, help navigating resources, child and youth assessments, and much more. All services free to all families, regardless of need, insurance, and community of residence. To learn more about us and how we can help your family or those you work with, call 508-862-0600 or email Paul Melville, program director at pmelville@familycontinuity.org.

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.

“Military Family Outreach Cape Cod (formerly 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: Kerry Bickford at 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 or capepin@bamsi.org.

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. Information: www.wecancenter.org.

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

The **Cape Cod Family Resource Center** and **Cape Cod Neighborhood Support Coalition** collaborate to compile and distribute 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

Cape Cod Family Resource Center

29 Bassett Lane

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www.CapeCodFamilyResourceCenter.org

508.862.0600

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