

# Parent Education & Support Opportunities

**April 2011**

Kids don't come with instruction manuals. But whether you're a new mom or dad, a seasoned veteran, or a non-traditional parent/caregiver, there are tips and techniques you can use to make parenting easier for yourself, and living with children better for everyone in your household.

Compiled and distributed by the Cape Cod Neighborhood Support Coalition [www.capecoalition.com](http://www.capecoalition.com).

**To find this list online or to receive it every month by e-mail,  
please go to [www.capecoalition.com/calendar.html](http://www.capecoalition.com/calendar.html)**

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

March 28 (fourth Monday), 10 - 11:30 a.m.: **“Grandparents Raising Grandchildren Monthly Support Group”** at the Bourne Council on Aging, Bourne Veteran's Memorial Community Center, 239 Main St., *Buzzards Bay*, with Lois Carr. Information or registration: 508-759-0654.

March 28, 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. Being a mom is one of the toughest, yet most rewarding jobs you'll ever know. Gather with us for non-therapeutic group designed to encourage individuals to share their challenges and their successes. Free pizza dinner, childcare, and limited transportation provided. Must register by 3/24. Funding support provided by a Massachusetts Family Centers grant through the Children's Trust Fund, and a C.F.C.E. grant through the Massachusetts Department of Early Education and Care, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

March 31, 10 a.m. - noon: **“Parenting Grandparents-Birth Order and Parenting: Recognizing the Differences in your Grandchildren”** at the Bourne Council on Aging, Bourne Veteran's Memorial Community Center, 239 Main St., *Buzzards Bay*, with Julie Sacchetti, certified parent educator. Information or registration: 508-759-0653.

March 31 and April 7, 5:30 – 7:30 p.m.: **“Parenting for Dads”** at Bournedale Elementary School, 41 Ernest Valeri Road, *Buzzards Bay*, with Paul Melville, family support specialist. In this two-part “dads only” workshop, we'll honor the critical role fathers play, identify parenting strengths, and learn some strategies for more effective communication. Part of our Winter Parenting Skills series. Dinner and limited free child care with registration. Funded by the Massachusetts Department of Early Education and Care through a grant to the Bourne Early Childhood Council. Information or registration: Nancy Spalding at 508-743-3800 ext. 4403.

April 1, 15 and 29 (every other Friday), 10 a.m. - noon: **“Breastfeeding Support Group”** at the Gus Canty 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 508-548-0814.

April 4 (first Monday), 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 the Cape Cod Neighborhood Support Coalition with additional support from Cape Cod Children’s Place and Harwich Early Childhood Council. Information or registration: 508-771-4336 ext. 2 or paul@capecoalition.com.

April 5, 6 - 7:30 p.m.: **“The Journey toward Learning Begins at Birth”** at *Harwich Elementary School*, 265 South St., with Robin Titus, psychologist at Harwich Public Schools. Applying current brain research, this workshop will help parents facilitate learning at an early age, find “teachable moments” in everyday life, and maximize their child’s windows of learning opportunity. Child care available: \$2.50 per child. Funded by the Harwich Early Childhood Council with funds from the Massachusetts Department of Early Education and Care. Information or registration: Francie Joseph at 508-430-1692.

April 5 (first Tuesday), 6 - 8 p.m.: **“Parents of Children or Youth With Behavioral, Emotional and/or Mental Health Challenges or Concerns”** at *Falmouth Public Library* (Basement Conf. Room), 300 Main St. with Jean Cole, parent coordinator at the Parent Information Network (PIN). PIN provides support groups, parent and community education, and one to one support for parents or caregivers of youth with behavioral, emotional and/or mental health challenges. If you are coming for the first time you must pre-register. Child care is NOT provided, but please call if child care is an issue for you. 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. 29 or capepin@bamsi.org.

April 6, 6:30 - 8 p.m.: **“Bullying: It Starts Early – Be Prepared!”** at the Gus Canty Recreation Center, 790 Main St., *Falmouth*, with Jeanine Fitzgerald, author and certified human behavior consultant with the Better Behavior Bureau. Limited child care available. Must pre-register. Part of Falmouth Public Schools monthly Parent Connection Series. Information or registration: Laney Cooke-Johnson at 508-548-0151 ext. 175 or lcooke\_johnson@falmouth.k12.ma.us.

April 6 (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.

April 7, 3 - 7 p.m.: “**Cape & Islands Transition Team Resource Fair**” at the EOHHS Building, 181 North St., *Hyannis*. If you have a student with disabilities graduating from high school and need information about possibilities for services and supports, then come to this resource fair to learn about services for adults with disabilities on the Cape. This resource fair is for professionals, parents, students and anyone who is looking for information about what transition services are available on Cape Cod and the Islands. No registration necessary. Information: Polly Sherman at 800-541-0282 ext. 22.

April 7 and 14 (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.

April 8 (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.

April 8 and 22 (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. No registration necessary. Information: Cheryl at 508-540-5275.

April 11, 6:30 - 8 p.m.: “**Barnstable Special Education Parent Advisory Council (SEPAC)**” at Barnstable High School (main entrance), 744 West Main St., *Hyannis*. This month’s topic will be “Rights and Responsibilities” with the Federation for Children with Special Needs (FCSN). Information: [www.barnstablesepac.org](http://www.barnstablesepac.org), 774-994-0713, or [BarnstableSEPAC@comcast.net](mailto:BarnstableSEPAC@comcast.net).

April 12 and 26 (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.

April 12, 5 – 7 p.m.: “**Men’s Night ~ Real Men, Real Depression, Real Solutions**” at Midway Trap and Skeet Club, 284 Old Meeting House Road, *East Falmouth*, with Mark Abbott, LICSW. Bring a friend and join us for free pool and dinner. Find out what help is available for you, loved ones, and friends with concerns about stress, pain, and depression. Supported by the Town of Falmouth, Falmouth Human Services, Falmouth Public Schools, Falmouth Service Center, Falmouth Fire Rescue, Massachusetts Department of Mental Health, Cape & Islands Suicide Prevention Coalition, and Barnstable County Human Services. Information: Mark Abbott at 508-548-0533.

April 13, 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. Information or registration: Mary Wilson at 508-775-6240 ext. 512.

April 14, 5:30 – 7:30 p.m.: **“Is it Temperament or Birth Order or Both?”** at Bournedale Elementary School, 41 Ernest Valeri Road, *Buzzards Bay*, with Julie Sacchetti, LICSW and parent educator. Part of our Winter Parenting Skills series. Limited free child care with registration. Funded by the Massachusetts Department of Early Education and Care through a grant to the Bourne Early Childhood Council. Information or registration: Nancy Spalding at 508-743-3800 ext. 4403.

April 14, 5:45 - 8 p.m.: **“My IEP Toolkit”** at Cape Cod Hospital (Lorusso Conference Center), 27 Park St., *Hyannis*, with Rose McDermott and Carla K. Binswanger. Learn how to organize your child’s special education documents, effectively advocate for your child, and gain confidence at participating in the IEP meeting. The fifteen parents to arrive early will receive a free IEP Toolkit. Light refreshments. 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. 10 or [pin@bamsi.org](mailto:pin@bamsi.org).

April 14 (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.

April 14 (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.

April 19 (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.

April 20 (third Wednesday), 6 - 7:30 p.m.: **“Parents of Children or Youth with Behavioral, Emotional or Mental Health Challenges or Concerns”** at *Centerville Public Library*, 585 Main St. with Jean Cole, parent coordinator at the Parent Information Network (PIN). PIN provides support groups, parent and community education, and one to one support for parents or caregivers of youth with behavioral, emotional and/or mental health challenges. If you are coming for the first time you must pre-register. Limited child care provided with registration. Sponsored by the Parent Information Network (PIN), a BAMS program funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole at 508-947-8779 ext. 29 or [capepin@bamsi.org](mailto:capepin@bamsi.org).

April 21 (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.

April 25 (fourth Monday), 10 - 11:30 a.m.: **“Grandparents Raising Grandchildren Monthly Support Group”** at the Bourne Council on Aging, Bourne Veteran’s Memorial Community Center, 239 Main St., *Buzzards Bay*, with Lois Carr. Information or registration: 508-759-0654.

April 25, 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. Being a mom is one of the toughest, yet most rewarding jobs you’ll ever know. Gather with us for non-therapeutic group designed to encourage individuals to share their challenges and their successes. Free pizza dinner, childcare, and limited transportation provided. Must register by 2/24. Funding support provided by a Massachusetts Family Centers grant through the Children's Trust Fund, and a C.F.C.E. grant through the Massachusetts Department of Early Education and Care, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

April 26 (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: 508-477-3429.

April 26 (fourth Tuesday), 6 - 8 p.m.: **“Parents of Children or Youth with Behavioral, Emotional or Mental Health Challenges or Concerns”** at *Brewster Public Library*, 1822 Main St. with Jean Cole, parent coordinator at the Parent Information Network (PIN). If you are coming for the first time you must pre-register. Limited child care provided with registration. 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. 29 or [capepin@bamsi.org](mailto:capepin@bamsi.org).

April 28, 10 a.m. - noon: **“Parenting Grandparents-Organizing Your Grandchild and Teaching Life Skills”** at the Bourne Council on Aging, Bourne Veteran’s Memorial Community Center, 239 Main St., *Buzzards Bay*, with Julie Sacchetti, certified parent educator. Information or registration: 508-759-0653.

### **Weekly Programs and Groups:**

Mondays (until 4/11), 9:15 - 10:15 a.m.: **“Learn to Play”** on *Nantucket* at the Early Childhood Center (NHS Room 106), 10 Surfside Road, with Pauline Cronin. This is a special group for parents with babies from birth to twelve months. We will help our children begin to explore and we’ll learn how to play with them as well as learning the benefits of this interaction. Information: 508-228-7285 ext. 1166.

Mondays, 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, 7 - 8:30 p.m.: **“Parents of Prisoners (PoP)”** at the Gus Canty Recreation Center (NEW LOCATION), 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](http://www.parentsofprisoners.com). Information or registration: Sophia at 508-944-2694 or [parentsofprisoners@yahoo.com](mailto: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.

### **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 requirements for anger management classes. FEE: \$20 per class, pay as you go. For information or registration: Dana Sumner at dsumner@gosnold.org.

Fridays (until 4/15), 8:30 - 9:30 a.m.: “**T.G.I.F Parents**” on *Nantucket* at the Early Childhood Center (NHS Room 106), 10 Surfside Road, with Pauline Cronin. A non-therapeutic support group for parents with children ages birth through 8. Information: 508-228-7285 ext. 1166.

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](http://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](http://dads.capecoalition.com). Information: Paul Melville: 508-771-4336 ext. 2 or [paul@capecoalition.com](mailto: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 for whatever reason, 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](http://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](mailto: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. 29 or [capepin@bamsi.org](mailto: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)”:** can get support from the Parent Information Network (PIN) by way of monthly support groups in Hyannis. Information or registration: Tresa Salters at 508-947-8779 ext. 22 or [ptaypin@bamsi.org](mailto: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](mailto:aprilsparkles@yahoo.com).

**“Women in Transition”**: WE CAN is dedicated to assisting Cape Cod women going through the difficult transitions of divorce, career change or growth, job loss, illness, and retirement. They assist unemployed and underemployed women, single mothers, and others through life-changing transitions. Their programs include free legal clinics, “Divorce Boot Camp”, and mentoring. Information: [www.wecancenter.org](http://www.wecancenter.org), [info@wecancenter.org](mailto:info@wecancenter.org), or 508-430-8111.



The Cape Cod Neighborhood Support Coalition (CCNSC) compiles and distributes this monthly list for the benefit of Cape and Islands families. 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 find this list online or to receive it every month by e-mail,  
please go to [www.capecoalition.com/calendar.html](http://www.capecoalition.com/calendar.html)**

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