

# Parent Education & Support Opportunities

## April 2010

**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 receive this list every month by e-mail, please contact  
Paul Melville at 508-771-4338 or [paul@capecoalition.com](mailto:paul@capecoalition.com).**

**All meetings, workshops, etc. are free of charge unless otherwise noted.**

March 29, 5:30 - 7 p.m.: **"Single Moms"** at Cape Cod Children's Place, 10 Ballwic Road, *Eastham*, with Kate Macaulay and Cindy Horgan. This non-therapeutic group is designed to encourage individuals to share their challenges as well as their successes. Meet new friends and be supported and empowered by each other! Free Pizza dinner, child care, and transportation assistance provided. Funding support provided by a Massachusetts Family Centers grant through Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

March 31, 6:30 - 8 p.m.: **"Is Your Child a Choosy Eater?"** at the K. C. Coombs School, 152 Old Barnstable Road, *Mashpee*, with Kim Concra, LDN, nutrition educator with the Cape Cod Cooperative Extension. Are choosy eaters born or made? Kim will give parents strategies that set the stage for success. Child care provided with pre-registration. Information or registration: Julie Hall at 508-539-1520 ext. 107.

April 1 and 8 (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 1, 6 - 8 p.m.: **"Father & Baby Pizza Party"** at Cape Cod Hospital (Lorusso Board Room), 27 Park St., *Hyannis* with Ann Macdonald, RN, BSN, CCE and Paul Melville, family support specialist at the Cape Cod Neighborhood Support Coalition. Come show off your baby (newborn to 18 months), connect with other Cape dads, and learn about resources for local families. Our guest speaker this month, pediatrician Kathryn Rudman, will talk about the importance of limiting TV time and establishing behavior limits with young children. Free pizza dinner. Sponsored by Cape Cod Healthcare and the Cape Cod Neighborhood Support Coalition. Information or registration: Ann at 508-862-5123.

April 2, 16 and 30 (every other Friday), 9:30 - 11:30 a.m.: **"Nursing Mothers Support Group"** at the *Falmouth Fire Station* (2<sup>nd</sup> floor), 399 Main St. Non-WIC mothers, fathers, and pregnant women also welcome. Sponsored by Cape Cod WIC. No registration necessary. Information: Kathy at 508-548-0814.

April 5 (first Monday), 6 - 7:30 p.m.: **"Dads' Talk ~ Harwich"** 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 CPC. Information or registration: 508-771-4338 or paul@capecoalition.com.

April 5 and 19, 7 - 8:30 p.m.: **"Parents of Prisoners (PoP)"** at Cape Cod Church, 805 Teaticket Highway (Route 28), *East Falmouth*. If you are the parent of a prisoner (past or present) looking for support and understanding from fellow parents, please join us for our bi-weekly meetings. First time participants, please come at 6:30 p.m. Information or registration: 508-944-2694 or parentsofprisoners@yahoo.com.

April 7, 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 designed to create a safe, supportive environment for single moms and dads to share successes, challenges, and other information. All single parents are welcome to attend this non-therapeutic gathering, regardless of their child(ren)'s age(s) and their parenting situation. Free dinner and child care. NOTE: THIS IS A NEW DAY. 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 at 508-775-6240 ext. 512.

April 7 (first Wednesday), 6 - 8 p.m.: **"Parents of Transitional Age Youth (PTAY) Support Group"** in *Hyannis* with Tresa Salters, PTAY Coordinator for the Parent Information Network (PIN). This monthly group is for Cape area parents of transitional age youth (ages 14 - 25). Funded by the Massachusetts Department of Mental Health. Information or registration: Tresa Salters: ptaypin@bamsi.org or 508-947-8779 ext. 22.

April 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.

April 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.

April 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.

April 9 and 23 (every other Friday), 10 a.m. - noon: **"Nursing Mothers Support Group"** at the *Hyannis WIC office*, 1019 Iyannough Road. Non-WIC mothers, fathers, and pregnant women also welcome. Sponsored by Cape Cod WIC. No registration necessary. Information: Cheryl at 508-540-5275.

April 10, 10 a.m. - noon: **"Successful Stress Management Strategies for New Parents"** at *Falmouth Hospital* (Maternity Conference Center), 100 Ter Heun Dr. (off Route 28), with Lee Burwell MFT, LMHC. Research shows that learning how to manage stress can help prevent the incidence of post-partum depression. Become familiar with the warning signs of stress and practice relationship skills and relaxation skills that will help you decrease stress and anxiety so that your new family can thrive. FEE: \$5 per couple. Information or registration: lee.burwell@comcast.net or 508-548-6468.

April 10, 1 - 3 p.m.: **“Successful Problem-Solving Strategies for New Parents”** at *Falmouth Hospital* (Maternity Conference Center), 100 Ter Heun Dr. (off Route 28), with Lee Burwell, MFT, LMHC. It is not how often couples disagree that will determine the success of their relationship. It is whether couples know how to resolve the issues that can be resolved and accept differences that will remain throughout the relationship. Learn how to repair problems that arise and practice important skills for keeping your relationship secure. FEE: \$5 per couple. Information or registration: lee.burwell@comcast.net or 508-548-6468.

April 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.

April 12 (second Monday), 6 - 7:30 p.m.: **“Dads’ Talk ~ Plymouth”** at Hedge Elementary School, 258 Standish Ave., *Plymouth* 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. Pizza and child care provided with registration. Sponsored by the Plymouth Family Network. Information or registration: 508-830-4444.

April 12, 6:30 - 7:30 p.m.: **“Snap Shot of an I.E.P.”** at Barnstable High School (Room 1218), 744 West Main St., *Hyannis*, with educational advocates Joanne Robichaud and Mary Fishman. The elements of an appropriate Individual Education Program (I.E.P) will be presented. Discussions will cover creating a vision statement, writing goals that are both clear and measurable, benchmarks/objectives, and the service delivery grid. Bring your I.E.P and your questions. Sponsored by the Barnstable Special Education Parent Advisory Council (SE PAC); but open to all. Information: Linda at 774-994-0713, Michelle at 508-428-0167, or [www.barnstablesepac.org](http://www.barnstablesepac.org).

April 12 (second Monday), 6:30 - 7:30 p.m.: **“Parents of Socially Challenged Youth Meeting”** at the Southeast Alternative School, 270 Communications Way (Suite 2G), *Hyannis*, with Bambi Rosario of Cape Cod Child Development. Funded by the Southeast Alternative School, Cape Cod Campus, a division of Community Care Services. Information or registration: 508-862-0288.

April 12 (second Monday), 7 - 8:30 p.m.: **“Cape Cod Mothers of Multiples (C2M2)”** at the Rehabilitation Hospital of the Cape and Islands (RHCI), 311 Service Road, *East Sandwich*. A support group for parents of twins, triplets etc. Information: Stephany Alves at 508-246-5091 or [stephany2@comcast.net](mailto:stephany2@comcast.net).

April 13 (second Tuesday), 10 - 11:30 a.m.: **“S.T.E.P. Up 4 Kids”** at Complete Home Concepts (Conference Room), 1520 Iyannough Road (Route 132), *Hyannis*. A monthly support group for parents of children with behavioral or emotional disorders (including bipolar disorder, ADHD, anxiety, depression and others) for parents and caregivers only. Information or registration: Maria Lamb at 508-432-5880 or [bobatly@yahoo.com](mailto:bobatly@yahoo.com).

April 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 April 13, for eight Tuesdays (twice a month), 5:30 - 7 p.m.: **“Loss of an infant Support Group”** for parents struggling with the loss of an infant at Hospice & Palliative Care of Cape Cod, 355 Main St., *Falmouth*, with Aimee Rozum LMHC ATR-BC. There is a FEE associated with this group, but most insurance is accepted and no one is turned away due to inability to pay. Information or registration: Aimee at 508-957-0267.

April 15, 6:30 - 8 p.m.: **"Get Ready to Read!"** at *Sandwich Public Library*, 142 Main St. with Caroline Minervino. This workshop will introduce parents and teachers to a new tool for assessing children's readiness that can be used to help in children's pre-literacy development. Limited free child care with registration. Sponsored by the Sandwich Community Partnership Council. Information or registration: Lauren Melillo at 508-888-9525 or [lmelillo@sandwich.k12.ma.us](mailto:lmelillo@sandwich.k12.ma.us).

April 15, 6:30 - 7:30 p.m.: **"Mashpee Special Education Parent Advisory Council (SEPAAC)"** at Quashnet School (Library), 150 Old Barnstable Road, *Mashpee*. This group is open to all Mashpee parents and guardians. Information: [www.mashpeesepac.org](http://www.mashpeesepac.org) or Peter at [flargh@mac.com](mailto:flargh@mac.com).

April 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.

April 17 (third Saturday), 5:30 - 7 p.m.: **"Waiting Family Meetings"** at Good Hope Adoption Services, 708 Route 134, *South Dennis*. For singles and couples beginning adoption, waiting, or recently home with their child. Free pizza and coffee. Information or registration: Cape Cod Adoption Network at 508-385-7815.

April 21, 10 - 11 a.m.: **"Breastfeeding 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. 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: 508-240-0853.

April 24, 9:30 a.m. - noon: **"The Child Care Challenge: What it Means; What You Can Do"** at the *Harwich Community Center*, 100 Oak St., with Sherri Killins, Massachusetts Commissioner of Early Education and Care. Parents, early childhood teachers/caregivers, and other interested parties are invited to participate in this important discussion about the availability and funding of quality child care on Cape Cod and the Islands. In addition to Dr. Killins, the panel will include Elizabeth Aldred, coordinator of grants and advocacy at Cape Cod Children's Place; Kristen Lind, training coordinator at Child Care Network of the Cape & Islands; and Patricia Policastro, family child care home visitor at Cape Cod Child Development. Audience questions and discussion will be encouraged. Sponsored by the League of Women Voters, Cape Cod Area; Cape Cod Children's Place; and WE CAN. Information or registration: 508-430-8111 or [kara@wecancenter.org](mailto:kara@wecancenter.org).

April 26, 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 27 (fourth Tuesday), 6 - 7:30 p.m.: **"Dads' Talk ~ Mashpee"** at *Mashpee Village* (Community Room), 1 Wampanoag Drive, with Paul Melville, family support specialist. A new 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. Light dinner provided (please RSVP). Sponsored by the Cape Cod Neighborhood Support Coalition and TCB Inc. /Mashpee Village. Information or registration: Donna French at 508-477-3429.

April 28, 6:30 - 8 p.m.: **"Bite or Fight? Don't make it a Battle, Children's Nutrition"** at the Mullen Hall School (Library), 130 Katherine Lee Bates Road, *Falmouth*, with Kim Condra, LDN, nutrition educator with the Cape Cod Cooperative Extension. Limited free child care with registration. Presented by the Falmouth Public Schools' Parent Connection Series and the Coalition for Children. Information or registration: 508-548-0151 ext. 128, 172, or 175.

## Weekly Programs and Groups:

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

Tuesdays, 10 a.m. - noon: **“Nursing Mothers’ Group”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. Information or registration: 888-890-2229 or 508-888-7794.

Tuesdays, 10:30 - 11:30 a.m.: **“Postpartum Depression Support Group”** for new mothers at Hospice & Palliative Care of Cape Cod, 765 Attucks Lane, *Hyannis*, with Aimee Rozum LMHC ATR-BC. There is a FEE associated with this group, but most insurance is accepted and no one is turned away due to inability to pay. Information or registration: Aimee at 508-957-0267.

Tuesdays, 6 - 7 p.m.: **“Anger Management Classes”** at the Gosnold-Thorne Outpatient Counseling Center, 1185 Falmouth Road, *Centerville*, with Rick Martin, drug court treatment coordinator at Gosnold. Fulfills court requirements for anger management classes. FEE: \$20 per class, pay as you go. For information or registration: Rick Martin at 774-313-0503 or [rmartin@gosnold.org](mailto:rmartin@gosnold.org).

Wednesdays, 5:30 - 7:30 p.m.: **“Divorce Support Group for Women”** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*, with Peggy Wilbur, LICSW. In the time of divorce, a woman may feel like her world has fallen apart. It is common to feel alone, scared and overwhelmed. This group connects women to provide a sense of support, competence and empowerment. Information or registration: WE CAN at 508-430-8111.

Thursdays, 9 - 10:15 a.m.: **“Thursday Morning Parents’ Group”** on *Nantucket* at the Early Childhood Center (NHS Rm. 106), 10 Surfside Road, with Pauline Cronin. A drop-in discussion group for parents with children birth to five. An opportunity to meet other parents and discuss a variety of parenting topics in a casual group setting. Child care provided by the Early Childhood Center. 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) for a program listing and to request a resource guide.

**“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: 888-890-2229 or 508-888-7794.

**“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 in order to get help and you are not required 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 Rehabilitation Hospital of the Cape and Islands (RHCI), 311 Service Road, *East Sandwich*. An outpatient weight management program for children Ages 6 - 16. Information or registration (including fee schedule): Deb Merigan at 508-833-4197.

**“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. The Kids Grieve Too! program at Hospice & Palliative Care of Cape Cod uses a combination of 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).

**“Lactation Connection”**: Breastfeeding mothers on Nantucket can reach a certified lactation consultant who will answer your questions and arrange to meet with you for free as needed: 774-563-1970.

**“Operation Military Kids”**: 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).

**“Oral Health Programs and Services”**: Dental decay is the most common chronic childhood disease; fortunately it’s almost entirely preventable. Do you or your family need help accessing dental care? The Tri-County Collaborative for Oral Health Excellence (Tri-CCOHE) links children and adults with affordable dental care. Information: Cheila Smith at 508-771-1375.

**“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 two monthly support groups (*Brewster* and *Falmouth*). Funded by the Massachusetts Department of Mental Health. Information or registration: Jennifer Ross at 508-947-8779 ext. 29.

**“Parental Stress Line”**: You don’t have to keep going it alone, Parents Helping Parents can help. The “Parental Stress Line” is confidential, anonymous, and available 24 hours/day, 7 days/week across Massachusetts: 800-632-8188.

**“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.

**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 program or provider.**

**To receive this list every month by e-mail, please contact Paul Melville at 508-771-4338 or [paul@capecoalition.com](mailto:paul@capecoalition.com).**