

# The Cape Cod Neighborhood Support Coalition's Parent Education & Support Calendar

## February and Early March 2009

To receive this monthly calendar by e-mail, please contact  
Paul Melville at 508-771-4338 or paul@capecoalition.com.

February 2 (first Monday), 6-7:30 p.m.: **"Dads' Talk"** at *Harwich Community Center*, 100 Oak St. with Matt Daniels, LMHC and Paul Melville, family support specialist. A safe, non-therapeutic group providing a monthly opportunity to meet with other local fathers. All dads are welcome, regardless of their child(ren)'s age(s) and their parenting situation. 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.

February 3 and 17 (every other Tuesday), 10 a.m.-12:30 p.m.: **"New Babies' Breast Feeding 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 February 3 for 14 Tuesdays, 5:45-7:45 p.m.: **"Effective Positive Parenting"** at Cape Cod Child Development's School Age Center, 439 E. Falmouth Highway (Route 28), *East Falmouth* with Lee Burwell, MFT, LMHC. A unique workshop for parents of 1-5 year olds, based on the teachings of Bonnie Harris, M.Ed., parent educator and author. The format for this series is seven lectures alternating with seven evenings of discussion/support. Free dinner and limited child care available. Funded by Upper Cape Family Network through a grant from the Massachusetts Children's Trust Fund. Information or registration: 508-548-0151 ext. 172.

February 4 (first Wednesday), 6:30-8 p.m.: **"Parents of Diabetic Children"** at *Sandwich Public Library*, 142 Main Street (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 5, 5:30-7 p.m.: **"Raising Resilient Children"** at *Truro Central School*, 317 Route 6 with Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. Resilient children are sociable and have high self-esteem and good problem solving skills. This workshop talks about the building blocks of resiliency. It helps parents to understand that there is great value in the experiences of frustration & disappointment, especially when the child plays a role in the problem solving of a challenge. Free pizza dinner and child care. 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.

February 5 and 12 (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. \$80 fee. Information or registration: 508-775-0275.

February 5, 6-8 p.m.: **“Different Children, Different Needs (for Dads)”** at A Baby Center, 81 Willow Ave., *Hyannis* with Jeanine Fitzgerald, author and certified human behavior consultant with The Better Behavior Bureau, “Children are not things to be molded, but people to be unfolded,” as the saying goes. This “dads only” workshop will explore the unique pattern of influences upon a child’s behavior and development, with particular detail to inherited temperament and “the dance of interaction” between the child and the adult caregiver. Previous participants describe this workshop as uplifting, empowering, and fun. Pizza dinner and child care provided. Sponsored by the Southeast Fathers and Family Network; funded by the Cape Cod Neighborhood Support Coalition and the Children’s Trust Fund. Information or registration: 508-775-6240 ext. 512.

February 6 and 20 (every other Friday), 10 a.m.-noon: **“Nursing Mothers Support Group”** at the *Falmouth Fire Station*, 399 Main St. Non-WIC mothers, fathers, and pregnant women also welcome. Sponsored by WIC. No registration necessary. Information: Cheryl at 508-540-5275.

February 7 and 14 (must attend both sessions), 10:30 a.m.-1 p.m.: **“Parents Apart”** at Cape Cod Community College (North 114), 2240 Iyannough Road (Route 132), *West Barnstable* with James Caramello, MA, LICSW and Lisa Margarit, MA 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. \$80 fee. Deadline to register is Wednesday, February 4th. Information or registration: Amy at 617-786-3027.

February 9, 6-8 p.m.: **“Media Literacy”** at Cape Cod Children’s Place, 10 Forest Ave., *North Eastham* with Cindy Horgan, family support coordinator at Cape Cod Children’s Place and co-creator of the Parenting Station. Open to parents, teachers, caregivers, playgroup leaders and others working or living with young children. Cindy will define the impact of media on families and children, and discuss steps to creating media literacy within our communities. Sponsored by the Lower Cape Early Childhood Council. Please register by February 6. Information or registration: 508-240-3310 or ealdred@c4.net.

February 9, 6:30-8 p.m.: **“Understanding and Managing the Challenging Behavior of Boys”** at *Harwich Community Center* (Activity Room), 100 Oak St. with Matt Daniels, a licensed mental health clinician specializing in the treatment of childhood behavioral and emotional difficulties. Topics to be discussed include temperament, emotions, aggression and violence, and use of discipline. Child care available for \$2.50 per child. Funded by a CPC grant from the Massachusetts Department of Early Education and Care. Information or registration: 508-430-1692.

February 9, 6:30-8 p.m.: **“Beyond Bossing, Begging and Bribing”** at the Martha’s Vineyard Family Network/Family Center with Jeanine Fitzgerald, certified human behavior consultant. Have you ever heard a parent say, “What part of no don’t you understand?” or “Because I said so, that’s why!” Or perhaps you know someone who is thinking that there has got to be a better way to get children to respect and respond to us. We have choices about how we go about the business of raising, teaching, and disciplining children. Together, we will explore these choices so that our “toolbox” is full of effective strategies. Pre-Registration is required and child care is not available. Information or registration: Marney at 508-693-7900 ext. 283.

February 9, 6:30-8 p.m.: **“Barnstable Special Education Parent Advisory Council (SEPAC)”** at Barnstable High School (Room 1202), 744 West Main St., *Hyannis* with special guest, Dr. Thomas Bober, a holistic physician with All-Well Holistic Healthcare. Dr. Bober will speak about nutrition and the connection between body, brain, and behavior. Learn a new way of thinking about nutrition. This seminar is geared towards helping children with learning disabilities, but the information will help you think about the way you and your whole family eats. SEPAC business meeting at 6:30 p.m., followed by the presentation at 7 p.m. You do not have to be a member of Barnstable SEPAC to attend, nor a resident of Barnstable.) Information: Linda at 774-994-0713.

February 11 (second Wednesday), 8:30-10 a.m.: **“Parent Chat with Cindy Horgan”** at Stony Brook Elementary School, 384 Underpass Road, *Brewster*. Cindy is family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. This group meets once a month and parents can drop in to discuss different topics that will help to strengthen their skills and support them in their parenting journey. Funding provided by a Massachusetts Family Centers grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

February 11, 7-9 p.m.: **“Successful Problem-Solving Strategies for New Parents”** at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28) with Lee Burwell MFT, LMHC. It is not whether or not 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. \$10 fee per couple (scholarships available). Information or registration: 508-457-3632.

February 12 (second Thursday), 5:15-6:45 p.m.: **“Single Parenting”** at Cape Cod Child Development, 83 Pearl St., *Hyannis* with Paul Melville, family support specialist. This non-therapeutic group is designed to create a safe, supportive environment for single moms and dads to share successes, challenges, and other information. Some months may include guest speakers. Free dinner and child care. Sponsored by Cape Cod Child Development's Families United Network Program through a grant from the Massachusetts Department of Early Education and Care. Information or registration: 508-775-6240 ext. 514.

February 12, 6-7 p.m.: **“Breastfeeding Support Group”** at the Outer Cape WIC office, 79 Finlay Road, *Orleans* with Gabrielle Hathaway, lactation consultant. For moms-to-be and mothers of nursing infants. get your breastfeeding questions answered and learn the latest information in a confidential and sympathetic group environment. Snacks will be provided. Please join us for this informative and supportive evening. Information: 508-240-0853.

February 12, 6-7:30 p.m.: **“Raising Emotionally Intelligent Children”** at Monomoy Youth and Family Center, 166 Depot Road, *Chatham* with Cindy Horgan, family support coordinator at the Cape Cod Children's Place and co-creator of The Parenting Station. This is the first workshop in a three-part series, “Parenting Our Middle School Child in Today's World.” Sponsored by Monomoy Community Services, Inc. Information or registration: 508-945-1501 or 508-945-1117.

February 12 (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 12 (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. \$5 fee per couple. Information or registration: 508-457-3632.

February 13, 9:30-11:30 a.m. and 1-3 p.m.: **“Free Family Law Legal Clinics for Women”** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Individual, half-hour appointments with an attorney are available by registration only. This is an opportunity for low and 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.

February 13 and 27 (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 WIC. Information: Cheryl at 508-540-5275.

February 17 (third Tuesday), 5-6:30 p.m.: **“Grandparents Raising Grandchildren”** at the Barnstable Senior Center, 825 Falmouth Road (Route 28), *Hyannis* with Rosanne DeVito of Elder Services and Sally-Ann Imes, youth services coordinator for the Town of Barnstable. A monthly get together for grandparents and the grandchildren they're raising (eight years old and older). The groups will usually separate so that youth can meet and interact with peers whose family settings may be similar to their own while the adults meet to discuss their own topics. A light dinner will be provided to all. Information or registration: Sally-Ann at 508-862-4633 or sally-ann.imes@town.barnstable.ma.us.

February 18, 7-9 p.m.: **“Bringing Baby Home”** at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28) with Lee Burwell MFT, LMHC. Have fun learning how to play and communicate with your baby and discover strategies for calming your baby when he or she cries. Hear why playing with fathers is so important to the healthy development of babies and to the strength of the family. \$10 fee per couple (scholarships available). Information or registration: 508-457-3632.

February 19 (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. \$5 fee per couple. Information or registration: 508-457-3632.

February 21 (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.

February 23, 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. This month's special guest will be PJ Richardson from Camp Lyndon. He'll have information on the "Reach out to Grandparent Caregivers" program which provides summer camp scholarships. Information or registration: 508-759-0654.

February 23 (fourth Monday), 5:30-7 p.m.: **“Single Moms”** at Cape Cod Children's Place, 10 Forest Ave., *North Eastham* with Kate Macaulay, M.Ed. 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 and child care. 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.

Beginning February 23 for six Mondays (2/23, 3/2, 3/9, 3/16, 3/23, and 3/30), 5:30-7:30 p.m. **“Positive Discipline and Effective Communication”** at *Wellfleet Elementary School*, 100 Lawrence Road with Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. A six-week parenting series that will provide skills to support parents with some of the challenges that make this job so difficult. Topics to be discussed 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 for all. This program is funded by grants from the Children's Trust Fund administered by Cape Cod Children's Place. Pre-registration is required. Information or registration: 508-240-3310.

February 24, 6:30-8 p.m.: “**Before Children Write - Building a Strong Visual/Motor Foundation**” in *Falmouth* with occupational therapists, Susan Lunn and Michelle Duguay-Martinez. Learn how young children develop fine motor skills and why these skills are important for future writing success. Try out many fun activities that can support these important skills and can be easily and inexpensively duplicated at home. Limited free child care available, but you must pre-register. Sponsored by Young Children First! Information or registration: 508-548-0151 ext. 128.

February 25 (last Wednesday), 6:30-8 p.m.: “**S.T.E.P. Up 4 Kids**” support group at Stop & Shop (Conference Room), 65 Independence Park Drive, *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. Information or registration: Maria Lamb at 508-432-5880 or bobatly@yahoo.com.

February 25, 7-8:30 p.m.: “**Beyond Picky Eating - Understanding the Basics of a Feeding Disorder**” at the Rehabilitation Hospital of the Cape and Islands (cafeteria), 311 Service Road, *East Sandwich* with Cheryl Pelletier, SLP at RHCI for Children, and Elise Steiner, registered dietician. Part of RHCI's "Healthy Living" series, this presentation for parents, family members, and caregivers will provide a basic overview of pediatric feeding disorders and strategies for treatment. Not to be confused with eating disorders, children with feeding disorders have severely restricted diets that far exceed that of a "picky eater." In most cases, food allergies as well as gastrointestinal, behavioral, neurological, and/or swallowing dysfunction play a part. Information or registration: 508-833-4008.

February 26, 6-7:30 p.m.: “**Understanding Inborn Temperament Traits Makes Our Job Easier**” at Monomoy Youth and Family Center, 166 Depot Road, *Chatham* with Cindy Horgan, family support coordinator at the Cape Cod Children's Place and co-creator of The Parenting Station. This is the second workshop in a three-part series, “Parenting Our Middle School Child in Today's World.” Sponsored by Monomoy Community Services, Inc. Information or registration: 508-945-1501 or 508-945-1117.

February 26, 6:30-8:30 p.m.: “**Basic Rights in Special Education**” at Quashnet School (library), 150 Old Barnstable Road, *Mashpee* with Christine Riley, a Federation for Children with Special Needs (FCSN) presenter. This free workshop is hosted by Mashpee SEPAC. Please register by February 23. Information or registration: FCSN at 800-331-0688 or <http://fcsn.org/pti/workshops/home.php>.

February 27, 9:30-11:30 a.m.: “**Free Family Law Legal Clinics for Women**” at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Individual, half-hour appointments with an attorney are available by registration only. This is an opportunity for low and 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.

February 28 (fourth Saturday), 10-11:30 a.m.: “**Adoptive Moms Support Group**” at the Northside Methodist Church, 701 Airline Road, *Dennis*. Coffee, refreshments, and child care available. Information or registration: Cape Cod Adoption Network at 508-385-7815.

March 2 (first Monday), 6-7:30 p.m.: “**Dads' Talk**” at *Harwich Community Center*, 100 Oak St. with Matt Daniels, LMHC and Paul Melville, family support specialist. A safe, non-therapeutic group providing a monthly opportunity to meet with other local fathers. All dads are welcome, regardless of their child(ren)'s age(s) and their parenting situation. 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](mailto:paul@capecoalition.com).

March 4, 11, and 18, 6-8:00 p.m.: **"Parenting Pre-Teens: Positive Behaviors-Theirs and Yours!"** at West Parish Church, 2049 Meetinghouse Way (Route 149), *West Barnstable* with parent educators Bonnie Harris, Jeanine Fitzgerald, and Bobbi Moritz. At this three-session workshop for parents and guardians of children ages 8-12, you'll discuss how some pre-teen behavior, although "challenging" to parents, is part of typical child development. You'll also explore how your attitudes and responses can impact future behaviors. Learn how to respond to your pre-teen, rather than reacting, as well as how to change behaviors rather than trying to control them. Free dinner from 6-6:30 p.m. Limited on-site child care, or a child care stipend for those who attend all three sessions. Registration required. Funded by the Cape Cod Neighborhood Support Coalition. Information or registration: Jennifer Sheehan at 508-771-4336 or [jennifer@capecoalition.com](mailto:jennifer@capecoalition.com).

March 5, 6-7:30 p.m.: **"Handling the Challenges of our Middle School Children"** at Monomoy Youth and Family Center, 166 Depot Road, *Chatham* with Cindy Horgan, family support coordinator at the Cape Cod Children's Place and co-creator of The Parenting Station. This is the third workshop in a three-part series, "Parenting Our Middle School Child in Today's World." Sponsored by Monomoy Community Services, Inc. Information or registration: 508-945-1501 or 508-945-1117.

March 5, 6-8 p.m.: **"Parenting as Partners"** at A Baby Center, 81 Willow Ave., *Hyannis* with Haji Shearer, LICSW and director of the Fatherhood Initiative at the Massachusetts Children's Trust Fund. This "dads only" workshop will brainstorm common problems that arise when two parents share responsibilities for raising children. Participants will learn exercises that help to build co-parenting strengths: creating a vision, active listening, dividing household tasks, cooperative problem solving etc. Pizza dinner and child care provided. Sponsored by the Southeast Fathers & Family Network with funding from the Children's Trust Fund. Information or registration: 508-775-6240 ext. 512.

### **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.

Every other Monday, 6-8 p.m.: **"The CIRCLE"** at West Parish Church, 2049 Meetinghouse Way (Route 149), *West Barnstable* with Richard Bickford, LICSW. A family bereavement support program for children ages 5-13 who have lost a parent or sibling. Entire family welcome. Light supper provided. Sponsored by the VNA of Cape Cod's Hospice Bereavement Program and affiliated with Boston Medical Center's Good Grief Program. Information and registration: 508-957-7716.

Tuesdays, 10 a.m.: **"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.

Wednesdays, 11 a.m.-noon: **"Just Babies"** (a group for parents and pre-walkers) at *Hyannis Public Library*, 401 Main St. A fun opportunity to meet other parents, share stories, ask questions, and get resources for your family. Sponsored by Cape Cod Child Development's Families United Network Program through a grant from the Massachusetts Department of Early Education and Care. Registration and Information: 508-775-6240 ext. 513.

Wednesdays, 10-11:30 a.m.: “**Postpartum Moms & Babies Group**” at Cape Cod Children's Place, 10 Forest Ave., *North Eastham* 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.

Thursdays, 9-10:15 a.m.: “**Thursday Morning Parents' Group**” on *Nantucket* at the Early Childhood Center (NHS Rm. 106), 10 Surfside Road. A drop in discussion group for parents with children birth to five. A great opportunity to meet other parents and to discuss a variety of parenting topics in a casual group setting. Child care provided by the Early Childhood Center. Information: 508-228-7257 ext. 1166.

Thursdays, 1-2 p.m.: “**Talking Parenting with Julie Sacchetti**” at Jonathon Bourne Public Library, 19 Sandwich Road, *Bourne*. Julie is a social worker, parent educator, and family support specialist. An informal drop-in group to address parent education and school-age child development topics. Timing coincides with story hour in the children's library (call 508-759-0644 to confirm/reserve space). Funded by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information: Julie at 508-776-3536.

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.

### **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.

“**Cape Cod Mothers of Multiples**” parent-led support and play groups for parents of twins, triplets etc. Information: Stephany Alves at 508-246-5091 or [stephany2@comcast.net](mailto:stephany2@comcast.net).

“**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.

“**Family Support Information Line**” of the Cape Cod Neighborhood Support Coalition is a confidential information and referral service for Cape and Islands families and those who serve them. Learn about resources such as emergency financial assistance, fuel assistance, parent education and support, mental health professionals, programs and activities for children and youth etc.: 888-99-CCNSC (888-992-2672).

“**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): 508-833-4197.

**“Lactation Connection”**: Breast feeding 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.

**“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 Cape Cod Neighborhood Support Coalition (CCNSC) compiles and distributes this monthly calendar 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 calendar is neither an exhaustive list nor an endorsement of any program or provider.

To receive this free calendar every month, please contact Paul Melville at 508-771-4338 or paul@capecoalition.com.