

Parent Education & Support Opportunities February 2010

Kids don't come with instruction manuals. But whether you're a new mom or dad, a seasoned veteran, or a non-traditional parent/caregiver, 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.

February 1 (first Monday), 6 - 7:30 p.m.: **"Dads' Talk"** at the *Harwich Community Center*, 100 Oak St., with 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.

February 1 and 15, and March 1, 15, and 29, 6 - 7:30 p.m.: **"Heart to Heart"** at the Cultural Center of Cape Cod, 307 Old Main St., *South Yarmouth*, with Richard Bickford, LICSW. A family bereavement support program for children ages 5 - 13 who have lost a parent, sibling, or grandparent. Entire family welcome. Pizza dinner provided. Sponsored by the VNA of Cape Cod's Hospice Bereavement Program. Information or registration: Rick Bickford at 508-957-7716.

February 1, 7 - 8:30 p.m.: **"Why Go Gluten-Free? Celiac Disease in Children & Adolescents"** at RHCI for Children, 280-D Route 130 (Heritage Park), Suite 7, *Forestdale*, with Garrett Zella, MD, pediatric gastroenterologist. Part of RHCI's 4th Annual Pediatric Lecture Series. Dr. Zella will discuss what celiac disease is, theories about why it happens, and the problems the condition can cause. He will also review current and future treatment options for children and adolescents. Seating is limited. Light refreshments will be provided. Information or registration: 508-833-4003.

February 2 and 16 (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.

February 2, 6:30 - 8 p.m.: **"Grandparents as Parents: Understanding and Dealing with Challenging Behaviors"** at Bournedale Elementary School, 41 Ernest Valeri Road, *Buzzards Bay*, with Julie Sacchetti, LICSW and parent educator. This workshop for parenting grandparents will help you identify your parenting strengths and help you learn some new strategies to make parenting easier. Free child care with registration. Funded by the Massachusetts Department of Early Education and Care through a grant to the Bourne Early Childhood Council. Information or registration: Nancy Spalding at 508-743-3800 ext. 4401.

February 3, 10, and 24, and March 3 and 10 (plan to attend all five sessions), 5:30 - 8 p.m.: **“Guiding Good Choices – Parenting ‘Tweens and Teens”** at Morse Pond School, 323 Jones Road, *Falmouth*. This five-part workshop for parents and caregivers of youth ages 9 – 14 will help you improve your parenting skills and your parent-child interactions, reduce conflict, and build a stronger family bond. Session topics will include how to say no, how to control and express anger, and preventing substance abuse in your family. Free dinner and child care provided. Sponsored by the Falmouth Prevention Partnership. Information or registration: www.falmouthprevention.org or Alan Kazarian at 508-540-2200 ext. 4047.

February 3 (first Wednesday), 6 - 8 p.m.: **“Parents of Transitional Age Youth (PTAY) Support Group”** in *Hyannis* with Tresa Salters, PTAY Coordinator for the Parent Information Network (PIN). This monthly group is for Cape area parents of transitional age youth (ages 14 - 25). Funded by the Massachusetts Department of Mental Health. Information or registration: Tresa Salters: ptaypin@bamsi.org or 508-947-8779 ext. 22.

February 3 (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.

February 4 and 11 (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.

February 4, 6 - 8 p.m.: **“Grandparents (and other kin) Raising Grandchildren”** at Barnstable Senior Center, 825 Falmouth Road (Route 28), *Hyannis*, with Kerry Bickford, appointee to the state Commission on the Status of Grandparents Raising Grandchildren and custodial grandparent. Come share your story or just listen to others as we learn what supports are available and what is still needed to support families like yours. Sponsored by Cape Cod Neighborhood Support Coalition, Family Continuity, and other program partners, Information or registration: 508-771-4336 or grandparents@capecoalition.com.

February 5 and 19 (every other Friday), 9:30 - 11:30 a.m.: **“Nursing Mothers Support Group”** at the *Falmouth Fire Station* (2nd floor), 399 Main St. Non-WIC mothers, fathers, and pregnant women also welcome. Sponsored by Cape Cod WIC. No registration necessary. Information: Kathy at 508-548-0814.

February 6, 10 a.m. - noon: **“Successful Stress Management Strategies for New Parents”** at *Falmouth Hospital* (Maternity Conference Center), 100 Ter Heun Dr. (off Route 28), with Lee Burwell MFT, LMHC. Research shows that learning how to manage stress can help prevent the incidence of post-partum depression. Become familiar with the warning signs of stress and practice relationship skills and relaxation skills that will help you decrease stress and anxiety so that your new family can thrive. FEE: \$5 per couple. Information or registration: lee.burwell@comcast.net or 508-548-6468.

February 6, 1 - 3 p.m.: **“Successful Problem-Solving Strategies for New Parents”** at *Falmouth Hospital* (Maternity Conference Center), 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 your relationship secure. FEE: \$5 per couple. Information or registration: lee.burwell@comcast.net or 508-548-6468.

February 8 (second Monday), 6:30 - 7:30 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, a division of Community Care Services. Information or registration: 508-862-0288.

February 8, 6:30 - 7:30 p.m.: **“Neuropsychological Assessment”** at Barnstable High School (Room 1218), 744 West Main St., *Hyannis* with Mary Acunzo, Ph.D., of Sandwich. What is a Neuropsychological Assessment? What do the results mean? Come find out! Sponsored by the Barnstable Special Education Parent Advisory Council (SEPAAC); but open to all. Information: Linda at 774-994-0713, Michelle at 508-428-0167, or www.barnstablesepac.org.

February 8 (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.

February 8 and 22, 7 - 8:30 p.m.: **“Parents of Prisoners (PoP)”** at Cape Cod Church, 805 Teaticket Highway (Route 28), *East Falmouth*. If you are the parent of a prisoner (past or present) looking for support and understanding from fellow parents, please join us for our bi-weekly meetings. First time participants, please come at 6:30 p.m. Information or registration: 508-944-2694 or parentsofprisoners@yahoo.com.

February 9 (second Tuesday), 10 - 11:30 a.m.: **“S.T.E.P. Up 4 Kids”** at Complete Home Concepts (Conference Room), 1520 Iyannough Road (Route 132), *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.

February 9, 6:30 - 8 p.m.: **“Legal Aspects of Grandparents as Parents”** at Bournedale Elementary School, 41 Ernest Valeri Road, *Buzzards Bay*, with Carol Kenney, attorney, and Julie Sacchetti, LICSW and parent educator. Free child care with registration. Funded by the Massachusetts Department of Early Education and Care through a grant to the Bourne Early Childhood Council. Information or registration: Nancy Spalding at 508-743-3800 ext. 4401.

February 10 (second Wednesday), 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 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. NOTE: THIS IS A NEW DAY. Sponsored by Cape Cod Child Development’s Families United Network (F.U.N.) Program and the Cape Cod Neighborhood Support Coalition. Information or registration: Mary at 508-775-6240 ext. 512.

February 11 (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.

February 11, 7 - 8:30 p.m.: **“Small People, Big Headaches - Prevention and Treatment of Recurring Headaches in Children and Adolescents”** at RHCI for Children, 280-D Route 130 (Heritage Park), Suite 7, *Forestdale*, with Generoso Gascon, MD, pediatric neurologist. Part of RHCI’s 4th Annual Pediatric Lecture Series. Dr. Gascon will discuss the genetics and pathophysiology of headaches, from persistent and chronic daily headache syndromes to migraines and post-concussion headaches. He will review current and future treatment approaches for children and adolescents. Seating is limited. Light refreshments will be provided. Information or registration: 508-833-4003.

February 11 (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.

February 12 and 26 (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. No registration necessary. Information: Cheryl at 508-540-5275.

February 20 (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.

February 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, 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. Information or registration: Amy Crissinger at 617-786-3027.

February 17, 10 - 11 a.m.: **“Breastfeeding 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. 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: 508-240-0853.

February 18 (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.

February 22, 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.

February 22, 5:30 - 7 p.m.: **“Single Moms”** at Cape Cod Children’s Place, 10 Ballwic Road, *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, child care, and transportation assistance 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.

February 24, 6 - 8 p.m.: **“What Boys Need”** at Cape Cod Children’s Place, 10 Ballwic Road, *Eastham*, with Cindy Horgan, Family Support Coordinator for the Cape Cod Children’s Place. An introduction to the care, parenting and support of elementary and middle school age boys. Raising health boys in today’s world requires an understanding of their needs, as well as how they experience the world in which they live. What are the messages they get that influence the way they grow? Child care provided. Presented by the Lower Cape Early Childhood Council. Information or registration: Elizabeth or Kate at 508-240-3310.

February 24, 6:30 - 8 p.m.: **“Low Cost/No Cost Things to do with your Family”** at the Mullen Hall School (Library), 130 Katherine Lee Bates Road, *Falmouth*, with Mary Wilson and Paul Melville. 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 parents. Limited free child care with registration. Presented by the Falmouth Public Schools’ Parent Connection Series and the Coalition for Children. Information or registration: 508-548-0151 ext. 128, 172, or 175.

February 25, 6 - 8 p.m.: **“Family Intervention Seminar”** at the Cape Cod Resort and Conference Center (Formerly the Four Points Sheraton), 35 Scudder Ave., *Hyannis*. This free seminar is being held by Gosnold’s Reaching Out Family Program and will include a role play of a family intervention, a question and answer period, and information about treatment options. Light refreshments will be served. There is no registration required. Information: Shelley Stormo or Holly Carroll at 774-313-6891.

February 26, 6 - 8 p.m.: **“Stimulating Your Baby’s Senses”** at Cape Cod Children's Place, 10 Ballwic Road (off Nauset Road), *Eastham*, with Charlotte Fyfe. Part of our B.Y.O.B. (Bring Your Own Baby) series for new parents and parents-to-be and their infants. Free dinner and transportation assistance provided, so bring your baby and join us for a relaxing and informative evening on us. Funding support provided by a grant from the League Club of Cape Cod, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

February 27 (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.

March 2, 9, 16, and 23, 5:30 – 7:30 p.m.: **“Positive Discipline and Effective Communication”** at *Harwich High School*, 75 Oak St., with Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. Topics covered in this four-week series include: discipline without yelling, how to handle tantrums, understanding why our children do what they do, the value of routines, setting limits and boundaries, and much more. Free pizza dinner and child care. Funded by a grant from the Cape Cod 5 Charitable Foundation. Information or registration: 508-240-3310.

March 1 (first Monday), 6 - 7:30 p.m.: **“Dads’ Talk”** at the *Harwich Community Center*, 100 Oak St., with 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.

March 1, 7 - 8:30 p.m.: **“Getting Your Child’s Asthma under Control”** at RHCI for Children, 280-D Route 130 (Heritage Park), Suite 7, *Forestdale*, with Bernard Kinane, MD, pediatric pulmonologist. Part of RHCI’s 4th Annual Pediatric Lecture Series. Dr. Kinane will present on the latest medical and environmental approaches to treatment of asthma in children and adolescents. Seating is limited. Light refreshments will be provided. Information or registration: 508-833-4003.

March 2 and 16 (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.

March 3 (first Wednesday), noon - 2 p.m.: **“Parents of Transitional Age Youth (PTAY) Support Group”** in *Hyannis* with Tresa Salters, PTAY Coordinator for the Parent Information Network (PIN). This monthly group is for Cape area parents of transitional age youth (ages 14 - 25). Funded by the Massachusetts Department of Mental Health. Information or registration: Tresa Salters: ptaypin@bamsi.org or 508-947-8779 ext. 22.

March 3, 10, 24, 31, and April 7, 5:30 - 7:30 p.m.: **“Dads' Group”** at the *Harwich Community Center*, 100 Oak St., with Cindy Horgan, Family Support Coordinator at the Cape Cod Children’s Place, and Adam Pettengill, Early Childhood professional and Dad. Studies show that children grow up happier and healthier with nurturing fathers in their lives. At this group you will have the opportunity to hear other dads experiences and share your own. Create your own "toolbox" for effective parenting by gaining skills for handling challenging behaviors, effective communication and positive discipline. Free pizza dinner, child care, and transportation assistance provided. Funding provided by a Mass. Family Centers grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

March 4 and 11 (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.

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.

Tuesdays, 10 a.m. - noon: **“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, 10:30 - 11:30 a.m.: **“Postpartum Depression Support Group”** for new mothers at Hospice & Palliative Care of Cape Cod, 765 Attucks Lane, *Hyannis*, with Aimee Rozum LMHC ATR-BC. There is a FEE associated with this group, but most insurance is accepted and no one is turned away due to inability to pay. NOTE: THIS IS A NEW DAY. Information or registration: Aimee at 508-957-0267.

Tuesdays, 6 - 7 p.m.: **“Anger Management Classes”** at the Gosnold-Thorne Outpatient Counseling Center, 1185 Falmouth Road, *Centerville*, with Rick Martin, drug court treatment coordinator at Gosnold. Fulfills court requirements for anger management classes. FEE: \$20 per class, pay as you go. For information or registration: Rick Martin at 774-313-0503 or rmartin@gosnold.org.

Wednesdays, 5:30 - 7:30 p.m.: **“Divorce Support Group for Women”** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*, with Peggy Wilbur, LICSW. In the time of divorce, a woman may feel like her world has fallen apart. It is common to feel alone, scared and overwhelmed. This group connects women to provide a sense of support, competence and empowerment. Information or registration: WE CAN at 508-430-8111.

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 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.

“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): Deb Merigan at 508-833-4197.

Select Ongoing Resources continued:

“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. 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.

“Nursing Mothers Support Line”: Breastfeeding mothers on Cape Cod can call anytime for information, advice, or support. Someone is always available to take your call. Sponsored by Cape Cod WIC.

“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.

“Oral Health Programs and Services”: Dental decay is the most common chronic childhood disease; fortunately it’s almost entirely preventable. Do you or your family need help accessing dental care? The Tri-County Collaborative for Oral Health Excellence (Tri-CCOHE) links children and adults with affordable dental care. Information: Cheila Smith at 508-771-1375.

“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.

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.

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