

# PARENT EDUCATION & SUPPORT CALENDAR

## March 2008

Compiled and distributed by the Cape Cod Neighborhood Support Coalition; strengthening families and the resources that support them on the Cape and Islands. To receive this calendar monthly, contact Paul N. Melville at 508-771-4338 or paul@capecoalition.com. 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.

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. A workshop for parents of 1-5 year olds. 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.

March 1 and 8 (must attend both sessions), 11 a.m.-1:30 p.m.: **"Parents Apart"** at Cape Cod Community College (North 114), 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. Meets the court's mandate for education for parents filing for divorce. \$65 fee. Information or registration: Danielle at 617-786-3027.

March 3 and 10, 6-7:30 p.m.: **"The Start of Someone New"** at Little Kids, Inc., 590 N. Falmouth Highway, *North Falmouth* 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 Arsenault, nurse practitioner with Children's Medical Associates. 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. Sponsored by the Community Network for Children of Nantucket. 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. Information or registration: 508-775-0275.

March 4, 5:30-7:30 p.m.: **“The Impact of TV & Media on Our Families”** at Eddy Elementary School, 2298 Main St., *Brewster* with Cindy Horgan, family support coordinator at Cape Cod Children's Place. Free pizza and childcare. 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.

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. Free pizza. Free childcare for children under 6. 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.

March 6, 13, 20, 27, and April 3, 5:30-7:30 p.m.: **“Dads' Group”** at *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 and childcare. Funding provided by Cape Cod Five Charitable Foundation and 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 7 and 21, 10-noon: **“Nursing Mothers Support Group”** at the *Falmouth Fire Station*, 399 Main St. Pregnant women also welcome. Information or registration: Cheryl at 508-540-5275.

March 10, 5:30-7:30 p.m.: **“Discipline that Encourages Responsible Children”** at Station Avenue Elementary School, 276 Station Ave., *South Yarmouth* with Cindy Horgan, family support coordinator at Cape Cod Children's Place. Free pizza and childcare. Funded by a Safe and Supportive Learning Environments grant from the Mass. Department of Education. Information or registration: Laurie Richardson at 508-760-5600.

March 11, 5:30-7:30 p.m.: **“Discipline Strategies with Different Temperament Traits”** at Stony Brook Elementary School, 384 Underpass Road, *Brewster* with Cindy Horgan, family support coordinator at Cape Cod Children's Place. Free pizza and childcare. 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.

March 11, 6:30-8 p.m.: **“The Journey Towards Literacy Begins at Birth”** at the *Falmouth High School (Library)*, 874 Gifford St. with Jean Ciborowski Fahey, PhD, Education Director of the Reading Partnership at South Shore Hospital. It's never too early to begin the path toward literacy for your child. Limited child care. Sponsored by Falmouth Public Schools and Young Children First! Information or registration: 508-548-0151 ext. 175.

March 12, 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. 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. March's topic is Temperament. 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 12, 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. Please join them in celebrating the joys and challenges of raising grandchildren. Information or registration: 508-240-3310.

March 13, 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. This week's guest will be Anna Blair, PhD, who will teach a calming and nurturing yoga class to parents/caregivers and their babies (three weeks to one year). Dress comfortably and bring a receiving blanket or soft baby blanket. Child care provided. Information: 508-228-7257 ext. 1166.

March 13: **“Free Legal Clinics for Women”** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Wills and Estates and Elder Law 9-11 a.m. and Family Law 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.

March 13, 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.

March 14 and 28, 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.

March 18, 5:30-7:30 p.m.: **“Positive Discipline for Families”** at *Truro Public Library*, 5 Library Lane with Cindy Horgan, family support coordinator at Cape Cod Children's Place. Free pizza and childcare. 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.

March 21, 8:30 a.m.-12:30 p.m.: **“Youth Summit”** at Cape Cod Community College, 2240 Iyannough Road (Route 132), *West Barnstable*. Highlighting the best practices featured in the Barnstable County Council for Children, Youth and Families' 2008 winning application for America's Promise “100 Best Communities for Young People.” Registration is free but required. Information or registration: Coren Peacock at 508-362-2131 ext. 4485 or [cpeacock@capecod.edu](mailto:cpeacock@capecod.edu).

March 24, 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.

March 24, 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 today. Free pizza and childcare. Sponsored by the Cape Cod Children's Place and its program partners, Harwich CPC and the Families United Network of Cape Cod Child Development. Partially funded 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 25 and April 1, 6:30-8 p.m.: **“The 7 Habits of Highly Effective Families”** at Saint Peter's Church-on-the-Canal, 165 Main St., *Buzzards Bay* with Julie Sacchetti, social worker, parent educator, and family support specialist. Two session workshop based on Dr. Stephen R. Covey's book, *The 7*

*Habits of Highly Effective Families*. Limited child care for Bourne residents. 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.

March 26, 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.

March 31, 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. This non-therapeutic group encourages the sharing of successes as well as challenges. Information or registration: 508-240-3310.

April 2, 6:30–8 p.m.: “**Positive Discipline Strategies for Young Children**” at Gus Canty Community Center, 790 Main St., *Falmouth*. Limited free childcare. Funded by Young Children First! and Falmouth Public School's Parent Connection Series. Information or registration: 508-548-0151 ext. 128.

Beginning April 3 for eight Thursdays, 6-7:30 p.m.: “**Parents as First Teachers**” at the H.T. Wing School, 33 Water St., *Sandwich* with Betsy Nordman and Lauren Melillo. An interactive series to explore school readiness, children's growth and learning styles, and effective techniques to use at home to support the educational progress of your preschool and pre-kindergarten children. Free dinner and children's program. Funded by the Sandwich Community Partnership for Children through a grant from the Children's Trust Fund. Information or registration: 508-888-9525.

### **Weekly or Monthly:**

Mondays, 10:30-noon: “**Postpartum Moms & Babies Group**” (Dads and other caregivers welcome) at *Harwich Community Center*, 100 Oak St. with Monica Keefe, parent education coordinator at Cape Cod Children's Place. Drop-in group to share stories, ask questions, and get familiar with resources such as: nutrition, parenting, breastfeeding etc. Funding is by a Mass. Family Centers Grant through Children's Trust Fund. Information: 508-240-3310.

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. Drop in to discuss topics that will strengthen your skills and support you in your parenting journey. March's topic is Temperament. 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.

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

Thursdays, 10:30-noon: **“Postpartum Moms & Babies Group”** (Dads and other caregivers welcome) at Cape Cod Children's Place, 10 Forest Ave., off Nauset Road, *Eastham* with Monica Keefe, parent education coordinator at Cape Cod Children's Place. Drop-in group to share stories, ask questions, and get familiar with resources such as: nutrition, parenting, breastfeeding etc. Funding by a Mass. Family Centers Grant through Children's Trust Fund. 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.

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, 9:30-11 a.m.: **“Coffee & Conversation”** with Marney Toole at Martha's Vineyard Community Services (board room), 111 Edgartown Road, *Vineyard Haven*. Need a quiet moment to talk about parenting issues or child development? New session begins in March. Free coffee and snack. Limited childcare. Information or registration: Jen or Amy at 508-693-7900 ext. 288.

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.

Saturdays, 10-11:30 a.m.: **“Infant Massage Class”** at the Family Center at Martha's Vineyard Regional High School, Vineyard Haven-Edgartown Road, *Oak Bluffs* with Fae Kontje-Gibbs, L.Ac. For parents of

infants 0-6 months (pre-crawlers). Learn to promote babies' physical and mental development as well as attachment to caregivers. Program is provided by the Martha's Vineyard Family Network, funded by a MA Family Centers Grant of the Children's Trust Fund and Mass. Dept. of Early Education and Care. Information or registration: Jen or Amy at 508-693-7900 ext. 288.

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.

### **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: 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.

**"Divorce Support Group"** for women at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. New groups forming. Information or registration: Jacquie at 508-430-8111.

**"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.

**"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 (including summer camp) 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 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.

To receive this free calendar every month: Paul N. Melville at 508-771-4338 or [paul@capecoalition.com](mailto:paul@capecoalition.com).