

Cape Cod Neighborhood Support Coalition



Cape Cod Family Resource Center and Cape Cod Neighborhood Support Coalition

Monthly Parent Education & Support Calendar

This free, monthly Cape and Islands-wide listing of workshops, meetings, groups and related programs for parents, grandparents, guardians, and primary caregivers of children has been compiled and distributed free for over nine years. You can find it online and sign-up for a monthly e-mail (no spam-ever): capecoalition.com/calendar

Parent Education & Support Opportunities: February 2016

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

February 1, 5:30-7 p.m.: **“Learn about your baby/Breastfeeding class”** at the Health Imperatives office, 1019 Iyannough Road, *Hyannis*. This class teaches mothers ways to sooth and calm their baby, and also information on the benefits of breastfeeding from a licensed lactation consultant. Information and Registration: WIC at 508-771-7896.

February 1, 5:30-7:30 p.m.: **“Preparing for Kindergarten”** at *Orleans Elementary School*, 46 Eldredge Park Way, with Cindy Horgan, Executive Director and Family Support Coordinator at Cape Cod Children’s Place. This free discussion will help you prepare your child socially and emotionally, and include handling separation anxiety for a healthy transition. Funded by a Family Centers grant through the Children’s Trust and a Coordinated Community and Family Engagement (CFCE) grant through the MA Dept. of Early Education and Care, administered by Cape Cod Children’s Place. Dinner and child care provided. Registration required. Information or registration: 508-240-3310.

February 2, 9, 23, March 1, 8, and 15, 5-7 p.m.: **“Active Parenting of Teens”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*. This free six-week class for parents of preteens and teens includes child care and dinner. Registration required. Information or registration: 508-862-0600 or tpolumbo@familycontinuity.org.

February 2, 5:30-7:30 p.m.: **“Waste Not Want Not; Nutrition that Makes ‘Cents’”** at Cape Cod Children’s Place, 10 Balwic Road, *Eastham*. Keeping your family healthy on a budget can be challenging. But that doesn’t mean it’s impossible: Join Judy Welch for a cooking demonstration and discussion on how to shop locally for your family’s food. Topics will include: planning for affordable family meals, what foods (including organic) to look for in your local grocery store, how to make meals that last, and more! Funding support provided by a Family Centers grant through the Children’s Trust, administered by Cape Cod Children’s Place. Dinner and child care provided. Registration required. Information or registration: 508-240-3310.

February 4, 5:30-7:30 p.m.: **“Raising Healthy Boys; What Our Boys Need”** at *Brewster Baptist Church*, 1848 Main St., with Cindy Horgan, Executive Director and Family Support Coordinator at Cape Cod Children’s Place. Discover the unique needs of boys as they grow and develop. Learn to promote skills that support healthy emotional development and how to recognize the impact of media, culture, and technology on boys and the messages they take from these influences. Become aware of current trends that affect boys and learn to support our boys as they make sense of the process of growing up. Funding support provided by a Family Centers grant through the Children’s Trust, administered by Cape Cod Children’s Place. Dinner and child care provided. Registration required. Information and registration: 508-240-3310

February 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 Matt Daniels, LMHC, and Jodi Starck, LICSW. Divorce has a profound impact on children; lessen the impact for yours. Meets the court’s mandate for education for divorcing parents. FEE: \$80. Information or registration: Donna Davis at 508-775-0275.

February 4, 6-8:00 p.m.: **“Dads and Babies Pizza Party”** at Cape Cod Hospital (Lorusso Conference Center) 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE and Paul Melville, family support specialist. Dads: Come show off your baby, connect with other Cape dads, and learn about resources for local families. This month we’ll focus on coping with babies crying. Sponsored by Cape Cod Healthcare and the Mid-Cape CFCE/Families United Network Program of Cape Cod Child Development. Information or registration: Ann Macdonald at 508-862-5123.

February 4 (first Thursday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at St. Peter’s Lutheran Church, 310 Route 137, *East Harwich*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: 508-778-4277.

February 7 (first Sunday), 6-7:30 p.m.: **“Family and Friends of People with Mental Illness”** at Daybreak Clubhouse, 457-B State Road, *Vineyard Haven*. Support group facilitated by NAMI (National Alliance on Mental Illness). Information: Peggy at 508-693-5872 or pegsb4.1@comcast.net.

February 9, 4:30-6:30 p.m.: **“Home is Where the Heart Is”** at *Forestdale School* Library, 151 Route 130, with Valerie Perry and Steve Alexander of Adoption Journeys. This group celebrates the many variations of families raising children in our community. Dedicated to supporting parents who encounter unique sets of challenges and rewards every day. Snack and child care provided. Information or registration: Lauren at 508-477-6600 Ext, 132.

February 9 (second Tuesday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at Lighthouse Christian Fellowship, 6 Merchants Road, Building B, *Sandwich*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: NAMI at 508-778-4277.

February 9 (second Tuesday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at Sherburne Commons, 40 Sherburne Commons Drive, *Nantucket*. Hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: Ruth at 508-221-3437 or ruthblount7@gmail.com.

February 11, and March 17, 9:30-11 a.m.: **“Aware Parenting Discussion”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Elli Comeau and Mary Wilson. Does your child have sleep issues? Is your child uncooperative? Wondering how to handle unacceptable behavior without punishing your child? Looking for a new way to parent? Join us for an alternative that is neither authoritarian nor permissive. Learn how allowing your child to work through their emotions can change your relationship with them. Sponsored by the Mid Cape CFCE/Families United Network Program of Cape Cod Child Development and the Cape Cod Family Resource Center. Information or registration: mwilson@cccddp.org or 508-775-6240 Ext. 512.

February 11, 5:15-6:45 p.m.: **“Single Parenting”** at Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Paul Melville, Program Director and Rebecca Harrison, Family Support Worker. This monthly group is a supportive environment for single dads and moms to share successes, challenges, and resources. All are welcome at this non-therapeutic gathering, regardless of child(ren)’s age(s) and parenting situation. Dinner and child care provided. Sponsored by the Cape Cod Family Resource Center and Cape Cod Child Development’s Families United Network (F.U.N.). Supported by Not Your Average Joe’s. Information or registration: Mary at 508-775-6240 Ext. 512.

February 13 (second Saturday), 9 a.m.-4 p.m.: **“Labor Express”** at *Falmouth Hospital* (Faxon I Basement Conference Room), 100 Ter Heun Dr. A one-time prenatal class that includes: hospital orientation, tour, and comfort measures for labor, both medical and non-medical. Ideal for expectant couples who are unable to attend a series of Preparation for Birth classes. FEE: \$60 per couple (assistance available). Information or registration: fhparented@capecodhealth.org or 508-457-3632.

February 13 (second Saturday), 5-7 p.m.: **“Dadminion!”** at the Parent Information Network (PIN), 47 East Grove St., *Middleboro*, with Christopher J. Bean, MFT. For dads and other male caregivers who are challenged by a child’s mental health, emotional, or behavioral needs. We exist to encourage and enable fathers to pursue the well-being of their children through positive leadership, provision, protection, and presence. Come share your knowledge and experience with us. Information or registration: 508-947-8779 or christopherbean@bamsi.org.

February 15 (third Monday), 7-8:30 p.m.: **“PFLAG ~ Brewster”** at *First Parish Brewster*, 1969 Main St. This monthly group for parents, families, and friends of lesbian, gay, bisexual, and transgender people is half support/half educational. All are welcome to come be supported and learn in a confidential, non-judgmental setting. Information: Amy at 508-420-0696 or www.pflagcapecod.org.

February 16 (third Tuesday), 10:15 a.m.-12:45 p.m.: **“Free Private Family Law Consults”** at the *Falmouth Service Center*, 611 Gifford St. Free thirty-minute appointments with an attorney for low to moderate income parents. The attorney will not represent you in court, but will advise you on legal matters and provide guidance at no cost to you. Limited appointments available; you must preregister. Sponsored by WE CAN and the Falmouth Service Center with support from the Massachusetts Bar Foundation IOLTA/ Funds, The Max and Victoria Dreyfus Foundation, and the Cape and Islands United Way. Information or Registration: WE CAN at 508-430-8111.

February 16, 6-8 p.m.: **“Dad and Babies Pizza Party”** at *Falmouth Hospital* (Faxon Conference Room), 100 Ter Heun Dr., with Paul Melville, family support specialist and Cheryl Donahue, LCCE, IBCLC. Dads: Come show off your baby, connect with other Cape dads, and learn about resources for local families. Free pizza dinner. Sponsored by Cape Cod Healthcare and the Coalition for Children. Information or registration: Suzan Scharr at 508-457-3632 or fhparented@capecodhealth.org.

February 16 (third Tuesday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at St. Mary’s Episcopal Church, 3055 Main St. (Route 6a), *Barnstable*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: Jud at 508-364-9035 or marshet@comcast.net.

February 17 (third Wednesday), 3:30-5 p.m.: **“Parents of Transitional Age Youth- Education and Support Group”** at 29 Bassett Lane, *Hyannis*, with Tresa Salters, PTAY Coordinator from Parent Information Network (PIN). Information or registration: Tresa at 508-947-8779 Ext. 222.

February 17 (third Wednesday), 6:30-8:00 p.m.: **“Family and Friends of People with Mental Illness”** at Martha’s Vineyard Hospital Road, *Oak Bluffs*. Hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: Daryl at 508-627-5249 or darylmknight@verizon.net.

February 18 and 25 (must attend both sessions), 5:30-8 p.m.: **“Set a Good Example (SAGE)”** at MSPCC, 206 Breeds Hill Road, *Hyannis*, with Matt Daniels, LMHC, and Jodi Starck, LICSW. Divorce has a profound impact on children; lessen the impact for yours. Meets the court’s mandate for education for divorcing parents. FEE: \$80. Information or registration: Donna Davis at 508-775-0275.

February 21 (third Sunday), 3:30-5 p.m.: **“Support Group for Parents of Transgender and Gender-Nonconforming Children”** at *West Barnstable Community Building*, 2401 Meetinghouse Way (Rte. 149). This group is for parents of transgender and gender-nonconforming youth ages 2 to 21 years. Co-led by the parent of a transgender youth and a transgender woman who is an advocate for transgender youth and is also a gender diversity trainer. Information: 508-694-6763 or sarah@pflagcapecod.org.

February 22 (fourth Monday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at Gus Canty Recreation Center, 790 Main St., *Falmouth*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: 508-428-4351 or fisher62045@hotmail.com.

February 23, 5-7 p.m.: **“Where do I Go From Here?” Self Support** at the *West Barnstable Community Building*, 2377 Meetinghouse Way (Rte. 149) with Mary Castro Summers, Director Family TIES of Massachusetts-Federation of Children with Special Needs and Parent/Professional panel. This free workshop in the 2016 Pathway Presentation Series, is specifically for professionals and parents of children with developmental concerns. Limited child care and light supper provided. Information or registration: Juliane Dillon at 774-352-1325 or jdillon@kdc.org.

February 23 for eight Tuesdays, 5:30-7:30 p.m.: **“ Raising Healthy Families”** at *Eastham Elementary School*, 200 Schoolhouse Road, with Cindy Horgan, Executive Director at Cape Cod Children’s Place. This eight-session class provides skills to support. Topics include: discipline without yelling, handling tantrums, understanding temperament, valuing routines, setting limits, Etc. Dinner and child care provided. Information or registration: 508-240-3310.

February 23 (last Tuesday), 7-8:30 p.m.: **“PFLAG ~ Falmouth”** at the Falmouth Jewish Congregation, 7 Hatchville Road, *East Falmouth*. For parents, families, and friends of lesbian, gay, bisexual, and transgender people. Half support/half education. All are welcome to this confidential, non-judgmental setting. Information: amy@pflagcapecod.org or www.pflagcapecod.org.

Weekly Programs and Groups

Mondays (except 2/15), 9:30-11 a.m.: **“Parent Time – Take time for you!”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Mary Wilson and Paul Melville. Start your week connecting with other parents, taking care of YOU, and giving your child a chance to experience creative learning activities. Each session will include a facilitated discussion with other parents while your children are cared for in our brand new play space. Topics will be geared toward parenting joys and challenges, self-care, child development, communication, and local resources for families. A chance to win a gift card each week! Sponsored by the Cape Cod Family Resource Center and the Mid Cape CFCE/Families United Network Program of Cape Cod Child Development. Information or registration: Mary Wilson at mwilson@cccdp.org or 508-775-6240 Ext. 512.

Mondays, 6:30-8:30 p.m.: **“Parents Supporting Parents”** at *Mashpee Welcome Center*, 5 Bates Road. This is a free family member support group for those who are coping with their child’s narcotic addiction. We share our experience with kindness and compassion for the purpose of strengthening ourselves and each other. We gain knowledge of addiction so that we can support our children through recovery and wellness. Information: Lisa at 774-238-1570.

Weekly Programs and Groups Continued

Mondays, 7-8:30 p.m.: **“Learn to Cope”** at *Beth Israel Deaconess Hospital-Plymouth*, (Funkhouser Rooms A&B) 275 Sandwich St. A free weekly meeting offering support, education, and resources for parents and family members coping with a loved one addicted to opioids. Information: 508-738-5148.

Mondays (except holidays), 10-11 a.m.: **“Baby Breakfast Club”** at Cape Cod Hospital (Mugar Building, Cape Cod 5A Room), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. This free group for breastfeeding mothers provides hands on help, questions and answers, and weight checks. Bring your baby hungry and ready to breastfeed. No registration required. Information: Ann at 508-862-5123.

Tuesdays, 9:15-11 a.m.: **“Baby’s First Year”** at Snow Library, 67 Main St., *Orleans*, with Monica Keefe-Hess, parent education coordinator at the Cape Cod Children’s Place. Meet to share stories, ask questions, and get familiar with resources that support you: nutrition, parenting, breast feeding, Etc. Discussion topics include developmental stages of baby’s first year. Funded by a Family Centers grant through the Children’s Trust, administered by the Cape Cod Children’s Place. Information: Monica Keefe-Hess at 508-240-3310 or mkeefe@capecodchildrensplace.com.

Tuesdays, 10-11:30 a.m.: **“Nursing Mothers’ Group”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. No cost; no registration. Come meet with a certified lactation consultant and other breastfeeding moms in a relaxed environment. Information: 888-890-2229.

Tuesdays, 5-6 p.m.: **“Anger Management Classes”** at the Gosnold-Thorne Outpatient Counseling Center, 1185 Falmouth Road, *Centerville*, with Dana Sumner, counselor. Fulfills court’s requirement for anger management classes. FEE: \$20 per class, pay as you go. Information or registration: Dana Sumner at dsumner@gosnold.org.

Tuesdays, 7-8:30 p.m.: **“Learn to Cope”** at the *Yarmouth Police Headquarters*, 1 Brad Erickson Way. A free weekly meeting offering support, education, and resources for parents and family members coping with a loved one addicted to opioids. Information: 508-738-5148 or lrc@learn2cope.org.

Weekly Programs and Groups Continued

Wednesdays, 5:30-7:30 p.m.: **“Parenting in Recovery”** at Cape Cod Children’s Place, 10 Ballwic Road, *Eastham*. A free psychodynamic group set in a safe space. Increase your insight and skills to support your recovery and your desire to strengthen your parenting. We provide a consistent forum to seek out support, access resources and be part of a community. Dinner and child care provided. Information and registration: Cindy Horgan at 508-240-3310.

Wednesdays, 6-7:30 p.m.: **“Grief and Addiction Support Group”** at the Gosnold Counseling Center, 1185 Falmouth Road, *Centerville*. Designed for anyone who has lost a loved one to the disease of addiction, this group aims to help its participants build a network of support with others who share their experience, in an environment designed to facilitate both healing and integration of the loss into their lives. Information: Mary Fisher at 844-558-HELP (4357) or mfisher@gosnold.org.

Thursdays, 10 a.m.-noon: **“Breastfeeding Support Group”** at *Falmouth Hospital* (Faxon 1 Conference Room), 100 Ter Heun Dr. (off Route 28), with Suzan Scharr, RNC and board certified lactation consultant. All are welcome to this free group. Information: 508-457-3632.

Fridays, 10 a.m.-noon: **“Mom's Café”** at Cape Cod Hospital (Lorusso Conference Room), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. For new mothers. We discuss any and all topic related to being a new mom! Bring your baby. No registration. Information: Ann at 508-862-5123.

Fridays, 10 a.m.-noon: **“Breastfeeding Support Group”** at the *Hyannis WIC office*, 1019 Iyannough Road (Route 132). Open to all breastfeeding women (you needn’t qualify for WIC). Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration. Information: Cheryl at 508-540-5275.

Select Ongoing Resources

“Al-Anon / Alateen of Cape Cod and the Islands”: There are over fifty weekly groups on Cape Cod for friends and loved ones of problem drinkers and alcoholics. Groups can help you recover from the impacts of a loved one’s drinking. Members help each other by practicing the Twelve Steps of Alcoholics Anonymous themselves, by welcoming and giving comfort to families of alcoholics, and giving understanding and encouragement to the alcoholic. Information: 508-366-4663.

Select Ongoing Resources continued

“Big Brothers Big Sisters of Cape Cod and the Islands”: Offers one-to-one mentoring to boys and girls ages 7 to 12. The organizations vision is to inspire, engage and transform communities by helping youth achieve their full potential. Information: www.bbbscci.org or 508-771-5150.

“Breastfeeding Warm-line” 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: 508-888-7794.

“Cape Cod Dads Update” sponsored by the Southeast Fathers & Family Network. A free monthly e-mail and perpetual calendar of events and resources for fathers and human service providers who support fathers on or near Cape Cod. Check it out or sign up: dads.capecoalition.com. Information: Paul Melville: pmelville@familycontinuity.org.

“Cape Cod Family Resource Center (a Program of Family Continuity)”: Now open in downtown *Hyannis* at 29 Bassett Lane. Information and referral for all families, parent education and support for all parenting situations, help navigating resources, child and youth assessments, and much more. All services free to all families, regardless of need, insurance, and community of residence. To learn more about us and how we can help your family or those you work with, call 508-862-0600 or email Paul Melville, program director at pmelville@familycontinuity.org.

“Cape Cod Neighborhood Support Coalition”: The mission of the Cape Cod Neighborhood Support Coalition (CCNSC) is to strengthen families and the resources that support them in order to help prevent child abuse and neglect in our region. We strive to achieve this mission by promoting effective community-based family support initiatives, and by participating in coordination and collaboration among family support providers, practitioners and policy-makers. Contact us to learn more about us and how we can help your family or the families you work with: 508-771-4336.

“Domestic Violence/ Sexual Assault Hotline”: Independence House staffs this hotline 24/7/365. You do not have to leave your relationship to get help and you do not have to press charges against your abuser. They will not notify the police unless you request it. They can help arrange emergency safe shelter for you and your family, as well as police intervention and medical care: 800-439-6507.

Select Ongoing Resources continued

“Fit to be Kids” at the Spaulding Rehabilitation Hospital Cape Cod, 311 Service Road, *East Sandwich*. An outpatient program for children Ages 4 -15: exercise, nutrition, and healthy lifestyle strategies. Information or registration (including FEE schedule): Meg Petitti at 508-833-4197.

“FoodSource Hotline of Project Bread”: Having trouble making ends meet? We provide information and screen callers for food stamp eligibility, connect you to school meal programs, and other local emergency food resources in 160 languages. Information: 800-645-8333.

“Military Family Outreach Cape Cod (formerly OMK)”: Families dealing with an overseas deployment can learn what is available to them and their child(ren). Free after school and family programs through a grant from the Army Child and Youth Services. Information: Kerry Bickford at kbickford@barnstablecounty.org or 508-375-6695.

“Parent Information Network (PIN)”: assists families challenged by children’s mental health, emotional, or behavioral needs. They offer a quarterly newsletter, individual advocacy, parent/ community education, and support groups across Cape Cod. Funded by the Department of Mental Health. Information or registration: 508-947-8779 or capepin@bamsi.org.

“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.

“Parents of transitional age youth (PTAY) with mental health challenges”: Get support from the Parent Information Network (PIN): Tresa Salters at 508-947-8779 Ext. 222 or ptaypin@bamsi.org.

“The Samaritans on Cape Cod and the Islands”: Dedicated volunteers listen compassionately to anyone who needs to be heard. Some callers are suicidal and some simply need a non-judgmental friend to validate their feelings and listen to their concerns. Confidential/anonymous: 800-893-9900.

Select Ongoing Resources continued

“**WE CAN**” collaborates with other organizations and local businesses to improve the quality of life in our community by ensuring lasting, positive change in the lives of women and their families. They empower Cape Cod women of all ages to navigate challenging transitions and achieve lasting positive change through: Mentoring; free legal services; workshops, training and support groups, and information and referrals to other local resources. Information: www.wecancenter.org.

To find this list online or subscribe for free, go to www.capecoalition.com/calendar

The **Cape Cod Family Resource Center and Cape Cod Neighborhood Support Coalition** collaborate to compile and distribute this monthly list for the benefit of Cape and Islands families and professionals who support them. 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 submit information for future editions, please e-mail: calendar@capecoalition.com

Cape Cod Family Resource Center 29 Bassett Lane, Hyannis, MA 02601 508.862.0600

Mondays 9 a.m. - 5 p.m.

Tuesdays/Wednesdays/Thursdays 10 a.m. - 7 p.m.

Fridays 9 a.m. - 5 p.m.

(1st and 3rd Saturdays each month)

Saturdays 9 a.m. - 1 p.m.

WE ARE FATHER FRIENDLY!

ALL CAPE COD FAMILY RESOURCE CENTER PROGRAMS ARE FREE TO ALL FAMILIES