

Parent Education & Support Opportunities

November 2010

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.

November 1 (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.

November 1, 15, and 29, 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.

Beginning November 2 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 November 2 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.

November 3 (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.

November 3 (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.

November 4, 10 - noon: **“Start a Happiness Habit: How to Love Life Everyday While Managing Stress for Grandparents Raising Grandchildren”** at the Bourne Senior Center, 239 Main St., *Buzzards Bay*, with Julie Sacchetti. Sponsored by the Bourne Council on Aging with funding from a Title III grant from Elder Services of Cape Cod & the Islands. For more information or to register, please call 508-759-0654.

November 4, 1 - 3 p.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 Marybeth Holland 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 kara@wecancenter.org.

November 4, 5:30 – 7:30 p.m.: **“Toilet Training 101: Everything you wanted to know about potty training and more!”** at Cape Cod Children's Place, 10 Ballwic Road (off Nauset Road), *Eastham* with Cindy Horgan, Family Support Coordinator for Cape Cod Children's Place. Come join us for a workshop that covers signs of readiness, individual child temperaments, and how to support your child through the potty training process. Free dinner and child care provided. Limited transportation available. Funding support provided by grants from the League Club of Cape Cod and the Massachusetts Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

November 4 and 11 (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.

November 4, 6:30 - 8 p.m.: **“Understanding Communication Therapy in the Public School Setting”** at the Morse Pond School (Library), 323 Jones Road, *Falmouth*, with Maggie Sullivan, SLP, and Jane Mason, SLP. Sponsored by Falmouth’s Special Education Parent Advisory Council (SEPAC). Information: Katie Solimine at ksolimine@falmouth.k12.ma.us.

November 5 and 19 (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. Information: Cheryl at 508-540-5275.

November 8, 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.

November 8 (second Monday), 7 - 8:30 p.m.: **“Cape Cod Mothers of Multiples (C2M2)”** at the Rehabilitation Hospital of the Cape and Islands (RHCI), 311 Service Road, *East Sandwich*. A support group for parents of twins, triplets etc. Information: Stephany Alves at 508-246-5091 or stephany2@comcast.net.

November 9 and 23 (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.

November 9 and 23 (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.

November 10, 6 – 8:30 p.m.: “**Successful Toilet Training Strategies**” at the Mullen-Hall School (Library), 130 Katherine Lee Bates Road, *Falmouth*, with Cindy Horgan, co-creator of the Parenting Station. You can get through it without going crazy! Part of Falmouth Public Schools monthly Parent Connection Series. Limited child care available. Registration required. Information and registration: lcooke_johnson@falmouth.k12.ma.us or 508-548-0151 ext. 175.

November 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@thearcofcp.com or michael.swanson@state.ma.us.

November 11 (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.

November 11 (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.

November 12, 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 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 kara@wecancenter.org.

November 12 and 26 (every other Friday), 10 a.m. - noon: “**Breastfeeding Support Group**” at the Gus Cauty Community Center (NEW LOCATION), 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.

November 15 and 16 (must attend both sessions), 6 - 8:30 p.m.: **“Parents Apart”** at VFW Post 2578 (Flight View Room), 455 Lyannough 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.

November 15, 6:30 - 8 p.m.: **“Don’t Pop Your Cork”** at *Mashpee High School*, 500 Old Barnstable Road with Jeanine Fitzgerald, author and certified human behavior consultant with the Better Behavior Bureau. Raising children is difficult and demanding work under the best of circumstances. Your success as a parent/caregiver is determined, in part, by your ability to renew your own energies and meet your needs first. This workshop will explore ways to do that. It is about creating wellness in life which is much more than stress reduction and management. Limited free child care with registration. Presented by the Mashpee Family and Community Partnership. Information or Registration: Julie Hall at 508-539-1520 ext. 107 or jhall@mashpee.k12.ma.us.

November 16, 6:30 – 8 p.m.: **“Does Your Child Struggle in School?”** at the Bourne Memorial Community Center, 239 Main St., *Buzzards Bay* with Julie C. Sacchetti and Tracy Bowman of the Irlen Connection. Does your child struggle with reading and learning? Are they falling behind in school? Do they beg not to go? The Irlen Method may be the solution. Years of research have shown that some children (and adults) suffer with perceptual stress and distortions that can cause reading, attention, and learning problems. Come see if this simple solution is right for you or your child. Drastic improvements in reading fluency, comprehension, and comfort are all possible. Attendees will receive a free pre-screening test with information to review at home. Information or registration: 508-776-3536.

November 16 (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.

November 17, 6:30 - 8:30 p.m.: **“Special Education Laws and Regulations”** at CORD (Cape Organization for Rights of the Disabled), 106 Bassett Lane, *Hyannis*, with Educational Consultants of Cape Cod. Learn the laws governing special education including Section 504 of the Rehabilitation Act of 1973, IDEA, Mass regulations, the ADA, and how to use them effectively. RSVP required by 11/12. Sponsored by CORD’s Transition to Adulthood (TAP) Program. Information and Registration: Polly Sherman at 508-775-8300.

November 18, 1:30 - 3:30 p.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 Donna Robertson 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 kara@wecancenter.org.

November 18, 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. We’ll be joined this month by a group of dental hygiene experts who can answer your questions about caring for babies teeth (even if s/he doesn’t have any yet!). Come show off your baby (newborn to 18 months), connect with other Cape dads, and learn about resources for local families. This month, we’ll be joined by our guest speaker this month is a financial planner who will share information about college savings plans. Free pizza dinner. Sponsored by Cape Cod Healthcare and the Cape Cod Neighborhood Support Coalition. Information or registration: Ann at 508-862-5123.

November 18 (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.

November 19, 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 Anne Batchelder 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 kara@wecancenter.org.

November 20, 10 a.m. - noon: **“Transition to Parenthood”** at *Falmouth Hospital* (Maternity Conference Center), 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. FEE: \$5 per couple. Information or registration: lee.burwell@comcast.net or 508-548-6468.

November 20, 1 - 3 p.m.: **“Bringing Baby Home”** at *Falmouth Hospital* (Maternity Conference Center), 100 Ter Heun Dr. (off Route 28), with Lee Burwell, MFT, LMHC. Have fun learning how to play with and communicate with your baby and discover strategies for calming your baby when s/he cries. Hear why playing with fathers is so important to the healthy development of babies and to the strength of the family. FEE: \$5 per couple. Information or registration: lee.burwell@comcast.net or 508-548-6468.

November 20 (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.

November 22, 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.

November 23 (fourth Tuesday), 6 - 7:30 p.m.: **“Dads’ Talk ~ Upper Cape”** at *Mashpee Village* (Community Room), 1 Wampanoag Drive, with Paul Melville 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. Light 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.

November 29, 6 - 7:30 p.m.: **“A Mother’s Gathering”** at Cape Cod Children’s Place, 10 Ballwic Road (off Nauset Road), *Eastham*. This new monthly, 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 10/24. 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.

December 1, 6 – 8:30 p.m.: **“Sweet Dreams Pillow Workshop”** at the Gus Cauty Community Center, 790 Main St., *Falmouth*, with Jeanine Fitzgerald, author and certified human behavior consultant with the Better Behavior Bureau. Learn to identify different temperament types and then make a pillow case for your child. Limited child care available. Must pre-register. Part of Falmouth Public Schools monthly Parent Connection Series. Information and registration: lcooke_johnson@falmouth.k12.ma.us or 508-548-0151 ext. 175.

December 2, 5:30 – 7:30 p.m.: **“Love Me, Feed Me, Help Me Grow: Setting the Stage for Happy Healthy Mealtimes”** at Cape Cod Children’s Place, 10 Ballwic Road (off Nauset Road), *Eastham* with Kim Concra, nutrition educator with Cape Cod Cooperative Extension. Set the table for success with fun themes, ideas, conversation starters and ways to involve your family with healthy food. Includes a cooking demonstration and tasting. Dinner and childcare provided. Must pre-register. Funding support provided by grants from the League Club of Cape Cod and the Massachusetts Children’s Trust Fund, administered by Cape Cod Children’s Place. Information and 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.

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, 6 - 7 p.m.: “**Anger Management Classes**” at the Gosnold-Thorne Outpatient Counseling Center, 1185 Falmouth Road, *Centerville*, with Rick Martin, drug court treatment coordinator at Gosnold. Fulfills court requirements for anger management classes. FEE: \$20 per class, pay as you go. For information or registration: Rick Martin at 774-313-0503 or rmartin@gosnold.org.

Fridays, 8:30 - 9:30 a.m.: “**Good Coffee, Great Parenting**” at the Early Childhood Center (NHS Rm. 104), 10 Surfside Road, Nantucket. A non-therapeutic support group for parents with children ages birth through age eight. An opportunity to meet other parents and discuss a variety of parenting topics in a casual group setting. Child care provided by the Early Childhood Center. Information: 508-228-7285 ext. 1576.

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.

Select Ongoing Resources continued:

“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.

“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.

Select Ongoing Resources continued:

“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.

“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**