

## Parent Education & Support Opportunities May 2009

Kids don't come with instruction manuals. But whether you're a new mom or dad, a seasoned veteran, or a non-traditional parent, 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](http://www.capecoalition.com).

To receive this list every month by e-mail, please contact  
Paul Melville at 508-771-4338 or [paul@capecoalition.com](mailto:paul@capecoalition.com).

All meetings, workshops, etc. are free of charge unless otherwise noted.

April 30, May 7 and 14, 9:30 - 11 a.m.: **“Raising Strong & Successful Girls”** at Saint Mary's Episcopal Church, 3055 Main St., *Barnstable* with Karol Maybury, Ph.D. This three session course for parents of girls, ages 7-13 will help you understand girls' psychological development, how cliques work, and how parents and girls can deal effectively and compassionately with difficult peers. Plus, how modern media is changing our daughters' self-perceptions and we can do about it. FEE: \$80. Information or registration: 508-280-1638 or [karolmaybury@comcast.net](mailto:karolmaybury@comcast.net).

April 30 and May 7 (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.

Beginning April 30 for six Thursdays, 5:45 - 7:45 p.m.: **“Active Parenting Now (for Single Parents of Children Ages 5 -12)”** at Cape Cod Child Development's School Age Center, 439 E. Falmouth Highway, *East Falmouth* with Lee Burwell, MFT, CGE and single mom, and Paul Melville, family support specialist and single dad. Through this program you will learn skills that will help you develop cooperation, responsibility, and self-esteem in your children. You'll also learn positive discipline techniques so you can avoid those all-too-familiar power struggles. Free dinner (5:45-6:15 p.m.) and limited free child care with early registration. Sponsored by the Falmouth Public School's Pupil Personnel/Early Childhood Department. Information or registration: Laney Cooke-Johnson at 508-548-0151 ext. 175 or [lcooke\\_johnson@falmouth.k12.ma.us](mailto:lcooke_johnson@falmouth.k12.ma.us).

April 30, 6 - 8 p.m.: **"It's Not MY Kid! But Just in Case . . . an Evening with the Experts"** at the Nauset Regional Middle School (auditorium), 70 Route 28, *Orleans*. The panel of experts includes: Dr. Marisa Silveri, Dr. Barbara Green, Attorney Richard Campbell, and Sarah Burrill. Each of whom brings significant professional experience to a discussion about underage drug and alcohol use. This event for all Lower and Outer Cape parents, as well as Lower and Outer Cape students in Grades 8 – 12 is sponsored by Nauset Regional High School, Nauset Regional Middle School, The Community Coalition of Cape Cod, Inc., Campbell, Campbell, Edwards, and Conroy, and the Police Associations in Provincetown, Truro, Wellfleet, Eastham, Orleans, Brewster, Chatham, and Harwich. Information or registration: 508-255-0016 ext. 318 or jackmanm@nausetschools.org.

April 30, 7 - 9 p.m.: **"Talking Sense About Sex"** at *Nantucket High School (auditorium)*, 10 Surfside Road, with Deborah M. Roffman, certified sexuality and family life educator, and author of "Sex and Sensibility: the Thinking Parent's Guide to Talking Sense About Sex". Ms. Roffman attempts to help parents reshape the ways in which they deal with their children, from toddlers to 20-year-olds, with respect to sex and sexuality. She offers ways to see, ways to listen, and ways to talk and behave so that our children learn how to make wise and happy choices about all things sexual. Presented by the Nantucket Community School with funding by a Massachusetts Family Network Grant and a Community Partnerships for Children Grant. This workshop is for ADULTS ONLY. Information: 508-228-7257 ext. 1571.

April 30, 7 – 9 p.m.: **"Consuming Kids: Commercializing Childhood"** at Wellfleet Public Library, 55 West Main St. This film focuses on the explosive growth of child marketing in the wake of deregulation and pushes back against the wholesale commercialization of childhood, raising urgent questions about the ethics of children's marketing and its impact on the health and well-being of our kids. The film will be followed by a facilitated discussion for those who would like to participate. Presented by the Campaign for a Commercial-Free Childhood. Information or registration: Dianna Morton at 774-207-0014 or dianna487@comcast.net.

May 1, 15 and 29 (every other Friday), 10 a.m. - Noon: **"Nursing Mothers Support Group"** at the *Falmouth Fire Station*, 399 Main St. Non-WIC mothers, fathers, and pregnant women also welcome. Sponsored by Cape Cod WIC. No registration necessary. Information: Cheryl at 508-540-5275.

May 2 and 9 (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 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. Deadline to register is Wednesday, April 29th. Information or registration: Amy Crissinger at 617-786-3027.

May 4, Noon - 2 p.m.: **"For Parents of Children Diagnosed with Bipolar Disorder"** at the *Yarmouth Police Department (Training Room)*, 1 Brad Erickson Way (corner of Higgins Crowell Road), *West Yarmouth*, with parent Jennifer Ross, and Paul Melville of the Cape Cod Neighborhood Support Coalition. This is an informal discussion about forming a parent-led group just for parents of children who have been diagnosed with bipolar disorder. Feel free to drop in and stay as long as you can. This is an opportunity to share ideas and raise questions about what might work well to inform, educate, and empower parents. If you cannot attend, you are welcome to call or e-mail us with your comments. Free buffet lunch will be provided (please RSVP). Sponsored by the Cape Cod Neighborhood Support Coalition. Information or registration: Jennifer Sheehan at 508-771-4336 or jennifer@capecoalition.com.

May 4, 6 - 8 p.m.: **"Positive Discipline"** at Martha's Vineyard Community Services (board room), 111 Edgartown Road, *Vineyard Haven*, with Sam Healy. Free dinner for registered participants at 5:30 p.m. Information or registration: Marney Toole at 508-693-7900 ext. 283.

May 4 (first Monday), 6 - 7:30 p.m.: **“Dads’ Talk”** at *Harwich Elementary School*, 263 South St., with Matt Daniels, LMHC and 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.

May 4, 6:30 - 8 p.m.: **“Executive Skills: What are they? Why do kids need them? How can we help our children acquire them?”** at *Falmouth High School (auditorium)*, 874 Gifford St., with Peg Dawson, Ed.D, co-author of the book “Smart but Scattered.” This workshop for parents of students in Grades K - 12, will include strategies that you can use to help your children acquire the critical skills they need to be successful in school. Information: 508-548-1621 or vips@falmouth.k12.ma.us.

May 6 (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.

May 7, 6 - 8 p.m.: **“Parenting From Different Homes: Tips for successful co-parenting (for Dads only)”** at A Baby Center, 81 Willow Ave., *Hyannis*, with Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station; Bob Smith, coordinator of the Barnstable Fatherhood Program; and Zack Rezendes. Pizza dinner and child care provided. Sponsored by the Southeast Fathers and Family Network; funded by the Children’s Trust Fund. Information or registration: 508-775-6240 ext. 512.

Beginning May 8 for six Fridays, 9:30 - 11 a.m.: **“Coffee & Conversation”** at Martha’s Vineyard Community Services (board room), 111 Edgartown Road, *Vineyard Haven*, with Marney Toole. Need a quiet moment to talk with other parents about parenting issues or child development? Coffee and snack provided. Limited child care. Information or registration: Jen or Amy at 508-693-7900 ext. 288.

May 8 and 22 (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. Information: Cheryl at 508-540-5275.

May 8, 1 - 3 p.m.: **“Free Family Law Legal Clinics for Women”** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Individual, half-hour appointments with an attorney are available by registration only. This is an opportunity for low and moderate income women to ask questions, get answers, navigate their documents, and find out what their rights are. Funded by a grant from the Massachusetts Bar Foundation. Information or registration: 508-430-8111.

May 10, 7 - 9 p.m.: **“Successful Stress Management Strategies for New Parents”** at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28), with Lee Burwell MFT, LMHC. Research shows that learning how to manage stress can help prevent the incidence of postpartum depression. Become familiar with the warning signs of stress and practice relationship skills and relaxation skills that will help you decrease stress and anxiety so that your new family can thrive. FEE: \$10 per couple (scholarships available). Information or registration: 508-457-3632.

May 11, 6:30 - 8 p.m.: **"Barnstable Special Education Parent Advisory Council (SEPAC)"** at Barnstable High School (Room 1202), 744 West Main St., *Hyannis*, with a guest speaker from the Massachusetts Department of Elementary and Secondary Education (ESE). Learn more about the ESE's role with students, schools, and parents, as well as how to most effectively communicate with the ESE. SEPAC business meeting at 6:30 p.m., followed by the presentation at 7 p.m. You do not have to be a member of Barnstable SEPAC to attend, nor a resident of Barnstable. Information: Linda at 774-994-0713 or 504parentsupport@comcast.net.

May 11 (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.

May 12 and 26 (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.

May 12, 10:15 - 11:45 a.m.: **"Postpartum Moms & Babies Group"** at *Eastham Public Library*, 190 Samoset Road, with Christina Cepkauskas, nutritionist. Get an overview on the importance of balanced meals, proper portion sizes and making healthy food choices, as well as information for breastfeeding moms and on starting your baby on solid foods. Funded by a Massachusetts Family Centers Grant through Children's Trust Fund. Information: 508-240-3310.

May 13 (second Wednesday), 8:30 - 10 a.m.: **"Parent Chat with Cindy Horgan"** at Stony Brook Elementary School, 384 Underpass Road, *Brewster*. Cindy is family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. 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. Sign-in at the front desk and get a Cape Cod Children's Place name tag. There is no child care available for this group. Funding provided by a Massachusetts Family Centers grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

May 13, 7 - 9 p.m.: **"Transition to Parenthood"** at *Falmouth Hospital* (Faxon One Conference Room), 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: \$10 per couple (scholarships available). Information or registration: 508-457-3632.

May 14, 5:15 - 6:45 p.m.: **"Single Parenting"** at Cape Cod Child Development, 83 Pearl St., *Hyannis*, with Paul Melville, family support specialist and Kathleen Shine-O'Brien, LMHC. 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. Sponsored by Cape Cod Child Development's Families United Network Program; funded by the Cape Cod Neighborhood Support Coalition and the Massachusetts Department of Early Education and Care. Information or registration: Paul at 508-775-6240 ext. 514.

May 14 (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.

May 14 (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.

May 16 (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.

May 18, 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.

May 18, 5:30 - 7 p.m.: **"Single Moms"** at Cape Cod Children's Place, 10 Ballwic Road (formerly Forest Ave.), *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 and child care 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.

May 18, 7 - 8 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.

May 19 (third Tuesday), 5 - 6:30 p.m.: **"Grandparents Raising Grandchildren"** at the Barnstable Senior Center, 825 Falmouth Road (Route 28), *Hyannis*, with Rosanne DeVito of Elder Services. A monthly get together for grandparents raising grandchildren with different topics discussed each month. A separate "Grandkids Get Together" is run concurrently by Barnstable's youth services coordinator, Sally-Ann Imes, so that grandchildren Ages 8 and up can meet and interact with peers whose family settings may be similar to their own. A light dinner will be provided to all. Information or registration: Sally-Ann at 508-862-4633 or [sally-ann.imes@town.barnstable.ma.us](mailto:sally-ann.imes@town.barnstable.ma.us).

May 19, 5:30 - 7:30 p.m.: **"The Journey Toward Literacy Begins at Birth!"** at Cape Cod Children's Place, 10 Ballwic Road (formerly Forest Ave.), *Eastham*, with Jean Ciborowski Fahey, PhD, director of the Reading Partnership at South Shore Hospital, family literacy consultant to the Massachusetts Department of Education, and professor at Lesley University. Learn how babies brains get wired for reading, learn how to prepare children to learn to read, and prevent reading difficulties in young children. Parents and teachers welcome. Free pizza dinner and child care 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.

May 20, 6:30 - 8 p.m.: **"1, 2, 3 Magic (Who's in charge at your house?)"** at the *Harwich Community Center*, 100 Oak St., with Robin Titus, psychologist at Harwich Public Schools. A behavior management workshop for parents for whom the info is new and for those who would like a refresher course and support. Child care available: \$2.50 per child. Funded by the Harwich Community Partnerships Council for Early Childhood with grant funds from the Massachusetts Department of Early Education and Care. Information or registration: Francie Joseph at 508-430-1692.

May 21, 6 - 7 p.m.: **“Breastfeeding Support Group”** at the Outer Cape WIC office, 79 Finlay Road, *Orleans*, with Gabrielle Hathaway, lactation consultant. For moms-to-be and mothers of nursing infants. Get your breastfeeding questions answered and learn the latest information in a confidential and sympathetic group environment. Please join us for this informative and supportive evening. Snacks provided. Sponsored by Outer Cape WIC. Information: 508-240-0853.

May 21 (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.

May 22, 9:30 - 11:30 a.m.: **“Free Family Law Legal Clinics for Women”** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Individual, half-hour appointments with an attorney are available by registration only. This is an opportunity for low and moderate income women to ask questions, get answers, navigate their documents, and find out what their rights are. Funded by a grant from the Massachusetts Bar Foundation. Information or registration: 508-430-8111.

May 23 (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.

Beginning May 26 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.

Beginning May 26 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.

May 27, 6:30 – 8 p.m.: **“Sweet Dreams Pillowcase Workshop”** at the *Falmouth Public Library*, 300 Main St. with Jeanine Fitzgerald, author and certified human behavior consultant with the Better Behavior Bureau. Limited free child care available with pre-registration. Sponsored by the Falmouth Public Library's Early Childhood Resource Center and the Upper Cape Family Network. Information or registration: 508-548-0151 ext. 172.

May 27 (last Wednesday), 6:30 - 8 p.m.: **“S.T.E.P. Up 4 Kids”** at Stop & Shop (Conference Room), 65 Independence Park Dr., *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.

June 1 (first Monday), 6 - 7:30 p.m.: **“Dads' Talk”** at *Harwich Community Center*, 100 Oak St., with Matt Daniels, LMHC and 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.

June 2, 6 - 8 p.m.: **“Information Session for Grandparents Raising Grandchildren”** at the Bourne Council on Aging, Bourne Veteran’s Memorial Community Center, 239 Main St., *Buzzards Bay* with Kerry Bickford, appointee to the state Grandparents Raising Grandchildren Commission. This is the first of three information sessions to be held at senior centers across the Cape so that Kerry can both gather and share information, and so that grandparents raising grandchildren have the opportunity to meet Kerry and meet each other. Free light dinner and child care provided with registration. Sponsored by the Cape Cod Neighborhood Support Coalition. Information or registration: 508-771-4336.

June 3, 6:30 – 8 p.m.: **“Resilient Parents/ Resilient Kids”** at the *Falmouth Public Library*, 300 Main St. with Cindy Horgan, family support coordinator at Cape Cod Children’s Place and co-creator of the Parenting Station. Resilient children are sociable and have high self-esteem and good problem solving skills. This workshop talks about the building blocks of resiliency. It helps parents to understand that there is great value in the experiences of frustration & disappointment, especially when the child plays a role in the problem solving of a challenge. Limited free child care available with pre-registration. Sponsored by the Falmouth Public Library’s Early Childhood Resource Center and the Upper Cape Family Network. Information or registration: 508-548-0151 ext. 172.

### **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.: **“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, 10:15 - 11:45 a.m.: **“Postpartum Moms & Babies Group”** at *Eastham Public Library*, 190 Samoset Road, 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, 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, 11 a.m. - Noon: **“Just Babies”** (a group for parents and babies under 18-Months) at *Hyannis Public Library*, 401 Main St. 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 Massachusetts Department of Early Education and Care. Registration and Information: 508-775-6240 ext. 512.

Thursdays, 1 - 2 p.m.: **“Talking Parenting with Julie Sacchetti”** at Jonathon Bourne Public Library, 19 Sandwich Road, *Bourne*. Julie is a social worker, parent educator, and family support specialist. An informal drop-in group to address parent education and school-age child development topics. Timing coincides with story hour in the children’s library (call 508-759-0644 to confirm/reserve space). Funded by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information: Julie at 508-776-3536.

### **Weekly Programs and Groups continued:**

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](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.

**“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.

**“Family Support Information Line”** of the Cape Cod Neighborhood Support Coalition provides free, confidential information about resources and referrals to services for families with dependent children across the Cape & Islands: 888-99-CCNSC (888-992-2672). We talk to families (and those who work with families) about “where to go for what.” There are no income guidelines and there is no intake process in order to receive information from us. Learn more about the Coalition at [www.capecoalition.com](http://www.capecoalition.com).

**“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.

**“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. This hotline is the only comprehensive information and referral service for the hungry in Massachusetts. The 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.

**“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](http://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.

## **Select Ongoing Resources continued:**

**“Navigating ADHD”** with Tracey Bromley Goodwin, M.Ed. and Holly Oberacker, ATR, LMHC: This education/support group for parents whose children have been diagnosed with ADD/ADHD involves a 10-week series of small group meetings (6 - 10 parents/guardians). Learn the facts on what ADHD is and isn't, strategies for managing difficult behaviors, communication and conflict resolution techniques, tips for organizing your child's environment, and effective methods for building positive relationships with your child's school. Take home strategies, behavior interventions, and organizational charts. Meetings will be held in Centerville and will be offered during the day once a week, and during the evening more than once a week. FEE: \$30 per session if you enroll for all 10 weeks, or \$35 per session, pay as you go. For information or registration: Tracey Bromley Goodwin at 508-888-2354, or Holly Oberacker at 508-566-0242.

**“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.

**“2009 Summer Camp and Day Program Guide”**: This guide, compiled by Child Care Network and the Cape Cod Neighborhood Support Coalition, lists summer opportunities for all ages across the Cape and Islands. It also includes a contact list for town recreation departments, and tips on choosing a camp and financial assistance. The guide is online at [www.capecoalition.com](http://www.capecoalition.com), or please contact CCNSC at 508-771-4336 to receive a copy by mail.

**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](mailto:paul@capecoalition.com).**