

# 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](http://capecoalition.com/calendar)

### Parent Education & Support Opportunities: September 2015

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

September 2 (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](mailto:beverly@capecoalition.com) or 508-771-4336.

September 3 and 10 (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 mandate for education for divorcing parents. FEE: \$80. Information or registration: Donna Davis at 508-775-0275.

September 4 (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](mailto:dsmall@kdc.org).

September 8, 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. 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.

September 12 (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 508-457-3632.

September 12 (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 christopherbean@bamsi.org.

Beginning September 14 for eight Mondays, 9:30-11 a.m.: **“Parent Chat”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*. Start your week connecting with other parents and giving your child a chance to experience creative learning activities. Each session in this eight-week series will include 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 will be geared toward child development, communication, and other local resources for families. Registration required, contact Mary Wilson at mwilson@cccdp.org or 508-775-6240 Ext. 512.

Beginning September 15 for eight Tuesdays, 5:30-7:30 p.m.: **“Raising Healthy Families”** at *Harwich Elementary School* (Activity Room), 263 South St., with Cindy Horgan, executive director and family support coordinator at Cape Cod Children’s Place. This eight-week series will provide skills to support parents with some of the challenges that make parenting so difficult. Come ask questions, share ideas, and go home with education and resource materials. Dinner, child care, and limited transportation provided, No cost, please pre-register. For information or registration: Cape Cod Children’s Place at 508-240-3310.

September 16 (third Wednesday), 3:30-5 p.m.: **“Parents of Transitional Age Youth Education and Support Group”** at Family Continuity, 29 Bassett Lane, *Hyannis*. This group is run by the Parent Information Network, JRI, and Family Continuity. The topic this month focus on Transition Planning and the IEP. Parents are requested to bring a current copy of the IEP or transition plan to review and discuss. For more information contact Tresa Salters at 508-947-8779 Ext. 22 or ptaypin@bamsi.org.

September 16 (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.

September 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, and Jodi 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.

September 17, 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.

Beginning September 16 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: child development, 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 (F.U.N.) with funds from Massachusetts Children’s Trust. Information or registration: 508-775-6240 Ext. 512.

September 20 (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](mailto:sarah@pflagcapecod.org).

September 21 (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](http://www.pflagcapecod.org).

Beginning September 22 for three Tuesdays, 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 preteens and teens includes child care and dinner. Preregistration required. Information or registration: 508-862-0600 or [mhilton@familycontinuity.org](mailto:mhilton@familycontinuity.org).

September 22 (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: Dan Small at [dsmall@kdc.org](mailto:dsmall@kdc.org).

September 22 (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 WE 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.

September 24, 6-8:00 p.m.: **“Dads & Babies Pizza Party”** at Cape Cod Hospital (Lorusso Conference Center) 27 Park St., *Hyannis*. Hosted by Ann Macdonald, RN, BSN, CCE and Paul Melville, family support specialist. We'll be joined by Palestina Baronas of Instinctive Parent in Kingston, Mass., who will lead a baby-wearing demonstration! Dads: Come show off your baby, connect with other Cape dads, and learn about resources for local families. We often have guest speakers and always have free pizza. Sponsored by Cape Cod Healthcare and the Mid-Cape CFCE/Families United Network Program of Cape Cod Child Development. Information or registration: Ann Macdonald at 508-862-5123.

September 29(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.

## **Weekly Programs and Groups**

Sundays, 4-5:30 p.m.: **“Addiction 101 Family Education Group”** at *Falmouth Hospital* (Faxon Conference Room), 100 Ter Heun Dr. This group will provide you with the basic information on the nature of the disease of addiction and care available to you and your loved one.

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



## Weekly Programs and Groups Continued

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](mailto:mstormo@gosnold.org).

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 your baby hungry and ready to breastfeed. No registration. Information: Ann at 508-862-5123.

Tuesdays, 9:15-11 a.m.: **“Baby's First Year Stroller Walks”** at the Salt Pond Visitors' Center (we meet at the entrance to the bike trail), 50 Doane Road, *Eastham*, with Monica Keefe-Hess, Parent Education Coordinator at the Cape Cod Children's Place. We meet to walk, talk, share stories, ask questions, and get familiar with resources that support you and your family. No cost; no registration; older siblings welcome. Sponsored by the Cape Cod Children's Place. Information: 508-240-3310.

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](mailto:dsumner@gosnold.org).

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](mailto:mstormo@gosnold.org).

## Weekly Programs and Groups Continued

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](mailto: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](mailto: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](mailto:mfisher@gosnold.org).

Thursdays, 10 a.m.-noon: **“Breastfeeding Support Group”** at *Falmouth Hospital* (Faxon 1 Conf. 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 (Mugar Building, Cape Cod 5A 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.

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 / 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](http://dads.capecoalition.com). Information: Paul Melville: [pmelville@familycontinuity.org](mailto: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 e-mail Paul Melville, program director at [pmelville@familycontinuity.org](mailto:pmelville@familycontinuity.org).

**“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.



## Select Ongoing Resources continued

**“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.

**“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](http://www.wecancenter.org).

To find this list online or subscribe for free, go to [www.capecoalition.com/calendar](http://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](mailto:calendar@capecoalition.com)

### **Cape Cod Family Resource Center**

29 Bassett Lane  
Hyannis, MA 02601  
[www.CapeCodFamilyResourceCenter.org](http://www.CapeCodFamilyResourceCenter.org)  
508.862.0600

### **Cape Cod Neighborhood Support Coalition**

56 Barnstable Road  
Hyannis, MA 02601  
[www.capecoalition.com](http://www.capecoalition.com)  
508.771.4336