

Parent Education & Support Opportunities

September 2011

The Cape Cod Neighborhood Support Coalition 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. For more about the Cape Cod Neighborhood Support Coalition, please visit www.capecoalition.com.

To find this list online or to receive it every month by e-mail, please go to
www.capecoalition.com/calendar or dads.capecoalition.com

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

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

September 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.

September 2, 10 a.m. - noon: **"Breastfeeding Support Group"** at the Falmouth School Administration Building, 340 Teaticket Highway, *East Falmouth* (summer location; see 9/16 listing for ongoing info). Open to all WIC and community breastfeeding women. Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration necessary. Information: Kathy at 774-392-1411.

September 6 (first Tuesday), 6 - 8 p.m.: **"Parent Information Network (PIN) Parent Support Group"** at *Falmouth Public Library* (Basement Conf. Room), 300 Main St. with Jean Cole, parent coordinator at PIN. This group assists families who are challenged by children's mental health, emotional, or behavioral needs. If you are coming for the first time you must pre-register. Sponsored by the Parent Information Network (PIN), a BAMSII program funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole at 508-947-8779 ext. 229 or capepin@bamsi.org.

September 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. A monthly opportunity to get together with local fathers and other male caregivers. This is a great place to connect with other Dads and chat about being a father (or whatever else is on your mind). All Dads 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, Harwich Early Childhood Council, and Cape Cod’s Youth Suicide Prevention Project. Information or registration: Paul Melville at 508-771-4336 ext. 2 or paul@capecoalition.com.

September 7 (first Wednesday), 6:30 - 8 p.m.: **“Parents of Diabetic Children”** at *Sandwich Public Library*, 142 Main St. (Room 2), with Sandy Bovat. Non-therapeutic parent-led support group. Open discussion format. Join us for information sharing and support. No registration necessary. Information: Sandy at 508-477-8542 or Susan Hendy at 508-888-7054.

September 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 Jennifer Taylor, LMHC and Matt Daniels, LMHC. Divorce has a profound impact on children; come learn how you can lessen the impact for your kids. Meets the court’s mandate for education for parents filing for divorce. FEE: \$80. Information or registration: 508-775-0275.

September 8 (second Thursday), 7 - 8:30 p.m.: **“All Families Touched by Adoption (AFTA), Waiting Parents Group”** at the Family Center (Martha’s Vineyard Regional High School), Edgartown-Vineyard Haven Road, *Oak Bluffs*, with Marney Toole, family services coordinator at the Martha’s Vineyard Family Network. The group mission is to enrich the lives of children, families and all those touched by or considering adoption. We hope to provide, education, support, communication and resources to all. Information or registration: Marney Toole at 508-693-7900 ext. 283.

September 8 (second Thursday), 7 - 9:30 p.m.: **“Breastfeeding Class”** at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28). This one session course prepares moms-to-be for breastfeeding. It covers the advantages of breastfeeding, the anatomy and physiology of lactation, dispels myths surrounding breastfeeding, and will prepare you to get the best possible start. FEE: \$5 per couple. Information or registration: 508-457-3632.

September 9 and 23 (every other Friday), 10 a.m. - noon: **“Breastfeeding Support Group”** at the *Hyannis WIC office*, 1019 Iyannough Road. 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.

September 12 and 13 (must attend both sessions), 6 - 8:30 p.m.: **“Parents Apart”** at VFW Post 2578 (Flight View Room), 455 Iyannough Road, *Hyannis*, with James Caramello, MA, LICSW and Lisa Margarit, LMHC of Massachusetts Bay Counseling. Divorce has a profound impact on children; come learn how you can lessen the impact for your kids. Meets the court’s mandate for education for parents filing for divorce. FEE: \$80. Information or registration: Amy Crissinger at 617-786-3027.

September 12, 6:30 - 8 p.m.: **“Barnstable Special Education Parent Advisory Council (SEPAC)”** at Barnstable High School (Room 1202), 744 West Main St., *Hyannis*. Check www.barnstablesepac.org for further details. Information: BarnstableSEPAC@comcast.

September 13 and 27 (every other Tuesday), 10 a.m. - noon: **“New Babies’ Breastfeeding Support Group”** at *Falmouth Hospital* (Family Room, Maternity Unit), 100 Ter Heun Dr. (off Route 28), with Suzan Schar, RNC and board certified lactation consultant. Siblings welcome. Information: 508-457-3632.

Beginning September 13 for eight Tuesdays, 6 - 7 p.m.: **“General Parenting Program”** at the Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), 206 Breeds Hill Road, *Hyannis*, with Jennifer Taylor, LMHC. For parents of children through age 13. Topics include: developmental patterns, common behavioral challenges, and successful behavior management techniques. FEE: \$50; free for DCF clients with JRI referral. Free child care available. Funded in part by the Massachusetts Department of Children and Families. Information or registration: Kirsten Abrahamson at 508-775-0275.

Beginning September 13 for eight Tuesdays, 7 - 8 p.m.: **“Parenting Your Adolescent”** at the Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), 206 Breeds Hill Road, *Hyannis*, with Jennifer Taylor, LMHC. For parents of adolescents ages 13-19. Topics include: developmental patterns, common behavioral challenges, and successful behavior management techniques. FEE: \$50; free for DCF clients with JRI referral. Free child care available. Funded in part by the Massachusetts Department of Children and Families. Information or registration: Kirsten Abrahamson at 508-775-0275.

September 14, 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 safe, 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 their child(ren)’s age(s) and their parenting situation. Free dinner and child care. Sponsored by Cape Cod Child Development’s Families United Network (F.U.N.) Program and the Cape Cod Neighborhood Support Coalition with generous support from Not Your Average Joe’s. Information or registration: Mary Wilson at 508-775-6240 ext. 512.

September 15 (third Thursday), 7 - 9:30 p.m.: **“Newborn Care”** at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28). This class covers infant daily care, feeding and sleep habits, infant growth, development, and safety. We'll also cover the identification of illnesses and when to call your pediatrician. FEE: \$5 per couple. Information or registration: 508-457-3632.

September 16 and 30 (every other Friday), 10 a.m. - noon: **“Breastfeeding Support Group”** at the Gus Cauty Community Center, 790 Main St., *Falmouth*. Open to all WIC and community breastfeeding women. Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration necessary. Information: Kathy at 774-392-1411.

September 17, 11 a.m. - 1 p.m.: **“Everything You Wanted to Know about Family Law but were Afraid to Ask”** at Duffy Health Center, 94 Main St., *Hyannis*, with Jeni Landers, attorney. Workshop covers: legal resources supporting families, information about custody and child support for married and unmarried parents, becoming your grandchild's (or another child's) guardian, and getting divorced. There will be a Q&A session, so you're encouraged to bring questions. Women are encouraged to attend this workshop before consulting an attorney. FEE: \$5-20 suggested donation. Sponsored by WE CAN with support from the Massachusetts Bar Foundation and the Cape and Islands United Way. Information or registration: 508-430-8111 or info@wecancenter.org.

September 20 (third Tuesday), 7 - 9 p.m.: **“NAMI-Family Member Support Group”** at the Federated Church, 320 Main St., *Hyannis*. This non-therapeutic group is open to anyone who has 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: Bobbi Field at 508-957-2338.

September 21, 10 - 11:30 a.m.: **“Breastfeeding and Working Support Group”** at the Outer Cape WIC office, 79 Finlay Road, *Orleans*, with Gabrielle Hathaway, lactation consultant. All moms-to-be and mothers of nursing infants welcome, along with babies up to six months. Come get your breastfeeding questions answered and learn the latest information in a confidential and sympathetic group environment. Snacks provided. Sponsored by Outer Cape WIC. Information: gathaway@outercape.org or 508-240-0853.

Beginning September 21 for eight Wednesdays, 5:30 - 7:30 p.m.: **“Effective Positive Discipline”** at Faith Assemblies Church, 154 Bearses Way, *Hyannis*, with Cindy Horgan, co-creator of the Parenting Station. Topics include: developmental issues, communication, understanding temperament, encouraging good behavior, parenting styles, discipline, working through power struggles and tantrums, anger management, sibling rivalries, and coping with stress. Free pizza, limited child care and transportation available. Sponsored by Cape Cod Child Development's Families United Network Program. Funded by the Massachusetts Children's Trust Fund and Massachusetts Department of Early Education and Care. Information or registration: 508-775-6240 ext. 512.

September 21 (third Wednesday), 6 - 8 p.m.: **“Parent Information Network (PIN) Parent Support Group”** at Cape Cod Hospital (Lorusso Conference Center), 27 Park St., *Hyannis* with Jean Cole, parent coordinator at PIN. This group assists families who are challenged by children’s mental health, emotional, or behavioral needs. If you are coming for the first time you must pre-register. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole at 508-947-8779 ext. 229 or capepin@bamsi.org.

Beginning September 21 for six Wednesdays, 6 - 8 p.m.: **“Surviving to Thriving”** at the *Harwich Community Center*, 100 Oak St. with Maggie French, professional life coach. This fabulous six-week program will help bring you out from behind whatever holds you back, focus on what is important for you and your family, and identify opportunities that are available to you. Presented by WE CAN. FEE: \$5 per session suggested donation. Information or registration: 508-430-8111 or info@wecancenter.org.

September 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. Come show off your baby (newborn to 24 months), connect with other Cape dads, and learn about resources for local families. Free pizza dinner. Sponsored by Cape Cod Healthcare and the Families United Network Program of Cape Cod Child Development. Information or registration: Ann at 508-862-5123.

September 26 (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: 508-759-0654.

September 26, 5 - 7:15 p.m.: **“Someone in My Family is Sick, Too”** at Hospice & Palliative Care of Cape Cod, 359 Main St., *Falmouth*, with Aimee Rozum. A group for children (Grades 1 – 5) with a family member who has a life threatening illness. Dinner provided. You must pre-register for this free group. Information or registration: Aimee at 508-957-0267 or arozum@hospicecapecod.org.

September 26, 6 - 7:30 p.m.: **“A Mother's Gathering”** at Cape Cod Children's Place, 10 Ballwic Road (off Nauset Road), *Eastham*, with Cindy Horgan, family support coordinator. Join us for some uninterrupted, adult conversation and a hot meal while your children have their own play date and dinner with our professional child care providers. This non-therapeutic group is designed to provide moms with an opportunity to connect in a safe, supportive environment. Free pizza dinner and child care provided. Must register by 9/22. Funding support provided by a Massachusetts Family Centers grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

September 27 (fourth Tuesday), 6 - 7:30 p.m.: **“Dads’ Talk ~ Upper Cape”** at *Mashpee Village* (Community Room), 1 Wampanoag Drive, with Paul Melville, family support specialist, and Mark Abbott, LICSW. A monthly opportunity to get together with local fathers and other male caregivers. This is a great place to connect with other Dads and chat about being a father (or whatever else is on your mind). All Dads are welcome to this non-therapeutic gathering, regardless of their child(ren)’s age(s), their parenting situation, and where they live. Dinner provided (please RSVP). Co-sponsored by the Falmouth Public School's Parent Connection Series, Falmouth Human Services, and TCB Inc. /Mashpee Village. Information or registration: Paul Melville at 508-771-4336 ext. 2.

Weekly Programs and Groups:

Mondays beginning September 19, 10:30 a.m. - noon: **“Postpartum Moms and Babies Group”** at *Harwich Community Center*, 100 Oak St., with Monica Keefe-Hess. We meet to share stories, ask questions, and get familiar with resources that support you such as: nutrition, parenting, breast feeding etc. Funded by a Massachusetts Family Centers Grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information: 508-240-3310.

Mondays, 6:30 - 8 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. Refreshments and plenty of parking. Information: Lisa M. at 774-238-1570.

Mondays (except holidays), 7 - 8:30 p.m.: **“Parents of Prisoners (PoP)”** at the Gus Cauty Recreation Center, 790 Main St., *Falmouth*. If you are the parent of a prisoner (past or present) looking for support and understanding from fellow parents, please join us. First time participants, please call ahead to register. Visit us at www.parentsofprisoners.com. Information or registration: Sophia at 508-944-2694 or parentsofprisoners@yahoo.com.

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, 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. For information or registration: Dana Sumner at dsumner@gosnold.org.

Weekly Programs and Groups continued:

Thursdays beginning September 15, 1 - 2 p.m.: **“Talking Parenting with Julie Sacchetti”** at Jonathan Bourne Public Library, 19 Sandwich Road, *Bourne*. Julie is a social worker, parent educator, and family support specialist. An informal drop-in group to address parent education and school-age child development topics. Timing coincides with story hour in the children’s library. Funded by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information: 508-759-0644.

Fridays, 10 a.m. - noon: **“Moms & Babies Support Group”** at Cape Cod Hospital (Whitcomb Pavilion), 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.

Select Ongoing Resources:

“Adoption Network Programs” sponsored by the Cape Cod Adoption Network are held at various locations across the Cape. Playgroups and programs for adoptive parents, foster parents, or adoptive parents-to-be. Information: 508-385-7815 or visit www.capecodadoptionnetwork.org.

“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.

“Domestic Violence/ Sexual Assault Hotline”: Independence House staffs this hotline 24 hours a day, every day of the year. 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. Independence House can help arrange for 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, 311 Service Road, *East Sandwich*. An outpatient weight management program for children Ages 6 -14. Information or registration (including FEE schedule): Deb Merigan at 508-833-4197.

Select Ongoing Resources continued:

“FoodSource Hotline of Project Bread”: If you or someone you know is having difficulty making ends meet, Project Bread’s FoodSource Hotline can help. Hotline operators can provide information and screen callers for food stamp eligibility, connect callers to school meal programs, and direct callers to the best local, emergency food resources. All calls are personalized and confidential; with capacity for 160 languages. Monday - Friday, 8 a.m. - 7 p.m., and Saturday 10 a.m. - 2 p.m.: 800-645-8333.

“Kids Grieve Too!”: Children who experience the loss of someone they love often feel like the world is falling apart and that no one else knows how they feel. At Hospice & Palliative Care of Cape Cod, we use sharing, expressive arts, and play therapy to assist children in expressing their feelings. Their licensed therapists specialize in supporting children through loss and grief. Information: 508-957-0200 or www.hospicecapecod.org.

“Operation Military Kids (OMK)”: Families experiencing the absence of a loved one due to a deployment overseas can learn what opportunities are available to them and their child(ren). Free after school and family programs are available through a grant from the Army Child and Youth Services, and hero backpacks are available to school-aged children. Information: Kerry J. Bickford at 508-375-6695 or kbickford@barnstablecounty.org.

“Parent Information Network (PIN)”: assists families who are challenged by children’s mental health, emotional, or behavioral needs. They offer a quarterly newsletter, individual advocacy, parent/ community education, and monthly support groups at locations across the Cape. Funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole 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). Information: Tresa Salters at 508-947-8779 ext. 222 or ptaypin@bamsi.org.

“The Samaritans on Cape Cod and the Islands”: Dedicated volunteers answer this crisis hotline and listen compassionately to anyone who needs to be heard or who needs to hear a consoling human voice. Some of their callers are suicidal and some simply need a non-judgmental friend to validate their feelings and listen to their concerns and fears. All calls are confidential and anonymous: 800-893-9900.

Select Ongoing Resources continued:

“Violence Intervention and Prevention Project (VIP Project)”: The VIP Project provides services, resources and support to families affected by bullying. Every day in our schools and communities, children are teased, threatened, harassed and tormented. Bullying is a form of abuse; it is not a natural part of growing up. If you’re concerned that your child might be being bullied or bullying other children, The VIP Project can help. Information: April Thomas at 508-367-1845 or aprilsparkles@yahoo.com.

“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 thousands of women and their families. They empower Cape Cod women of all ages to successfully 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.

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