

## Parent Education & Support Opportunities March 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.**

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

**To receive this list every month by e-mail, please contact Paul Melville at 508-771-4338 or [paul@capecoalition.com](mailto:paul@capecoalition.com).**

**All classes, groups etc. are free of charge unless otherwise noted.**

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. This group provides a monthly opportunity to get together with local fathers and other male caregivers. All dads are welcome to this non-therapeutic gathering, 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 3, 17, and 31 (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 3, 6:30-8 p.m.: **"Raising Secure and Strong Girls"** at St. Peter's Church-on-the-Canal, 165 Main St., *Buzzards Bay*, with Julie Sacchetti, LICSW and parent educator. Child care available with pre-register. Sponsored by Bourne Community Partnerships for Children. Information or registration: 508-563-2206.

March 3, 6:30-8 p.m.: **"Test Anxiety: Learning Strategies to Help Your Child Cope"** at Highfield Hall, 56 Highfield Dr., *Falmouth*. This workshop for parents of children and youth in Grades 3 - 8 is part of the Falmouth Public Schools' Parent Connection Series, sponsored by Falmouth Volunteers in Public Schools (VIPS). Information or registration: 508-548-1621 or [vips@falmouth.k12.ma.us](mailto:vips@falmouth.k12.ma.us).

March 4, 11, and 18, 6-8 p.m.: **"Parenting Pre-Teens: Positive Behaviors - Theirs and Yours!"** at West Parish Church (Jenkins Hall), 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. Sponsored 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 4 (first Wednesday), 6:30-8 p.m.: **“Parents of Diabetic Children”** at *Sandwich Public Library*, 142 Main St. (Room 2), with Sandy Bovat. Non-therapeutic parent-led support group. Open discussion format. Join us for information sharing and support. No registration necessary. Information: Sandy at 508-477-8542 or Susan Hendy at 508-888-7054.

March 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.

March 5, 6-8 p.m.: **“Parenting as Partners (for Dads)”** 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 group will brainstorm common problems that arise when two parents share responsibilities for raising children. Participants will learn exercises that build co-parenting strengths, such as creating a vision, active listening, dividing household tasks, cooperative problem Solving etc. Pizza dinner and child care provided. Sponsored by the Southeast Fathers and Family Network; funded by the Children’s Trust Fund. Information or registration: 508-775-6240 ext. 512.

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, 6:30-8 p.m.: **“Let’s Motor People, OT and PT Techniques in Everyday Activities”** at *Bourne Middle School*, 77 Waterhouse Road. This workshop for parents and educators is part of a series aimed at enhancing our understanding of early childhood development, using OT (occupational therapy) and PT (physical therapy) techniques. Sponsored by the Bourne Early Childhood Council. Information or registration: 508-563-2206.

March 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 Cape Cod WIC. No registration necessary. Information: Cheryl at 508-540-5275.

March 7, 10 a.m.-3 p.m.: **“An Introduction to Special Needs Planning for Families of Children & Adults with Disabilities”** at Cape Cod Five Cents Savings Bank, 171 Falmouth Road (Route 28), *Hyannis*, with Attorney Theresa Varnet, MSW, JD. This workshop will address the unique needs that families have in planning the financial and legal future of their child or other relative with a disability. \$25 fee (\$20 for ARC members) includes lunch. Sponsored by The Arc of Cape Cod. Information or registration: Rob Sponberg at 508-790-3667 or [arcofcapecod@gmail.com](mailto:arcofcapecod@gmail.com).

March 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, March 4th. Information or registration: Amy at 617-786-3027.

March 8, Noon-2 p.m.: **“Discovering Your Child’s Temperament”** at St. Peter’s Church-on-the-Canal, 165 Main St., *Buzzards Bay*, with Cindy Horgan, family support coordinator at the Cape Cod Children’s Place and co-creator of The Parenting Station. Light lunch and limited child care provided. Information or registration: 508-759-5641.

March 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, Jane Jezard, director of Special Education for Barnstable Public Schools. SEPAC business meeting at 6:30 p.m., followed by Ms. Jezard’s presentation at 7 p.m. You do not have to be a member of Barnstable SEPAC nor a Barnstable resident to attend. Information: Linda at 774-994-0713.

March 10, 5:30-7:00 p.m.: “**Baby Playtime (Birth - 18 months)**” at *Nantucket High School* (Room 104B), 10 Surfside Road, with Mary Casey, MS, parent educator. Learn about the importance of play for babies! We will discuss child development and how it relates to your child’s play. Age-appropriate toys, games, books, and finger plays will be presented and you will be encouraged to actively take part in the presentation-get ready to sit on the floor and learn some new songs! Pizza dinner and child care provided (must RSVP). Information or registration: 508-228-7285 ext. 1166.

March 10, 6:30-8 p.m.: “**Raising Emotionally Competent Boys**” at St. Peter’s Church-on-the-Canal, 165 Main St., *Buzzards Bay*, with Julie Sacchetti, LICSW and parent educator. Child care available with pre-registration. Sponsored by Bourne Community Partnerships for Children. Information or registration: 508-563-2206.

March 10, 6:30-8 p.m.: “**Teen Diabetic Issues**” at *Sandwich Public Library*, 142 Main St. (Room 2) with, Susan Crowell, RN and certified diabetes educator from Boston’s Children’s Hospital. Sponsored by Sandwich’s monthly support group for parents of diabetic children and JDRF. Information or registration: Sandy Bovac at 508-477-8542 or Susan Hendy at 508-888-7054.

March 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.

March 11, 7-9 p.m.: “**Transition to Parenthood**” at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28), with Lee Burwell MFT, LMHC. You can expect significant changes in your couple relationship after having a baby. Practice important skills for continuing to strengthen your friendship and increase relationship satisfaction through the stressful first few months of parenting. \$10 fee per couple (scholarships available). Information or registration: 508-457-3632.

March 12, Noon-2 p.m.: “**Handling Challenging Behaviors**” at *Harwich Community Center*, 100 Oak St., with Cindy Horgan, family support coordinator at the Cape Cod Children’s Place and co-creator of the Parenting Station. This “Brown Bag Lunch Seminar” is open to any parent, caregiver, or professional interested in learning new skills to help deal with challenging behaviors in children. Bring your own lunch (drinks and dessert provided). Pre-registration required. Sponsored by Barnstable 4-H Youth Development. Information or registration: Kerry Bickford at 508-375-6695 or kbickford@barnstablecounty.org.

Beginning March 12 for five Thursdays, 5:30-7:30 p.m.: “**Dads’ Group**” at *Harwich Community Center*, 100 Oak St., with Cindy Horgan, family support coordinator at the Cape Cod Children’s Place and Adam Pettengill, early childhood professional and dad. Studies show that children grow up happier and healthier with nurturing fathers in their lives. At this group you will have the opportunity to hear other dads’ experiences and share your own. Create your own “tool box” for effective parenting by gaining skills for handling challenging behaviors, effective communication, and positive discipline. Funding support 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.

March 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.

March 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.

March 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.

March 12, 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.

March 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 Cape Cod WIC. Information: Cheryl at 508-540-5275.

March 15, Noon-2 p.m.: **“Positive Discipline”** at St. Peter’s Church-on-the-Canal, 165 Main St., *Buzzards Bay*, with Cindy Horgan, family support coordinator at the Cape Cod Children’s Place and co-creator of The Parenting Station. Light lunch and limited child care provided. Information or registration: 508-759-5641.

March 16 (third Monday), 7-8 p.m.: **“Asperger Support Group for Parents of Children with AS”** 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.

March 17, 9:30-11 a.m.: **“Facing the Challenge: Working with Children Who display Challenging Behaviors”** at the *Falmouth Public Library*, 300 Main St., with Cindy Horgan, family support coordinator at the Cape Cod Children’s Place and co-creator of the Parenting Station. This workshop for parents of children in K – Grade 4 is part of the Falmouth Public Schools’ Parent Connection Series, sponsored by Falmouth Volunteers in Public Schools (VIPS). Limited child care available with pre-registration. Information or registration: 508-548-1621 or [vips@falmouth.k12.ma.us](mailto:vips@falmouth.k12.ma.us).

March 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. A monthly get together for grandparents raising grandchildren with different topics discussed each month. A separate “Grandkids Get Together” is run concurrently by Barnstable’s youth services coordinator, Sally-Ann Imes, so that grandchildren Ages 8 and up can meet and interact with peers whose family settings may be similar to their own. 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](mailto:sally-ann.imes@town.barnstable.ma.us).

Beginning March 17 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 Ages 13 and up. 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 17 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 18, 5:30-7 p.m.: **“Toddler Playtime (18 - 36 months)”** at *Nantucket High School* (Room 104B), 10 Surfside Road, with Mary Casey, MS, parent educator. Learn about the importance of play for toddlers! We will discuss child development and how it relates to your child’s play. Age-appropriate toys, games, books, and finger plays will be presented and you will be encouraged to actively take part in the presentation-get ready to sit on the floor and learn some new songs! Pizza dinner and child care provided (must RSVP). Information or registration: 508-228-7285 ext. 1166.

March 18, 7-9 p.m.: **“Successful Stress Management Strategies for New Parents”** at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28), with Lee Burwell MFT, LMHC. Research shows that learning how to manage stress can help prevent the incidence of postpartum depression. Become familiar with the warning signs of stress and practice relationship skills and relaxation skills that will help you decrease stress and anxiety so that your new family can thrive. \$10 fee per couple (scholarships available). Information or registration: 508-457-3632.

March 19, Noon-2 p.m.: **“Handling Challenging Behaviors”** at the Barnstable Senior Center, 825 Falmouth Road (Route 28), *Hyannis*, with Cindy Horgan, family support coordinator at the Cape Cod Children's Place and co-creator of the Parenting Station. This “Brown Bag Lunch Seminar” is open to any parent, caregiver, or professional interested in learning new skills to help deal with challenging behaviors in children. Bring your own lunch (drinks and dessert provided). Pre-registration required. Sponsored by Barnstable 4-H Youth Development. Information or registration: Kerry Bickford at 508-375-6695 or kbickford@barnstablecounty.org.

March 19, 5:15-6:45 p.m.: **“Single Parenting”** at Cape Cod Child Development, 83 Pearl St., *Hyannis*, with Paul Melville, family support specialist and Kathleen Shine-O’Brien, LMHC. 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 Program; funded by the Cape Cod Neighborhood Support Coalition and the Massachusetts Department of Early Education and Care. Information or registration: Paul at 508-775-6240 ext. 514.

March 19, 6:30-8 p.m.: **“Early Reading, What's the Story?”** at *Bourne Middle School*, 77 Waterhouse Road. This workshop for parents and educators is part of a series aimed at enhancing our understanding of early childhood development. Sponsored by the Bourne Early Childhood Council. Information or registration: 508-563-2206.

March 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.

March 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.

March 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. Information or registration: 508-759-0654.

March 24, 5:30-7:00 p.m.: **“Playtime (36 months – 5 years)”** at *Nantucket High School* (Room 104B), 10 Surfside Road, with Mary Casey, MS, parent educator. Learn about the importance of play for preschoolers! We will discuss child development and how it relates to your child's play. Age-appropriate toys, games, books, and finger plays will be presented and you will be encouraged to actively take part in the presentation-get ready to sit on the floor and learn some new songs! Pizza dinner and child care provided (must RSVP). Information or registration: 508-228-7285 ext. 1166.

March 24, 6-7:30 p.m.: **“Effective Discipline, Sibling Rivalry, Temper Tantrums, Eating and Sleeping and Potty Training Issues”** at *Harwich Community Center*, 100 Oak St., with Robin Titus, Harwich Public Schools Psychologist. 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: Francie Joseph at 508-430-1692.

March 25 (last Wednesday), 6:30-8 p.m.: **“S.T.E.P. Up 4 Kids”** at Stop & Shop (Conference Room), 65 Independence Park Dr., *Hyannis*. A monthly support group for parents of children with behavioral or emotional disorders (including bipolar disorder, ADHD, anxiety, depression and others) for parents and caregivers only. Information or registration: Maria Lamb at 508-432-5880 or bobatly@yahoo.com.

March 26, 9:30-11 a.m.: **“Choosing Your Battles: Setting Limits, Avoiding Conflicts, & Reaching Agreements with Your Teens”** at the *Falmouth Public Library*, 300 Main St. This workshop for parents of youth in Grades 5 - 12 is part of the Falmouth Public Schools' Parent Connection Series, sponsored by Falmouth Volunteers in Public Schools (VIPS). Information or registration: 508-548-1621 or vips@falmouth.k12.ma.us.

March 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.

March 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 30 (last Monday), 5:30-7 p.m.: **“Single Moms”** at Cape Cod Children's Place, 10 Forest Ave., *Eastham*, with Kate Macaulay. 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 provided. 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.

### **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 or 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, 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.

Wednesdays, 11 a.m.-Noon: **“Just Babies”** (a group for parents and their 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. 512.

Thursdays, 9-10:15 a.m.: **“Thursday Morning Parents’ Group”** on *Nantucket* at the Early Childhood Center (NHS Rm. 106), 10 Surfside Road, with Pauline Cronin. 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”** offers 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 provides free, confidential information about resources and referrals to services for families with dependent children across the Cape & Islands: 888-99-CCNSC (888-992-2672). We talk to families (and those who work with families) about “where to go for what.” There are no income guidelines and there is no intake process in order to receive information from us. Learn more about the Coalition at [www.capecoalition.com](http://www.capecoalition.com).

**“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.

**“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. This hotline is the only comprehensive information and referral service for the hungry in Massachusetts. The 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.

**“Lactation Connection”**: Breastfeeding 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).

**“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.

**Ongoing Resources continued:**

**“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 our 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.

**“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 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 program or provider.**

**To receive list every month by e-mail, please contact Paul Melville at 508-771-4338 or paul@capecoalition.com.**