

Parent Education & Support Calendar

September 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.

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.

September 4, 5:15-6:45 p.m.: **"Single Parenting"** at Cape Cod Child Development, 83 Pearl St., *Hyannis* with Paul Melville and Kathe Medwin. 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 or registration: 508-775-6240 ext. 513.

September 4 and 11 (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 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. \$65 fee. Information or registration: 508-775-0275.

Beginning September 4 for twelve Thursdays, 6:30-9 p.m.: **"NAMI Family-To-Family Education Program"** at *Wellfleet Senior Center*, 715 Old Kings Highway. For family caregivers of individuals affected with a serious brain disorder, i.e. mental illness. Information or registration: LeRoy Spaniol at 508-349-2475 or LSpaniol405@comcast.net.

September 5 and 19, 10 a.m.-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.

Beginning September 5 for twelve Fridays, 6:30-9 p.m.: **"NAMI Family-To-Family Education Program"** at Our Lady of Victory Church, Parish Center, 230 South Main St., *Centerville*. For family caregivers of individuals affected with a serious brain disorder, i.e. mental illness. Information or registration: Annette at 508-775-4636 or aforaste@comcast.net.

September 6 and 13 (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 or registration: Amy at 617-786-3027.

September 10, 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 or registration: 508-240-3310.

Beginning September 10 for eight Wednesdays, 5:30-7:30 p.m.: **“Effective Positive Discipline”** 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. 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 dinner (5:30-6 p.m.). 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 the Massachusetts Department of Early Education and Care. Information or registration: 508-775-6240 ext. 512.

September 11 and 25, 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 or registration: 508-430-8111.

Beginning September 11 for six Thursdays, 5:30-7:30 p.m.: **“Positive Discipline and Effective Communication”** at Eldredge Public Library, 564 Main St., *Chatham* with Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. Topics 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 childcare. 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.

September 12 and 26, 10 a.m.-noon: **“Nursing Mothers Support Group”** at the *Hyannis WIC office*, 1019 Lyannough Road. Non-WIC mothers and pregnant women also welcome. Information or registration: Cheryl at 508-540-5275.

September 15, 22, and 29, 7-8:30 p.m.: **“Raising Strong & Successful Girls”** at *Sandwich Community School*, 365 Quaker Meetinghouse Road 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. \$75 fee. Information or registration: www.scslearn.org.

September 16, 23, and 30, 9-10:30 a.m.: **“Raising Strong & Successful Girls”** at the *Chatham Community Building*, 702 Main St. 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 what we can do about it. \$75 fee. Information or registration: 508-280-1638 or karolmaybury@comcast.net.

September 17, 9 a.m.–noon: **“Depression: True Stories – A Town Meeting on Cape Cod”** at Cape Cod Community College (Tilden Arts Center), 2240 Iyannough Road (Route 132), *West Barnstable*. A screening of the 25-minute film *Depression: True Stories*, followed by a panel of experts and discussion about young people and depression moderated by Jeanne Blake, founder Words Can Work, Blake Works Inc. By sharing real peoples’ struggles with and triumphs over depression, we are taking an important step in creating a tolerant environment free of the stigma and shame that is often associated with mental illness. Free continental breakfast. Educational materials provided by Massachusetts Department of Mental Health, Massachusetts Department of Public Health, Sidney R. Baer Jr. Foundation, 3M Foundation, and John W. Alden Trust. Information or registration: 508-564-9624 or jane.evans@dmh.state.ma.us.

September 18, 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. Pizza dinner provided. Sponsored by Cape Cod Healthcare and the Cape Cod Neighborhood Support Coalition. Information or registration: Ann at 508-862-5123.

Beginning September 20 for six Saturdays, 8-10 a.m.: **“Dads' Group”** at Cape Cod Children's Place, 10 Forest Ave., *North Eastham* with Cindy Horgan, family support coordinator at the Cape Cod Children's Place and Adam Pettengill, early childhood professional and dad. A six-week parenting series just for dads and father figures. We'll alternate classroom time with father/child activity days. Classroom topics include: the importance of dad's involvement in a child's development, how understanding your child's temperament makes parenting easier, and Dad as Teacher (understanding your important role in positive discipline). Activity weeks include: hiking the Cedar Swamp Trail, Cape Cod Gymnastics, and Elements etc. (a science and nature program featuring turtles and snakes). Breakfast and childcare provided. Funding provided by a Massachusetts Family Centers Grant through the Children's Trust Fund and the Massachusetts Department of Early Education and Care. Information or registration: 508-240-3310.

September 22, 10-11:30 a.m.: **“Grandparents Raising Grandchildren Monthly Support Group”** at the Bourne Council on Aging, Bourne Veteran's Memorial Community Center, 239 Main St., *Buzzards Bay* with Lois Carr. This month we'll focus on legal issues that often face grandparents raising grandchildren with guest speakers: Attorney Kathleen Snow and Anastasia Welsh Perrino, Assistant Registrar of Probate at Barnstable Probate Court. Information or registration: 508-759-0654.

September 25, 6-8 p.m.: **“Creating a Strong Father-Daughter Relationship”** at A Baby Center, 81 Willow Ave., *Hyannis* with Karol Maybury, Ph.D. Learn some concrete techniques for connecting with your daughter, communicating with her positively, and finding activities that you can enjoy together. Fun, upbeat, and realistic, this is a favorite workshop among dads. Pizza dinner and childcare provided. Sponsored by the Southeast Fathers & Family Network with funding from the Children's Trust Fund. Information and registration: 508-775-6240 ext. 512.

September 27 and 28, 9:30 a.m.-4:30 p.m.: **“Bringing Baby Home”** at *Falmouth Hospital* (Board Room), 100 Ter Heun Dr. (off Route 28) with Lee Burwell, a Certified Gottman Educator. A 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. Sponsored by Cape Cod Health Care. Information or registration: 508-548-6468.

September 29, 5-8 p.m.: **“Basic Rights: Denied”** at Manor House School of Cape Cod, 708 Route 134, *South Dennis* with Ellen M. Chambers, MBA, founder and executive director of SPEDWatch, Inc. Learn how to overcome the most common problems that occur at each stage of the special education process: referral, initial evaluation, eligibility determination, IEP development, placement, and reevaluation. \$35 fee (\$25 for SPEDWatch members). Information or registration: 508-385-5002 or echambers@spedwatch.org.

September 29, 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 or registration: 508-240-3310.

October 2, 5:15-6:45 p.m.: **“Single Parenting”** at Cape Cod Child Development, 83 Pearl St., *Hyannis* with Paul Melville and Kathe Medwin. 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 or registration: 508-775-6240 ext. 513.

October 6, 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 or registration: 508-771-4338 or paul@capecoalition.com.

Beginning October 7 for five Tuesdays, 5:45-7:45 p.m.: **“Valuing our Fathers”** at Cape Cod Child Development's School Age Building, 439 East Falmouth Highway, *Falmouth* with Lee Burwell, MFT, CGE, and Paul Melville, family support specialist and father. Studies show that children grow up happier and healthier with nurturing fathers in their lives. This is an opportunity to share your parenting experiences with other dads and to sharpen your parenting skills. Topics include: understanding temperament, positive discipline, healthy expressions of anger, effective communication, and rules of fair fighting. Free dinner (5:45-6:15 p.m.). Limited free child care available. Sponsored by the Upper Cape Family Network and the Falmouth Public School's Parent Connection Series. Information or registration: ttoran@falmouth.k12.ma.us or 508-548-0151 ext. 172.

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.

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.

Weekly and Monthly Programs and Groups continued:

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: 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 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.

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: 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.

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 Resources:

“Adoption Network Programs” sponsored by the Cape Cod Adoption Network are held at various locations across the Cape. Playgroups and programs for adoptive parents, foster parents, or adoptive parents-to-be. Information: 508-385-7815 or visit www.capecodadoptionnetwork.org for a program listing and to request a resource guide.

“Breastfeeding Warmline” sponsored by the Center for Breastfeeding, *East Sandwich*. All calls are free and confidential. Call anytime, day or night; all messages received after-hours will be returned at the start of the next business day: 888-890-2229 or 508-888-7794.

“Domestic Violence/ Sexual Assault Hotline”: Independence House staffs this hotline 24 hours a day, every day of the year. You do not have to leave your relationship in order to get help and you are not required to press charges against your abuser. They will not notify the police unless you request it. Independence House can help arrange for emergency safe shelter for you and your family, as well as police intervention and medical care: 800-439-6507.

“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 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 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.