

# 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*

### Mission

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.

### 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.

### Initiatives

The Cape Cod Neighborhood Support Coalition is an active participant or leader in numerous initiatives and programs that help strengthen families in our region, including:

Southeast Fathers & Family Network  
Parent Educator Network  
Systems of Care Committee  
Foster Care Support Taskforce

Barnstable County Council for Children Youth and Families  
Cape and Islands Community Network Health Area (CHNA)  
Health and Human Services Advisory Council  
Grandparents Raising Grandchildren Taskforce

### Parent Education & Support Calendar

For over five 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, please go to [www.capecoalition.com/calendar](http://www.capecoalition.com/calendar).

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**Turn the page for our monthly list of parent education  
and support opportunities on and near Cape Cod → → →**

## Parent Education & Support Opportunities: January 2012

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

Beginning January 3 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*, with Jennifer Taylor, LMHC. 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 3 (first Tuesday), 6 – 8 p.m.: **“Parent Information Network (PIN) Parent Support Group”** at *Falmouth Public Library* (Basement Conference Room), 300 Main St., with Jean Cole, parent coordinator at PIN. This group assists families who are challenged by children’s mental health, emotional, or behavioral needs. If you are coming for the first time you must pre-register. Sponsored by the Parent Information Network (PIN), a BAMSII program funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole at 508-947-8779 ext. 229 or [capepin@bamsi.org](mailto:capepin@bamsi.org).

Beginning January 3 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*, with Jennifer Taylor, LMHC. 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 4 (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. This is a great place to connect with other local 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. Please RSVP. Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place, Harwich Early Childhood Council, and the Youth Suicide Prevention Project of the Community Health Center of Cape Cod. Information or registration: Paul Melville at 508-771-4336 ext. 2 or [paul@capecoalition.com](mailto:paul@capecoalition.com).

January 4 (first Wednesday), 6:30 – 8 p.m.: **“Parents of Diabetic Children”** at *Sandwich Public Library*, 142 Main St. (Room 2), with Sandy Bovat. Non-therapeutic parent-led support group. Open discussion format. Join us for information sharing and support. No registration necessary. Information: Sandy at 508-477-8542 or Susan Hendy at 508-888-7054.

January 4, 6:30 – 8 p.m.: **“Sibling Rivalry”** at *Bourne Middle School (Library)*, 77 Waterhouse Road, with Jeanine Fitzgerald, author and certified human behavior consultant with the Better Behavior Bureau. Sponsored by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information and registration: [nspalding@bourne.k12.ma.us](mailto:nspalding@bourne.k12.ma.us) or 508-743-3800 X 4401.

January 5 and 12 (must attend both sessions), 5:30 – 8 p.m.: **“Set a Good Example (SAGE)”** at MSPCC, 206 Breeds Hill Road, *Hyannis*, with Jennifer Taylor, LMHC and Matt Daniels, LMHC. Divorce has a profound impact on children; learn how you can 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 6 (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 6 and 20 (every other Friday), 10 a.m. – noon: **“Breastfeeding Support Group”** at the Gus Canty Community Center, 790 Main St., *Falmouth*. Open to all WIC and community breastfeeding women. Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration necessary. Information: Kathy at 774-392-1411.

January 7 (first Saturday), 5 – 7 p.m.: **“Parent Information Network – Dads Only Support Group”** at the Parent Information Network (PIN), 47 East Grove St., *Middleboro*, with Joe Leandre, parent supporter at PIN, and Chris Bean, MS MFT, home-based team clinician. This group is for dads and other male caregivers who are challenged by a child’s mental health, emotional, or behavioral needs. Ever wish you could talk with other dads who understand what you’re going through? Sponsored by the Parent Information Network (PIN), a BAMSII program funded by the Massachusetts Department of Mental Health. Information or registration: 508-947-8779 ext. 221 or [jleandre@bamsi.org](mailto:jleandre@bamsi.org).

January 9, 6:30 – 8 p.m.: **“Barnstable Special Education Parent Advisory Council (SEPAC)”** at Barnstable High School (Room 1202), 744 West Main St., *Hyannis*. Check [www.barnstablesepac.org](http://www.barnstablesepac.org) for further details. Information: [BarnstableSEPAC@comcast](mailto:BarnstableSEPAC@comcast).

Beginning January 11 for eight Wednesdays, 5:30 – 7:30 p.m.: **“Effective Positive Discipline”** at Faith Assemblies Church, 154 Bearses Way, *Hyannis*, 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 and limited child care available. Sponsored by Cape Cod Child Development’s Families United Network Program. Funded by the Massachusetts Children’s Trust Fund. Information or registration: Mary at 508-775-6240 ext. 512.

January 11, 6:30 – 8 p.m.: **“Minimize Your stress for the New Year”** at the *East Falmouth School*, 33 Davisville Road. Participate in a group yoga demonstration, learn how meditation can change your life, and experience the healing properties of nukkles massage. Limited child care available. Must pre-register. Part of Falmouth Public Schools monthly Parent Connection Series. Information or registration: Laney Cooke-Johnson at 508-548-0151 ext. 175 or [lcooke\\_johnson@falmouth.k12.ma.us](mailto:lcooke_johnson@falmouth.k12.ma.us).

January 11, 6:30 – 8 p.m.: **“Moving Children to Good Health: Fun fitness for all!”** at Sandwich Public Library, 142 Main St., with Melissa Romano, certified trainer for Massachusetts Children at Play. This workshop for parents and educators will provide practical and fun ways to incorporate a healthy lifestyle into your busy day. Part of the Sandwich Partnership for Families mini-series on Growing Healthy Kids Together. Information and registration: 508-888-9525 or [Imelillo@sandwich.k12.ma.us](mailto:Imelillo@sandwich.k12.ma.us).

January 12, 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 12 (second Thursday), 7 – 8:30 p.m.: **“All Families Touched by Adoption (AFTA), Waiting Parents Group”** at the Family Center (Martha’s Vineyard Regional High School), Edgartown–Vineyard Haven Road, *Oak Bluffs*, with Marney Toole. Our mission is to enrich the lives of children, families and all those touched by or considering adoption. We hope to provide, education, support, communication and resources to all. Information or registration: Marney Toole at 508–693–7900 ext. 283.

January 12 (second Thursday), 7 – 9:30 p.m.: **“Breastfeeding Class”** at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28). This one session course prepares moms-to-be for breastfeeding. It covers the advantages of breastfeeding, the anatomy and physiology of lactation, dispels myths surrounding breastfeeding, and will prepare you to get the best possible start. FEE: \$5 per couple. Information or registration: 508–457–3632.

January 13 and 27 (every other Friday), 10 a.m. – noon: **“Breastfeeding Support Group”** at the *Hyannis WIC office*, 1019 Iyannough Road. 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.

January 16 and 17 (must attend both sessions), 6 – 8:30 p.m.: **“Parents Apart”** at VFW Post 2578 (Flight View Room), 455 Iyannough Road, *Hyannis*, with James Caramello, MA, LICSW and Lisa Margarit, LMHC of Massachusetts Bay Counseling. Divorce has a profound impact on children; come learn how you can lessen the impact for your kids. Meets the court’s mandate for education for parents filing for divorce. FEE: \$80. Information or registration: Amy Rochon at 617–786–3027.

January 17, 6 – 8 p.m.: **“Your Child’s Temperament”** at Plymouth Community Intermediate School, 117 Long Pond Road, *Plymouth*, with Cindy Horgan, co-creator of the Parenting Station. Cindy will explore how you can prevent behavior problems by learning to understand your child’s temperament, as well as the importance of positive discipline. Limited child care available. Sponsored by the Plymouth Family Network. Information or registration: 508–830–4444.

January 17 (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.

January 18, 10 – 11:30 a.m.: **“Breastfeeding and Working Support Group”** at the Outer Cape WIC office, 79 Finlay Road, *Orleans*, with Gabrielle Hathaway, lactation consultant. All moms–to–be and mothers of nursing infants welcome, along with babies up to six months. Come get your breastfeeding questions answered and learn the latest information in a confidential and sympathetic group environment. Snacks provided. Sponsored by Outer Cape WIC. Information: ghathaway@outercape.org or 508–240–0853.

January 18 (third Wednesday), 6 – 8 p.m.: **“Parent Information Network (PIN) Parent Support Group”** at Cape Cod Hospital (Lorusso Conference Center), 27 Park St., *Hyannis*, with Jean Cole, parent coordinator at PIN. This group assists families who are challenged by children’s mental health, emotional, or behavioral needs. If you are coming for the first time you must pre–register. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole at 508–947–8779 ext. 229 or capepin@bamsi.org.

January 18, 6:30 – 8 p.m.: **“Eat Right, Grow Strong: Nutrition tips for the pickiest eaters”** at Sandwich Public Library, 142 Main St., with Melissa Romano, certified trainer for Massachusetts Children at Play. This workshop for parents and educators will provide practical and fun ways to incorporate a healthy lifestyle into your busy day. Part of the Sandwich Partnership for Families mini–series on Growing Healthy Kids Together. Information and registration: 508–888–9525 or Imelillo@sandwich.k12.ma.us.

Beginning January 19 for sixteen Thursdays (skips 2/23 and 4/19), 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 Upper Cape Family Network through a grant from the Massachusetts Children’s Trust Fund. Information or registration: 508–548–0151 ext. 172.

January 19 (third Thursday), 7 – 9:30 p.m.: **“Newborn Care”** at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28). This class covers infant daily care, feeding and sleep habits, infant growth, development, and safety. We’ll also cover the identification of illnesses and when to call your pediatrician. FEE: \$5 per couple. Information or registration: 508-457-3632.

January 20, 10 – 11 a.m.: **“Infant Massage”** at Plymouth Community Intermediate School, 117 Long Pond Road, *Plymouth*, with Sue West, Jordan Hospital’s parent educator. Bring your baby to this relaxing session where Sue will guide you through some techniques, routines, and methods to soothe and nurture your baby. Expectant families also welcome. Limited child care available for siblings. Sponsored by the Plymouth Family Network. Information or registration: 508-830-4444.

January 23 (fourth Monday), 10 – 11:30 a.m.: **“Grandparents Raising Grandchildren Monthly Support Group”** at the Bourne Senior Center, 239 Main St., *Buzzards Bay*, with Lois Carr. Information or registration: 508-759-0654.

January 24 (fourth Tuesday), 6 – 7:30 p.m.: **“Dads’ Talk ~ Upper Cape”** at *Mashpee Village* (Community Room), 1 Wampanoag Drive, with Paul Melville, family support specialist, and Mark Abbott, LICSW. A monthly opportunity to get together with local fathers and other male caregivers. This is a great place to connect with other Dads and chat about being a father (or whatever else is on your mind). All Dads are welcome to this non-therapeutic gathering, regardless of their child(ren)’s age(s), their parenting situation, and where they live. Dinner provided (please RSVP). Co-sponsored by the Falmouth Public School’s Parent Connection Series, Falmouth Human Services, and TCB Inc. /Mashpee Village. Information or registration: Paul Melville at 508-771-4336 ext. 2 or paul@capecoalition.com.

January 24, 6:30 – 8 p.m.: **“Unraveling the Mystery of Temperament, the Key for Preventing Behavior Problems”** at *Bourne Middle School* (Library), 77 Waterhouse Road, with Cindy Horgan, co-creator of the Parenting Station. Sponsored by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information and registration: Information and registration: nspalding@bourne.k12.ma.us or 508-743-3800 X 4401.

January 25 and February 1, 8, and 15, 6 – 7:30 p.m.: **“Raising Healthy Families”** at Plymouth Community Intermediate School, 117 Long Pond Road, *Plymouth*, with Melissa Goldbach. Melissa will use Cindy Horgan’s “Raising Healthy Families” videos to cover topics including: child development and effective communication, temperament and positive discipline, and anger and power struggles. Limited child care available. Sponsored by the Plymouth Family Network. Information or registration: 508-830-4444.

January 26, 5:30 – 7:30 p.m.: **“Raising Healthy Families”** at Meetinghouse Preschool, 162 Main St., *East Orleans*, with Cindy Horgan, family support coordinator at Cape Cod Children's Place. This four-week parenting series will provide skills to support parents with some of the challenges that make this job so difficult. Free pizza dinner, child care, and limited transportation also available. Preregistration is required. Program funded by a grant from the Children’s Trust Fund administered by Cape Cod Children’s Place. Information or registration: Cape Cod Children’s Place at 508-240-3310.

January 26, 6 – 8 p.m.: **“Intervention Seminar”** at the Resort and Conference Center at Hyannis, 35 Scudder Ave. (West End Rotary). Do you know someone who is struggling with addiction? Gosnold is providing this free seminar for family members, friends, and anyone else who is interested in learning more about interventions. It will include a role play, discussion, and a question and answer period. Cookies and coffee served. No registration needed. Information: 774-313-0662.

January 30, 6 – 7:30 p.m.: **“A Mother's Gathering”** at Cape Cod Children's Place, 10 Ballwic Road (off Nauset Road), *Eastham*, with Cindy Horgan, family support coordinator. Join us for some uninterrupted adult conversation and a hot meal while your children play and dine with our professional child care providers. This non-therapeutic group is designed to provide moms with an opportunity to connect in a safe, supportive environment. Free pizza dinner and child care provided. Must register by 1/26. Funding support provided by 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 31, 6:30 – 8 p.m.: **“The Good, the Bad, and the Ugly . . . It’s the Media and our Kids”** at *Bourne Middle School* (Library), 77 Waterhouse Road, with Cindy Horgan, co-creator of the Parenting Station. Sponsored by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information and registration: nspalding@bourne.k12.ma.us or 508-743-3800 X 4401.

## Weekly Programs and Groups

Mondays, 10:30 a.m. – noon: **“Postpartum Moms and Babies Group”** 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. Funded by a Massachusetts Family Centers Grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information: 508–240–3310.

Mondays, 6:30 – 8 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. Refreshments and plenty of parking. Information: Lisa M. at 774–238–1570.

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.

Tuesdays, noon – 1 p.m.: **“Afternoon Parent Chat”** at Friendship Garden Nursery School, 460 Locustfield Road, *East Falmouth*, with Carol DiFalco, MS, LMHC. A drop-in, brown bag, best thing you've ever done with your lunch break group! Share the joys and challenges of parenting with others in a safe and nurturing environment. Child care available with pre-registration: 508–548–0151 ext. 172.

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. For information or registration: Dana Sumner at [dsumner@gosnold.org](mailto:dsumner@gosnold.org).

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.

## Weekly Programs and Groups continued

Thursdays, 1 – 2 p.m.: **“Talking Parenting 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 (Whitcomb Pavilion), 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.

## Select Ongoing Resources

**“Adoption Network Programs”** sponsored by the Cape Cod Adoption Network are held at various locations across the Cape. Playgroups and programs for adoptive parents, foster parents, or adoptive parents-to-be. Information: 508-385-7815 or visit [www.capecodadoptionnetwork.org](http://www.capecodadoptionnetwork.org).

**“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](http://dads.capecoalition.com). Information: Paul Melville: 508-771-4336 ext. 2 or [paul@capecoalition.com](mailto:paul@capecoalition.com).

**“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.

## Select Ongoing Resources continued

**“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. Calls are personalized and confidential; we speak 160 languages. Monday – Friday, 8 a.m.–7 p.m., and Saturday 10 a.m. – 2 p.m.: 800–645–8333.

**“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, and hero backpacks available to school-aged children. Information: Kerry Bickford at 508–375–6695 or kbickford@barnstablecounty.org.

**“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: Jean Cole at 508–947–8779 ext. 229 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.

## Select Ongoing Resources continued

**“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 and 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 thousands of women and their families. They empower Cape Cod women of all ages to successfully 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](http://www.wecancenter.org).

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

To submit information for future editions, please e-mail: [calendar@capecoalition.com](mailto:calendar@capecoalition.com)



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