

# PARENT EDUCATION & SUPPORT CALENDAR

## February 2008

Compiled and distributed by the Cape Cod Neighborhood Support Coalition;  
strengthening families and the resources that support them on the Cape and Islands.  
For information about resources for families, or to receive this calendar monthly,  
please contact Paul N. Melville at 508-771-4338 or paul@capecoalition.com  
This calendar is always available at [www.capecoalition.com](http://www.capecoalition.com)

*Most of us wouldn't try driving a car for the first time without getting some assistance. Why then, do we have trouble asking for help and advice with our parenting? The parent education classes and support groups in this calendar are designed to make the difficult job of parenting a little easier for all parents.*

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.

Feb. 1, 8, 15 and 22, 9:30-11 a.m.: **"Coffee & Conversation"** with Marney Toole at Martha's Vineyard Community Services (Board Room), 111 Edgartown Road, *Vineyard Haven*. For any parent looking for a quiet moment to talk about parenting issues or child development. Coffee and snack provided. Limited childcare available. Information or registration: Jen or Amy at 508-693-7900 ext. 288.

Feb. 1, 15 and 29, 10-noon: **"Nursing Mothers Support Group"** at the *Hyannis WIC office*, 1019 Iyannough Road. Non-WIC mothers and pregnant women also welcome. Information or registration: Cheryl at 508-540-5275.

Feb. 2 and 9 (must attend both sessions), 11 a.m.-1:30 p.m.: **"Parents Apart"** at Cape Cod Community College (North 114), 2240 Iyannough Road, *West Barnstable* with James Caramello, MA, LCSW and Lisa Margarit, MA of Mass. 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. \$65 fee includes both sessions. Information or registration: Danielle Latteo at 617-786-3027.

Feb. 5, 12 and 26, 5:30-7:30 p.m.: **"Parenting Differences"** at Monomoy Community Center, 166 Depot Road, *Chatham* with Cindy Horgan, family support coordinator at Cape Cod Children's Place. This workshop focuses on effective communication, rules for fair fighting, handling the stresses of life, elements of teamwork, and how to handle outside influences. Participants come away with a different perspective of the other person as well as how their reactions or lack of can play a role in the behavior of their parenting partner whether their parenting in the same home or separate homes. Pizza dinner and child care provided. Funding provided by a Mass. Family Centers grant through Children's Trust Fund and grants from the Mass. Department of Early Education and Care. Information or registration: 508-240-3310.

Feb. 5, 6-7 p.m.: **"Parent/Child Early Literacy Night"** at the *Hyannis Library*, 401 Main St. Learn how to help your children develop a life-long love for books and encourage their pre-reading skills. Snack, activity, story time, and suggested books to read will be shared. Leave with a free book! Sponsored by Cape Cod Child Development's Families United Network

Program through a grant from the Mass. Department of Early Education and Care. Information or registration: Mary Wilson at 508-775-6240 ext. 512.

Feb. 5, 6:30-8 p.m.: “**Temperament and Birth Order**” at Saint Peter’s Church-on-the-Canal, 165 Main St., *Buzzards Bay* with Julie Sacchetti, social worker, parent educator, and family support specialist. Limited child care provided. Funding provided by grants from the Mass. Department of Early Education and Care to the Bourne Early Childhood Council and its Community Partnerships for Children. Information or registration: 508-563-2206.

Feb. 7, 5-6:30 p.m.: “**Single Moms’ Support Group**” at Cape Cod Child Development, 83 Pearl St., *Hyannis*. A non-therapeutic group for single mothers to come together, relax and unwind in a safe environment, and find support in sharing strengths and challenges. Free dinner and child care. Sponsored by Cape Cod Child Development’s Families United Network Program through a grant from the Mass. Department of Early Education and Care. Information or registration: Mary Wilson at 508-775-6240 ext. 512.

Feb. 7, 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. A great place for dads to show off their babies from newborn to 14 months old, to connect with other Cape dads, and to have their questions answered by family support professionals (including a local pediatrician). Pizza dinner provided. Information or registration: Ann at 508-862-5123.

Feb. 7, 7-8:30 p.m.: “**Waiting Family Meetings**” at the Family Center at Martha’s Vineyard Regional High School, Vineyard Haven-Edgartown Road, *Oak Bluffs*. For Singles and couples beginning adoption, waiting, or recently home with their child. Information or registration: Marney at 508-693-7900 ext. 283.

Feb. 8 and 22, 9:30-11:30 a.m.: “**Nursing Mothers Support Group**” at the *Falmouth WIC office*, 155 Katherine Lee Bates Road. Non-WIC mothers and pregnant women also welcome. Information or registration: Cheryl at 508-540-5275.

Feb. 11, 5:30-7:30 p.m.: “**Raising Respectful Children**” at The Ezra H. Baker School, 810 Route 28, *West Dennis* with Cindy Horgan, family support coordinator at Cape Cod Children’s Place. Raising polite, respectful children can be difficult in today’s world. Learn how to develop respectful relationships with your children. Free pizza dinner and childcare. Funded by a Safe and Supportive Learning Environments grant from the Mass. Department of Education. Information or registration: Tanya Roza at 508-398-7691.

Feb. 12, 11-12:15 p.m.: “**Weaning and Nutrition**” at St. Paul’s Parish House, 20 Fair St., *Nantucket* with Sunny Daily. This group is for parents and babies up to twelve months old. The introduction of food into your little ones diet can be confusing to say the least! In this class for parents and babies up to twelve months old, we will answer some of your questions and help make the transition a little easier. No registration necessary. Information: Pauline Cronin at 508-228-7285 ext. 1166.

Feb. 13, noon-1:30 p.m.: “**Grandparents as Caregivers Support Group**” at *Harwich Community Center*, 100 Oak St. with Mary Keefe, retired social worker and Cindy Horgan, family support coordinator at Cape Cod Children’s Place. Many grandparents are the primary caregivers of their grandchildren, come join them in celebrating the joys and challenges of raising grandchildren and learn about resources to help your family. Program provided by a

Mass. Family Centers grant through Children's Trust Fund, and grants from the Mass. Department of Early Education and Care. Information or registration: 508-240-3310.

Feb.14: "**Free Legal Clinics for Women**" at WE CAN, 537 Main St. (Route 28), Suite 2H, *Harwich Port. Wills and Estates* 9-11 a.m. and *Family Law and Bankruptcy* 1-3 p.m. Individual, half-hour appointments are available by registration only. Funded by a grant from the Mass. Bar Foundation. Information or registration: 508-430-8111.

Feb. 19, 6:30-8:30 p.m.: "**Boot Camp for New Dads**" at the *Nantucket Cottage Hospital*, 57 Prospect St. Program to help you gain confidence in your ability to be a great dad. Facilitated by veteran dads. All expectant (or new) dads, granddads, and uncles are welcome. Information (including fee schedule) or registration: Nancy Lucchini: 508-825-8227.

Feb. 21 and 28, 6-7 p.m.: "**Sign Language for Parent and Child**" at Cape Cod Child Development, 83 Pearl St., *Hyannis*. Thirty minutes of parent instruction with child care, followed by thirty minutes of singing and signing songs together with your child. Sponsored by Cape Cod Child Development's Families United Network Program through a grant from the Mass. Department of Early Education and Care. Information or registration: Mary Wilson at 508-775-6240 ext. 512.

Feb. 25, 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: Lois at 508-759-0654.

Feb. 25, 5:30-7 p.m.: "**Single Moms**" at Cape Cod Children's Place, 10 Forest Ave., *North Eastham* with Kate Macaulay and Cindy Horgan, family support coordinator at Cape Cod Children's Place. Non-therapeutic group encourages the sharing of successes as well as challenges. Program provided by a Mass. Family Centers grant through Children's Trust Fund, and grants from the Mass. Department of Early Education and Care. Information or registration: 508-240-3310.

Feb. 25, March 24, April 28, and May 19, 6-7:30 p.m.: "**Dads' Talk**" at *Harwich Community Center*, 100 Oak St. with Matt Daniels of Child Health & Behavior, Inc. A safe, non-therapeutic group providing an opportunity for dads to talk about the issues of being a father in today's world. Come gain support and share experiences and strategies to help you in the important job of being a father. Pizza and childcare provided. Sponsored by Cape Cod Children's Place and its program partners Harwich CPC and the Families United Network of Cape Cod Child Development. Information or registration: 508-240-3310.

Beginning Feb. 26 for 8 Tuesdays, 5:45-7:45 p.m.: "**Effective Parenting**" at Kids Klub Preschool, 500 Great Neck Road North, *Mashpee* with Lee Burwell MFT, CGE. This workshop for parents of 1-5 year olds was created by Bonnie Harris, M.Ed. Free dinner and limited child care available. Funded by the Mashpee Community Partnerships for Children through a grant from the Mass. Department of Early Education and Care. Information or registration: Barbara at 508-539-3048.

Feb. 26, March 4 and 11, 7-8:30 p.m.: "**Skills for School Readiness**" at *Bourne Middle School*, 77 Waterhouse Road with Maureen Fuller, literacy coach; Brigitt Bass, occupational therapist; Kathy Cleary, adapted physical education specialist; and Jeanne Holland, elementary school principal. This series is open to parents, as well as kindergarten and pre-school

providers and staff. Sponsored by the Bourne Community Partnerships for Children. Information or registration: 508-563-2206.

Feb. 27, 5-7 p.m.: **“Adoptive Parents Support Group”** at The Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), 206 Breeds Hill Road, *Hyannis*. All adoptive parents are welcome. Information or registration: Camille Alberico at 508-362-7432.

Feb. 27, 6:30-8 p.m.: **“Understanding and Managing the Behavior of Boys”** at *Harwich Community Center*, 100 Oak St. with Matt Daniels, licensed mental health clinician. Topics to be discussed include temperament, emotions, aggression and violence, and use of discipline. Child care available for \$2.50 per child. Funded by a CPC grant from the Mass. Department of Early Education and Care. Information or registration: Francie Joseph at 508-430-1692.

Feb. 27, 6:30-8 p.m.: **“Autism Spectrum Disorders: Fact, Fiction, and Future”** at the Rehabilitation Hospital of the Cape and Islands (RHCI), 311 Service Road, *East Sandwich* with Generoso Guetierrez Gascon, MD, pediatric neurologist specializing in the treatment of autism, ADD and other neurological disorders in children. Information or registration: 508-833-4008.

March 3 and 10, 6-7:30 p.m.: **“The Start of Someone New”** at Little Kids, Inc., 590 N. Falmouth Highway, *North Falmouth* with Carol DiFalco, MS, LMHC. A workshop for parents welcoming a new sibling into the family (by birth or adoption). \$15 fee per family includes both nights. Information or registration: Carol at 508-654-0267.

March 4, 11-12:15 p.m.: **“Vaccinations”** at St. Paul’s Parish House, 20 Fair St., *Nantucket* with Lou Arsenaault, Nurse Practitioner with Children’s Medical Associates. This group is for parents and babies up to twelve months old. Vaccines not only help keep your child healthy, they help all children by stamping out serious childhood diseases. Lou will help answer any questions or concerns you may have surrounding vaccinations. No registration necessary. Information: Pauline Cronin at 508-228-7285 ext. 1166.

March 4 and 6 (must attend both sessions), 5:30-7:30 p.m.: **“Set a Good Example (SAGE)”** at MSPCC, 206 Breeds Hill Road, *Hyannis* with Jennifer Taylor, LMHC and Al Roberti, 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. \$65 fee includes both sessions. Information or registration: Laura Rittel at 508-775-0275.

March 5, 5-7:30 p.m.: **“Fostering Resiliency”** at Nantucket High School (cafeteria and LGI), 10 Surfside Road with Jeanine Fitzgerald, certified human behavior consultant. Pizza will be provided for Parents and Children in the Cafeteria at 5 p.m. and the presentation will begin promptly at 5:30pm. Childcare provided in for children 5 years and younger. Sponsored by the Community Network for Children of Nantucket. Information or registration: 508-228-7285 ext. 1166.

March 5, 6:30-8 p.m.: **“Is My Child Ready for Kindergarten?”** at *Harwich Elementary School (Activity Room)*, 263 South St. with Tracey Bromley Goodwin, educational consultant. Child care available for \$2.50 per child. Funded by a grant from the Mass. Department of Early Education and Care. Information or registration: Francie Joseph at 508-430-1692.

### Weekly or Monthly:

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.

Every other Tuesday, 10-12:30 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: Linda Sayers at 508-457-3632.

Tuesdays, 6-7 p.m.: **“General Parenting Program”** (eight-week series) at The Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), 206 Breeds Hill Road, *Hyannis* with Judith Bari. For parents of children through Age 13. Topics include: developmental patterns, common behavioral challenges, and successful behavior management techniques. Fee: \$50; free for DSS clients with JRI referral. Free child care available. Funded in part by the Mass. Department of Social Services. Information or registration: Laura Rittel at 508-775-0275.

Tuesdays, 7-8 p.m.: **“Parenting Your Adolescent”** (eight-week series) at The Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), 206 Breeds Hill Road, *Hyannis* with Judith Bari. For parents of adolescents Ages 13-19. Topics include: developmental patterns, common behavioral challenges, and successful behavior management techniques. Fee: \$50; free for DSS clients with JRI referral. Free child care available. Funded in part by the Mass. Department of Social Services. Information or registration: Laura Rittel at 508-775-0275.

Second Wednesday, 8:30-10 a.m.: **“Parent Chat with Cindy Horgan”** at Stony Brook Elementary School, 384 Underpass Road, *Brewster*. Cindy is the family support coordinator at Cape Cod Children’s Place. February’s topic: Setting healthy limits and boundaries. Funding provided by a Mass. Family Centers grant through Children’s Trust Fund and grants from the Mass. Department of Early Education and Care. Information: 508-240-3310.

First and Third Thursdays, 10-11 a.m.: **“Talking Parenting with Julie Sacchetti”** at *Cataumet Methodist Church*, 1090 County Road. Julie is a social worker, parent educator, and family support specialist. A drop-in group to address parent education and school-age child development topics. Children accompanying parents can enjoy a playroom. Funded by the Bourne Early Childhood Council with a grant from the Mass. Department of Early Education and Care. Information: Julie at 508-776-3536.

Thursdays, 9-10:15 a.m.: **“Thursday Morning Parents’ Group”** on *Nantucket* at the Early Childhood Center (NHS Room 106), 10 Surfside Road with Pauline Cronin. Drop in discussion group. Child care provided. Information: Community Network for Children at 508-228-7257 ext. 1166.

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: Linda Sayers at 508-457-3632.

Second and Fourth Thursdays, 1-3:30 p.m.: **“Postpartum Support Group”** at *Falmouth Hospital*, 100 Ter Heun Dr. with Donna Clark, APRN. All family members are welcome to attend for understanding and help. No registration necessary. Information: Linda Sayers at 508-457-3632.

Second Thursday, 7-8:30 p.m.: **“Depression After Delivery Support Group”** at Jordan Hospital (Chapel/Meditation Room), 275 Sandwich Road, *Plymouth* with Gerri Piatelli. All mothers and their families are welcome. Information: Gerri at 781-837-4242.

Last Thursday, 7 p.m.: **“Keeping Pace with Multiple Miracles”** at the *Osterville Public Library*, 43 Wianno Ave. Parent-led support group for parents of twins, triplets etc. Information: Stephany Alves at 508-246-5091 or visit [www.keepingpace.org](http://www.keepingpace.org).

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.

Fridays, 12:30-2:30 p.m.: **“Home Schooling Club”** at *The Nantucket Athenaeum*, 1 India St. Information: Maggie Head at 508-228-1110 ext. 104.

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. Pizza and coffee served. Information or registration: Cape Cod Adoption Network at 508-385-7815.

### **Ongoing:**

**“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) 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. Call 888-890-2229, or 508-888-7794.

**“Bringing Baby Home”** with a Certified Gottman Educator, sponsored by and located at *Falmouth Hospital*, 100 Ter Heun Dr. (off Route 28). Research-based, educational/support program for pregnant couples and parents of infants younger than four months old to help ease the transition to parenthood, strengthen the couple’s relationship, and reduce or prevent symptoms of postpartum depression. Information or registration (including dates and fee schedule): 508-457-3632 or 508-548-0533.

**“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. We 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.

**“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.

**“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.

**“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.

**For information about resources for families, or to receive this calendar monthly, please contact Paul N. Melville at 508-771-4338 or [paul@capecoalition.com](mailto:paul@capecoalition.com)  
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