

# Parent Education & Support Opportunities

## January 2011

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

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

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

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

January 3 (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](mailto:paul@capecoalition.com).

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.

January 4 (first Tuesday), 6 - 8 p.m.: **"Parents of Children or Youth With Behavioral, Emotional and/or Mental Health Challenges or Concerns"** at *Falmouth Public Library* (Basement Conf. Room), 300 Main St. with Jean Cole, parent coordinator at the Parent Information Network (PIN). PIN provides support groups, parent and community education, and one to one support for parents or caregivers of youth with behavioral, emotional and/or mental health challenges. If you are coming for the first time you must pre-register. Child care is NOT provided, but please call if child care is an issue for you. Sponsored by the Parent Information Network (PIN), a BAMSII program funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole at 508-947-8779 ext. 29 or [capepin@bamsi.org](mailto:capepin@bamsi.org).

January 4, 11, 25, and February 1, 6:30 - 8 p.m.: “**Positive Discipline and Effective Communication**” at the *Mashpee Public Library*, 64 Steeple St., with Cindy Horgan, 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. 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.

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.

January 4 and 18 (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.

January 4 and 18 (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.

Beginning January 5 for eight Wednesdays, 5:30 - 7:30 p.m.: “**Effective Positive Discipline**” at A Baby Center, 81 Willow St. (off Elm Ave.), *Hyannis*, with Cindy Horgan, co-creator of the Parenting Station. Topics include: developmental issues, communication, understanding temperament, encouraging good behavior, parenting styles, discipline, working through power struggles and tantrums, anger management, sibling rivalries, and coping with stress. Free pizza, limited child care and transportation available. Sponsored by Cape Cod Child Development’s Families United Network Program. Funded by the Massachusetts Children’s Trust Fund and Massachusetts Department of Early Education and Care. Information or registration: 508-775-6240 ext. 512

January 5 (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.

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](mailto: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.

January 6 and 13 (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.

January 7 (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.

January 7 and 21 (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.

January 10, 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.

January 10, 6:30 - 8 p.m.: **“Barnstable Special Education Parent Advisory Council (SEPAC)”** at Barnstable High School (Room 1202), 744 West Main St., *Hyannis*. Information: [BarnstableSEPAC@comcast.net](mailto:BarnstableSEPAC@comcast.net) or [www.barnstablesepac.org](http://www.barnstablesepac.org).

January 10 and 24, 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](mailto:parentsofprisoners@yahoo.com).

January 11 (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](mailto:bobatly@yahoo.com).

January 11 (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@thearcofgp.com](mailto:malissak@thearcofgp.com) or [michael.swanson@state.ma.us](mailto:michael.swanson@state.ma.us).

January 12, 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.

January 12, 6:30 - 8:30 p.m.: “**Minimize Your Stress for the New Year!**” at the Gus Canty Community Center, 790 Main St., *Falmouth*, with Gita Brown and Susan Nolan. This workshop will offer parents some effective ways to keep your stress level down in the new year. 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](mailto:lcooke_johnson@falmouth.k12.ma.us).

January 12, 6:30 - 8:30 p.m.: “**A Mock IEP Team Meeting**” at CORD (Cape Organization for Rights of the Disabled), 106 Bassett Lane, *Hyannis*, with Educational Consultants of Cape Cod. This workshop will demonstrate how the actions of each team member affects the outcome and how parents can get answers to their questions. RSVP required by 1/7. Sponsored by CORD’s Transition to Adulthood (TAP) Program. Information and Registration: Polly Sherman at 508-775-8300.

January 13, 5 - 6:30 p.m.: **“Healthy Family Foods for the New Year”** at Bournedale Elementary School, 41 Ernest Valeri Road, *Buzzards Bay*, with Kim Concra of Barnstable County Extension. Kim will focus on foods for families with children from preschool through third grade. 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 13 (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.

January 13 (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.

January 14 and 28 (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.

January 18, 6 - 8 p.m.: **“Your Child’s Temperament”** at Plymouth South High School, 490 Long Pond Road, *Plymouth*, with Cindy Horgan, co-creator of the Parenting Station. Cindy will explore how you can prevent behavior problems by learning to understand your child’s temperament, as well as the importance of positive discipline. Sponsored by the Plymouth Family Network. Information or registration: 508-830-4444.

January 18 (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.

January 19, 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. 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](mailto:capepin@bamsi.org).

January 20 (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.

January 21, 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 B. Norkevicius 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](mailto:info@wecancenter.org).

January 24 (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.

January 25 (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.

January 25 (fourth Tuesday), 6 - 8 p.m.: **“Parents of Children or Youth with Behavioral, Emotional or Mental Health Challenges or Concerns”** at *Brewster Public Library*, 1822 Main St. with Jean Cole, parent coordinator at the Parent Information Network (PIN). If you are coming for the first time you must pre-register. 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](mailto:capepin@bamsi.org).

January 27, 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. We'll be joined this month by local obstetrician and gynecologist, Dr. David Elmer. Dr. Elmer will be talking about sexuality after the baby and answering whatever questions you have. Come show off your baby (newborn to 18 months), connect with other Cape dads, and learn about resources for local families. Free pizza dinner. Sponsored by Cape Cod Healthcare and the Cape Cod Neighborhood Support Coalition. Information or registration: Ann at 508-862-5123.

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.

### **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.

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

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, 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, 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: 508-566-6248.

## **Select Ongoing Resources continued:**

**“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).

**“Operation Military Kids (OMK)”:** Families experiencing the absence of a loved one due to a deployment overseas can learn what opportunities are available to them and their child(ren). Free after school and family programs are available through a grant from the Army Child and Youth Services, and hero backpacks are available to school-aged children. Information: Kerry J. Bickford at 508-375-6695 or [kbickford@barnstablecounty.org](mailto:kbickford@barnstablecounty.org).

**“Parent Information Network (PIN)”:** assists families who are challenged by children’s mental health, emotional, or behavioral needs. They offer a quarterly newsletter, individual advocacy, parent/ community education, and monthly support groups at locations across the Cape. Funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole at 508-947-8779 ext. 29 or [capepin@bamsi.org](mailto:capepin@bamsi.org).

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

### **Select Ongoing Resources continued:**

**“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.

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