

# Parent Education & Support Opportunities

## October 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](http://www.capecoalition.com).

**To receive this list every month by e-mail, please contact Paul Melville, family support specialist: [paul@capecoalition.com](mailto:paul@capecoalition.com).**

**All meetings, workshops etc. are free to participants unless otherwise noted.**

September 29, 6:30 - 8 p.m.: **"Having fun...Getting Ready to Read!"** at the *Falmouth Public Library* (Children's Room), 300 Main St. Learning to read and write begins very early in a child's development; well before they enter kindergarten. But those literacy skills do not happen naturally without adult guidance. This parent workshop will talk about early literacy and how you can support your child. There will be a demonstration of the *Get Ready to Read!* tool that you can actually do online with your child at home. Pre-literacy activities and related children's books will also be highlighted. Sponsored by The Coalition for Children. Information or registration: Carolyn Minervino at 508-548-0151 ext. 128.

September 30, 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. Come show off your baby (newborn to 18 months), connect with other Cape dads, and learn about resources for local families. 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.

September 30, 6:30 - 8:30 p.m.: **"Kinship Care"** at the Coonamessett Inn, 311 Gifford Street, *Falmouth*, with Kerry Bickford, vice-chair of the Governor's Commission on the Status of Grandparents Raising Grandchildren and custodial grandparent. Join us in a discussion about the support you may need and the resources available to you. Panelists include representatives from Massachusetts Department of Children and Families, Gosnold on Cape Cod, and Family Continuity. Refreshments will be served. Registration required. Sponsored by Cape Cod Neighborhood Support Coalition and the Falmouth Substance Abuse Commission. Information or registration: Beverly Costa-Ciavola at 508-771-4336 or [beverly@capecoalition.com](mailto:beverly@capecoalition.com).

October 1, 15, and 29 (every other Friday), 9:30 - 11:30 a.m.: **“Nursing Mothers Support Group”** at the *Falmouth Fire Station* (2<sup>nd</sup> 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.

October 4 (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.

October 4 and 18, 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.

October 5, 12, 19, and 26, 5:30 - 7:30 p.m.: **“Positive Discipline and Effective Communication”** at *Wellfleet Elementary School*, 100 Lawrence Road, with Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. Topics covered in this four-week series 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. Free pizza dinner and child care. 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.

October 6, 6 - 7:30 p.m.: **“Informal Early Intervention Info Session and Snack Pot Luck”** at Cape Cod Child Development’s School Age Building, 439 East Falmouth Highway, *East Falmouth*. Do you have concerns about the development of your child or children in your care who are under thirty-six months? Are you wondering what help is available? Join us for a short presentation, pot luck snacks, and a Q & A session. Sponsored by the Coalition for Children and Cape Cod Child Development’s Early Intervention Program. Information or registration: 508-548-0151 ext. 172.

October 6 (first Wednesday), 6 - 8 p.m.: **“Parents of Transitional Age Youth (PTAY) Support Group”** in *Hyannis* with Tresa Salters, PTAY Coordinator for the Parent Information Network (PIN) and guest speaker: Dr. David Mishkin, Coordinator of the O’Neill Center for Students with Disabilities at Cape Cod Community College. This monthly group is for Cape area parents of transitional age youth (ages 14 - 25). Registration required. Funded by the Massachusetts Department of Mental Health. Information or registration: Tresa Salters: ptaypin@bamsi.org or 508-947-8779 ext. 22.

October 6 (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.

October 7 and 14 (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.

October 8 and 22 (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.

October 11 (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](mailto:stephany2@comcast.net).

October 12 and 26 (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.

October 12 and 26 (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.

October 13, 6:30 - 8 p.m.: **“Bite or Fight: Don’t Make Food a Battle”** at the Mullen-Hall School (Library), 130 Katherine Lee Bates Road, *Falmouth*, with Kim Condra, nutritionist from Cape Cod County Extension Service. Learn how to serve your family nutritious food without the struggles. Part of Falmouth Public Schools monthly Parent Connection Series. Limited child care available. Registration required. Information and registration: 508-548-0151 ext. 175 or [lcooke\\_johnson@falmouth.k12.ma.us](mailto:lcooke_johnson@falmouth.k12.ma.us).

October 14, 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](mailto:kara@wecancenter.org).

October 14, 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 at 508-775-6240 ext. 512.

October 14 (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.

October 14 (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.

October 16, 10 a.m. - noon: “**Successful Stress Management Strategies for New Parents**” at *Falmouth Hospital* (Maternity Conference Center), 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 post-partum 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: \$5 per couple. Information or registration: [lee.burwell@comcast.net](mailto:lee.burwell@comcast.net) or 508-548-6468.

October 16, 1 - 3 p.m.: **“Successful Problem-Solving Strategies for New Parents”** at *Falmouth Hospital* (Maternity Conference Center), 100 Ter Heun Dr. (off Route 28), with Lee Burwell, MFT, LMHC. It is not how often couples disagree that will determine the success of their relationship. It is whether couples know how to resolve the issues that can be resolved and accept differences that will remain throughout the relationship. Learn how to repair problems that arise and practice important skills for keeping your relationship secure. FEE: \$5 per couple. Information or registration: lee.burwell@comcast.net or 508-548-6468.

October 16 (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.

October 18, 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.

October 18 and 19 (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.

October 18, 6:30 - 8 p.m.: **“Financial Planning for Special Needs Trust Funds”** at Quashnet School (Library), 150 Old Barnstable Road, *Mashpee*, with Judy Sacco, financial advisor. Information: [www.mashpeesepac.org](http://www.mashpeesepac.org) or 508-539-3600 ext. 1504.

October 18, 6:30 - 8 p.m.: **“Barnstable Special Education Parent Advisory Council (SEPAC)”** at Barnstable High School (Room 1202), 744 West Main St., *Hyannis*. Information: 774-994-0713, 508-246-0467, or [BarnstableSEPAC@comcast.net](mailto:BarnstableSEPAC@comcast.net).

October 19 (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.

October 20, 10 - 11:30 a.m.: **“Happiest Baby on the Block”** at the Outer Cape WIC office, 79 Finlay Road, *Orleans*. Open to WIC participants who are pregnant or have a baby under three months, and their support person(s). Sponsored by Outer Cape WIC. Information or registration: 508-240-0853.

October 20, 6:30 - 8:30 p.m.: **“Understanding and Using Special Education Evaluations”** at CORD (Cape Organization for Rights of the Disabled), 106 Bassett Lane, Hyannis, with Educational Consultants of Cape Cod. This workshop will identify types and contents of evaluations and how to match the right evaluation to the concern, where to find an evaluator and what information parents will need to provide, understanding the report and how to use the recommendations at an IEP meeting. RSVP required by 10/15. Sponsored by CORD’s Transition to Adulthood (TAP) Program. Information and Registration: Polly Sherman at 508-775-8300.

October 21, 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.

October 21 (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.

October 25, 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.

October 25, 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 10/21. 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.

October 26 (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). Sponsored by the Cape Cod Neighborhood Support Coalition, Falmouth Human Services, Falmouth Public School’s Coalition for Children, and TCB Inc. /Mashpee Village. Information or registration: Donna French at 508-477-3429.

October 27, 6 - 8 p.m.: “**Workshop for Parents of Children with Mental Health Challenges**” in *Hyannis* with Barbara Capaldo. Presented by the Parent Information Network, BAMSI, and the Massachusetts Department of Mental Health. Information or registration: Jean at 508-947-8779 ext. 10.

October 28, 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 Carrie Woods 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.

October 29, 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. Bring costumes for you and your baby as we’ll parade through the maternity ward immediately following the group. Information or registration: Ann at 508-862-5123.

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.

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.

### **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. - 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, 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.

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

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](mailto:rmartin@gosnold.org).

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](http://www.capecodadoptionnetwork.org) for a program listing and to request a resource guide.

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

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

“**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.

### **Select Ongoing Resources continued:**

**“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](http://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](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: 508-947-8779 ext. 10.

**“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](mailto:aprilsparkles@yahoo.com).

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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 receive this list every month, please e-mail: [paul@capecoalition.com](mailto:paul@capecoalition.com).