

Parent Education & Support Opportunities March 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.

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

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, 16 and 30 (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 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 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 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.

March 3 and 10, 6 - 8:30 p.m.: **“Cognitive Development in Children”** at *Sandwich Public Library*, 142 Main St. with Tracey Bromley-Goodwin. This two session workshop for parents and early educators will explore the latest research on brain development and thought processes. Snow date: March 24. Sponsored by the Sandwich Community Partnership Council. Information or registration: Lauren Melillo at 508-888-9525 or Imelillo@sandwich.k12.ma.us.

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.

March 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.

March 8, 6 - 7:30 p.m.: **“Que Necesita Saber Sobre su Hijo de Entre 1 y 4 Anos ~ What you need to know about your 1 to 4 year old”** at *Nantucket High School* (Room 104B), 10 Surfside Road, with Patricia Harding. Part of our Spanish Language Parenting series. Sponsored by the Community Network for Children. Information or registration: 508-228-7285 ext. 1576.

March 8 (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 new 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.

March 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.

March 8, 6:30 - 7:30 p.m.: **“Basic Rights Seminar”** at Barnstable High School (Room 1218), 744 West Main St., *Hyannis*, with Christine Riley of the Federation for Children with Special Needs in conjunction with the Barnstable School District: What is Special Education? What are the laws regarding Special Education? Have your questions answered! Sponsored by the Barnstable Special Education Parent Advisory Council (SEPAC); but open to all. Information: Linda at 774-994-0713, Michelle at 508-428-0167, or www.barnstablesepac.org.

March 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.

March 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.

March 8, 7 - 8:30 p.m.: “**Abnormal Gait Patterns**” at RHCI for Children, 280-D Route 130 (Heritage Park), Suite 7, *Forestdale*, with Seymour Zimble, MD, Pediatric orthopedic surgeon. Part of RHCI’s 4th Annual Pediatric Lecture Series. Dr. Zimble will discuss the many conditions that can affect gait in children and adolescents, including club foot. He will discuss the role of physical therapy, exercises and devices in treatment. Seating is limited. Light refreshments will be provided. Information or registration: 508-833-4003.

March 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.

March 9, 6 - 7:30 p.m.: “**Helping Children Develop Positive Self-Esteem**” at *Harwich Elementary School* (Activity Room), 263 South St., with Robin Titus, Harwich Public Schools Psychologist. Child care available for \$2.50 per child. Funded by the Harwich Community Partnership for Children with a grant from the Massachusetts Department of Early Education and Care. Information or registration: Francie Joseph at 508-430-1692.

March 9, 6:30 - 8 p.m.: “**Dealing with Anger**” at Bournedale Elementary School, 41 Ernest Valeri Road, *Buzzards Bay*, with Julie Sacchetti, LICSW and parent educator. Part of our Topics in the Real World of Parenting series. 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.

March 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.

March 10, 5:30 - 7 p.m.: “**Parenting Alone**” at *Nantucket High School* (Room 104B), 10 Surfside Road. This support group is for those families who face the challenging job of parenting alone. Whether you are a single parent, your partner is working away or whatever the reason, this group is for you! A monthly meeting to discuss challenges, solutions and sharing of ideas! Dinner and child care are provided with registration. Sponsored by the Community Network for Children. Information or registration: 508-228-7285 ext. 1166 or croninp@nps.k12.ma.us.

March 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.

March 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.

March 12, 8 a.m.- 1 p.m. (registration from 7 - 8 a.m.): **“Transforming Our Community Through Positive Change, the 7th Annual Children, Youth, and Families Summit”** at the *Harwich Community Center*, 100 Oak St. with keynote speaker: Steven Gross, founder and executive director of Project Joy, a non-profit organization that uses play to strengthen and heal children whose lives have been deeply impacted by trauma. Workshop options will include: Participating in Local Government; Conversations on Substance Abuse and Suicide Prevention; Dating, Domestic Violence, and Healthy Relationships; Social Networking; Community Service and Leadership Opportunities; Sustainability & The Earth; Diversity and Respect; and Sharing Perspectives Across Generations. Continental breakfast (7 – 8 a.m.) and lunch provided. Hosted by the Barnstable County Council for Children, Youth, and Families (BCCCYF) and the Cape & Islands Youth Congress. Information or registration: 774-766-6916 or bcccyf@gmail.com.

March 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.

March 13, 10 a.m. - noon: **“Transition to Parenthood”** at *Falmouth Hospital* (Maternity Conference Center), 100 Ter Heun Dr. (off Route 28), with Lee Burwell MFT, LMHC. You can expect significant changes in your couple relationship after having a baby. Practice important skills for continuing to strengthen your friendship and increase relationship satisfaction through the stressful first few months of parenting. FEE: \$5 per couple. Information or registration: lee.burwell@comcast.net or 508-548-6468.

March 13, 1 - 3 p.m.: **“Bringing Baby Home”** at *Falmouth Hospital* (Maternity Conference Center), 100 Ter Heun Dr. (off Route 28), with Lee Burwell, MFT, LMHC. Have fun learning how to play with and communicate with your baby and discover strategies for calming your baby when s/he cries. Hear why playing with fathers is so important to the healthy development of babies and to the strength of the family. FEE: \$5 per couple. Information or registration: lee.burwell@comcast.net or 508-548-6468.

March 15, 6 - 7:30 p.m.: **“Disciplina y Mas y Fomentando un Mejor Comportamiento ~ Discipline and Beyond and Building Better Behavior”** at *Nantucket High School* (Room 104B), 10 Surfside Road, with Patricia Harding. Part of our Spanish Language Parenting series. Sponsored by the Community Network for Children. Information or registration: 508-228-7285 ext. 1576.

March 15 and 16 (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.

March 16, 6:30 - 8 p.m.: **“Discipline Toolbox”** at Bournedale Elementary School, 41 Ernest Valeri Road, *Buzzards Bay*, with Julie Sacchetti, LICSW and parent educator. Part of our Topics in the Real World of Parenting series. 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.

March 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.

March 18, 5 - 8 p.m.: **“Early Childhood Transitions”** at Cape Cod Community College (Upper Commons), 2240 Iyannough Road (Route 132), *West Barnstable*, with Barbara Kozma and panelists including Early Intervention providers, public school staff, and parents. Changes in programs and services for young children can create mixed feelings for the child, family and service providers. This workshop will to consider how to make this transition process as smooth as possible for young children with disabilities, their families and the people who care for and educate them. Dinner, child care, and limited transportation provided. \$5 FEE for professionals (Free for parents). Please register by March 12. Program supported by: SpecialQuest, Cape Cod Community College, Cape Cod Child Development (Early Intervention, Child Care, Head Start, and F.U.N. Programs), Department of Early Education and Care, and CACCI/Child Care Network. Information and registration: Child Care Network at 508-778-9470 ext. 261.

March 18, 6:30 - 7:30 p.m.: **“Mashpee Special Education Parent Advisory Council (SEPAC)”** at Quashnet School (Library), 150 Old Barnstable Road, *Mashpee*. This group is open to all Mashpee parents and guardians. Information: www.mashpeesepac.org or Peter at flargh@mac.com.

March 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.

March 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.

March 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.

Beginning March 23 for eight 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 Jennifer Taylor, LMHC. For parents of children through age 13. Topics include: developmental patterns, common behavioral challenges, and successful behavior management techniques. FEE: \$50; free for DCF clients with JRI referral. Free child care available. Funded in part by the Massachusetts Department of Children and Families. Information or registration: Kirsten Abrahamson at 508-775-0275.

March 23 (fourth Tuesday), 6 - 7:30 p.m.: **“Dads' Talk ~ Mashpee”** at *Mashpee Village* (Community Room), 1 Wampanoag Drive, with Paul Melville, family support specialist. A new 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 and TCB Inc. /Mashpee Village. Information or registration: Donna French at 508-477-3429.

Beginning March 23 for eight 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 Jennifer Taylor, LMHC. For parents of adolescents ages 13-19. Topics include: developmental patterns, common behavioral challenges, and successful behavior management techniques. FEE: \$50; free for DCF clients with JRI referral. Free child care available. Funded in part by the Massachusetts Department of Children and Families. Information or registration: Kirsten Abrahamson at 508-775-0275.

March 24, 6:30 - 8 p.m.: **“Learning Styles and Literacy: Understanding the Eight Learning Intelligences”** at the Mullen Hall School (Library), 130 Katherine Lee Bates Road, *Falmouth*, with Cyndi Denmat, M.Ed. Identify your child’s learning intelligence as well as your own and learn how possessing this knowledge can help you and your child. 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.

March 25, 5 - 8:30 p.m.: **“Successful Communication Starts with You!”** at the Coonamessett Inn, 311 Gifford St., *Falmouth*, with Scott Fitzmaurice of CIGSYA and Kim Westheimer of Welcoming Schools. This interactive and fun evening for parents and providers will respectfully tackle gender identity (ie: boys who choose dresses when playing dress-up), same-sex parenting, handling the teasing of children who aren't "boy enough" or "girl enough", and families who don't want their children around lesbian, gay, bisexual or transgender parents/people. FEE: \$10. Includes: buffet dinner and networking from 5 - 6 p.m., followed by panel discussion and interactive communication workshop from 6 - 8:30 p.m. Sponsored by ARRA Funds and the Coalition for Children. Information or registration: Tina Toran at 508-548-0151 ext. 172.

March 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 29, 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.

March 31, 6:30 - 8 p.m.: **“Is Your Child a Choosy Eater?”** at the K. C. Coombs School, 152 Old Barnstable Road, *Mashpee*, with Kim Concra, LDN, nutrition educator with the Cape Cod Cooperative Extension. Are choosy eaters born or made? Kim will give parents strategies that set the stage for success. Child care provided with pre-registration. Information or registration: Julie Hall at 508-539-1520 ext. 107.

April 5 (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.

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. 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.

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.

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. A drop-in discussion group for parents with children birth to five. An opportunity to meet other parents and discuss a variety of parenting topics in a casual group setting. Child care provided by the Early Childhood Center. Information: 508-228-7285 ext. 1166.

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 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.