

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: October 2015

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

October 1 Noon-1 p.m.: **“Sleeping and Feeding”** at *Plymouth Community Intermediate School*, 117 Long Pond Road, with Sue West. Sleeping and feeding often go together with babies, learn ways to tell if your baby is feeding enough, when to start solids, and strategies to promote healthy sleeping habits. Expectant families welcome. Registration required. Presented by the Plymouth Family Network. Information or registration: 508-830-4444.

October 2 (first Friday), 9:30-11 a.m.: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at Panera Bread - *Mashpee Commons*, 9 Steeple St. Sponsored by Kennedy Donovan Center. Information or registration: Dan Small at dsmall@kdc.org.

October 5, 5:30-8:00 p.m.: **“Bankruptcy Overview: Starting the Conversation”** at *Harwich Community Center*, 100 Oak St. with Alec Watt, Esq. and Accountant Sarah Robinson. This workshop focus on what bankruptcy is, the decision factors, outside choices, and how to avoid bankruptcy in the future. Child care available. Presented by WE CAN. Information or registration: 508-430-8111.

Education and Support Continued

October 6, 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.

October 7 (first Wednesday), 6-7:30 p.m.: **“Dads’ Talk ~ Lower Cape”** at the *Harwich Community Center*, 100 Oak St. with Eric Hauck. Connect with other fathers and chat about being a dad (or whatever 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 dinner and child care. Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place, and Harwich Early Childhood Council. Information or registration: beverly@capecoalition.com or 508-771-4336.

October 8 and 15 (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; learn to 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 October 8 for six Thursdays, 5:45-7:45 P.M. **“Active Parenting Now”** at *East Falmouth Elementary School*, 33 Davisville Road, with Lee Burwell, LMHC. This free workshop will show you effective ways to: use positive discipline techniques, improve communication with your children, teach responsibility, and handle problems as they arise, defuse power struggles, stimulate independence as your children grow, and cope with difficult topics (drugs, violence and sex). Dinner and child care available. Presented by the Coalition for Children. Information or registration: Tina Toran at 508-548-0151 Ext. 172.

October 10 (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 (scholarships available). Information or registration: fhparented@capecodhealth.org or 508-457-3632.

Education and Support Continued

October 10 (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.

October 13, 20, and 27, 12:30-2:00 p.m.: **“Active Parenting of Children”** at *Plymouth Community Intermediate School*, 117 Long Pond Road, with Sue West. Active Parenting is a fun and informative three part series that will give you the tools to better understand your child’s inner workings. Learn about your child’s development and temperament and discuss strategies of positive discipline. Presented by the Plymouth Family Network. Information or registration: 508-830-4444.

October 14, 4-5:30 p.m.: **“Home Is Where The Heart Is”** at the *Forestdale School*, 151 Route 130, with Steve Alexander, Assistant Program Director, and Valerie Perry, Regional Manager, from Adoption Journeys. This support group for families created through adoption, guardianship, kinship and foster care is dedicated to supporting parents who encounter a unique set of challenges and rewards every day. Refreshments and child care provided. Free group, but you must preregister. Sponsored by The Sandwich Partnership for Families and Adoption Journeys with funding support from Massachusetts Department of Early Education and Care and Child and Family Services Inc. Information or registration: Sandwich Partnership for Families at 508-477-6600, Ext. 132.

October 14 and 28, November 4 and 18, and December 2 and 16 (plan to attend all six), 5:30-7:30 p.m.: **“Parenting in Recovery”** at Cape Cod Children’s Place, 10 Ballwic Road. *Eastham*. This six-session support group for parents in recovery is a safe space where you can increase your insight and skills to support your recovery along with your desire to strengthen your parenting. The goal is to furnish parents with an opportunity to become more confident in their recovery while increasing competence in their understanding and abilities to be a healthier parent. The group will cover normative child development, discipline, and offer education about adult development, trauma, self-care, triggers, relapse prevention, and an understanding of what it is to be a parent in recovery. Presented by the Cape Cod Children’s Place. Information or registration: Cindy Horgan at 508-240-3310.

Education and Support Continued

October 15, 5:15-6:45 p.m.: **“Single Parenting”** at Cape Cod Family Resource Center, 29 Bassett Lane, Hyannis, with Paul Melville, Program Director. 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 child(ren)’s age(s) and parenting situation. Dinner and child care provided. Presented by Family Continuity's 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 Wilson at 508-775-6240 Ext. 512.

October 16, 9 a.m.-3 p.m.: **“Beyond the Basics”** at *Hyannis Holiday Inn*, 1127 Iyannough Road. This training for parents and professionals is hosted by Navigating ADHD, Inc. and Cape Kids Therapy. Focus on educational advocacy, neuropsychology, nutrition, art therapy, executive functioning, coaching, and therapies for ADHD. FEE: \$125 (\$99 before October 1). Registration or information: 508-566-0093.

October 18 (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.

October 19 (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.

October 20 (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.

Education and Support Continued

October 20, 27, and November 3, 5-7 p.m.: **“Active Parenting of Teens”** at the Cape Cod Family Resource Center, 29 Bassett Lane, Hyannis. This free three-week class for parents of preteens and teens includes child care and dinner. Preregistration required. Presented by the Cape Cod Family Resource Center. Information or registration: 508-862-0600 or mhilton@familycontinuity.org.

Beginning October 20 for twelve Tuesdays (approximately three nights each month; call for specific schedule), 5:30-7:30 p.m.: **“Parenting Journey”** at the *Nantucket Family Resource Center* (Drop-in Center), 20 Vesper Lane, with Family Support Specialists Paul Melville and Ana Patricia Hull. This twelve session class will be held in a warm and friendly environment, creating a sense of support and safety among participants. Positive, strengths-based program offers a unique combination of education and support. Dinner and child care provided. This free class is limited to only six parents. Presented by the Nantucket Family Resource Center and the Nantucket Community School. Information or registration: Paul Keeshan at 508-332-6821 or pkeeshan@fcsnantucket.org.

October 21 (third Wednesday), 3:30-5 p.m.: **“What Every Parent Should Know About Substance Abuse”** at Family Continuity, 29 Bassett Lane, *Hyannis*. With Merielle Paul from Learn to Cope. Information or registration: Tresa Salters at 508-947-8779 Ext. 222 or ptaypin@bamsi.org.

October 21 (third Wednesday), 6-7:30 p.m.: **“Support Group for Parents and Caregivers of Children on the Autism Spectrum or with other Developmental Disabilities”** at the Dennis Senior Center (first floor library), 1045 Route 134, *South Dennis*. Sponsored by Kennedy Donovan Center. Information or registration: Dan Small at dsmall@kdc.org.

October 22, 5:30-7:30 p.m.: **“Raising Healthy Boys; What our Boys Need”** at *Chatham Community Center*, 702 Main St. Discover the unique needs of boys as they grow and develop. Learn skills that support boys' healthy emotional development and how to recognize the impact of media, culture and technology. Learn current trends and how to support them as they make sense of the process of growing up. Free dinner and child care provided. Pre-registration is required, transportation is available (call to inquire). Information or registration: Cindy Horgan at 508-240-3310.

Education and Support Continued

October 22 and 29 (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; learn to 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.

October 27 (fourth Tuesday), 10:30 a.m.-noon: **“Support Group for Parents and Caregivers of Children with Intellectual and Developmental Disabilities”** at the Eastham Senior Center (first floor library), 1405 Nauset Road, *North Eastham*. Sponsored by Kennedy Donovan Center. Information or registration: Dan Small at dsmall@kdc.org.

October 27 3:30-5 p.m.: **“Parents of Transitional Age Youth Education and Support Group”** at Family Continuity, 29 Bassett Lane, *Hyannis*. This group is run by the Parent Information Network, JRI, and Family Continuity. The topic this month focuses on Transition Planning and the IEP. Parents are requested to bring a current copy of their IEP or transition plan to review and discuss. Information: Tresa Salters at 508-947-8779 Ext. 22 or ptaypin@bamsi.org.

October 27 (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.

October 29, 5:30-9 p.m.: **“Celebrating Our Parents”** at the Coonamessett Inn, 311 Gifford St., *Falmouth* with Jeanine Fitzgerald, author, behavior specialist, and master trainer. Is there humor in parenting? You bet there is! Join Jeanine for a delicious dinner, some grownup conversation, and all the parenting tips she can fit into the evening. FEE: \$20 includes dinner, Jeanine’s presentation, and a parenting info bag stuffed with local resources. Limited seating. Must pre-register. Sponsored by the Coalition for Children, the Falmouth Public Schools, the Falmouth Service Center, and the Community Network of Cape Cod. Information or registration: Tina at 508-548-0151 ext. 172.

Weekly Programs and Groups

Mondays, 9:30-11 a.m.: **“Parent Chat”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Paul Melville and Mary Wilson. Start your week connecting with other parents and giving your child a chance to experience creative learning activities. Each session in this eight-week series will include some parent/child together time and a facilitated discussion with other parents while your children are cared for in the brand new play space. Topics will be geared toward child development, communication, and other local resources for families. Registration required. Presented by Family Continuity's Cape Cod Family Resource Center and Cape Cod Child Development's Families United Network (F.U.N.). Information or registration: Mary Wilson at mwilson@cccdp.org or 508-775-6240 Ext. 512.

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.

Mondays, 6-7:30 p.m.: **“Reaching Out Family Support Group”** at *Harwich Police Department*, 183 Sisson Road. A free weekly support group for family members and loved ones of addicted individuals. No registration required. Information: Shelley Stormo at 508-563-9229 Ext. 5074 or mstormo@gosnold.org.

Mondays, 6:30-8:30 p.m.: **“Parents Supporting Parents”** at *Mashpee Welcome Center*, 5 Bates Rd. 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- Lower Level of Baily building) 275 Sandwich Street. 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.

Weekly Programs and Groups Continued

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, 5:30-7:00 p.m.: **“Divorce Support Group”** at *Harwich Community Center*, 100 Oak St. This six week group for women in the process of, or dealing with the aftermath of divorce or the breakup of a long-term committed relationship. Information or registration: Tracy 508-430-8111.

Tuesdays, 6-7 p.m.: **“Reaching Out Family Support Group”** at the Gosnold Counseling Center, 1185 Falmouth Road, *Centerville*. A free weekly support group for family members and loved ones of addicted individuals. No registration. Information: Shelley Stormo at 508-563-9229 Ext. 5074 or mstormo@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, 6-7 p.m.: **“Reaching Out Family Support Group”** at the Gus Canty Community Center, 790 Main St., *Falmouth*. A free weekly support group for family members and loved ones of addicted individuals. No registration required. Information: Shelley Stormo at 508-563-9229 Ext. 5074 or mstormo@gosnold.org.

Wednesdays, 6-7:30 p.m.: **“Grief and Addiction Support Group”** at the Gosnold Counseling Center, 1185 Falmouth Road, *Centerville*. 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 (Mugar Building, Cape Cod 5A Room), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. Free group for all new mothers, we discuss any and all topics that relate to being a new mom! Bring your baby. No registration required. 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 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. 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.

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Select Ongoing Resources continued

“Breastfeeding Warm-line” sponsored by the Center for Breastfeeding, *East Sandwich*. All calls are free and confidential. Call anytime; messages left overnight returned promptly: 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 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 e-mail 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.

“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.

Select Ongoing Resources continued

“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.

“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.

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.