

Parent Education & Support Opportunities April 2009

Kids don't come with instruction manuals. But whether you're a new mom or dad, a seasoned veteran, or a non-traditional parent, there are tips and techniques you can use to make parenting easier for yourself, and living with children better for everyone in your household.

**Compiled and distributed by the Cape Cod Neighborhood Support Coalition:
www.capecoalition.com.**

To receive this list every month by e-mail, please contact Paul Melville at 508-771-4338 or paul@capecoalition.com.

All meetings, workshops, etc. are free of charge unless otherwise noted.

March 30, 6 p.m. - 8 p.m.: "A Night with Stephen Wallace" at Barnstable High School (Performing Arts Center), 744 West Main St., *Hyannis*. Stephen Wallace is chairman and CEO of SADD (Students Against Destructive Decisions) and author of "Reality Gap: Alcohol, Drugs and Sex – What Parents Don't Know and Teens Aren't Telling". Parents, teens, health care and school professionals are invited discuss some of the challenges, choices, and opportunities young people face such as underage drinking, impaired driving, cyber-bullying, sexual behavior, and more! Please call to register for this free event. Sponsored by Cape Cod Hospital's school-based health centers in collaboration with Barnstable High School and the Cape Cod Regional Technical High School. Information or registration: 508-432-1235.

April 2 and 9, 9 - 10:15 a.m.: "**Thursday Morning Parents' Group**" on *Nantucket* at the Early Childhood Center (NHS Rm. 106), 10 Surfside Road, with Pauline Cronin. A drop in discussion group for parents with children birth to five. A great opportunity to meet other parents and to discuss a variety of parenting topics in a casual group setting. Child care provided by the Early Childhood Center. Information: 508-228-7257 ext. 1166.

April 2 and 9 (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; 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: 508-775-0275.

April 2, 6 - 8 p.m.: "**Father & Baby Pizza Party**" at Cape Cod Hospital (Lorusso Board Room), 27 Park St., *Hyannis* with Ann Macdonald, RN, BSN, CCE and Paul Melville, family support specialist at the Cape Cod Neighborhood Support Coalition. This month, Paul will be giving a special presentation on caring for infants when they cry (expecting fathers are encouraged to attend). A great place for dads (and dads-to-be) to show off their babies from newborn to 18 months old, to connect with other Cape dads, and to learn about resources for local families. Free pizza dinner. Sponsored by Cape Cod Healthcare and the Cape Cod Neighborhood Support Coalition. Information or registration: Ann at 508-862-5123.

April 3, 9:30 - 11:30 a.m. and 1 - 3 p.m.: **“Free Family Law Legal Clinics for Women”** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Individual, half-hour appointments with an attorney are available by registration only. This is an opportunity for low and moderate income women to ask questions, get answers, navigate their documents, and find out what their rights are. Funded by a grant from the Massachusetts Bar Foundation. Information or registration: 508-430-8111.

April 3 and 17 (every other Friday), 10 a.m. - Noon: **“Nursing Mothers Support Group”** at the *Falmouth Fire Station*, 399 Main St. Non-WIC mothers, fathers, and pregnant women also welcome. Sponsored by Cape Cod WIC. No registration necessary. Information: Cheryl at 508-540-5275.

April 4 and 11 (must attend both sessions), 10:30 a.m. - 1 p.m.: **“Parents Apart”** at Cape Cod Community College (North 114), 2240 Iyannough Road (Route 132), *West Barnstable*, with James Caramello, MA, LICSW and Lisa Margarit, MA 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. Deadline to register is Wednesday, April 1st. Information or registration: Amy at 617-786-3027.

April 6 (first Monday), 6 - 7:30 p.m.: **“Dads’ Talk”** at *Harwich Community Center*, 100 Oak St., with Matt Daniels, LMHC and Paul Melville, family support specialist. This group provides a monthly opportunity to get together with local fathers and other male caregivers. All dads are welcome to this non-therapeutic gathering, regardless of their child(ren)’s age(s) and their parenting situation. Free pizza and child care. Sponsored by the Cape Cod Neighborhood Support Coalition with additional support from Cape Cod Children's Place and Harwich CPC. Information or registration: 508-771-4338 or paul@capecoalition.com.

April 7, 5:30 - 8 pm.: **“You Drive Me Crazy: Surviving Teen Driving”** at *Mashpee High School* (Auditorium), 500 Old Barnstable Road with Charles Foster, PhD, author of “Parent/Teen Breakthrough”, and Chris Nowinski, 2002 WWE Rookie of the Year and author of “Head Games”. Sponsored by Cape & Islands End Driving Deaths Among Youth (EDDY). Information or registration: 508-495-7596.

April 8 (second Wednesday), 8:30 - 10 a.m.: **“Parent Chat with Cindy Horgan”** at Stony Brook Elementary School, 384 Underpass Road, *Brewster*. Cindy is family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. This group meets once a month and parents can drop in to discuss different topics that will help to strengthen their skills and support them in their parenting journey. Sign-in at the front desk and get a Cape Cod Children's Place name tag. There is no child care available for this group. Funding 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.

April 8, 5:30 - 7:30 p.m.: **“Temperament”** at Stony Brook Elementary, 384 Underpass Road, *Brewster* with Cindy Horgan, family support coordinator at Cape Cod Children's Place. We will explore the types of temperament that exist and the challenges of having a different temperament than your child. Learn how to prevent behavior problems by understanding temperament, and get some take home strategies to use with each temperament trait. Free pizza dinner and childcare provided. Funding support provided by a Massachusetts Family Centers grant through Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

April 8 (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.

April 8, 7 - 9 p.m.: “**Successful Problem-Solving Strategies for New Parents**” at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28), with Lee Burwell MFT, LMHC. It is not how often couples disagree that will determine the success of their relationship. It is whether couples know how to resolve the issues that can be resolved and accept differences that will remain throughout the relationship. Learn how to repair problems that arise and practice important skills for keeping the relationship secure. FEE: \$10 per couple (scholarships available). Information or registration: 508-457-3632.

April 9, 6 - 8 p.m.: “**Low or No Cost Things Dads Can Do With Their Children (for Dads only)**” at A Baby Center, 81 Willow Ave., *Hyannis*, with Paul Melville, Mary Wilson, and Tina Toran. You don't have to spend much money to spend meaningful/quality time with your kids. Come learn about some great things to do and share some of your own secrets with other dads. Pizza dinner and child care provided. Sponsored by the Southeast Fathers and Family Network; funded by the Children's Trust Fund. Information or registration: 508-775-6240 ext. 512.

April 9 (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, family services coordinator at the Martha's Vineyard Family Network. The group 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.

April 10 and 24 (every other Friday), 10 a.m. - Noon: “**Nursing Mothers Support Group**” at the *Hyannis WIC office*, 1019 Iyannough Road. Non-WIC mothers, fathers, and pregnant women also welcome. Sponsored by Cape Cod WIC. Information: Cheryl at 508-540-5275.

April 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.

April 13, 6 - 7:30 p.m.: “**Getting Ready for Kindergarten?**” at Harwich Elementary School (Activity Room), 263 South St. with Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. Getting ready for kindergarten is both a journey and a process. Learn how to support, help transition, and send your children off to kindergarten ready to learn. Child care available \$2.50/child. Funded by a grant from the Massachusetts Department of Early Education and Care. Information or registration: Francie Joseph at 508- 430-1692.

April 13 (second Monday), 7 - 8:30 p.m.: “**Cape Cod Mothers of Multiples (C2M2)**” at the Rehabilitation Hospital of the Cape and Islands (RHCI), 311 Service Road, *East Sandwich*. A support group for parents of twins, triplets etc. Information: Stephany Alves at 508-246-5091 or stephany2@comcast.net.

April 14 and 28 (every other Tuesday), 10 a.m. - Noon: “**New Babies' Breastfeeding Support Group**” at *Falmouth Hospital* (Family Room, Maternity Unit), 100 Ter Heun Dr. (off Route 28), with Suzan Schar, RNC and board certified lactation consultant. Siblings welcome. Information: 508-457-3632.

April 15, 5:30 - 7:30 p.m.: **“Why Does Everything Feel Like a Battle?”** at Stony Brook Elementary, 384 Underpass Road, *Brewster* with Cindy Horgan, family support coordinator at Cape Cod Children's Place. We will explore the types of temperament that exist and the challenges of having a different temperament than your child. Learn how to prevent behavior problems by understanding temperament, and get some take home strategies to use with each temperament trait. Free pizza dinner and childcare provided. Funding support provided by a Massachusetts Family Centers grant through Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

April 16, 4 - 6 p.m.: **“Family Resource Fair”** at the Kenneth C. Coombs School, 152 Old Barnstable Road, *Mashpee*. In these difficult economic times, come find out what is available to you in your community and how to access these resources. There will be snacks and fun activities for children. Sponsored by the Mashpee Community Partnerships for Children. Information: 508-539-3048.

April 16, 6:30 - 8 p.m.: **“Eating Disorders in Children: Symptoms, Warning Signs, and Treatment”** at the *Falmouth Public Library*, 300 Main St. A workshop for parents of students in Grades 5 – 12. Sponsored by the Falmouth Public Schools' Parent Connection Series. Information or registration: 508-548-1621 or vips@falmouth.k12.ma.us.

April 15, 7 - 9 p.m.: **“Bringing Baby Home”** at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28), with Lee Burwell MFT, LMHC. Have fun learning how to play with and communicate with your baby and discover strategies for calming your baby when s/he cries. Hear why playing with fathers is so important to the healthy development of babies and to the strength of the family. FEE: \$10 per couple (scholarships available). Information or registration: 508-457-3632.

April 16, 5:15 - 6:45 p.m.: **“Single Parenting”** at Cape Cod Child Development, 83 Pearl St., *Hyannis*, with Paul Melville, family support specialist and Kathleen Shine-O'Brien, LMHC. This monthly group is designed to create a safe, supportive environment for single moms and dads to share successes, challenges, and other information. All single parents are welcome to attend this non-therapeutic gathering, regardless of their child(ren)'s age(s) and their parenting situation. Free dinner and child care. Sponsored by Cape Cod Child Development's Families United Network Program; funded by the Cape Cod Neighborhood Support Coalition and the Massachusetts Department of Early Education and Care. Information or registration: Paul at 508-775-6240 ext. 514.

April 16 (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.

April 18 (third Saturday), 5:30 - 7 p.m.: **“Waiting Family Meetings”** at Good Hope Adoption Services, 708 Route 134, *South Dennis*. For singles and couples beginning adoption, waiting, or recently home with their child. Free pizza and coffee. Information or registration: Cape Cod Adoption Network at 508-385-7815.

April 21 (third Tuesday), 5 - 6:30 p.m.: **“Grandparents Raising Grandchildren”** at the Barnstable Senior Center, 825 Falmouth Road (Route 28), *Hyannis*, with Rosanne DeVito of Elder Services. A monthly get together for grandparents raising grandchildren with different topics discussed each month. A separate “Grandkids Get Together” is run concurrently by Barnstable's youth services coordinator, Sally-Ann Imes, so that grandchildren Ages 8 and up can meet and interact with peers whose family settings may be similar to their own. A light dinner will be provided to all. Information or registration: Sally-Ann at 508-862-4633 or sally-ann.imes@town.barnstable.ma.us.

April 24, 9:30 - 11:30 a.m.: **“Free Family Law Legal Clinics for Women”** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Individual, half-hour appointments with an attorney are available by registration only. This is an opportunity for low and moderate income women to ask questions, get answers, navigate their documents, and find out what their rights are. Funded by a grant from the Massachusetts Bar Foundation. Information or registration: 508-430-8111.

April 25 (fourth Saturday), 10 - 11:30 a.m.: **“Adoptive Moms Support Group”** at the Northside Methodist Church, 701 Airline Road, *Dennis*. Coffee, refreshments, and child care available. Information or registration: Cape Cod Adoption Network at 508-385-7815.

April 27, 10 - 11:30 a.m.: **“Grandparents Raising Grandchildren Monthly Support Group”** at the Bourne Council on Aging, Bourne Veteran’s Memorial Community Center, 239 Main St., *Buzzards Bay* with Lois Carr. Information or registration: 508-759-0654.

April 27 (last Monday), 5:30-7 p.m.: **“Single Moms”** at Cape Cod Children's Place, 10 Forest Ave., *Eastham*, with Kate Macaulay and Cindy Horgan. This non-therapeutic group is designed to encourage individuals to share their challenges as well as their successes. Meet new friends and be supported and empowered by each other! Free Pizza dinner and child care provided. Funding support provided by a Massachusetts Family Centers grant through Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

April 27, 7 - 8 p.m.: **“Parents of Socially Challenged Youth Meeting”** at the Southeast Alternative School, 270 Communications Way (Suite 2G), *Hyannis*, with Bambi Rosario of Cape Cod Child Development. Funded by the Southeast Alternative School Cape Cod Campus division of Community Care Services. Information or registration: 508-862-0288.

April 29 (last Wednesday), 6:30 - 8 p.m.: **“S.T.E.P. Up 4 Kids”** at Stop & Shop (Conference Room), 65 Independence Park Dr., *Hyannis*. A monthly support group for parents of children with behavioral or emotional disorders (including bipolar disorder, ADHD, anxiety, depression and others) for parents and caregivers only. Information or registration: Maria Lamb at 508-432-5880 or bobatly@yahoo.com.

April 29, 6:30 - 8 p.m.: **“Nurturing Writing with Preschoolers”** at the Gus Canty Community Center, 790 Main St., *Falmouth* with Linda Howard, Prek-6 ELA instructional coach for Falmouth Public Schools. Learn how to encourage your emerging preschool writer through this workshop. The focus will be on ways to use reading aloud, interactive writing, and creating stories to inspire your young learner. Limited free child care. Presented by Young Children First! Information or registration: 508-548-0151 ext. 128.

April 30, May 7, and 14, 9:30 - 11 a.m.: **“Raising Strong & Successful Girls”** at Saint Mary's Episcopal Church, 3055 Main St., *Barnstable* with Karol Maybury, Ph.D. This three session course for parents of girls, ages 7-13 will help you understand girls' psychological development, how cliques work, and how parents and girls can deal effectively and compassionately with difficult peers. Plus, how modern media is changing our daughters' self-perceptions and we can do about it. FEE: \$80. Information or registration: 508-280-1638 or karolmaybury@comcast.net.

Beginning April 30 for six Thursdays, 5:45 - 7:45 p.m.: **“Active Parenting Now (for Single Parents of Children Ages 5 -12)”** at Cape Cod Child Development’s School Age Center, 439 E. Falmouth Highway, *East Falmouth* with Lee Burwell, MFT, CGE and single mom, and Paul Melville, family support specialist and single dad. Through this program you will learn skills that will help you develop cooperation, responsibility, and self-esteem in your children. You'll also learn positive discipline techniques so you can avoid those all-too-familiar power struggles. Free dinner (5:45-6:15 p.m.) and limited free child care with early registration. Sponsored by the Falmouth Public School’s Pupil Personnel/Early Childhood Department. Information or registration: Laney Cooke-Johnson at 508-548-0151 ext. 175 or lcooke_johnson@falmouth.k12.ma.us.

May 4, Noon - 2 p.m.: **“For Parents of Children Diagnosed with Bipolar Disorder”** at the Yarmouth Police Department (Training Room), 1 Brad Erickson Way (corner of Higgins Crowell Road), *West Yarmouth*, with parent Jennifer Ross, and Jennifer Sheehan of the Cape Cod Neighborhood Support Coalition. This is an informal discussion about forming a parent-led group just for parents of children who have been diagnosed with bipolar disorder. Feel free to drop in and stay as long as you can. This is an opportunity to share ideas and raise questions about what might work well to inform, educate and empower parents. If you cannot attend, you are welcome to call or e-mail us with your comments. Free buffet lunch will be provided (please RSVP). Sponsored by the Cape Cod Neighborhood Support Coalition. Information or registration: Jennifer Sheehan at 508-771-4336 or jennifer@capecoalition.com.

May 4 (first Monday), 6 - 7:30 p.m.: **“Dads’ Talk”** at *Harwich Community Center*, 100 Oak St., with Matt Daniels, LMHC and Paul Melville, family support specialist. This group provides a monthly opportunity to get together with local fathers and other male caregivers. All dads are welcome to this non-therapeutic gathering, regardless of their child(ren)’s age(s) and their parenting situation. Free pizza and child care. Sponsored by the Cape Cod Neighborhood Support Coalition with additional support from Cape Cod Children’s Place and Harwich CPC. Information or registration: 508-771-4338 or paul@capecoalition.com.

Weekly Programs and Groups:

Mondays, 10:30 a.m. - Noon: **“Postpartum Moms & Babies Group”** at *Harwich Community Center*, 100 Oak St., with Monica Keefe-Hess, parent education coordinator at Cape Cod Children’s Place. We meet to share stories, ask questions, and get familiar with resources that support you such as: nutrition, parenting, breastfeeding etc. Funded by a Massachusetts Family Centers Grant through Children’s Trust Fund. Information: 508-240-3310.

Every other Monday, 6 - 8 p.m.: **“The CIRCLE”** at West Parish Church, 2049 Meetinghouse Way (Route 149), *West Barnstable*, with Richard Bickford, LICSW. A family bereavement support program for children Ages 5 - 13 who have lost a parent or sibling. Entire family welcome. Light supper provided. Sponsored by the VNA of Cape Cod’s Hospice Bereavement Program and affiliated with Boston Medical Center’s Good Grief Program. Information or registration: 508-957-7716.

Tuesdays, 10 a.m.: **“Nursing Mothers’ Group”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. Information or registration: 888-890-2229 or 508-888-7794.

Tuesdays, 10:15 - 11:45 a.m.: **“Postpartum Moms & Babies Group”** at *Eastham Public Library*, 190 Samoset Road, with Monica Keefe-Hess, parent education coordinator at Cape Cod Children’s Place. We meet to share stories, ask questions, and get familiar with resources that support you such as: nutrition, parenting, breastfeeding etc. Funded by a Massachusetts Family Centers Grant through Children’s Trust Fund. Information: 508-240-3310.

Wednesdays, 11 a.m. - Noon: **“Just Babies”** (a group for parents and babies under 18-Months) at *Hyannis Public Library*, 401 Main St. A fun opportunity to meet other parents, share stories, ask questions, and get resources for your family. Sponsored by Cape Cod Child Development’s Families United Network Program through a grant from the Massachusetts Department of Early Education and Care. Registration and Information: 508-775-6240 ext. 512.

Thursdays, 1 - 2 p.m.: **“Talking Parenting with Julie Sacchetti”** at Jonathon 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 (call 508-759-0644 to confirm/reserve space). Funded by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information: Julie at 508-776-3536.

Weekly Programs and Groups continued:

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.

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 for a program listing and to request a resource guide.

“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: 888-890-2229 or 508-888-7794.

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

“Family Support Information Line” of the Cape Cod Neighborhood Support Coalition provides free, confidential information about resources and referrals to services for families with dependent children across the Cape & Islands: 888-99-CCNSC (888-992-2672). We talk to families (and those who work with families) about “where to go for what.” There are no income guidelines and there is no intake process in order to receive information from us. Learn more about the Coalition at www.capecoalition.com.

“Fit to be Kids” at the Rehabilitation Hospital of the Cape and Islands (RHCI), 311 Service Road, *East Sandwich*. An outpatient weight management program for children Ages 6 - 16. Information or registration (including fee schedule): 508-833-4197.

“FoodSource Hotline of Project Bread”: If you or someone you know is having difficulty making ends meet for whatever reason, Project Bread’s FoodSource Hotline can help. This hotline is the only comprehensive information and referral service for the hungry in Massachusetts. The hotline operators can provide information and screen callers for food stamp eligibility, connect callers to school meal programs, and direct callers to the best local, emergency food resources. All calls are personalized and confidential; with capacity for 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. The Kids Grieve Too! program at Hospice & Palliative Care of Cape Cod uses a combination of sharing, expressive arts and play therapy to assist children in expressing their feelings. Their licensed therapists specialize in supporting children through loss and grief. Information: 508-957-0200 or www.hospicecapecod.org.

“Lactation Connection”: Breastfeeding mothers on Nantucket can reach a certified lactation consultant who will answer your questions and arrange to meet with you for free as needed: 774-563-1970.

Ongoing Resources continued:

“Navigating ADHD” with Tracey Bromley Goodwin, M.Ed. and Holly Oberacker, ATR, LMHC: This education/support group for parents whose children have been diagnosed with ADD/ADHD involves a 10-week series of small group meetings (6 - 10 parents/guardians). Learn the facts on what ADHD is and isn't, strategies for managing difficult behaviors, communication and conflict resolution techniques, tips for organizing your child's environment, and effective methods for building positive relationships with your child's school. Take home strategies, behavior interventions, and organizational charts. Meetings will be held in Centerville and will be offered during the day once a week, and during the evening more than once a week. FEE: \$30 per session if you enroll for all 10 weeks, or \$35 per session pay as you go. For information or registration: Tracey Bromley Goodwin at 508-888-2354, or Holly Oberacker at 508-566-0242.

“Operation Military Kids”: Families experiencing the absence of a loved one due to a deployment overseas can learn what opportunities are available to them and their child(ren). Free after school and family programs are available through a grant from the Army Child and Youth Services, and hero backpacks are available to school aged children. Information: Kerry J. Bickford at 508-375-6695 or kbickford@barnstablecounty.org.

“Parent Information Network (PIN)”: assists families who are challenged by children's mental health, emotional, or behavioral needs. They offer a quarterly newsletter, individual advocacy, parent/community education, and two monthly support groups (*Brewster* and *Falmouth*). Funded by the Massachusetts Department of Mental Health. Information or registration: Jennifer Ross at 508-947-8779 ext. 29.

“Parental Stress Line”: You don't have to keep going it alone, Parents Helping Parents can help. The “Parental Stress Line” is confidential, anonymous, and available 24 hours/day, 7 days/week across Massachusetts: 800-632-8188.

“The Samaritans on Cape Cod and the Islands”: Dedicated volunteers answer this crisis hotline and listen compassionately to anyone who needs to be heard or who needs to hear a consoling human voice. Some of their callers are suicidal and some simply need a non-judgmental friend to validate their feelings and listen to their concerns and fears. All calls are confidential and anonymous: 800-893-9900.

“2009 Summer Camp and Day Program Guide”: This guide, compiled by Child Care Network and the Cape Cod Neighborhood Support Coalition, lists summer opportunities for all ages across the Cape and Islands. It also includes a contact list for town recreation departments, and tips on choosing a camp and financial assistance. The guide is online at www.capecoalition.com, or please contact CCNSC at 508-771-4336 to receive a copy by mail.

The Cape Cod Neighborhood Support Coalition (CCNSC) compiles and distributes this monthly list for the benefit of Cape and Islands families. 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 program or provider.

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