

Parent Education & Support Opportunities July 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.

June 29 and July 6 (must attend both sessions), 6 - 8 p.m.: **"Coping with Crying and Helping your Baby Cry Less"** at the *Hyannis WIC office*, 1019 Iyannough Road, with Paul Melville, parent educator and family support specialist. This free two-part workshop based on *The Happiest Baby on the Block* by Dr. Harvey Karp, will help new parents learn some proven ways to reduce crying and make life for you, your baby, and everyone in your home a little bit easier. Bring your baby (up to four months) with you and you'll go home with a new blanket, an instructional DVD, and an infant carrier. Space is limited and registration is required. Sponsored by Cape Cod WIC with funding provided by the Massachusetts Department of Public Health. Information or registration: 508-771-7896.

July 2, 16, and 30 (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.

July 5 (first Monday), 6 - 7:30 p.m.: **"Dads' Talk ~ Harwich"** at a private location in *Harwich* (call or e-mail for address; returning to Community Center in August), with Paul Melville, family support specialist. A monthly opportunity to get together with local fathers and other male caregivers. This is a great place to connect with other Dads and chat about being a father (or whatever else is on your mind). All Dads are welcome to this non-therapeutic gathering, regardless of their child(ren)'s age(s), their parenting situation, and where they live. 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.

July 6 and 20 (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.

July 7 (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.

July 8 and 15 (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.

July 8 (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.

July 8 (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.

July 9 and 23 (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.

July 11, 10 a.m. - 2 p.m.: **“Helping Children Cope With Grief (for 4th, 5th, and 6th graders)”** at Coonamessett Farm, 277 Hatchville Road, East Falmouth with Elaine Moraglia, MSW, LICSW and Aimee Rozum, LMHC, ATR-BC of Hospice & Palliative Care of Cape Cod. Participants will meet peers who are also experiencing the death of a loved one, and participate in activities which focus on remembering and celebrating that person with support from a professionally trained staff. Registration for this free workshop is limited. Funding provided by the United Way. Information or registration: 508-957-0248 or 508-957-0267.

July 12 (second Monday), 6 - 7:30 p.m.: **“Dads’ Talk ~ Plymouth”** at Hedge Elementary School, 258 Standish Ave., *Plymouth* with Paul Melville, family support specialist. A monthly opportunity to get together with local fathers and other male caregivers. This is a great place to connect with other Dads and chat about being a father (or whatever else is on your mind. All Dads are welcome to this non-therapeutic gathering, regardless of their child(ren)’s age(s), their parenting situation, and where they live. Pizza and child care provided with registration. Sponsored by the Plymouth Family Network. Information or registration: 508-830-4444.

July 12 and 13 (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, LMHC 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.

July 12 (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.

July 12 (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.

July 12 and 26, 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 faith-based meetings. First time participants, please call ahead to register. Information or registration: Sophia at 508-944-2694 or parentsofprisoners@yahoo.com.

July 14 (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.

July 15 (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.

July 17 (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.

July 20 (third Tuesday), 7 - 9 p.m.: “**NAMI-Family Member Support Group**” at the Federated Church, 320 Main St., Hyannis. This new non-therapeutic group is open to anyone who has a family member with a mental illness. Connect with others in your situation, share challenges as well as successes, and learn about the resources available to you and your family. Refreshments provided. Sponsored by the Cape Cod Chapter of the National Alliance on Mental Illness (NAMI). Information: Bobbi Field 508-957-2338.

July 27 (fourth Tuesday), 6 - 7:30 p.m.: “**Dads’ Talk ~ Mashpee**” at *Mashpee Village* (Community Room), 1 Wampanoag Drive, with Paul Melville and Mark Abbott, LICSW. A monthly opportunity to get together with local fathers and other male caregivers. This is a great place to connect with other Dads and chat about being a father (or whatever else is on your mind). All Dads are welcome to this non-therapeutic gathering, regardless of their child(ren)’s age(s), their parenting situation, and where they live. Light dinner provided (please RSVP). Sponsored by the Cape Cod Neighborhood Support Coalition, Falmouth Human Services, and TCB Inc. /Mashpee Village. Information or registration: Donna French at 508-477-3429.

July 29, 5 - 6 p.m.: “**Pathmaker Program Information Session**” at We Can, 537 Main St. (Route 28), Suite 2H, Harwich Port. The Pathmakers Program is a ten-month mentoring program for women, with a focus on setting and achieving goals. Each Pathmaker is paired with a mentor in a program of mutual learning and support. Join us to learn more about participating as a Pathmaker or as a mentor to other women. Information or registration: mary@wecancenter.org or call us at 508-430-8111.

Weekly Programs and Groups:

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. Information or registration: Aimee at 508-957-0267.

Weekly Programs and Groups continued:

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.

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.

“**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.

Select Ongoing Resources continued:

“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 questions and arrange to meet with you for free: 774-563-1970.

“Operation Military Kids (OMK)”: 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: 508-947-8779 ext. 10.

“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.

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