

# 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](http://capecoalition.com/calendar)

### Parent Education & Support Opportunities: January 2016

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

January 3 (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](mailto:pegsb4.1@comcast.net).

January 4, 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.

Beginning January 5 for eight Tuesdays, 7-9:30 p.m.: **“Childbirth Preparation: Babies, Bonding and Beyond”** at *Falmouth Hospital* (Faxon I Basement Conference Room), 100 Ter Heun Drive, with Cheryl Donahue, certified ASPO Lamaze childbirth educator, IBCLC; Lee Burwell, LMHC, certified Gottman educator; and Paul Melville, family support specialist. An innovative course to prepare women and their birth partner for the normal childbirth process and minimize the need for

medical intervention. Topics include: third trimester changes, birth process, labor support, variations of labor, delivery, and going home with your newborn. We teach all childbirth options using exercise, body awareness, and Lamaze breathing and relaxation techniques. Couples learn what to expect during each phase of childbirth, how to work together as they transition to parenthood, and planning for relationship changes after birth. Includes maternity unit tour. FEE: \$60 per couple (scholarships available). Information or registration: [fhparented@capecodhealth.org](mailto:fhparented@capecodhealth.org) or 508-457-3630.

January 7, 14, 21, and 28, 5:30-7:30 p.m.: **“Provincetown Raising Healthy Families”** at *Provincetown Preschool*, 2 Mayflower St. with Cindy Horgan, Executive Director at Cape Cod Children’s Place. This four-session class provides skills to support. Topics include: discipline without yelling, handling tantrums, understanding temperament and why children do what they do, valuing routines, setting limits and boundaries, and more. Dinner and child care provided. 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 & Care, administered by Cape Cod Children’s Place. Pre-registration required. Information and Registration: 508-240-3310.

January 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 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.

January 7 (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.

January 9 (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](mailto:christopherbean@bamsi.org).

January 9 (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](mailto:fhparented@capecodhealth.org) or 508-457-3632.

Beginning January 11 for six Mondays (skips 1/18 and 2/16), 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. Registration required, contact Mary Wilson at [mwilson@cccdp.org](mailto:mwilson@cccdp.org) or 508-775-6240 Ext. 512.

January 12, 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. Registration required. Information or registration: Lauren at 508-477-6600 Ext, 132.

January 12 (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.

January 12 (second Tuesday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at Sherburne Commons, 40 Sherburne Commons Drive, *Nantucket*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: Ruth at 508-221-3437 or [ruthblount7@gmail.com](mailto:ruthblount7@gmail.com).

January 17 (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](mailto:sarah@pflagcapecod.org).

January 18 (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](http://www.pflagcapecod.org).

January 19, 10-11:30 a.m.: **“Grandparents Raising Grandchildren”** at the Bourne Senior Center, 239 Main St. *Buzzards Bay*. A special program on Substance Abuse will be held with guest speaker Kevin Rosario, Regional Outreach Representative from Gosnold. Information or Registration: Lois Carr at 508-759-0653.

January 19 (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.

January 19, 6-8 p.m.: **“What Women Want to Know about Family Law but are Afraid to Ask”** at the *Falmouth Public Library*, 300 Main St.. Information or Registration: WE CAN at 508-430-8111.

January 19 (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](mailto:marshet@comcast.net).

January 20 (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.

January 20 (third Wednesday), 6:30-8:00 p.m.: **“Family and Friends of People with Mental Illness”** at Martha’s Vineyard Hospital Road, *Oak Bluffs*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: Daryl at 508-627-5249 or [darylmknight@verizon.net](mailto:darylmknight@verizon.net).

January 21, 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. Registration required, contact Mary Wilson at [mwilson@cccddp.org](mailto:mwilson@cccddp.org) or 508-775-6240 Ext. 512.

January 21, 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 Specialist. 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.

January 21 and 28 (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.



Beginning January 21 for eight Thursdays (skips 2/18), 5:45-7:45 p.m.: **“Fundamentals of Effective Parenting”** at John Wesley Methodist Church, 270 Gifford St., *Falmouth*, with Lee Burwell, MFT, LMHC, and Gottman Certified Educator. This eight-week workshop for parents of young children (ages 1 to 6) is based on the work of Bonnie Harris, M.Ed., parent educator and author. Free dinner, limited child care, and limited transportation available. Funded by the Coalition for Children through a grant from the Children's Trust. Information or registration: Tina Toran at 508-548-0151 ext. 172.

January 25 (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.

January 26, February 2, 9, 23, March 1, and 8, 5-7:30 p.m.: **“Active Parenting of Teens”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Terriann Polumbo, School Liaison. 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.

January 26, 5-7 p.m.: **“Dealing with a Diagnosis” – The Early Stages** at the *West Barnstable Community Building*, 2377 Meetinghouse Way (Rte. 149) with Kathleen Amaral, Parent and Family Support Advisor of the Nemasket Group of Fairhaven. This free workshop in the 2016 Pathway Presentation Series, is specifically for professionals and parents of children with developmental concerns. Ms. Amaral will be joined by a parent panel including Bass River Pediatrician, Dr. Lori Zito and DDS Regional Trainer, Maureen King. Limited child care and light supper provided. Registration required. Information and Registration: Juliane Dillon at 774-352-1325 or jdillon@kdc.org.

January 26, 6-7:30 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.

January 26 (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, 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.

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](mailto: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](mailto:dsumner@gosnold.org).

## Weekly Programs and Groups Continued

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](mailto:lrc@learn2cope.org).

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](mailto: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.

**“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](http://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](http://dads.capecoalition.com). Information: Paul Melville: [pmelville@familycontinuity.org](mailto: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](mailto: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.

## Select Ongoing Resources continued

**“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.

**“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](http://www.wecancenter.org).

To find this list online or subscribe for free, go to [www.capecoalition.com/calendar](http://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](mailto: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.

NOTE: Because of the January holiday schedule, we will be open the second and fourth Saturdays (1/9 and 1/23) instead of the first and third. We will return to the first and third Saturday schedule beginning in February.

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