

PARENT EDUCATION & SUPPORT CALENDAR

May 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 Melville at 508-771-4338 or paul@capecoalition.com. This calendar is available at 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.

April 28, 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.

April 28, 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. Funding support provided by a Mass. Family Centers grant through Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

Beginning April 29 for eight Tuesdays, 5:45-7:45 p.m.: **"Are You Parenting Alone?"** at Cape Cod Child Development's School Age Building, 439 East Falmouth Highway, *Falmouth* with Lee Burwell, MFT, CGE. Support group, discussion, and parenting tips. Dinner and childcare provided. Funded by the Cape and Islands United Way and Mass Department of Early Education and Care. Information and registration: 508 548 0151 ext. 172.

April 30, 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. Refreshments provided. Funded in part by the Mass. Department of Social Services. Information or registration: Camille Alberico at 508-362-7432.

April 30, 5:30-7 p.m.: **"Life with Your 3 & 4 Year Old"** at the Family Center at Martha's Vineyard Regional High School, Vineyard Haven-Edgartown Road, *Oak Bluffs* with Ursula Ferro. Puzzled by your three or four year old? Come learn what to expect from typical development of this age group. Free dinner and childcare. Information or registration: Marney at 508-693-7900 ext. 283.

May 1, 7-8:30 p.m.: **"A Problem That's Hard to Swallow: Pediatric Feeding Disorders"** at RHCI for Children, 280-D Route 130, Suite 7, *Forestdale* (Heritage Park) with pediatric gastroenterologist Alisa Muniz-Crim, MD and speech and language pathologist Cheryl Pelletier. Free presentation for parents and caregivers of children; educators and healthcare professionals welcome. Light refreshments provided. Information or registration: 508-833-4008.

May 2, 9 a.m.-3:30 p.m. **“Adoption and Education: (Advocating and navigating the school system for your adopted child)”** at Dennis Public Library, 5 Hall Street, *Dennisport* with Boris Gindis, Ph.D., Dr. Boris Skurkovich, international adoption physician, and Dr. Anait Azarian, clinical psychologist specializing in trauma. This workshop for parents and educators is sponsored by the Cape Cod Adoption Network and Good Hope Adoption Services. Information or registration: 508-385-7815.

May 2, 16 and 30, 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.

May 3 and 10 (must attend both sessions), 10:30 a.m.-1 p.m.: **“Parents Apart”** at Cape Cod Community College (North 114), 2240 Iyannough Road (Route 132), *West Barnstable* with James Caramello, MA, LICSW 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. \$80 fee. Information or registration: Danielle at 617-786-3027.

May 6, 7-8:30 p.m.: **“Is Your Child Struggling in School? The Link Between Vision and Learning”** at RHCI for Children, 280-D Route 130, Suite 7, *Forestdale* (Heritage Park) with optometrist John Child, OD and occupational therapist Katherine Collmer. Free presentation for parents and caregivers of children; educators and healthcare professionals welcome. Light refreshments provided. Information or registration: 508-833-4008.

May 8: **“Free Legal Clinics for Women”** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Family Law 9-11 a.m. and Bankruptcy 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.

May 8, 5-6:30 p.m.: **“Single Moms’ Support Group”** at Cape Cod Child Development, 83 Pearl St., *Hyannis* with Mary Wilson and Kathe Medwin. This non-therapeutic group is designed to create a safe, supportive environment in which to share successes as well as 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: 508-775-6240 ext. 513.

May 8 and 15 (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.

May 8, 5:30-7:30 p.m.: **“How to Foster Self Esteem”** at *Truro Central School*, 317 Route 6 with Cindy Horgan, family support coordinator at Cape Cod Children’s Place. This workshop will demonstrate the importance of making mistakes safe and of using positive discipline techniques such as logical and natural consequences. It helps parents understand there is great value in experiencing frustration and disappointment, especially when children play a role in problem solving challenges. Dinner and childcare provided. Funded by a Mass. Family Centers grant from the Children’s Trust Fund, administered by Cape Cod Children’s Place. Information or registration: 508-240-3310.

May 9 and 23, 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.

May 12, 7-8:30 p.m.: **“When Sugar ‘n Spice Aren’t Nice: Diabetes in Adolescents and Children”** at RHCI for Children, 280-D Route 130, Suite 7, *Forestdale* (Heritage Park) with pediatric endocrinologist Paul Boepple, MD. Free presentation for parents and caregivers of children; educators and healthcare professionals welcome. Light refreshments provided. Information or registration: 508-833-4008.

May 14, 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. 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.

May 14, 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.

May 15, 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. This week’s guest will be Kim Horyn from Autism Speaks. Information: 508-228-7257 ext. 1166.

May 15, 6:30-8 p.m.: **“Great Boundaries for Great Relationships between Dads & Kids”** at Mullen Hall School (library), 130 Katherine Lee Bates Road, *Falmouth* with Cindy Horgan, family support coordinator at Cape Cod Children's Place. Limited childcare. Sponsored by the Parent Connection Series! Information or registration: 508-548-0151 ext. 175 or Lcooke_johnson@falmouth.k12.ma.us.

May 19, 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.

May 19, 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. Refreshments provided. Funded in part by the Mass. Department of Social Services. Information or registration: Camille Alberico at 508-362-7432.

May 19, 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. Funding support provided by a Mass. Family Centers grant through Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

May 19, 6-7:30 p.m.: **“Dads’ Talk”** at *Harwich Community Center*, 100 Oak St. with Matt Daniels. 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 Program 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.

May 20, 7-8:30 p.m.: **“High Blood Pressure: Could Your Child Be at Risk?”** at RHCI for Children, 280-D Route 130, Suite 7, *Forestdale* (Heritage Park) with pediatric nephrologist Avi Traum, MD. Free presentation for parents and caregivers of children; educators and healthcare professionals welcome. Light refreshments provided. Information or registration: 508-833-4008.

May 22, 6-8 p.m.: **“Dads & Babies”** at *Falmouth Hospital* (Board Room), 100 Ter Heun Dr. (off Route 28) with Lee Burwell, MFT, CGE. Drop by anytime during the two hours to discuss questions and share information about the experience of being a father. Pizza dinner provided. Sponsored by Falmouth Hospital and the Upper Cape Family Network. Information or registration: 508-457-3632.

Beginning May 27 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 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.

Beginning May 27 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 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.

May 27, 7-8:30 p.m.: **“Ten Steps Toward Maximizing Your Child’s Potential”** at RHCI for Children, 280-D Route 130, Suite 7, *Forestdale* (Heritage Park) with neuro-psychologist Wayne Klein, PhD. Free presentation for parents and caregivers of children; educators and healthcare professionals welcome. Light refreshments provided. Information or registration: 508-833-4008.

Weekly and Monthly Programs and Groups:

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 provided 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.

Wednesdays, 11 a.m.-noon: **“Just Babies”** (a group for parents and pre-walkers) at *Hyannis Public Library*, 401 Main St. with Kathe. A fun opportunity to meet other parents, share stories, ask questions, and get resources for your family. Sponsored by Cape Cod Child Development’s Families United Network Program through a grant from the Mass. Department of Early Education and Care. Registration and Information: 508-775-6240 ext. 513.

Weekly and Monthly Programs and Groups Continued:

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. Different topic each month. 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.

Wednesdays, 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 provided by a Mass. Family Centers Grant through Children’s Trust Fund. Information: 508-240-3310.

Thursdays, beginning May 8, 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.

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: leave a message for Linda Sayers at 508-457-3632.

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.

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.

Every other 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.

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 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 Lee Burwell, 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 508-548-6468.

“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.

The Cape Cod Neighborhood Support Coalition (CCNSC) compiles and distributes this monthly calendar 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 calendar is not an exhaustive list or an endorsement of any program or provider.

To receive this free calendar every month: Paul Melville at 508-771-4338 or paul@capecoalition.com.