

Parent Education & Support Opportunities

September 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, family support specialist: paul@capecoalition.com.

All meetings, workshops etc. are free to participants unless otherwise noted.

September 1 (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.

September 3 and 17 (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.

September 6 (first Monday), 6 - 7:30 p.m.: **"Dads' Talk ~ Lower Cape"** at a private location in *East Harwich* (call or e-mail for address; returning to Community Center in October), 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.

September 6 and 20, 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 faith-based meetings. First time participants, please call ahead to register. Information or registration: Sophia at 508-944-2694 or parentsofprisoners@yahoo.com.

September 9 and 16 (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.

September 9 (NEW DAY), 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. 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.

September 9 (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.

September 9 (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.

September 10 and 24 (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.

September 10, 2 – 4 p.m.: “**Free Family Law Legal Clinic 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 or kara@wecancenter.org.

September 11, 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.

September 11, 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.

September 13 (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 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.

September 13 and 14 (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.

September 13 (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.

September 14 and 28 (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.

September 14 and 28 (every other Tuesday), 5:30 - 7 p.m.: **“Young Widow/Widower Support Group”** at Hospice & Palliative Care of Cape Cod, 765 Attucks Lane, *Hyannis*, with Aimee Rozum LMHC ATR-BC. This new group is for widowed parents with children at home. Information or registration: Aimee at 508-957-0267.

September 2010 Parent Education & Support Opportunities (www.capecoalition.com)-page 3 of 8

September 15, 10 - 11 a.m.: **“Breastfeeding Support Group”** at the Outer Cape WIC office, 79 Finlay Road, *Orleans*, with Gabrielle Hathaway, lactation consultant. All pregnant and breastfeeding women and babies under six months are 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.

Beginning September 15 for eight Thursdays, 5:30 - 7:30 p.m.: **“Effective Positive Discipline”** at Northside Methodist Church, 701 Airline Road, *Brewster* with Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. Topics include: developmental issues, communication, understanding temperament, encouraging good behavior, parenting styles, discipline, working through power struggles and tantrums, anger management, sibling rivalries, and coping with stress. Free pizza and limited free child care and transportation available. Sponsored by Cape Cod Child Development's Families United Network Program. Funded by the Massachusetts Children's Trust Fund and Massachusetts Department of Early Education and Care. Information or registration: 508-775-6240 ext. 512.

September 16 (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.

September 18 (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.

September 21, 6:30-8 p.m.: **“Infant and Child CPR”** at Friendship Garden Nursery School, 460 Locustfield Road, *East Falmouth*. This non-certification CPR course will help prepare parents for unexpected medical emergencies. Limited child care available. Sponsored by Friendship Garden Nursery School in collaboration with The Coalition for Children. Information or registration: Tina Toran at 508-548-0151 ext. 172.

September 21 (third Tuesday), 7 - 9 p.m.: **“NAMI-Family Member Support Group”** at the Federated Church, 320 Main St., *Hyannis*. This new non-therapeutic group is open to anyone who has a family member with a mental illness. Connect with others in your situation, share challenges as well as successes, and learn about the resources available to you and your family. Refreshments provided. Sponsored by the Cape Cod Chapter of the National Alliance on Mental Illness (NAMI). Information: Bobbi Field 508-957-2338.

September 24, 1 – 3 p.m.: “**Free Family Law Legal Clinic 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 or kara@wecancenter.org.

September 27, 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.

September 28 (fourth Tuesday), 6 - 7:30 p.m.: “**Dads’ Talk ~ Upper Cape**” at *Mashpee Village* (Community Room), 1 Wampanoag Drive, with Paul Melville and Mark Abbott, LICSW. 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. Light dinner provided (please RSVP). Sponsored by the Cape Cod Neighborhood Support Coalition, Falmouth Human Services, and TCB Inc. /Mashpee Village. Information or registration: Donna French at 508-477-3429.

September 29, 6:30-8 p.m.: “**Having fun...Getting Ready to Read!**” at the *Falmouth Public Library* (Children’s Room), 300 Main St. Learning to read and write begins very early in a child’s development; well before they enter kindergarten. But those literacy skills do not happen naturally without adult guidance. This parent workshop will talk about early literacy and how you can support your child. There will be a demonstration of the *Get Ready to Read!* tool that you can actually do online with your child at home. Pre-literacy activities and related children’s books will also be highlighted. Sponsored by The Coalition for Children. Information or registration: Carolyn Minervino at 508-548-0151 ext. 128.

October 4 (first Monday), 6 - 7:30 p.m.: “**Dads’ Talk ~ Lower Cape**” 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.

October 5, 12, 19, and 26, 5:30 – 7:30 p.m.: **“Positive Discipline and Effective Communication”** at *Wellfleet Elementary School*, 100 Lawrence Road, 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. 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.

October 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.

Weekly Programs and Groups:

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.

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.

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.

Select Ongoing Resources continued:

“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.

“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 questions and arrange to meet with you for free: 774-563-1970.

“Operation Military Kids (OMK)”: 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.

Select Ongoing Resources continued:

“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: 508-947-8779 ext. 10.

“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.

“Violence Intervention and Prevention Project (VIP Project)”: The VIP Project provides services, resources and support to families affected by bullying. Every day in our schools and communities, children are teased, threatened, harassed and tormented. Bullying is a form of abuse; it is not a natural part of growing up. If you’re concerned that your child might be being bullied or bullying other children, The VIP Project can help. Information: April Thomas at 508-367-1845 or aprilsparkles@yahoo.com.

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 specific program or provider.

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