

Parent Education & Support Opportunities

March 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.

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, 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 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.

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 - 7:30 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. Pizza dinner provided. 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 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 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.

March 2 (first Wednesday), 6 - 8 p.m.: **“Parents of Transitional Age Youth (PTAY) Support Group”** at Stop & Shop (Conference Room), 65 Independence Park Drive, *Hyannis* with Tresa Salters, PTAY Coordinator for the Parent Information Network (PIN). This monthly group is for Cape area parents of transitional age youth (ages 14 - 25). If you are not a PIN parent, please call ahead to register. Funded by the Massachusetts Department of Mental Health. Information or registration: Tresa Salters: ptaypin@bamsi.org or 508-947-8779 ext. 22.

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.

Beginning March 3 for six Thursdays, 5 - 6:30 p.m.: **“My Days Never End: A support group for parents caring for an ill child or spouse/partner”** at Hospice & Palliative Care of Cape Cod, 359 Main St., *Falmouth*, with Aimee Rozum LMHC ATR-BC. Dinner provided. You must pre-register for this free group. Information or registration: Aimee at 508-957-0267.

March 3, 5:30 – 7:30 p.m.: **“Who’s in Charge”** at Bournedale Elementary School, 41 Ernest Valeri Road, *Buzzards Bay*, with Julie Sacchetti, LICSW and parent educator. Part of our Winter Parenting Skills series. Limited 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. 4403.

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. You will have the opportunity to hear other dads' experiences and share your own. Create a own "toolbox" for effective parenting by gaining the skills for handling challenging behaviors, effective communication and positive discipline. Dinner and child care 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.

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.

March 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.

March 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.

Beginning March 5 for four Saturdays, 1 - 2:30 p.m.: **“Loss of an Infant Support Group”** at Hospice & Palliative Care of Cape Cod, 359 Main St., *Falmouth*, with Aimee Rozum LMHC ATR-BC. You must pre-register for this free group. Information or registration: Aimee at 508-957-0267.

March 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 ext. 2 or paul@capecoalition.com.

March 8, 6 - 7:30 p.m.: **“The Journey toward Learning Begins at Birth”** at *Harwich Elementary School*, 265 South St., with Robin Titus, psychologist at Harwich Public Schools. Applying current brain research, this workshop will help parents facilitate learning at an early age, find “teachable moments” in everyday life, and maximize their child’s windows of learning opportunity. Child care available: \$2.50 per child. Funded by the Harwich Early Childhood Council with funds from the Massachusetts Department of Early Education and Care. Information or registration: Francie Joseph at 508-430-1692.

March 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@thearcofgp.com or michael.swanson@state.ma.us.

March 9, 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.

March 9, 6:30 - 8 p.m.: **“When Your Child is Different: Support for Parents/Caregivers of Children on the Spectrum (ASD)”** at the Mullen-Hall School, 130 Katherine Lee Bates Road, *Falmouth*, with Julia Bryant and Dave Dilley. 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.

March 9, 6:30 - 8:30 p.m.: **“Measuring Progress: Goals and Benchmarks”** at CORD (Cape Organization for Rights of the Disabled), 106 Bassett Lane, *Hyannis*, with Educational Consultants of Cape Cod. Learning to formulate goals and benchmarks with the team gives the parents the tools to make sure the child’s program is effective. RSVP required by 3/4. Snow date is March 10. Sponsored by CORD’s Transition to Adulthood (TAP) Program. Information and Registration: Polly Sherman at 508-775-8300.

March 10, 5:30 – 7:30 p.m.: **“Are We Getting Along? Sibling Rivalry and Anger Issues”** at Bournedale Elementary School, 41 Ernest Valeri Road, *Buzzards Bay*, with Julie Sacchetti, LICSW and parent educator. Part of our Winter Parenting Skills series. Limited 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. 4403.

March 10, 6 - 8 p.m.: **“Shut Up about Your Perfect Kid! – The Movement of Imperfection”** at Cape Cod Hospital (Lorusso Conference Center), 27 Park St., *Hyannis*, with Gina Gallagher and Patricia Konjoian, sisters and authors of *Shut Up About Your Perfect Kid, a survival guide for ordinary parents of special children*. This frank and enjoyable presentation will have parents laughing out loud and celebrating the joys, gifts and milestones of special children. You will learn how to use laughter as a coping technique, how to deal with insensitive people, how to break the stigma, and much more. Light refreshments will be served. 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. 10 or pin@bamsi.org.

March 10, 6 - 8 p.m.: **“Father & Baby Pizza Party”** at Cape Cod Hospital (Lorusso Conference Center), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE and Paul Melville, family support specialist. We'll be joined this month by local emergency room doctor and dad, Dr. James Rodrigues. 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.

March 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.

March 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.

March 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.

March 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.

March 14 and 15 (must attend both sessions), 6 - 8:30 p.m.: **“Parents Apart”** at VFW Post 2578 (Flight View Room), 455 Iyannough Road, *Hyannis*, with James Caramello, MA, LICSW and Lisa Margarit, LMHC 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. FEE: \$80. Information or registration: Amy Crissinger at 617-786-3027.

March 14, 6:30 - 8 p.m.: **“Barnstable Special Education Parent Advisory Council (SEPAC)”** at Barnstable High School (Room 1202), 744 West Main St., *Hyannis*. This month’s topic will be “Ask the Advocates” with Educational Consultants of Cape Cod. Information: www.barnstablesepac.org, 774-994-0713, or BarnstableSEPAC@comcast.net.

Beginning March 15 for eight Tuesdays, 6 - 7 p.m.: **“General Parenting Program”** at the Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), 206 Breeds Hill Road, *Hyannis*, with Jennifer Taylor, LMHC. For parents of children through age 13. Topics include: developmental patterns, common behavioral challenges, and successful behavior management techniques. FEE: \$50; free for DCF clients with JRI referral. Free child care available. Funded in part by the Massachusetts Department of Children and Families. Information or registration: Kirsten Abrahamson at 508-775-0275.

Beginning March 15 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.

March 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.

March 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.

March 17, 10 a.m. - noon: **“Parenting Grandparents-Knowing Your Child: Types of Temperament”** at the Bourne Council on Aging, Bourne Veteran’s Memorial Community Center, 239 Main St., *Buzzards Bay*, with Julie Sacchetti, certified parent educator. Information or registration: 508-759-0653.

March 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.

March 18, 7 a.m.- 1 p.m.: **“8th Annual Children, Youth, and Families Summit”** at the Barnstable High School, 744 West Main St., *Hyannis*, with keynote speaker: Jordan LaPier, senior director of 100 Best Communities for Young People of America’s Promise Alliance. This interactive event is open to parents, educators, youth, and other community members interested in promoting diversity and fostering new experiences. Workshop options include: fun and safe places for youth, volunteering, community drum circle, active bystanders, and a discussion about the Oxycontin/heroin crisis with state legislators. Refreshments provided. FEE: \$5 for adults who don’t pre-register. Hosted by the Barnstable County Council for Children, Youth, and Families (BCCCYF) and America’s Promise Alliance. Information or registration: www.bcccyf.org (click “events”), 774-766-6916, or bcccyf@gmail.com.

March 22 (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.

March 22 (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. 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.

March 23, 5:30 – 9 p.m.: **“When Kids Push Your Buttons”** at the Coonamessett Inn, 311 Gifford St., *Falmouth*, with Bonnie Harris, author of *When Kids Push Your Buttons*. A fun and interactive evening for parents, providers, teachers, and administrators. FEE: \$10. Includes: buffet dinner and networking from 5:30 – 6:30 p.m., followed Bonnie’s interactive workshop from 6:30 - 9 p.m. Sponsored by Coalition for Children and Falmouth Public Schools. Information or registration: Tina Toran at 508-548-0151 ext. 172.

March 24, 5:30 – 7:30 p.m.: **“Organized? . . . It’s a Lifetime Skill for Your Child”** at Bournedale Elementary School, 41 Ernest Valeri Road, *Buzzards Bay*, with Julie Sacchetti, LICSW and parent educator. Part of our Winter Parenting Skills series. Limited 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. 4403.

March 26, 8:30 a.m.- 2:30 p.m.: **“Working Together – It Takes a Village”** at the Waldorf School of Cape Cod, 140 Old Oyster Road, *Cotuit*, with keynote speaker: Jack Petrash, author, educator, and founder/director of the Nova Institute. This parent education workshop is designed for all parents, grandparents, teachers, educators, and friends who work with and raise children. Keynote address: “Raising Healthy Children: Where do we start? What do we do? How do we do it?” Workshop options include: Striving for Healthy Family Dynamics – Even When You Don’t Agree!, The Impact of Media on the Brain/Body Development of Children, Learning Differences: Everybody Has a Unique Learning Journey, Natural Wonders and How to Explore Them with Children, and a discussion group for dads with Jack Petrash, author of *Covering Home – Lessons on the Art of Fathering from the Game of Baseball*. Catered morning snack and lunch included. FEE: \$60 (\$50 before 3/1; limited financial assistance available). Hosted by the Waldorf School of Cape Cod. Information or registration: www.waldorfschoolofcapecod.org, 508-420-1005, or administrator@waldorfschool.cc.

March 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 3/24. 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 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.

March 31, 10 a.m. - noon: “**Parenting Grandparents-Birth Order and Parenting: Recognizing the Differences in your Grandchildren**” at the Bourne Council on Aging, Bourne Veteran’s Memorial Community Center, 239 Main St., *Buzzards Bay*, with Julie Sacchetti, certified parent educator. Information or registration: 508-759-0653.

March 31 and April 7, 5:30 – 7:30 p.m.: “**Parenting for Dads**” at Bournedale Elementary School, 41 Ernest Valeri Road, *Buzzards Bay*, with Paul Melville, family support specialist. In this two-part “dads only” workshop, we’ll honor the critical role fathers play, identify parenting strengths, and learn some strategies for more effective communication. Part of our Winter Parenting Skills series. Dinner and limited 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. 4403.

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.

Mondays, 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, 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.

Thursdays, 1 - 2 p.m.: “**Talking Parenting with Julie Sacchetti**” at Jonathon Bourne Public Library, 19 Sandwich Road, *Bourne*. Julie is a social worker and parent educator. 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: 508-743-3800 ext. 4403.

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.

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.

“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.

“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.

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 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.

“Women in Transition”: WE CAN is dedicated to assisting Cape Cod women going through the difficult transitions of divorce, career change or growth, job loss, illness, and retirement. They assist unemployed and underemployed women, single mothers, and others through life-changing transitions. Their programs include free legal clinics, “Divorce Boot Camp”, and mentoring. Information: www.wecancenter.org, info@wecancenter.org, or 508-430-8111.

The Cape Cod Neighborhood Support Coalition (CCNSC) compiles and distributes this monthly list for the benefit of Cape and Islands families. We include workshops, classes, support groups, and other resources that we believe adhere to best practices; however, we suggest that you consider the appropriateness of program content for your family's needs and values. This list is neither exhaustive nor an endorsement of any specific program or provider.

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