

CAPE COD NEIGHBORHOOD SUPPORT COALITION

Strong Families Need
Strong Support

Support, education
and information for all
families with children,
including
single moms and dads,
foster parents,
grandparents raising
grandchildren
and other
kinship families

Cape Cod Neighborhood Support Coalition *Strong Families Need Strong Support*



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Cape Cod Neighborhood Support Coalition's Priorities:

- Community-based Family Support Initiatives and Resources
- Parent Support and Education
- Quality Child Care and Positive Youth Development
- Violence Prevention
- Effective Social Services
 - Including a positive role for the Department of Children and Families (DCF) in the community.

Monthly Parent Education & Support Calendar

For over six years, the CCNSC has been compiling and distributing this free, monthly Cape and Islands-wide listing of workshops, meetings, groups and related programs for parents, grandparents, guardians, and primary caregivers of children. To find it online or to sign-up for a monthly e-mail (no spam, ever), visit www.capecoalition.com/calendar.

Parent Education & Support Opportunities: January 2013

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

January 2 (first Wednesday), 6 – 7:30 p.m.: **“Dads’ Talk ~ Lower Cape”** at the *Harwich Community Center*, 100 Oak St., with Paul Melville, family support specialist. A great place to connect with other fathers and chat about being a dad (or whatever else is on your mind). All men 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 Cape Cod Neighborhood Support Coalition, Cape Cod Children’s Place, and the Harwich Early Childhood Council. Information or registration: Paul Melville at 508-771-4336 ext. 2 or paul@capecoalition.com.

January 3 and 10 (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. Divorce has a profound impact on children; learn to lessen the impact for your kids. Meets the court’s mandate for education for divorcing parents. FEE: \$80. Information or registration: 508-775-0275.

January 3 (first Thursday), 6 – 7:30 p.m.: **“Parents of Adults with Autism”** at Cape Organization for Rights of the Disabled (CORD), 106 Bassett Lane, *Hyannis*. This monthly group is open to all parents and guardians of adult children (or soon to be adult children) with autism. Sponsored by Cape Cod Village, Inc. Information: 508-775-8300.

January 4, February 8 and March 1, 9 – 10:30 a.m.: **“Mom’s Support Group”** at the *Mashpee Public Library*, 64 Steeple St. For mothers of children with intellectual and developmental disabilities. Sponsored by Kennedy Donovan Center. Information: Juliane Dillon at 508-385-6019 ext. 125.

January 4 (first Friday), 10 – 11 a.m.: **“Getting Started Breastfeeding”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. This free group is designed especially for pregnant women. Information: 888-890-2229 or 508-888-7794.

January 5 (first Saturday), 10 – 11:30 a.m.: **“Grandparents’ Support Group”** at the *Centerville Recreation Building*, 524 Main St. For grandparents of those with intellectual and developmental disabilities. Sponsored by Kennedy Donovan Center. Information: Juliane at 508-385-6019 ext. 125.

January 7 (first Monday), 6 – 7:30 p.m.: **“Support Group for Parents of Children with Developmental Disabilities”** at the *Dennis Port Public Library*, 5 Hall St. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125.

Beginning January 8 for six Tuesdays, 5:30 – 7:30 p.m.: **“Raising Healthy Families”** at *Wellfleet Elementary School*, 100 Lawrence Road, with Cindy Horgan, Family Support Coordinator at Cape Cod Children's Place. This six-week parenting series will provide skills to support parents with some of the challenges that make this job so difficult. Free pizza, child care and limited transportation available. Registration required. Funded by a grant from the Bilezikian Family Foundation with additional support provided by the Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: Cape Cod Children's Place at 508-240-3310.

Beginning January 9 for eight Wednesdays (skips 2/20), 5:30 - 7 p.m.: **“Divorce Support Group”** at *Harwich Community Center*, 100 Oak St. In the time before, during, and after divorce, a mother 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. FEE: \$5 per meeting donation is requested, but no one will be turned away for inability to pay. Limited child care provided. Limited space in group so you must pre-register. No new participants after January 16. Information or registration: WE CAN at 508-430-8111 or info@wecancenter.org.

Beginning January 9 for eight Wednesdays (skips 2/20), 5:30 – 7:30 p.m.: **“Effective Positive Discipline”** at Northside Methodist Church, 701 Airline Road, *Brewster*, with Cindy Horgan, co-creator of the Parenting Station. Topics include: developmental issues, communication, understanding temperament, encouraging good behavior, parenting styles, discipline, working through power struggles and tantrums, anger management, sibling rivalries, and coping with stress. Free pizza, limited child care and transportation available. Sponsored by Cape Cod Child Development’s Families United Network Program, Massachusetts Children’s Trust Fund, and Massachusetts Department of Early Education and Care. Information or registration: 508-775-6240 ext. 512.

January 9, 5:30 – 8 p.m. **“Parent Café”** at the *East Falmouth School*, 33 Davisville Road. Come get a free meal and free child care, while you talk with your peers about being a stronger parent. Parenting is part natural and part learned. Enjoy a casual, comfortable atmosphere where it’ll be nice to realize, that you’re not the only one!. Preregistration required. Sponsored by the Coalition for Children and Falmouth Public Schools. Information or registration: 508-548-1052 ext 7311.

January 10 (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. This monthly group is a supportive environment for single moms and dads to share successes, challenges, and resources. All single parents are welcome at this non-therapeutic gathering, regardless of their child(ren)’s age(s) and their parenting situation. Dinner and child care provided. Sponsored by Cape Cod Child Development’s Families United Network (F.U.N.) Program and the Cape Cod Neighborhood Support Coalition with generous support from Not Your Average Joe’s. Information or registration: Mary Wilson at 508-775-6240 ext. 512.

January 10 and 24 (second and fourth Thursdays), 5:30 – 7:30 p.m.: **“Grandparents Raising Grandchildren Support Group”** at Cape Cod Child Development, 83 Pearl St., *Hyannis*, with Richard Bickford, LICSW, and Kerry Bickford. This new group will continue to meet twice each month to empower parenting grandparents with information and connections to help support them and their families. Dinner and child care provided. Registration required. Sponsored by the Cape Cod Neighborhood Support Coalition. Information or registration: Kerry Bickford at 508-771-4336.

January 14, 5:30 - 7:30 p.m.: **“Is My Child Ready for Kindergarten?”** at Stony Brook Elementary School, 384 Underpass Road, *Brewster*, with Cindy Horgan, family support coordinator for Cape Cod Children's Place and Kelly Barnatchez, kindergarten teacher at Stony Brook Elementary. Join this discussion about preparing your child socially and emotionally for a healthy transition. Free pizza dinner and child care provided. Preregistration is required. Funding support provided by Brewster for the Holidays and a Massachusetts Family Centers grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

January 15 (third Tuesday), 7 – 9 p.m.: **“NAMI-Family Member Support Group”** at the Federated Church, 320 Main St., *Hyannis*. This non-therapeutic group is open to anyone who has a family member with a mental illness. Connect with other family members, share challenges and successes, and learn about the resources available to 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.

Beginning January 17 for sixteen Thursdays (skips 2/21 and 4/18), 5:45-7:45 p.m.: **“Effective Parenting Workshop”** at Cape Cod Child Development’s School Age Center, 439 East Falmouth Highway (Route 28), *East Falmouth*, with Lee Burwell, MFT, LMHC. This sixteen-week workshop for parents of 1-5 year olds is based on the teachings of Bonnie Harris, M.Ed., parent educator and author. Free dinner and limited child care available. Funded by the Coalition for Children through a grant from Massachusetts Children’s Trust Fund. Information or registration: 508-548-0151 ext. 172.

January 17, 6 – 8 p.m.: **“Father & Baby 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 our special guest will be local chiropractor, Dr. Robert E. Lakatos. Free pizza dinner. Sponsored by Cape Cod Healthcare and the Families United Network Program of Cape Cod Child Development. Information or registration: Ann at 508-862-5123.

January 23, February 20 and March 20, 6 – 7 p.m.: **“Autism Parent Support Group”** at the Dennis Senior Center, 1045 Route 134, *South Dennis*. For parents/caregivers of those on the autism spectrum or with other developmental disabilities. Sponsored by Kennedy Donovan Center. Information: Juliane at 508-385-6019 ext. 125.

January 24 (fourth Tuesday), 6 – 7:30 p.m.: **“Dads’ Talk ~ Upper Cape”** at the Falmouth School Age Center, 439 E. Falmouth Highway, *East Falmouth*, with Paul Melville and Mark Abbott, LICSW. A monthly opportunity to get together with other local fathers. This is a great place to connect with other Dads and chat about being a father. All Dads welcome! Dinner and child care provided. Sponsored by Falmouth Human Services, Cape Cod Child Development, Family Support Project, and the Cape Cod Neighborhood Support Coalition. Information or registration: 508-771-4336 ext. 2 or paul@capecoalition.com.

Beginning January 29 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*. 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.

January 29, and February 5 and 12, 6 - 7:30 p.m.: **“Some ABC's of Parenting”** at Bournedale Elementary School, 41 Ernest Valeri Road, *Bourne*. The topics in this three week series will be Children's Development Matters, Money Matters, and Strong Parents Matter. Free child care available. Presented by Bourne CFCE. Information or registration: Nancy Spalding at 508-743-3800.

Beginning January 29 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*. 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.

January 31, 6:30 – 8:30 p.m.: **“New Year – New Ways to Save Money \$\$”** at Faith Assemblies Church, 154 Bearses Way, *Hyannis*, with Mary Wilson. Come learn and share tips and ways to save money for the year ahead. A healthy snack and limited child care available. Sponsored by Cape Cod Child Development's Families United Network. Information or registration: 508-775-6240 ext. 512.

Weekly Programs and Groups

Mondays, 10:30 a.m. – noon: **“Baby's First Year”** 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. Weekly discussion topics will include the various developmental stages during baby's first year. Funded by a Massachusetts Family Centers Grant through the Massachusetts Children's Trust Fund, administered by Cape Cod Children's Place. Information: 508-240-3310.

Mondays, 6:30 – 8:30 p.m.: **“Parents Supporting Parents”** at *Mashpee Senior Center*, 26 Frank Hicks Drive. 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 our selves 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 or Donna 508-934-9058.

Tuesdays, 10 – 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.

Weekly Programs and Groups continued

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, 6 – 7:30 p.m.: **“Reaching Out Family Support Group”** at the Gosnold-Thorne Outpatient Counseling Center, 1185 Falmouth Road, *Centerville*. A free weekly support group for family members and loved ones of addicted individuals. Information: Shelley Stormo at 508-563-9229 ext. 5074 or mstormo@gosnold.org.

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 eight. An opportunity to meet other parents and discuss a variety of parenting topics in a casual group setting. Information: 508-228-7257 ext. 1166.

Thursdays, 10 a.m. – noon: **“Breastfeeding Support Group”** at *Falmouth Hospital* (Faxon 1 Conf. Room), 100 Ter Heun Dr. (off Route 28), with Suzan Schar, RNC and board certified lactation consultant. All are welcome to this free group. Information: 508-457-3630.

Thursdays (beginning January 10), 1 – 2 p.m.: **“Parent Talk with Julie Sacchetti”** at Jonathan Bourne Public Library, 19 Sandwich Road, *Bourne*. Julie is a social worker, parent educator, and family support specialist. An informal drop-in group to address parent education and school-age child development topics. Timing coincides with story hour in the children’s library. Funded by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information: 508-759-0644.

Fridays, 10 a.m. – noon: **“Moms & Babies Support Group”** at Cape Cod Hospital, 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.

Fridays, 10 a.m. – noon: **“Breastfeeding Support Group”** at the *Hyannis WIC office*, 1019 Lyannough Road (Route 132). 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.

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. These 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 by giving understanding and encouragement to the alcoholic. Information: 508-394-4555.

“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.

“Cape Cod Dads Update” sponsored by the Cape Cod Neighborhood Support Coalition. A free monthly e-mail that lists events and resources specifically for fathers on or near Cape Cod. Sign up at dads.capecoalition.com. Information: Paul Melville: 508-771-4336 ext. 2 or paul@capecoalition.com.

“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 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 Spaulding Rehabilitation Hospital Cape Cod, 311 Service Road, *East Sandwich*. An outpatient weight management program for children Ages 6 -14. Information or registration (including FEE schedule): Deb Merigan at 508-833-4197.

“FoodSource Hotline of Project Bread”: Having trouble making ends meet? Hotline operators provide information and screen callers for food stamp eligibility, connect you to school meal programs, and direct you to the best local, emergency food resources. We speak 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. At Hospice & Palliative Care of Cape Cod, licensed therapists specialize in supporting children through loss and grief. They use sharing, expressive arts, and play therapy to assist kids in expressing feelings. Information: 508-957-0200.

“Operation Military Kids (OMK)”: Families dealing with an overseas deployment can learn what opportunities are available to them and their child(ren). Free after school and family programs available through a grant from the Army Child and Youth Services. Information: Kerry Bickford at kbickford@barnstablecounty.org or at 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 (please call for details). Funded by the Department of Mental Health. Information or registration: Megan at 508-947-8824.

“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.

“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. For information: www.wecancenter.org.

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

The **Cape Cod Neighborhood Support Coalition (CCNSC)** compiles and distributes 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.

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