

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 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: October 2013

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

October 1, 6-7:30 p.m.: **“And Baby Makes Three-Couples Transitioning to Parenthood-Part 1”** at *Falmouth Hospital (Maternity Conference Room)*, 100 Ter Heun Drive, with Lee Burwell, MFT, LMHC, Certified Gottman Educator. Part of a six-part workshop series for pregnant couples (and parents with babies up to six months) on the transition to parenthood. Takes place on first and third Tuesday each month. Part 1 topics: Transition to Parenthood and Postpartum Depression. Sponsored by Falmouth Human Services and Falmouth Hospital. Information or registration: Lee at 508-548-0533 ext. 15.

October 1 (first Tuesday), 6–7:30 p.m.: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at the *Dennisport Public Library*, 5 Hall Street. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125 or jdillon@kdc.org.

October 2 (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 pizza 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.

October 2 (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 BAMSII program funded by the Massachusetts Department of Mental Health. Information: 508-947-8779.

Beginning October 3 for six Thursdays (skips 10/31), 5:45-7:45 p.m.: **“Active Parenting Program”** at North Falmouth Congregational Church, 155 Old Main Road, *North Falmouth*, with Lee Burwell, MFT, LMHC. This program for parents of 6-11 year olds includes a workshop and parent support. Free dinner and child care available. Sponsored by the Coalition for Children and Falmouth Human Services. Information or registration: 508-548-0151 ext. 172.

October 4 (first Friday), 9–10:30 a.m.: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at the *Mashpee Public Library*, 64 Steeple Street. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125 or jdillon@kdc.org.

October 4 (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.

October 5, 9:30 a.m.–1:30 p.m.: **“Divorce Boot Camp”** at *Wellfleet Preservation Hall*, 335 Main St., with Anna T. Merrill, attorney. For participants at any stage of divorce or ending a long-term relationship. Topics will include: preparing emotionally and financially, pitfalls to avoid, and navigating the system without an attorney. FEE: \$5 to \$20 donation (depending on your means), no one turned away because of inability to pay. Registration required. Sponsored by WE CAN. Information or registration: 508-430-8111 or info@wecancenter.org.

October 8 (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.

October 9, 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, 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.

October 10 and 24 (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.

October 10, 6–7:30 p.m.: **“Reality Couponing 101”** at Cape Cod Child Development (Early Intervention Building), 83 Pearl St., *Hyannis*, with Selissa Johnson. A seminar for parents who want to save substantial money while leading a busy life. Limited child care and transportation available. Sponsored by Cape Cod Child Development’s Families United Network Program with funding from the Massachusetts Department of Early Education and Care. Information or registration: 508-775-6240 ext. 512.

October 15, 6–7:30 p.m.: **“And Baby Makes Three-Couples Transitioning to Parenthood-Part 2”** at *Falmouth Hospital (Maternity Conference Room)*, 100 Ter Heun Drive, with Lee Burwell, MFT, LMHC, Certified Gottman Educator. Part of a six-part workshop series for pregnant couples (and parents with babies up to six months) on the transition to parenthood. Takes place on the first and third Tuesday each month. Part 2 topics: Strengthening Your Friendship. Sponsored by Falmouth Human Services and Falmouth Hospital. Information or registration: Lee at 508-548-0533 ext. 15.

October 15 (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.

October 16, 6–8 p.m.: **“Anti-Bullying Seminar for Parents”** at Kennedy-Donovan Center, 32 Commercial St., *South Yarmouth*, with Chris Morin of Independence House. The U.S. Department of Health and Human Services estimates that 25% of students are bullied regularly. This seminar will address bullying, dealing tactics, legislation, and issues related to individuals with developmental disabilities and their siblings. Child care and pizza provided Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125 or jdillon@kdc.org.

October 16, 6:30-8 p.m.: **“Peace Building in Your Home”** at *East Falmouth School*, 33 Davisville Road, with Lee Burwell, MFT, LMHC. Come learn the Peace Builders language that is used in all of Falmouth Public Schools (Pre-K to 12). Free child care available. Sponsored by Falmouth Public Schools Early Childhood Department, the Coalition for Children and Falmouth Human Services. Information or registration: 508-548-0151 ext. 111 or ldasilva@falmouth.k12.ma.us.

October 17 and 24 (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. Divorce has a profound impact on children; learn to lessen the impact for your kids. Meets the court’s mandate for education for divorcing parents. FEE: \$80. Information or registration: 508-775-0275.

October 18 (third Friday), 10–11:30 a.m.: **“Support Group for Parents and Caregivers of Children with Developmental Disabilities”** at Spaulding Rehabilitation Hospital (1st Floor Conference Room), 311 Service Road, *East Sandwich*. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125.

October 21 (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.

October 21, 6–7:30 p.m.: **“Surviving and Thriving on One Income”** at Northside Methodist Church, 701 Airline Road, *Brewster*, with some moms who’ve “been there, done that”. Limited child care and transportation available. Sponsored by Cape Cod Child Development’s Families United Network Program with funding from the Massachusetts Department of Early Education and Care. Information or registration: 508-775-6240 ext. 512.

October 21 (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.

October 22 (fourth Tuesday), 10–11:30 a.m.: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at the Eastham Senior Center, 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.

October 22 (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.

October 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.

October 29 (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.

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, 10 a.m. –12:30 p.m. **“Baby’s First Year”** at the Snow Library (Crain 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.

Weekly Programs and Groups continued

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.

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.

Weekly Programs and Groups continued

Fridays, 10 a.m.–noon: “**Breastfeeding Support Group**” at the *Hyannis WIC office*, 1019 Lyannough 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.

Select Ongoing Resources continued

“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.

“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.

Select Ongoing Resources continued

“**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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