

# PARENT EDUCATION & SUPPORT CALENDAR

## January 2008

Compiled and distributed by the Cape Cod Neighborhood Support Coalition; strengthening families and the resources that support them in the counties of Barnstable, Dukes, and Nantucket. For additional information about resources for families, or to receive this monthly calendar by e-mail, please contact Paul N. Melville at 888-992-2672 or [ccnscfamilies@verizon.net](mailto:ccnscfamilies@verizon.net). The most recent edition of this calendar is 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.

Jan. 4 and 18, 10-noon "**Nursing Mothers Support Group**" at the *Hyannis WIC office*, 1019 Iyannough Road (Route 132). Non-WIC mothers and pregnant women also welcome. For more information, call Cheryl at 508-540-5275.

Jan. 4 and 18, 10-noon "**New Babies Breast Feeding Support Group**" at *Falmouth Hospital* (Faxon basement conference room), 100 Ter Heun Drive (off Route 28), with Suzan Schar, board certified lactation consultant. For more information, call Linda Sayers at 508-457-3632.

Jan. 5 and 12 (must attend both sessions), 11 a.m.-1:30 p.m. "**Parents Apart**" at Cape Cod Community College, 2240 Iyannough Road (Route 132), *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. This program meets the court's mandate for education for parents filing for divorce. The \$65 fee includes both sessions. For more information or to register, call Danielle Latteo at 617-786-3027.

Jan. 7, 5:30-7:30 p.m. "**Positive Discipline**" at *Harwich Community Center*, 100 Oak St. with Cindy Horgan, family support coordinator at Cape Cod Children's Place. How to discipline without feeling guilty. Creating the "tool box" for discipline that will create a healthier dynamic in the family as well as in the preschool/day-care setting (for parents and providers). Pizza dinner and child care will be provided. Funding provided by The Children's Center with funding from the United Way of Cape Cod. For more information or to register, call Francie Joseph at 508-430-1692.

Beginning Jan. 8 for 8 Tuesdays, 6-7 p.m. "**General Parenting Program**" at The Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), 206 Breeds Hill Road, *Hyannis* with 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 is available. Funded

in part by the Mass. Department of Social Services. To register or for more information, call Laura Rittel at 508-775-0275.

Beginning Jan. 8 for 8 Tuesdays, 7-8 p.m. **“Parenting Your Adolescent”** at The Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), 206 Breeds Hill Road, *Hyannis* with 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 is available. Funded in part by the Mass. Department of Social Services. To register or for more information, call Laura Rittel at 508-775-0275.

Jan. 9, 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. For more information or to register, call Cape Cod Children's Place at 508-240-3310.

Beginning Jan. 9 for 8 Wednesdays, 5:30-7:30 p.m. **“Effective Positive Discipline”** at A Baby Center, 81 Willow Ave., *Hyannis* with Cindy Horgan, family support coordinator at Cape Cod Children's Place. Topics include: developmental issues, communication, understanding temperament, encouraging good behavior, parenting styles, discipline, working through power struggles and tantrums, anger management, sibling rivalries, and coping with stress. Free pizza dinner (5:30-6 p.m.). Limited free child care and transportation available. Sponsored by Cape Cod Child Development's Families United Network Program. Funded by the Mass. Children's Trust Fund and the Mass. Department of Early Education and Care. For more information or to register, call Mary Wilson at 508-775-6240 Ext. 512.

Jan. 10, 5:30-7:30 p.m. **“Raising Respectful Children”** at Meeting House Pre-school, 162 Main St., *Orleans* 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. Program provided by a Mass. Family Centers grant through Children's Trust Fund, and grants from the Mass. Department of Early Education and Care. For more information or to register, call Cape Cod Children's Place at 508-240-3310.

Jan. 11, **“Free 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. *Wills, Elder Law, and Real Estate* 9-11 a.m. and *Family Law* 1-3 p.m. Funded by a grant from the Mass. Bar Foundation. For more information or to register, call 508-430-8111.

Jan. 11 and 25, 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. For more information, call Cheryl at 508-540-5275.

Jan. 17, 5-6:30 pm: **“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. For more information or to register, call Mary Wilson at 508-775-6240 Ext. 512.

Jan. 17, 5:30-7:30 p.m. "**Setting Limits and Boundaries**" at Veteran's Memorial Elementary School, 2 Mayflower Lane, *Provincetown* with Cindy Horgan, family support coordinator at Cape Cod Children's Place. Children thrive when they have clear limits and boundaries. Learn the skills you need to set healthy limits and boundaries that are comfortable for your family. Free pizza dinner and childcare. Program provided by a Mass. Family Centers grant through Children's Trust Fund, and grants from the Mass. Department of Early Education and Care. For more information or to register, call Cape Cod Children's Place at 508-240-3310.

Jan. 17 and 24 (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. This program meets the court's mandate for education for parents filing for divorce. The \$65 fee includes both sessions. For more information or to register, call Laura Rittel at 508-775-0275.

Jan. 24, 5:30-7:30 p.m. "**Raising Emotionally Intelligent Children**" at *Wellfleet Elementary School*, 100 Lawrence Road, with Cindy Horgan, family support coordinator at Cape Cod Children's Place. Giving your children a good start means fostering emotional intelligence. Learn skills to help support emotional development in your children. Free pizza dinner and childcare. Program provided by a Mass. Family Centers grant through Children's Trust Fund, and grants from the Mass. Department of Early Education and Care. For more information or to register, call Cape Cod Children's Place at 508-240-3310.

Jan. 28, 10-11:30 am: "**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. For grandparents who are the primary caregivers of their grandchildren. For more information, call Lois at 508-759-0654.

Jan. 28, 5:30-7 p.m. "**Single Moms**" at Cape Cod Children's Place, 10 Forest Ave. (off Nauset Road), *North Eastham*. With Kate Macaulay and Cindy Horgan, family support coordinator at Cape Cod Children's Place. A non-therapeutic group designed to encourage individuals to share successes as well as challenges. Meet new friends and be supported and empowered by each other! Free pizza dinner and child care will be provided. Program provided by a Mass. Family Centers grant through Children's Trust Fund, and grants from the Mass. Department of Early Education and Care. For more information or to register, call 508-240-3310.

Jan. 28, 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. For more information or to register, call 508-240-3310.

Jan. 28, 6-7:30 p.m. "**Calming the Butterflies: Understanding Anxiety and Helping Your Child Overcome It**" at Little Kids, Inc., 590 N. Falmouth Highway, *North Falmouth* with Carol DiFalco, MS, LMHC. \$10 fee per family. For more information or to register, call Carol at 508-654-0267.

Jan. 29 and Feb. 5, 6:30-8 p.m. **“Positive Discipline”** at Saint Peter’s Church-on-the-Canal, 165 Main St., *Buzzards Bay* with Julie Sacchetti, social worker, parent educator, and family support specialist. Topics will include positive discipline: parenting strategies that work, temperament, and birth order. Funding provided by grants from the Mass. Department of Early Education and Care. For more information or to register, call 508-563-2206.

**Weekly or Monthly:**

Tuesdays, 10 a.m. **“Nursing Mothers Group”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. For more information, call 888-890-2229 or 508-888-7794.

Thursdays, 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, CNC playgroup coordinator. Drop in discussion group for all parents. Child care provided. For more information, call Community Network for Children at 508-228-7257 ext. 1166.

First and Third Thursday, 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. These drop-in meetings 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. For more information, call Julie at 508-776-3536.

Second and Fourth Thursday of the Month, 1-3 p.m. **“Postpartum Support Group”** at *Falmouth Hospital*, 100 Ter Heun Drive with Donna Clark, APRN. All family members are welcome to attend for understanding and help. No registration necessary. For more information, contact Linda Sayers at 508-457-3632.

Second Thursday of the Month, 7-8:30 p.m. **“Depression After Delivery Support Group”** at Jordan Hospital (Chapel/Meditation Room, 3rd floor), 275 Sandwich Road, *Plymouth* with Gerri Piatelli. All mothers and their families are welcome. For more information, call Gerri at 781-837-4242.

Last Thursday of the Month, 7 p.m. **“Keeping Pace with Multiple Miracles”** at the *Osterville Public Library*, 43 Wianno Ave. A parent-led support group for parents of twins, triplets, etc. For more information, call 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 (Witcomb Pavilion), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. A great place to connect with other Cape Cod moms. Bring your baby (two weeks old through ALMOST walking). For more information and to register, call Ann Macdonald at 508-862-5123.

Fridays, 12:30-2:30 p.m. **“Home Schooling Club”** at The *Nantucket Athenaeum*, 1 India St. A club for home schooling families to share ideas, offer support, and work on projects. For more information, call Maggie Head at 508-228-1110 ext. 104.

Third Saturday of the month, 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. For more information or to register, call the 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. For more information, call 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 Drive (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. For dates, fee schedule, registration, or for more information, call 508-457-3632 or 508-548-0533.

**“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. For program/fee information and registration, call 508-833-4197.

**“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.

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