

Parent Education & Support Opportunities

December 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.

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

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

November 29, 6 - 7:30 p.m.: **"A Mother's Gathering"** at Cape Cod Children's Place, 10 Ballwic Road (off Nauset Road), *Eastham*. This new monthly, non-therapeutic group is designed to encourage moms to share their challenges and their successes. Meet new friends and be supported and empowered by each other! Free pizza dinner, childcare, and limited transportation provided. 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.

December 1, 6 - 8:30 p.m.: **"Sweet Dreams Pillowcase Workshop"** at the Gus Canty Community Center, 790 Main St., *Falmouth*, with Jeanine Fitzgerald, author and certified human behavior consultant with the Better Behavior Bureau. Learn to identify different temperament types and then make a pillowcase for your child. Limited child care available. Must pre-register. Part of Falmouth Public Schools monthly Parent Connection Series. Information or registration: 508-548-0151 ext. 175.

December 1 (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.

December 2, 1 - 3 p.m.: **"Free Family Law Legal Clinic for Women"** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Individual, half-hour consultations on the legal issues involved in divorce; child custody and support; and other family law matters with Attorney Michael Lavender are available by registration only. This is an opportunity for low/moderate income women to ask questions, get answers, navigate their documents, and find out what their rights are. Funded by a grant from the Massachusetts Bar Foundation. Information or registration: 508-430-8111 or info@wecancenter.org.

December 2, 5:30 - 7:30 p.m.: **“Love Me, Feed Me, Help Me Grow: Setting the Stage for Happy Healthy Mealtimes”** at Cape Cod Children's Place, 10 Ballwic Road (off Nauset Road), *Eastham* with Kim Concra, nutrition educator with Cape Cod Cooperative Extension. Set the table for success with fun themes, ideas, conversation starters and ways to involve your family with healthy food. Includes a cooking demonstration and tasting. Dinner and childcare provided. Must pre-register. Funding support provided by grants from the League Club of Cape Cod and the Massachusetts Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

December 2 and 9 (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.

December 2, 6:30 - 8 p.m.: **“Planning Transition Services”** at Cape Cod Collaborative (cafetorium), 418 Bumps River Road, *Osterville*, with Anita Woods. Join us for a discussion and evening of resources to support teams in planning successful transitional supports for children with special needs as they enter adult services. Guest speakers will include representatives from the Cape and Islands Transition Team: Jennifer Jensen from the Department of Developmental Services (DDS), Ted Mello from the Massachusetts Rehabilitation Commission (MRC), and Larry Paige from the Department of Mental Health (DMH). Limited child care available with pre-registration. Information or registration: a.woods.ccc@comcast.net or 508-420-6950 ext. 15.

December 2, 7 - 9 p.m.: **“Race to Nowhere: The Dark Side of America's Achievement Culture”** at Cape Cinema, 25 Hope Lane, *Dennis*. Join us for a screening of the documentary film followed by a panel discussion representing parents, students, teachers, school administrators, and government policymakers. FEE: Adult Tickets cost \$8.50. Film is rated PG-13. Sponsored by Cape Cod Justice for Youth Collaborative, St. John's Episcopal Church, and Cape & Islands Gay Straight Youth Alliance. Information: Stephen Tom at 508-685-3735 or stephengtom@gmail.com or www.racetonowhere.com.

December 3, 10, and 17, 8:30 - 9:30 a.m.: **“Good Coffee, Great Parenting”** at the Early Childhood Center (NHS Rm. 104), 10 Surfside Road, Nantucket. A non-therapeutic support group for parents with children ages birth through age eight. 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. 1576.

December 3 (first Friday), 10 a.m. - 11 a.m.: **“Getting Started at 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.

December 3 and 17 (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.

December 4, 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.

December 4, 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.

December 6 (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 CPC. Information or registration: 508-771-4338 or paul@capecoalition.com.

December 7 and 21 (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.

December 7 and 21 (every other Tuesday), 5:30 - 7 p.m.: “**Young Widow/Widower Support Group**” at Hospice & Palliative Care of Cape Cod, 765 Attucks Lane, *Hyannis*, with Aimee Rozum LMHC ATR-BC. This new group is for widowed parents with children at home. Information or registration: Aimee at 508-957-0267.

December 7 (first Tuesday), 6 - 8 p.m.: **“Parents of Children with Mental Issues or Concerns”** at *Falmouth Public Library*, 300 Main St. Child care is NOT provided, but please call if child care is an issue for you. Sponsored by the Parent Information Network (PIN). Information or registration: Jean at 508-947-8779 ext. 29.

December 8, 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. 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.

December 9 and 16, 6:30 - 8:30 p.m.: **“Coping with Crying and Helping your Baby Cry Less”** at Cape Cod Hospital (Lorusso Board Room), 27 Park St., *Hyannis*, with Paul Melville, family support specialist and certified Happiest Baby Educator. This free two-part workshop will help new parents learn some proven ways to reduce crying and make life for you, your baby, and everyone in your home a little bit easier. Bring your baby (up to four months) with you and you’ll go home with a new blanket, an instructional DVD, and an infant carrier. Space is limited and registration is required. Funding provided by the Massachusetts Department of Public Health. Information or registration: Ann at 508-862-5123.

December 9 (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.

December 9 (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.

December 10 and 24 (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 508-548-0814.

December 10, 2 - 4 p.m.: **“Free Family Law Legal Clinic for Women”** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Individual, half-hour consultations on the legal issues involved in divorce; child custody and support; and other family law matters with Attorney Brian Widegren are available by registration only. This is an opportunity for low/moderate income women to ask questions, get answers, navigate their documents, and find out what their rights are. Funded by a grant from the Massachusetts Bar Foundation. Information or registration: 508-430-8111 or info@wecancenter.org.

December 13, 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.

December 13 (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.

December 13 and 27, 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 faith-based meetings. First time participants, please call ahead to register. Information or registration: Sophia at 508-944-2694 or parentsofprisoners@yahoo.com.

December 14 (second Tuesday), 11 a.m.-12:30 p.m.: **“S.T.E.P. Up 4 Kids”** support group at Mid-Cape Design Center, 1520 Lyannough Road (Route 132), *Hyannis*. A monthly group for parents of children with behavioral or emotional disorders (including bipolar disorder, ADHD, anxiety, depression and others). This group is for parents and caregivers only. You must RSVP at least one day in advance. Information or registration: Maria Lamb at 508-432-5880 or bobatly@yahoo.com.

December 14 (second Tuesday), 6:30 - 8 p.m.: **“Autism Support Group”** at the Department of Developmental Services (DDS), 40 Industrial Park Road, Suite 1, *Plymouth*. This is a support group for parents of children ages birth to 22, with Autism Spectrum disorders. Please RSVP. Information or registration: malissak@thearcofpg.com or michael.swanson@state.ma.us.

December 16 (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.

December 17, 9:30 - 11:30 a.m.: “**Free Family Law Legal Clinic for Women**” at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Individual, half-hour consultations on the legal issues involved in divorce; child custody and support; and other family law matters with Attorney Nicole Norkevivius are available by registration only. This is an opportunity for low/moderate income women to ask questions, get answers, navigate their documents, and find out what their rights are. Funded by a grant from the Massachusetts Bar Foundation. Information or registration: 508-430-8111 or info@wecancenter.org.

December 17, 1 - 3 p.m.: “**Free Family Law Legal Clinic for Women**” at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Individual, half-hour consultations on the legal issues involved in divorce; child custody and support; and other family law matters with Attorney Ric Barros are available by registration only. This is an opportunity for low/moderate income women to ask questions, get answers, navigate their documents, and find out what their rights are. Funded by a grant from the Massachusetts Bar Foundation. Information or registration: 508-430-8111 or info@wecancenter.org.

December 20, 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. This non-therapeutic group is designed to encourage moms to share their challenges as well as their successes. Meet new friends and be supported and empowered by each other! Free pizza dinner, childcare, and limited transportation provided. Must register by 12/16. 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.

December 21 (third Tuesday), 7 - 9 p.m.: “**NAMI-Family Member Support Group**” at the Federated Church, 320 Main St., *Hyannis*. This new non-therapeutic group is open to anyone who has a family member with a mental illness. Connect with others in your situation, share challenges as well as successes, and learn about the resources available to you and 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.

December 28 (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: Donna French at 508-477-3429.

Beginning January 4 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 January 4 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.

Beginning January 6 for eight Wednesdays, 5:30 - 7 p.m.: **“Divorce Support Group”** at the Dennis Senior Center, 1045 Route 134, *South Dennis*. 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. FEE: \$5 per meeting donation is requested, but no one will be turned away for inability to pay. Information or registration: WE CAN at 508-430-8111 or info@wecancenter.org.

January 6, 13, 20, and 27, 5:30 - 7:30 p.m.: **“Positive Discipline and Effective Communication”** at Stony Brook Elementary School, 384 Underpass Road, *Brewster*, with Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. Topics covered in this four-week series include: discipline without yelling, how to handle tantrums, understanding why our children do what they do, the value of routines, setting limits and boundaries, and much more. Free pizza dinner and child care. Funded by a grant from the Children’s Trust Fund, administered by Cape Cod Children’s Place. Information or registration: 508-240-3310.

Weekly Programs and Groups:

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 p.m. - 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.

Tuesdays, 10 a.m. - 11:30 a.m.: “**Nursing Mothers' Group**” at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. There's no charge and no registration necessary for this group. Come meet with a certified lactation consultant and other breastfeeding moms in a relaxed environment. Information: 888-890-2229 or 508-888-7794.

Tuesdays, 10:30 - 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.

Wednesdays, 10 - 11:30 a.m.: “**This is Not Just the Baby Blues**” at the Waquoit Healing Arts Center, 446 Waquoit Hwy., *East Falmouth*, with Aimee Rozum, LMHC. Babies are welcome at this Post Partum Depression Support Group. Registration is required. Information or registration: Aimee at 774-216-6522.

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 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: 508-566-6248.

“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.

“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.

Select Ongoing Resources continued:

“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.

“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 x22 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.

“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.

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.

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please go to www.capecoalition.com/calendar.html**