



Cape Cod Neighborhood Support Coalition

Cape Cod Dads' Update

Hey Dads,

A big thumbs up to all of you who braved Snowpocalypse 2011 and made it to one or more parenting events this past month. We've certainly had some interesting discussions. I was particularly impressed with the turnout of new dads at my Father & Baby Pizza Party at Cape Cod Hospital on January 27th. Ann Macdonald and I welcomed Dr. David Elmer (OB/GYN) who spoke to us about sexuality after the baby and assured us that there is in fact light at the end of the tunnel. Thank you, Dr. Elmer!

March and April are going to be busy months for fatherhood, so be sure to read all the way to the end of this e-mail and stay tuned for the next edition as well.

Here's what's going on for Dads this month:

Dads' Talk

If you're available to hang out with some other Dads, eat some free pizza, and talk about being a father, then I'd love to have you join me (in fact, you can just come, eat, and listen if you like).

"Dads' Talk" takes place in three different communities, because I know Dads like you appreciate options:

This Monday night (February 7th) from 6 – 7:30, I'll be at the Harwich Community Center for the **Lower/Outer Cape** edition of Dads' Talk. There's FREE onsite child care if you need it and I'll be

Parent Ed & Support

My [monthly list](#) of Parent Education & Support Opportunities which is chock full of good stuff for all kinds of parents is available by [clicking here](#). Please take a look and share it with a friend.

12th Annual New England Fathering Conference

This two-and-a-half day event is fantastic! This year, it'll take place on March 23rd, 24th, and 25th in Newport, Rhode Island. [Click here for a brochure with all the details](#) and don't hesitate to ask me if you want more of my perspective

Other Parenting E-mails

In addition to this monthly Dad' Update, I also send occasional e-mail blasts to other groups (ie: Parenting Grandparents, Single Parents, etc.).

If you'd like to be on any of my other lists (or get off one that you're already on), please [click here](#) and adjust your preferences accordingly.

If you've got a friend, family member, or colleague that isn't on my list, please send them to:

www.capecoalition.com/calendar.html,

where they can easily sign themselves up.

Thank you!

bringing enough pizza for everyone. PLEASE LET ME KNOW THAT YOU'RE COMING by responding to this e-mail or leaving me a message at 508-771-4336 [this is a new number]. Thank you.

A week later, (Monday, February 14th; yes, Valentine's Day), I'll be at **Hedge Elementary School in Plymouth** from 6 – 7:30 p.m. Just like in Harwich, the conversation, pizza and child care are all FREE. Please call the Plymouth Family Network (PFN) at 508-830-4444 to let them know you'll be joining us.

For those of you who find the **Upper Cape** more convenient, I'm at Mashpee Village's Community Room on a Tuesday evening each month with Mark Abbott of Falmouth Human Services. Join us there on February 15th from 6 – 7:30 p.m. (a week earlier than usual because of school vacation week). This one also includes free pizza (and sometimes other yummy hot food); what's not to love? Please call Donna French at Mashpee Village: 508-477-3429 and tell her that you're coming (it's never too soon to reserve your space).

Save these Dates (or just sign up now):

I'll be leading a three-night workshop for fathers on March 1st, 8th, and 15th. It's called **"Parenting Toolbox for Dads"** and it's going to take place at the brand new Mashpee Public Library. You can [click here for a flier](#) with all the details or just trust me when I say: free, engaging, and pizza. If you can join me, please call Julie Hall at 508-539-1520 ext. 107 and let her know. Thanks!

If the Lower-Cape's more your thing, I strongly encourage you to join my favorite fatherhood duo: Cindy Horgan and Adam Pettengill will be leading a free five-night workshop on March 3rd, 10th, 17th, 24th, and 31st. They call it **"Dads' Group: a five-week parenting series for dads**

Don't Know What to Do?

Parenting can be overwhelming under the best of circumstances. Throw a little real life into the mix and we're suddenly buried. No struggle is too big or too small to talk about. If you need help finding a resource, parenting your child, or just thinking of fun stuff to do, join me at one of these groups or shoot me an [e-mail](#) and I'll help you think it through.

Paul's Calendar for Dads:

"Dads' Talk~Lower Cape"

Mon. Feb. 7, 6 - 7:30 p.m.
Harwich Community Center
Please call: 508-771-4336

"Single Parenting~Hyannis"

MOMS ALSO WELCOME!
Thu. Feb. 10, 5:15 - 6:45 p.m.
Cape Cod Child Development
Please call: 508-775-6240 x512

"Dads' Talk~Plymouth"

Mon. Feb. 14, 6 - 7:30 p.m.
Hedge Elementary School
Please call: 508-830-4444

"Dads' Talk~Upper Cape"

Tue. Feb. 15, 6 - 7:30 p.m.
Mashpee Village
Please call: 508-477-3429

"Parenting Toolbox for Dads"

March 1, 8, & 15, 6 - 7:30 p.m.
Mashpee Public Library
Please call: 508-539-1520 x107

"Dads' Group: a five-week parenting series for dads and father figures"

Mar. 3, 10, 17, 24, & 31, 5:30-7:30p.m.
Harwich Elementary School
Please call: 508-240-3310

"Dads' Talk~Lower Cape"

Mon. Mar. 7, 6 - 7:30 p.m.
Harwich Community Center
Please call: 508-771-4336

and father figures" and it'll take place at the Harwich Elementary School. Call the Cape Cod Children's Place at 508-240-3310 to sign up or to get more info.

For those of you with new babies (up to 18-months or so): Nurse educator, Ann Macdonald and I will be hosting another free **"Father & Baby Pizza Party"** at Cape Cod Hospital on a Thursday evening in mid-march (either the 10th or the 17th). This time we're going to have an ER doc who is also a new dad as our guest (start thinking of good questions now!). I'll have more details next time, but feel free to call Ann at 508-862-5123 if you just can't wait.

I'll be leading a two-night workshop for fathers on March 31st and April 7th. My working title is **"Parenting for Dads"**, but I'm open to more creative suggestions. This one will take place at the Bournedale Elementary School and I'm going to focus on issues related to parenting elementary school aged kids. If you'd like to reserve your place, please call Nancy Spalding at 508-743-3800.

In March, I'll also be offering **Dads' Talk** in the usual locations at the usual times (see the list on the right).

For more info about any of this, please send me an [E-mail](#), call the numbers I've provided, or just stay tuned for the next Cape Cod Dads' Update.

Thank you for being a dad. I hope to see you soon!

-Paul

Paul N. Melville, Family Support Specialist

E-mail: paul@capecoalition.com

"Single Parenting~Hyannis"

MOMS ALSO WELCOME!

Wed. Mar. 9, 5:15 - 6:45 p.m.

Cape Cod Child Development

Please call: 508-775-6240 x512

"Dads' Talk~Plymouth"

Mon. Mar. 14, 6 - 7:30 p.m.

Hedge Elementary School

Please call: 508-830-4444

"Dads' Talk~Upper Cape"

Tue. Mar. 22, 6 - 7:30 p.m.

Mashpee Village

Please call: 508-477-3429

"12th Annual New England Fathering Conference~Newport, RI"

March 23, 24, 25th

[Click here for brochure](#)

"Parenting for Dads"

March 31 & Apr. 7, 6 - 7:30 p.m.

Bournedale Elementary School

Please call: 508-743-3800

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FEEDBACK!

Please take a moment to tell me how these Cape Cod Dads' Updates are working for you. Too much info? Too wordy? What would you like? Just reply to this e-mail with your thoughts. Thank you!