

Parent Education & Support Opportunities

February 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.

**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.

January 31, 6 - 7:30 p.m.: **“Nurturing the Young, the Restless, the Bold, and the Beautiful”** at Bournedale Elementary School, 41 Ernest Valeri Road, *Buzzards Bay*, with Jeanine Fitzgerald, author and certified human behavior consultant with the Better Behavior Bureau. A basic need for survival and healthy development is to be loved and to love unconditionally. And while most children are “being” loved, they may not be “feeling” loved. It is the responsibility of adults to become “multilingual” in the languages of love. 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. 4401.

January 31, 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 1/27. 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.

February 1 and 15 (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.

February 1 and 15 (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.

February 1 (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 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.

February 2, 5:30 - 7:30 p.m.: “**Dads’ Night Out - Are you Hitting a Home Run with Disciplining your Child?**” at South Shore Early Education, 196 South Meadow Road, *Plymouth*, with Jeanine Fitzgerald, author and certified human behavior consultant with the Better Behavior Bureau. Jeanine is power house of information and entertainment all rolled into one. Join her for this special free evening reserved just for fathers (and other male care givers). Bring your parenting questions and be prepared to learn and laugh. Dinner provided. Information or registration: 508-746-0333.

February 2, 9, and 16, and March 2, 6 - 7:30 p.m.: “**Cindy Horgan’s Raising Healthy Families**” at Hedge Elementary School, 258 Standish Ave., *Plymouth*, with Melissa Goldbach. Come watch Cindy’s informative video series (sixty minutes each week) and discuss it with Melissa and the other attendees. The four sessions are Understanding Development and Effective Communication, Understanding Temperament, Positive Discipline, and Understanding Anger and Power Struggles. Sponsored by the Plymouth Family Network. Information or registration: 508-830-4444.

February 2 (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.

February 3, 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 Carrie Woods 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.

February 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 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.

February 4, 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 Anne Batchelder 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.

February 4 (first Friday), 10 - 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.

February 4 and 18 (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.

February 7 (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 (THIS IS A NEW PHONE NUMBER) or paul@capecoalition.com.

February 8 (second Tuesday), 11 a.m. - 12:30 p.m.: **“S.T.E.P. Up 4 Kids”** support group at Mid-Cape Design Center, 1520 Iyannough 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.

February 8, 5:30 - 7:30 p.m.: **“Practical Strategies for Toning Down Stress and Lifting Your Mood: Even When You Have Your Children With You”** at Kiddie Kollege/Faith Assembly Church, 154 Bearses Way, *Hyannis*, with Sheri Boyle. Learn some great stress relieving strategies that have been proven to reduce anxiety and lift moods. We will talk about transition times, fatigue, expectations and even taking time for you! Dinner and Childcare provided. Registration required. Supported by a grant from the Massachusetts Department of Early Education and Care. Information or registration: Mary at 508-775-6240 ext. 512.

February 8 (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@thearcofcp.com or michael.swanson@state.ma.us.

February 9, 6:30 - 8 p.m.: **“Parenting Together or Separately: Communication is the Key!”** at the Mullen-Hall School, 130 Katherine Lee Bates Road, *Falmouth*, with Lee Burwell and Paul Melville. Regardless of your parenting situation, there are proven techniques that will help you communicate more effectively with your children and with the other adult in their lives. 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.

February 9, 6:30 - 8:30 p.m.: **“IEP Versus a 504 Plan”** at CORD (Cape Organization for Rights of the Disabled), 106 Bassett Lane, *Hyannis*, with Educational Consultants of Cape Cod. Learn the distinctions between an IEP and a 504 accommodation plan, including the purpose, eligibility, compliance, and accountability. RSVP required by 2/4. Snow date is February 10. Sponsored by CORD’s Transition to Adulthood (TAP) Program. Information and Registration: Polly Sherman at 508-775-8300.

February 10, 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.

February 10 (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.

February 10 (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.

February 11 and 25 (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.

February 12, 8 - 11 a.m.: “**Celebrating our Children - a Morning for Parents and Providers**” at *Falmouth High School*, 874 Gifford St., with Sherianna Boyle and Cindy Horgan. Choose between two ninety-minute workshops - Raising Strong Girls with Sherianna Boyle or Raising Strong Boys with Cindy Horgan. Many local family-friendly vendors, continental breakfast, and limited child care provided. All inclusive FEE: \$5. Sponsored by the Coalition for Children and the Barnstable County Council for Children, Youth, and Families. Information or registration: 508-548-0151 ext. 172.

February 14, 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.

February 15, 5:30 - 7:30 p.m.: “**Potty Training 101: Everything You Want to Know**” at Kiddie Kollege/Faith Assembly Church, 154 Bearses Way, *Hyannis*, with Cindy Horgan. Dinner and Childcare provided. Registration required. Supported by a grant from the Massachusetts Department of Early Education and Care. Information or registration: Mary at 508-775-6240 ext. 512.

February 15, 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.

February 15 (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.

February 16 (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 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.

February 16, 6:30 - 8 p.m.: **“Pillowcase/Temperament-Part II”** at the Mullen-Hall School, 130 Katherine Lee Bates Road, *Falmouth*, with Jeanine Fitzgerald, author and certified human behavior consultant with the Better Behavior Bureau. By popular demand, this in-depth interactive workshop is specifically for parents who have attended one or more of Jeanine’s introductory temperament workshops. We’ll discuss recognizing different temperament strengths and diffusing challenging temperaments to create a harmonious home, school, and/or child care environment. Bring questions with you. Sponsored by the Coalition for Children. Information or registration: 508-548-0151 ext. 175.

February 17 (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.

February 18, 10 a.m. - 3 p.m.: **“Supporting Our Military Families”** at YMCA Cape Cod, 2245 Iyannough Road (Route 132), *West Barnstable*. Learn more about Operation Military Kids (OMK), meet and hear from other local military families, and connect with agencies and organizations who support military families. Lunch provided. Sponsored by YMCA Cape Cod and Barnstable County 4-H/OMK. Information or registration: Kerry Bickford at 508-375-6695 or kbickford@barnstablecounty.org.

February 22 (last 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.

February 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.

February 28, 5:30 - 7:30 p.m.: **“Everything you wanted to know about Family Law but were afraid to ask”** at the *Harwich Community Center*, 100 Oak St., with Anne Batchelder, family law attorney. In this legal workshop, Attorney Batchelder will provide an overview of the major aspects of family law: divorce, child custody, and guardianship of minors. Topics will include: key steps in a Massachusetts divorce, legal resources, child custody and child support for married and unmarried parents, becoming your grandchild’s guardian, and many more. Attendees are encouraged to bring questions. FEE: \$5-20 based on personal means, but no one will be turned away due to inability to pay. Information or registration: 508-430-8111 or info@wecancenter.org.

February 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 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.

March 1, 15, 22 and 29, 5:30 - 7:30 p.m.: **“Positive Discipline and Effective Communication”** at *Harwich Elementary School*, 265 South St., with Cindy Horgan, family support coordinator. This free four-part workshop will provide skills to support parents. Topics 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. Dinner and child care provided. Registration required. Funded by grants from the Massachusetts Children’s Trust Fund administered by Cape Cod Children’s Place in collaboration with the Harwich Early Childhood Council. Information or registration: 508-240-3310.

March 1, 8, and 15, 6:30 - 8 p.m.: **“Parenting Toolbox for Dads”** at the *Mashpee Public Library*, 64 Steeple St., with Paul Melville, family support specialist. This three-week “dads only” series will help you identify parenting strengths you already have, learn more effective discipline and communication strategies, and honor your critical role as a male parent a child’s life. Sponsored by the Mashpee CFCE with funding from the Massachusetts Department of Early Education and Care. Information or registration: Julie Hall at 508-539-1520 ext. 107.

March 2 (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.

March 3, 10, 17, 24, and 31, 5:30 - 7:30 p.m.: **“Dads' Group: A five-week parenting series for Dads and father figures”** at *Harwich Elementary School*, 265 South St., with Cindy Horgan, family support coordinator and Adam Pettengill, early childhood professional and dad. Studies show that children grow up happier and healthier with nurturing fathers in their lives. At this group you will have the opportunity to hear other dads' experiences and share your own. Create your own "toolbox" for effective parenting by gaining the skills for handling challenging behaviors, effective communication and positive discipline. Dinner, child care, and limited transportation provided. Registration required. Funded by grants from the Massachusetts Children's Trust Fund administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

March 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 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.

Weekly Programs and Groups:

Mondays, 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.

Monday, 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. First time participants, please call ahead to register. Visit us at www.parentsofprisoners.com. Information or registration: Sophia at 508-944-2694 or office@parentsofprisoners.com.

Weekly Programs and Groups continued:

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

Tuesdays, 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, 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.

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, 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 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 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)”: 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.

“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.

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

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