

# Parent Education & Support Calendar

## January 2009

Kids don't come with instruction manuals. But whether you're a new mom or dad, a seasoned veteran, or a non-traditional parent, there are tips and techniques you can use to make parenting easier for yourself, and living with children better for everyone in your household. This calendar is compiled and distributed by the Cape Cod Neighborhood Support Coalition: [www.capecoalition.com](http://www.capecoalition.com).

All classes and meetings are free to participants unless otherwise noted.  
Please call to register and/or confirm date and time, and to request child care if offered.

December 29, and January 5, and 12, 1-2:30 p.m.: **“Raising Strong & Successful Girls”** at Friends Meeting House, 6 Quaker Road, *East Sandwich* with Karol Maybury, Ph.D. This three session course for parents of girls, ages 7-13 will help you understand girls' psychological development, how cliques work, and how parents and girls can deal effectively and compassionately with difficult peers. Plus, how modern media is changing our daughters' self-perceptions and we can do about it. \$80 fee. Information or registration: 508-280-1638 or [karolmaybury@comcast.net](mailto:karolmaybury@comcast.net).

January 2, 16, and 30, 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. Information or registration: Cheryl at 508-540-5275.

January 3 and 10 (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, December 31. Information or registration: Amy at 617-786-3027.

January 5, 6-7:30 p.m.: **“Dads' Talk”** at *Harwich Community Center*, 100 Oak St. with Matt Daniels and Paul Melville. A safe, non-therapeutic group providing a monthly opportunity for dads of kids and teens to talk about the issues of being a father today. Free pizza and childcare. 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 6 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: Laura Rittel at 508-775-0275.

Beginning January 6 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: Laura Rittel at 508-775-0275.

Beginning January 7 for eight Wednesdays, 5:30-7:30 p.m.: **“Effective Positive Discipline”** at A Baby Center, 81 Willow Ave., *Hyannis* with Cindy Horgan, family support coordinator at Cape Cod Children's Place and 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 dinner (5:30-6 p.m.). Limited free 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 the Massachusetts Department of Early Education and Care. Information or registration: 508-775-6240 ext. 512.

January 8, 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.

January 8, 5:15-6:45 p.m.: **“Single Parenting”** at Cape Cod Child Development, 83 Pearl St., *Hyannis* with Paul Melville. 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 and door prizes. 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.

January 8 and 15 (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.

January 9, 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.

January 9 and 23, 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. Information or registration: Cheryl at 508-540-5275.

January 15, 6-8 p.m.: **“Parenting Toolbox for Dads (Discipline, Communication, and Child Development)”** at A Baby Center, 81 Willow Ave., *Hyannis* with Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. This “dads only” workshop will help you identify parenting tools you already have, and establish some new ones. Pizza dinner and childcare provided. Sponsored the Southeast Fathers & Family Network with funding from the Children's Trust Fund. Information or registration: 508-775-6240 ext. 512.

Beginning January 20 for 16 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 eight lectures alternating with eight 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.

January 23, 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.

January 24, 10 a.m.- 1 p.m.: **“The Finances of Divorce”** at *Harwich Community Center*, 100 Oak St. with Attorney Anna Merrill. Learn to be smart when your marriage ends. This workshop will help demystify the financial forms and child support guidelines associated with divorce. Sponsored by the Pathmakers Program of We Can with funding through a grant from Cape and Islands United Way and The Cape Cod Foundation. Information or registration: 508-430-8111.

January 26, 10-11:30 a.m.: **“Grandparents Raising Grandchildren Monthly Support Group”** at the Bourne Council on Aging, Bourne Veteran’s Memorial Community Center, 239 Main St., *Buzzards Bay* with Lois Carr. Information or registration: 508-759-0654.

January 26, 5:30-7 p.m.: **“Single Moms”** at Cape Cod Children’s Place, 10 Forest Ave., *North Eastham* with Kate Macaulay, M.Ed., and Cindy Horgan, family support coordinator at Cape Cod Children’s Place and co-creator of the Parenting Station. This non-therapeutic group encourages the sharing of successes as well as challenges. Free pizza dinner and childcare. 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.

January 28, 6:30-8 p.m.: **“Successful Strategies of Single Parents”** at the *Falmouth Public Library*, 300 Main St. with Lee Burwell, MFT, LMHC, and Paul Melville, family support specialist. Cape Cod is home to lots of single Moms and Dads. Come share how you’re making it work, learn how others are doing it, and discover some resources and tools to support you in your parenting journey. Limited free child care available. Sponsored by the Falmouth Public Schools’ Parent Connection Series. Information or registration: Laney Cooke-Johnson at 508-548-0151 ext. 175 or lcooke\_johnson@falmouth.k12.ma.us.

January 29, 6-8 p.m.: **“Father & Baby Pizza Party”** at Cape Cod Hospital (Lorusso Board Room), 27 Park St., *Hyannis* with Ann Macdonald, RN, BSN, CCE and Paul Melville, family support specialist at the Cape Cod Neighborhood Support Coalition. A great place for dads to show off their babies from newborn to 14 months old, to connect with other Cape dads, and to learn about resources for local families. Pizza dinner provided. Sponsored by Cape Cod Healthcare and the Cape Cod Neighborhood Support Coalition. Information or registration: Ann at 508-862-5123.

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. Free pizza dinner and childcare. 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, 6-8 p.m.: “**Different Children, Different Needs**” 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 childcare provided. Sponsored by the Cape Cod Neighborhood Support Coalition and the Southeast Fathers & Family Network with funding from the Children’s Trust Fund. Information or registration: 508-775-6240 ext. 512.

### **Weekly and Monthly 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.

First Monday, 6-7:30 p.m.: “**Dads’ Talk**” at *Harwich Community Center*, 100 Oak St. with Matt Daniels and Paul Melville. A safe, non-therapeutic group providing a monthly opportunity for dads of kids and teens to talk about the issues of being a father today. Free pizza and childcare. 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.

Third Monday, 7-8 p.m.: “**Asperger Support Group for Parents**” at the Southeast Alternative School, 270 Communications Way (Suite 2G), *Hyannis* with Bambi Rosario of Cape Cod Child Development. Funded by the Southeast Alternative School Cape Cod Campus division of Community Care Services. Information or registration: 508-862-0288.

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.

Every other Tuesday, 10 a.m.-12:30 p.m.: “**New Babies’ Breast Feeding Support Group**” at *Falmouth Hospital* (Faxon basement conference room), 100 Ter Heun Dr. (off Route 28) with Suzan Schar, board certified lactation consultant. Information or specific dates: 508-457-3632.

Third Tuesday, 5-6:30 p.m.: “**Grandparents Raising Grandchildren**” at the Barnstable Senior Center, 825 Falmouth Road (Route 28), *Hyannis* with 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.

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.

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

Wednesdays, 10-11:30 am: **“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.

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.

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.

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.

First Thursday, 7 p.m.: **“Cape Cod Mothers of Multiples”** at the Cape Cod Child Development building, 439 East Falmouth Highway, *Falmouth*. Parent-led support group for parents of twins, triplets etc. Information: Stephany Alves at 508-246-5091 or stephany2@comcast.net.

Second and Fourth Thursdays, 11:30 a.m.-1 p.m.: **“Pregnancy and Newborn loss Group”** at *Falmouth Hospital*, 100 Ter Heun Dr. No registration necessary. Information: 508-457-3632.

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.

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.

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.

## **Ongoing Resources:**

**“Adoption Network Programs”** sponsored by the Cape Cod Adoption Network are held at various locations across the Cape. Playgroups and programs for adoptive parents, foster parents, or adoptive parents-to-be. Information: 508-385-7815 or visit [www.capecodadoptionnetwork.org](http://www.capecodadoptionnetwork.org) for a program listing and to request a resource guide.

**“Breastfeeding Warmline”** sponsored by the Center for Breastfeeding, *East Sandwich*. All calls are free and confidential. Call anytime, day or night; all messages received after-hours will be returned at the start of the next business day: 888-890-2229 or 508-888-7794.

**“Domestic Violence/ Sexual Assault Hotline”**: Independence House staffs this hotline 24 hours a day, every day of the year. You do not have to leave your relationship in order to get help and you are not required to press charges against your abuser. They will not notify the police unless you request it. Independence House can help arrange for emergency safe shelter for you and your family, as well as police intervention and medical care: 800-439-6507.

**“Family Support Information Line”** of the Cape Cod Neighborhood Support Coalition is a confidential information and referral service for Cape and Islands families. 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 (22672).

**“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](mailto:kbickford@barnstablecounty.org).

**“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: Paul Melville at 508-771-4338 or [paul@capecoalition.com](mailto:paul@capecoalition.com).