

Parent Education & Support Calendar December 2008

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. This calendar is compiled and distributed by the Cape Cod Neighborhood Support Coalition: www.capecoalition.com.

All classes and meetings are free to participants unless otherwise noted.
Please call to register and/or confirm date and time, and to request child care if offered.

November 28, 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. Information and registration: Cheryl at 508-540-5275.

December 1 and January 5, 6-7:30 p.m.: **"Dads' Talk"** at *Harwich Community Center*, 100 Oak St. with Matt Daniels and Paul Melville. A safe, non-therapeutic group providing a monthly opportunity for dads of kids and teens to talk about the issues of being a father today. Free pizza and childcare. Sponsored by the Cape Cod Neighborhood Support Coalition with additional support from Cape Cod Children's Place and Harwich CPC. Information and registration: 508-771-4338 or paul@capecoalition.com.

December 3, 6:30-8 p.m.: **"Temperament and Your Child"** at The *Falmouth Public Library*, 300 Main St. with Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. Explore the various temperaments and the challenges of having a different temperament than your child. This interactive, hands-on workshop will help you work with your child more effectively. Free childcare available. The Parent Connection Series is a partnership between the Falmouth Public Schools Pupil Personnel office and VIPS. Information and registration: 508-548-0151 ext. 175.

December 4, 5:15-6:45 p.m.: **"Single Parenting"** at Cape Cod Child Development, 83 Pearl St., *Hyannis* with Paul Melville. This non-therapeutic group is designed to create a safe, supportive environment for single moms and dads to share successes, challenges, and other information. Some months may include guest speakers and door prizes. Free dinner and child care. Sponsored by Cape Cod Child Development's Families United Network Program through a grant from the Massachusetts Department of Early Education and Care. Information and registration: 508-775-6240 ext. 514.

December 5 and 19, 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. Information and registration: Cheryl at 508-540-5275.

December 8, 6:30-8 p.m.: **"Special Education Parent/ Guardian Support Meeting"** at Barnstable High School (Room 1202), 744 West Main St., *Hyannis* with the Barnstable Special Education Parent Advisory Council (SEPAC). This is an opportunity for families of children on IEP/504s and those with learning differences to share conversation and support. Limited childcare available. Information: Linda at 774-994-0713. Registration: Michelle at 508-428-0167.

December 9, 6:30-8 p.m.: **“S.T.E.P. Up 4 Kids”** support group at Stop & Shop (Conference Room), 65 Independence Park Drive, *Hyannis*. A monthly group for parents of children with behavioral or emotional disorders (including bipolar disorder, ADHD, anxiety, depression and others). This group is for parents and caregivers only. Information and registration: Maria Lamb at 508-432-5880 or bobatly@yahoo.com.

December 10, 8:30-10 a.m.: **“Parent Chat”** at Stony Brook Elementary School, 384 Underpass Road, *Brewster* with Monica Keefe-Hess, parent education coordinator at Cape Cod Children's Place. 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. Funding provided by a Massachusetts Family Centers grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information and registration: 508-240-3310.

December 11, 9-11 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 are available by registration only. Funded by a grant from the Massachusetts Bar Foundation. Information and registration: 508-430-8111.

December 11, 6-7 p.m.: **“Breastfeeding Support Group”** at the Outer Cape WIC office, 79 Finlay Road, *Orleans* with Gabrielle Hathaway, lactation consultant. For moms-to-be and mothers of nursing infants. get your breastfeeding questions answered and learn the latest information in a confidential and sympathetic group environment. Snacks will be provided. Please join us for this informative and supportive evening. Information: 508-240-0853.

December 12 and 26, 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. Information and registration: Cheryl at 508-540-5275.

December 15, 5:30-7 p.m.: **“Single Moms”** at Cape Cod Children's Place, 10 Forest Ave., *North Eastham* with Kate Macaulay, M.Ed., and Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. This non-therapeutic group encourages the sharing of successes as well as challenges. Free pizza dinner and childcare. Funding support provided by a Massachusetts Family Centers grant through Children's Trust Fund, administered by Cape Cod Children's Place. Information and registration: 508-240-3310.

December 16, 4-7:30 p.m.: **“Foster Parent Information Session”** at the Jonathan Bourne Public Library, 19 Sandwich Road, *Bourne*. Have you been thinking about sharing your heart and home with a child? The Department of Children and Families (DCF) needs foster families for Cape Cod children. DCF staff will be available to discuss information about their foster care program. Information and registration: 508-760-0229 or 800-KIDS-508 (800-543-7508).

December 29, and January 5, and 12, 1-2:30 p.m.: **“Raising Strong & Successful Girls”** at Friends Meeting House, 6 Quaker Road, East Sandwich 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. \$80 fee. Information or registration: 508-280-1638 or karolmaybury@comcast.net.

Weekly and Monthly 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.

Third Monday, 7-8 p.m.: “**Asperger Support Group for Parents**” 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 and registration: 508-862-0288.

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

Every other Tuesday, 10 a.m.-12:30 p.m.: “**New Babies’ Breast Feeding Support Group**” at *Falmouth Hospital* (Faxon basement conference room), 100 Ter Heun Dr. (off Route 28) with Suzan Schar, board certified lactation consultant. Information or specific dates: 508-457-3632.

Wednesdays, 11 a.m.-noon: “**Just Babies**” (a group for parents and pre-walkers) 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. 513.

Wednesdays, 10-11:30 am: “**Postpartum Moms & Babies Group**” at Cape Cod Children's Place, 10 Forest Ave., *North Eastham* 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.

First Thursday, 7 p.m.: “**Cape Cod Mothers of Multiples**” at the Cape Cod Child Development building, 439 East Falmouth Highway, *Falmouth*. Parent-led support group for parents of twins, triplets etc. Information: Stephany Alves at 508-246-5091 or stephany2@comcast.net.

Second and Fourth Thursdays, 11:30 a.m.-1 p.m.: “**Pregnancy and Newborn loss Group**” at *Falmouth Hospital*, 100 Ter Heun Dr. No registration necessary. Information: 508-457-3632.

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 and registration: Ann at 508-862-5123.

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 and registration: Cape Cod Adoption Network at 508-385-7815.

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 and registration: Cape Cod Adoption Network at 508-385-7815.

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 is a confidential information and referral service for Cape and Islands families. Learn about resources such as emergency financial assistance, fuel assistance, parent education and support, mental health professionals, programs and activities for children and youth etc.: 888-99-CCNSC (22672).

“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 and registration (including fee schedule): 508-833-4197.

“Lactation Connection”: Breast feeding 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.

“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.

“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 Cape Cod Neighborhood Support Coalition (CCNSC) compiles and distributes this monthly calendar 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 calendar is neither an exhaustive list nor an endorsement of any program or provider.

To receive this free calendar every month: Paul Melville at 508-771-4338 or paul@capecoalition.com.