

# Parent Education & Support Calendar

## November 2008

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. This calendar is compiled and distributed by the Cape Cod Neighborhood Support Coalition: [www.capecoalition.com](http://www.capecoalition.com).

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.

October 28, 6:30-8:30 p.m.: **“Early Literacy: Promoting Literacy Beginning at Birth”** at Cape Cod Child Development's School Age Center, 439 E. Falmouth Highway, *East Falmouth*. Learning to read begins very early in a child's development, well before they enter kindergarten. Discover how their environment impacts the developing brain for getting ready to read. Learn about early childhood literacy development and the Get Ready to Read program. Learn what things you can do as a parent to support your child's literacy development. Limited free child care. Sponsored by Young Children First! with grant funds from the Woods Hole Foundation and Massachusetts Department of Early Education and Care. Information and registration: 508-548 0151 ext. 128.

October 31, 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. Information and registration: Cheryl at 508-540-5275.

Nov. 1, 7:30 a.m.-2 p.m.: **“Tenth Annual Upper Cape Early Childhood Conference”** at *Bourne High School*, 75 Waterhouse Road. Keynote presentation by Jeanine Fitzgerald, author and certified human behavior consultant with The Better Behavior Bureau, followed by choice of two 1½ hour workshops (options include: “Behavior Fundamentals”, “Building Emotional Intelligence and Friendship Skills through Children's Literature”, “Music with Infants”, and many more). Continental breakfast and lunch included. Partial funding provided by grants from the Massachusetts Department of Early Education and Care. \$30 fee. Information and registration: 508-538-0151 Ext. 128.

November 1 and 8 (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. \$80 fee. Information and registration: Amy at 617-786-3027.

November 3, 6-7:30 p.m.: **“Dads' Talk”** at *Harwich Community Center*, 100 Oak St. with Matt Daniels and Paul Melville. A safe, non-therapeutic group providing a monthly opportunity for dads of kids and teens to talk about the issues of being a father today. Free pizza and childcare. Sponsored by the Cape Cod Neighborhood Support Coalition with additional support from Cape Cod Children's Place and Harwich CPC. Information and registration: 508-771-4338 or [paul@capecoalition.com](mailto:paul@capecoalition.com).

November 3, 7-8:30 p.m.: **“A Special Evening with Dr. David Elkind”** at Sandwich High School (auditorium), 432 Route 6A, *East Sandwich*. Dr. Elkind, the author of "The Hurried Child" and "The Power of Play" will be discussing the importance of unstructured, creative play in childhood, followed by a book signing and reception. Free refreshments. Copies of Dr. Elkind's books will be available for sale. Sponsored by The Early Childhood Community Partnership of Sandwich and Titcomb's Bookshop. Information: Titcomb's Bookshop at 508-888-2331.

November 6, 5:30-7 p.m.: **“Temperament and Your Child”** at The Learning Garden Pre-School, 63 Hopkins Lane, *Orleans* with Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. Explore the various temperaments and the challenges of having a different temperament than your child. This interactive, hands-on workshop will help you work with your children more effectively. Free pizza dinner and childcare. Funding support provided by a Massachusetts Family Centers grant through Children's Trust Fund, administered by Cape Cod Children's Place. Information and registration: 508-240-3310.

November 6 and 13 (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. \$80 fee. Information and registration: 508-775-0275.

November 6, 6-8 p.m.: **“Raising Readers for Fathers”** at A Baby Center, 81 Willow Ave., *Hyannis* with Jean Ciborowski Fahey, PhD. This multi-medium presentation will show you fathers how to prepare their children to read well, and will emphasize the important role of fathers in children's reading readiness. Participants will receive a tool kit that will expand their knowledge of the relationships among early attachment, language and literacy development. Pizza dinner and childcare provided. Sponsored the Southeast Fathers & Family Network with funding from the Children's Trust Fund. Information and registration: 508-775-6240 ext. 512.

November 7, 9-11 a.m.: **“Raising Healthy Kids in an On-Line World”** at the *Chatham Community Building*, 702 Main St. with Karol Maybury, Ph.D. For any parent who has wondered how we navigate adolescents' need for privacy and protect them at the same time. We will be viewing and discussing the documentary "Growing up Online." Dr. Maybury will also discuss: internet acronyms parents should know, good guidelines for healthy internet/texting/cell phone use, and how to protect children and adolescents from cyber-bullying. Coffee and refreshments provided. \$20 fee. Information and registration: karolmaybury@comcast.net or 508-280-1638.

November 7 and 21, 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. Information and registration: Cheryl at 508-540-5275.

November 12, 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. Funding provided by a Massachusetts Family Centers grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information and registration: 508-240-3310.

November 12, 5:30-7 p.m.: **“Why does everything feel like a battle?”** at *Harwich Elementary School* (Activity Room), 263 South St. with Cindy Horgan, family support coordinator at Cape Cod Children’s Place and co-creator of the Parenting Station. Learn to understand the why of our children’s behaviors and some strategies to prevent the battles. Gain skills and insights into the parenting journey that makes it an experience rather than a struggle. Free pizza dinner. Childcare available for \$2.50 per child. Funded by the Harwich Community Partnership for Children. Information and registration: 508-430-1692.

November 12, 5:30-7:30 p.m.: **“Making Ends Meet”** at *Eastham Elementary School*, 200 Schoolhouse Road. Free information and resources for families, as well as healthy cooking demonstrations. Dinner and childcare provided. Sponsored by the Lower Cape Early Childhood Council, Community Development Partnership, and HART. Information and registration: Elizabeth at Cape Cod Children’s Place at 508-240-3310 or ealdred@c4.net.

November 13, 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 are available by registration only. Funded by a grant from the Massachusetts Bar Foundation. Information and registration: 508-430-8111.

November 13, 9 a.m.-12:30 p.m.: **“Understanding Executive Functioning – Helping Children Learn the Art of Self Management”** at the Cape Codder Resort & Spa, 1225 Iyannough Road (Route 132), *Hyannis* with Sarah Ward, M.S., CCC/SLP. Does your child have difficulty with planning, decision making, impulsivity, or self regulation? This program is designed for parents, educators, and behavioral health providers. Sponsored by Family Continuity, Bridges Associates, Inc., and Commonwealth Educational Seminars. \$30 fee. Information and registration: Mary-Jane at 508-362-7692 or [www.bridgesassociates.com](http://www.bridgesassociates.com).

November 13, 5:15-6:45 p.m.: **“Single Parenting”** at Cape Cod Child Development, 83 Pearl St., *Hyannis* with Paul Melville. This non-therapeutic group is designed to create a safe, supportive environment for single moms and dads to share successes, challenges, and other information. Some months may include guest speakers and door prizes. Free dinner and child care. Sponsored by Cape Cod Child Development’s Families United Network Program through a grant from the Massachusetts Department of Early Education and Care. Information and registration: 508-775-6240 ext. 514.

November 14 and 28, 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. Information and registration: Cheryl at 508-540-5275.

November 17, 7:00 PM: **“Adults and Children in Organized Youth Sports; who wins, who loses?”** at the Sandwich Hollows Golf Course, 1 Round Hill Road, *East Sandwich* with former Boston Celtic, Bob Bigelow. Bob’s mission is to put the youth back in youth sports. Think about why your kids play and why you are (or aren’t) involved, then attend this thought-provoking forum which will deliver the crucial message for adults involved in youth sports. Sponsored by the Sandwich Recreation Department, Sandwich Youth Soccer, Travel Soccer, Little League, Babe Ruth, Basketball, Football and Lacrosse. Information and registration: 508-888-4361.

November 19, 9-11 a.m. and 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 are available by registration only. Funded by a grant from the Massachusetts Bar Foundation. Information and registration: 508-430-8111.

November 20, 6-8 p.m.: **“Father & Baby Pizza Party”** at Cape Cod Hospital (Lorusso Board Room), 27 Park St., *Hyannis* with Ann Macdonald, RN, BSN, CCE and Paul Melville, family support specialist at the Cape Cod Neighborhood Support Coalition. A great place for dads to show off their babies from newborn to 14 months old, to connect with other Cape dads, and to learn about resources for local families. This month’s special guest will be Leif Norenberg, M.D., a local pediatrician. Pizza dinner provided. Sponsored by Cape Cod Healthcare and the Cape Cod Neighborhood Support Coalition. Information and registration: Ann at 508-862-5123.

November 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 and registration: 508-759-0654.

November 17, 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 and co-creator of the Parenting Station. This non-therapeutic group encourages the sharing of successes as well as challenges. Free pizza dinner and childcare. Funding support provided by a Massachusetts Family Centers grant through Children's Trust Fund, administered by Cape Cod Children's Place. Information and registration: 508-240-3310.

December 3, 6:30-8 p.m.: **“Temperament and Your Child”** 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. Explore the various temperaments and the challenges of having a different temperament than your child. This interactive, hands-on workshop will help you work with your child more effectively. Free childcare available. The Parent Connection Series is a partnership between the Falmouth Public Schools Pupil Personnel office and VIPS. Information and registration: 508-548-0151 ext. 175.

### **Weekly and Monthly 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.

Every other Monday, 6-8 p.m.: **“The CIRCLE”** at West Parish Church, 2049 Meetinghouse Way, *West Barnstable* with Richard Bickford, LICSW. A family bereavement support program for children ages 5-13 who have lost a parent or sibling. Entire family welcome. Light supper provided. Sponsored by the VNA of Cape Cod's Hospice Bereavement Program and affiliated with Boston Medical Center's Good Grief Program. Information and registration: 508-957-7716.

Third Monday, 7-8 p.m.: **“Asperger Support Group for Parents”** 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 division of Community Care Services. Information and registration: 508-862-0288.

Tuesdays, 10 a.m.: **“Nursing Mothers’ Group”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. Information and registration: 888-890-2229 or 508-888-7794.

Every other Tuesday, 10 a.m.-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: 508-457-3632.

## Weekly and Monthly Programs and Groups continued:

Wednesdays, 11 a.m.-noon: “**Just Babies**” (a group for parents and pre-walkers) 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. 513.

Wednesdays, 10-11:30 am: “**Postpartum Moms & Babies Group**” at Cape Cod Children's Place, 10 Forest Ave., *North Eastham* 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.

Last Wednesday, 6:30-8 p.m.: “**S.T.E.P. Up 4 Kids**” support group at Stop & Shop (Conference Room), 65 Independence Park Drive, *Hyannis*. A monthly group for parents of children with behavioral or emotional disorders (including bipolar disorder, ADHD, anxiety, depression and others). This group is for parents and caregivers only. Information and registration: Maria Lamb at 508-432-5880 or bobatly@yahoo.com.

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 Maebh Brown. This drop in discussion group is a great opportunity to meet other parents and to discuss a variety of parenting topics in a casual group setting. Child care provided. Sponsored by the Community Network for Children of Nantucket. Information: 508-228-7257 ext. 1166.

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.

First Thursday, 7 p.m.: “**Cape Cod Mothers of Multiples**” at the Cape Cod Child Development building, 439 East Falmouth Highway, *Falmouth*. Parent-led support group for parents of twins, triplets etc. Information: Stephany Alves at 508-246-5091 or stephany2@comcast.net.

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: 508-457-3632.

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 and registration: Ann at 508-862-5123.

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 and registration: Cape Cod Adoption Network at 508-385-7815.

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 and registration: Cape Cod Adoption Network at 508-385-7815.

## **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 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 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 and 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.

**“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](mailto:kbickford@barnstablecounty.org).

**“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 neither an exhaustive list nor an endorsement of any program or provider.**

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