

Parent Education & Support Opportunities November 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/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 receive this list every month by e-mail, please contact
Paul Melville at 508-771-4338 or paul@capecoalition.com.**

All meetings, workshops, etc. are free of charge unless otherwise noted.

October 30, 6 - 8 p.m.: **"The Journey Toward Literacy Begins at Birth!"** at Cape Cod Children's Place, 10 Ballwic Road (formerly Forest Ave.), *Eastham*, with Jean Ciborowski Fahey PhD. This is the first event in the new B.Y.O.B. (Bring Your Own Baby) series for new parents and parents-to-be. Free dinner will be provided, so bring your baby and join us for a relaxing and informative evening. Funding support provided by a grant from the League Club of Cape Cod, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

October 31, 7:30 a.m. - 12:30 p.m.: **"Eleventh Annual Upper Cape Early Childhood Conference"** at *Bourne High School*, 75 Waterhouse Road. This popular conference for parents, providers, and educators will include a keynote presentation by Fran Friedman, award-winning educator and performer of children's music, followed by a choice of two 1½ hour workshops. Free continental breakfast, numerous vendor tables, and door prizes. FEE: \$30 in advance, \$35 at the door. Information or registration: Tina Toran at 508-548-0151 Ext. 172.

Beginning November 2, for eight Mondays, (call for time): **"Kids Grief Support Group"** for 1st through 3rd Graders at Hospice & Palliative Care of Cape Cod, 359 Main St., *Falmouth*, with Aimee Rozum LMHC ATR-BC. There is a FEE associated with this group, but most insurance is accepted, sliding scale available, and no one will be turned away due to inability to pay. Information or registration: Aimee at 508-957-0267.

November 2 (first Monday), 6 - 7:30 p.m.: **"Dads' Talk"** at the *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.

Beginning November 3 for six Tuesdays (skips 11/24), 5:45 - 7:45 p.m.: **“Active Parenting Now (for Single Parents of Children Ages 5 - 12)”** at Cape Cod Child Development’s School Age Center, 439 E. Falmouth Highway, *East Falmouth* with Lee Burwell, MFT, CGE, single mom, and Paul Melville, family support specialist and single dad. Through this program you will learn skills that will help you develop cooperation, responsibility, and self-esteem in your children. You’ll also learn positive discipline techniques so you can avoid those all-too-familiar power struggles. Free dinner (5:45-6:15 p.m.) and limited free child care with early registration. Sponsored by the Falmouth Public School’s Pupil Personnel / Early Childhood Department. Information or registration: Laney Cooke-Johnson at lcooke_johnson@falmouth.k12.ma.us or 508-548-0151 ext. 175.

November 4, 6 - 8 p.m.: **“Single Parents Appreciation Night”** at Cape Cod Regional Technical High School (Commons), 351 Pleasant Lake Ave., *Harwich*. Kaylee Thompson is a senior at Cape Cod Tech who was raised by a single mom. For her senior project, she’s hosting a free evening event to honor single parents. She’ll be sharing her story, welcoming some other guest speakers, providing appetizers, and organizing some activities for your children. She’d love it if you came out and met some other single parents, shared a few tips of your own, and felt some appreciation for the hard work you do every day. Please RSVP. Information or registration: Kaylee: 508.432.4500 ext. 292 or kkrrthompson@aol.com.

November 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.

November 4, 6:30 - 8 p.m.: **“Parenting Panel. What do the Experts Say?”** at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28), with local parents and parenting professionals. No child care. Presented by the Falmouth Public Schools’ Parent Connection Series, the Upper Cape Family Network, and Young Children First! Information or registration: 508-548-0151 ext. 128, 172, or 175.

November 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. FEE: \$80. Information or registration: 508-775-0275.

November 6 and 20 (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. No registration necessary. Information: Cheryl at 508-540-5275.

November 7, 10 a.m. - 3 p.m.: **“A Practical Path from Chaos to Calm”** at the Grange Hall, 91 Old County Road, *East Sandwich*. An innovative parent workshop on ADHD. Join local experts Tracey Bromley Goodwin, M.Ed and Holly Oberacker, ATR, LMHC as they bring you current information, proven strategies and effective tools for raising a child with ADHD. Presented by Navigating ADHD, Inc. FEE: \$75. Information or registration: www.navigatingadhd.com or 508-566-0093.

November 7, 1 – 3:30 p.m.: **“Holiday Support Workshop for Grieving Kids”** at Hospice & Palliative Care of Cape Cod, 765 Attucks Lane, *Hyannis*, with Aimee Rozum LMHC ATR-BC. Information or registration: Aimee at 508-957-0267.

November 9, 6:30 – 7:30 p.m.: **“Ask the Advocates”** at Barnstable High School (Chorus Room), 744 West Main St., *Hyannis*. Three local educational advocates (Christine Riley, Joanne Robichaud, and Mary Fishman) will form a panel to address your questions on any topic related to learning disabilities, transitions from high school, and everything in between. Sponsored by Barnstable Special Education Parent Advisory Council; open to all. Information: Linda: 774-994-0713 or Michelle: 508-246-0467.

November 9 (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 10 (second Tuesday), 10 – 11:30 a.m.: **“S.T.E.P. Up 4 Kids”** at Complete Home Concepts (Conference Room), 1520 Iyannough Road (Route 132), *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.

November 10 and 24 (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 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. FEE: \$10 per couple (scholarships available). Information or registration: 508-457-3632.

November 12 (second Thursday), 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 (F.U.N.) Program with funding from the Cape Cod Neighborhood Support Coalition. Information or registration: Mary at 508-775-6240 ext. 512.

November 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.

November 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. FEE: \$5 per couple. Information or registration: 508-457-3632.

November 13 and 27 (every other Friday), 9:30 - 11:30 a.m.: **“Nursing Mothers Support Group”** at the *Falmouth Fire Station* (2nd floor), 399 Main St. Non-WIC mothers, fathers, and pregnant women also welcome. Sponsored by Cape Cod WIC. No registration necessary. Information: Kathy at 508-548-0814.

November 16 and 17 (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, 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. FEE: \$80. Information or registration: Amy Crissinger at 617-786-3027.

November 16 (third Monday), 6:30 – 7:30 p.m.: **“Parents of Socially Challenged Youth Meeting”** 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, a division of Community Care Services. Information or registration: 508-862-0288.

November 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. FEE: \$10 per couple (scholarships available). Information or registration: 508-457-3632.

November 19, 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. Please join us for this informative and supportive evening. Snacks provided. Sponsored by Outer Cape WIC. Information: 508-240-0853.

November 19, 6 - 8 p.m.: “**Father & Baby Turkey 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!). This is a fun place for dads to show off their babies (and older siblings), to connect with other Cape dads, and to learn about resources for local families. Free turkey sandwiches. Sponsored by Cape Cod Healthcare and the Cape Cod Neighborhood Support Coalition. Information or registration: Ann at 508-862-5123.

November 19, 6:30 – 8:30 p.m.: “**Mashpee Special Education Parent Advisory Council (SEPAAC)**” at Quashnet School (Library), 150 Old Barnstable Road, *Mashpee*. This group is open to all Mashpee parents and guardians. Information: www.mashpeesepac.org or Peter at flargh@mac.com.

November 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. FEE: \$5 per couple. Information or registration: 508-457-3632.

November 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.

November 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.

November 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.

November 30, 5:30 - 7 p.m.: “**Single Moms**” at Cape Cod Children’s Place, 10 Ballwic Road (formerly Forest Ave.), *Eastham*, with Bindy Johnston and Monica Keefe-Hess. 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.

Every other Monday, 7 - 8:30 p.m.: **"Parents of Prisoners (PoP)"** at Cape Cod Church, 805 E. Falmouth Highway (Route 28), *East Falmouth*. A parent led support group for parents of young men and women who are in jail. Come find emotional and spiritual support on this difficult journey. First time participants, please come at 6:30 p.m. Information or registration: Sophia at 508-944-2694 or parentsofprisoners@yahoo.com.

Tuesdays, 10 a.m. - noon: **"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.

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.

Wednesdays, 5:30 - 7:30 p.m.: **"Divorce Support Group for Women"** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*, with Peggy Wilbur, LICSW. In the time of divorce, a woman may feel like her world has fallen apart. It is common to feel alone, scared and overwhelmed. This group connects women to provide a sense of support, competence and empowerment. Information or registration: WE CAN at 508-430-8111.

Thursdays, 9 - 10:15 a.m.: **"Thursday Morning Parents' Group"** on *Nantucket* at the Early Childhood Center (NHS Rm. 106), 10 Surfside Road. 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, 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.

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: 888-890-2229 or 508-888-7794.

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

“Family Support Information Line” of the Cape Cod Neighborhood Support Coalition 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.

“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.

“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.

“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.

“Navigating ADHD” with Tracey Bromley Goodwin, M.Ed. and Holly Oberacker, ATR, LMHC: This education/support group for parents whose children have been diagnosed with ADD/ADHD involves a 10-week series of small group meetings (6 - 10 parents/guardians). Learn the facts on what ADHD is and isn’t, strategies for managing difficult behaviors, communication and conflict resolution techniques, tips for organizing your child’s environment, and effective methods for building positive relationships with your child’s school. Take home strategies, behavior interventions, and organizational charts. Meetings will be held in Centerville and will be offered during the day once a week, and during the evening more than once a week. FEE: \$30 per session if you enroll for all 10 weeks, or \$35 per session, pay as you go. For information or registration: 508-566-0093 or www.navigatingadhd.com.

Select Ongoing Resources continued:

“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.

“Oral Health Programs and Services”: Dental decay is the most common chronic childhood disease; fortunately it’s almost entirely preventable. Do you or your family need help accessing dental care? The Tri-County Collaborative for Oral Health Excellence (Tri-CCOHE) links children and adults with affordable dental care. Information: Cheila Smith at 508-771-1375.

“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.

“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.

“Postpartum Depression Support Group”: Hospice & Palliative Care of Cape Cod sponsors groups for new mothers in Hyannis and Falmouth. Groups forming now! Information or registration: Aimee Rozum, LMHC-ATR-BC at 508-957-0267 or arozum@hospicecapecod.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.

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