

CAPE COD NEIGHBORHOOD SUPPORT COALITION

*Strong Families Need
Strong Support*

**Support, education
and information for all
families with children,
including
single moms and dads,
foster parents,
grandparents raising
grandchildren
and other
kinship families**

Cape Cod Neighborhood Support Coalition *Strong Families Need Strong Support*



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Cape Cod Neighborhood Support Coalition's Priorities:

- Community-based Family Support Initiatives and Resources
- Parent Support and Education
- Quality Child Care and Positive Youth Development
- Violence Prevention
- Effective Social Services
 - Including a positive role for the Department of Children and Families (DCF) in the community.

Monthly Parent Education & Support Calendar

For over six years, the CCNSC has been compiling and distributing this free, monthly Cape and Islands-wide listing of workshops, meetings, groups and related programs for parents, grandparents, guardians, and primary caregivers of children. To find it online or to sign-up for a monthly e-mail (no spam, ever), visit www.capecoalition.com/calendar.

Parent Education & Support Opportunities: April 2014

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

April 1 (first Tuesday), 10–11:30 a.m.: **“Parent Information Network (PIN) Parent Support Coffee Group”** at Snow's Library, 67 Main St., *Orleans*. For families who are challenged by children's mental health, emotional, or behavioral needs. First time attendees must pre-register. Sponsored by the Parent Information Network (PIN), a BAMSII program funded by the Massachusetts Department of Mental Health. Information: Kim Eldridge at 508-947-8779 ext. 229 or capepin@bamsi.org.

April 1, 6-7:30 p.m.: **“And Baby Makes Three-Couples Transitioning to Parenthood-Part 1”** at *Falmouth Hospital (Maternity Conference Room)*, 100 Ter Heun Drive, with Lee Burwell, MFT, LMHC, Certified Gottman Educator. Part of a six-part workshop series for pregnant couples (and parents with babies up to six months) on the transition to parenthood. Takes place on first and third Tuesday each month. Part 1 topic: Transitioning to parenthood and postpartum depression. Sponsored by Falmouth Human Services and Falmouth Hospital. Information or registration: Lee at 508-548-0533 ext. 15.

April 2 (first Wednesday), 6–7:30 p.m.: **“Dads’ Talk ~ Lower Cape”** at the *Harwich Community Center*, 100 Oak St., with Paul Melville, family support specialist. Connect with other fathers and chat about being a dad (or whatever else is on your mind). All men are welcome to this non-therapeutic gathering, regardless of their child(ren)’s age(s), their parenting situation, and where they live. Free dinner and child care. Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children’s Place, Family Support Project, and the Harwich Early Childhood Council. Information or registration: Paul Melville at 508-771-4336 ext. 2 or paul@capecoalition.com.

April 2 (first Wednesday), 6:30–8:30 p.m.: **“Parent Information Network (PIN) Parent Support Group”** at *Falmouth Public Library* (Basement Conference Room), 300 Main St. For families who are challenged by children’s mental health, emotional, or behavioral needs. First time attendees must pre-register. Sponsored by the Parent Information Network (PIN), a BAMSII program funded by the Massachusetts Department of Mental Health. Information: Kim Eldridge at 508-947-8779 ext. 229 or capepin@bamsi.org.

April 3, 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 a supportive environment for single moms and dads to share successes, challenges, and resources. All single parents are welcome at this non-therapeutic gathering, regardless of child(ren)’s age(s) and parenting situation. Dinner and child care provided. Sponsored by Cape Cod Child Development’s Families United Network (F.U.N.) Program and the Cape Cod Neighborhood Support Coalition with support from Not Your Average Joe’s. Information or registration: Mary Wilson at 508-775-6240 ext. 512.

April 3 and 10 (must attend both sessions), 5:30–8 p.m.: **“Set a Good Example (SAGE)”** at MSPCC, 206 Breeds Hill Road, *Hyannis*, with Matt Daniels, LMHC. Divorce has a profound impact on children; learn to lessen the impact for your kids. Meets the court’s mandate for education for divorcing parents. FEE: \$80. Information or registration: Donna Davis at 508-775-0275.

April 4 (first Friday), 10–11 a.m.: **“Getting Started Breastfeeding”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. This free group is designed especially for pregnant women. Information: 888-890-2229 or 508-888-7794.

April 4 (first Friday), 10:30–11:30 a.m.: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at Panera Bread, 9 Steeple Street (Mashpee Commons), *Mashpee*. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125 or jdillon@kdc.org.

April 7, 6:30–8 p.m.: **“Support Group for Dads Dealing with a Child's Chronic Illness”** at Hope Floats, 4 Elm St., Kingston, with Russ Illes, a dad who dealt with his own child's chronic illness. This mens only group is an opportunity for open conversation with other dads who are dealing with similar circumstances. No charge, but registration is required. Sponsored by Hope Floats Healing and Wellness Center. Information or registration: 781-936-8068.

April 8 (second Tuesday), 6–7:30 p.m.: **“Grandparents Raising Grandchildren Monthly Support Group”** at the Bourne Senior Center, 239 Main St., *Buzzards Bay*, with Lois Carr. This month, Lois will be joined by Attorney Nicole Norkevicius of Mass Bay Law Associates. Child care provided. Information or registration: Lois at 508-759-0653.

Beginning April 10 for eight Thursdays (skips 4/24), 5:30 - 7 p.m.: **“Divorce Support Group”** at *Harwich Community Center*, 100 Oak St. In the time before, during, and after divorce, a mother may feel like her world has fallen apart. It is common to feel alone, scared and overwhelmed. This group connects women to provide a sense of support, competence and empowerment. Limited child care provided. Limited space in group so you must pre-register. No new participants after April 17. Information or registration: WE CAN at 508-430-8111 or info@wecancenter.org.

April 10 and 24 (second and fourth Thursdays), 5:30–7:30 p.m.: **“Grandparents Raising Grandchildren Support Group”** at Cape Cod Child Development, 83 Pearl St., *Hyannis*, with Kerry Bickford. Empowers parenting grandparents with information and connections to help support them and their families. Dinner and child care provided. Registration required. Sponsored by the Cape Cod Neighborhood Support Coalition. Information or registration: Kerry Bickford at 508-771-4336 ext. 3.

April 12 (second Saturday), 9 a.m.–4 p.m.: **“Labor Express”** at *Falmouth Hospital* (Faxon I Conference Room), 100 Ter Heun Drive. A onetime prenatal class that includes: hospital orientation, tour, and comfort measures for labor, both medical and non-medical. This one day class is ideal for expectant couples who are unable to attend a series of Preparation for Birth classes. FEE: \$60 per couple (scholarships available based on need). Information or registration: fhparented@capecodhealth.org or 508-457-3630.

April 12, 9:30 a.m.–1:30 p.m.: **“Divorce Boot Camp”** at the *Harwich Community Center*, 100 Oak St., with an experienced family law attorney who will provide specialized guidance for those considering/approaching divorce Topics will include how to avoid paying for routine work you can do yourself and navigating the family court system without an attorney. Participants will take home all the essential forms and a CD with complete Boot Camp information. SUGGESTED DONATION: \$5 to \$20 based on your means (no one turned away due to inability to pay). Sponsored by WE CAN with funding support from Cape & Islands United Way and Massachusetts Bar Foundation/Iolta Fund. Information or registration: 508-430-8111 or info@wecancenter.org.

April 12 (second Saturday), 5–7 p.m.: **“Parent Information Network - Dads Only Support Group”** at the Parent Information Network (PIN), 47 East Grove St., *Middleboro*, with Chris Bean, MS MFT. Dads and other male caregivers who are challenged by a child’s mental health, emotional, or behavioral needs: ever wish that other dads understood what you’re going through? Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information or registration: 508-947-8779 or cbean@bamsi.org.

April 15, 6-7:30 p.m.: **“And Baby Makes Three-Couples Transitioning to Parenthood-Part 2”** at *Falmouth Hospital (Maternity Conference Room)*, 100 Ter Heun Drive, with Lee Burwell, MFT, LMHC, Certified Gottman Educator. Part of a six-part workshop series for pregnant couples (and parents with babies up to six months) on the transition to parenthood. Takes place on first and third Tuesday each month. Part 2 topic: Strengthening your friendship. Sponsored by Falmouth Human Services and Falmouth Hospital. Information or registration: Lee at 508-548-0533 ext. 15.

April 15 (third Tuesday), 7–9 p.m.: **“NAMI-Family Member Support Group”** at St. Mary’s Episcopal Church, 3055 Main St. (Route 6A), *Barnstable*. This non-therapeutic group is open to all who have a family member with a mental illness. Connect with other family members, share challenges and successes, and learn about the resources available to your family. Refreshments provided. Sponsored by the Cape Cod Chapter of the National Alliance on Mental Illness (NAMI). Information: Jud at 508-364-9035 or marshset@verizon.net.

April 16 (third Wednesday), 6–7:30 p.m.: **“Support Group for Parents and Caregivers of Children on the Autism Spectrum or with other Developmental Disabilities”** at the Dennis Senior Center, 1045 Route 134, *South Dennis*. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125 or jdillon@kdc.org.

April 17 and 24 (must attend both sessions), 5:30–8 p.m.: **“Set a Good Example (SAGE)”** at MSPCC, 206 Breeds Hill Road, *Hyannis*, with Matt Daniels, LMHC. Divorce has a profound impact on children; learn to lessen the impact for your kids. Meets the court’s mandate for education for divorcing parents. FEE: \$80. Information or registration: Donna Davis at 508-775-0275.

April 21 (third Monday), 7–8:30 p.m.: **“PFLAG ~ Brewster”** at *First Parish Brewster*, 1696 Main St. This monthly group for parents, families, and friends of lesbian, gay, bisexual, and transgender people is half support and half educational. All are welcome to come be supported and learn in a confidential, non-judgmental setting. Information: Amy at 508-420-0696 or www.pflagcapecod.org.

April 22 (fourth Tuesday), 10:30–noon: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at the Eastham Senior Center, 1405 Nauset Road, *North Eastham*. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125 or jdillon@kdc.org.

April 22 (fourth Tuesday), 6–7:30 p.m.: **“Dads’ Talk ~ Upper Cape”** at the Falmouth School Age Center, 439 E. Falmouth Highway, *East Falmouth*, with Mark Abbott, LICSW and Paul Gabrielle. A monthly opportunity to get together with other local fathers. Connect with other fathers. All Dads welcome! Dinner and child care provided. Sponsored by Falmouth Human Services, Cape Cod Child Development, Family Support Project, and the Cape Cod Neighborhood Support Coalition. Information or registration: Mark Abbott at 508-548-0533 or mabbott@falmouthhumanservices.org.

April 28 (DIFFERENT WEEK), 10–11:30 a.m.: **“Grandparents Raising Grandchildren Monthly Support Group”** at the Bourne Senior Center, 239 Main St., *Buzzards Bay*, with Lois Carr. Information or registration: Lois at 508-759-0653.

April 29 (last Tuesday), 8:30–9:30 a.m.: **“Grandparenting Support Group”** at *Harwich Elementary School* (Family Resource Center), 263 South St., with Sue Landers, LICSW from Child and Family Services. This free group is for grandparents who are parenting their Grandchildren. Coffee and refreshments provided. Information or registration: Francie Joseph at 508-430-1692.

April 29 (last Tuesday), 10–11:30 a.m.: **“Parent Information Network (PIN) Parent Support Coffee Group”** at Dunkin' Donuts, 24 Meetinghouse Lane, *Sagamore Beach*. For families who are challenged by children’s mental health, emotional, or behavioral needs. First time attendees must pre-register. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information: Kim Eldridge at 508-947-8779 ext. 229 or capepin@bamsi.org.

April 29 (last Tuesday), 6:30–8 p.m.: **“PFLAG ~ Falmouth”** at the Unitarian Universalist Fellowship of Falmouth, 840 Sandwich Road, *East Falmouth*. This monthly group for parents, families, and friends of lesbian, gay, bisexual, and transgender people is half support and half educational. All are welcome to come be supported and learn in a confidential, non-judgmental setting. Information: Amy at 508-420-0696 or www.pflagcapecod.org.

Weekly Programs and Groups

Mondays, 6:30–8:30 p.m.: **“Parents Supporting Parents”** at *Mashpee Senior Center*, 26 Frank Hicks Drive. This is a free family member support group for those who are coping with their child’s narcotic addiction. We share our experience with kindness and compassion for the purpose of strengthening our selves and each other. We gain knowledge of addiction so that we can support our children through recovery and wellness. Information: Lisa at 774-238-1570 or Donna 508-934-9058.

Weekly Programs and Groups continued

Tuesdays, 10–11:30 a.m.: **“Nursing Mothers’ Group”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. There’s no charge and no registration necessary for this group. Come meet with a certified lactation consultant and other breastfeeding moms in a relaxed environment. Information: 888-890-2229 or 508-888-7794.

Tuesdays, 11 a.m.–12:30 p.m. **“Baby’s First Year”** at the Snow Library (Craine room), 67 Main St. *Orleans*, with Monica Keefe-Hess, Parent Education Coordinator at the Cape Cod Children's Place. We meet to share stories, ask questions, and get familiar with resources that support you such as: nutrition, parenting, breast feeding, etc. Weekly discussion topics will include the various developmental stages during baby's first year. This is a drop-in group, no pre-registration required. Sponsored by the Cape Cod Children's Place. Information: Monica Keefe-Hess at 508-240-3310.

Tuesdays, 5–6 p.m.: **“Anger Management Classes”** at the Gosnold-Thorne Outpatient Counseling Center, 1185 Falmouth Road, *Centerville*, with Dana Sumner, Counselor. Fulfills court’s requirement for anger management classes. FEE: \$20 per class, pay as you go. Information or registration: Dana Sumner at dsumner@gosnold.org.

Tuesdays, 6–7 p.m.: **“Reaching Out Family Support Group”** at the Gosnold-Thorne Outpatient Counseling Center, 1185 Falmouth Road, *Centerville*. A free weekly support group for family members and loved ones of addicted individuals. No registration required. Information: Shelley Stormo at 508-563-9229 ext. 5074 or mstormo@gosnold.org.

Wednesdays, 6–7 p.m.: **“Reaching Out Family Support Group”** at the Gus Canty Community Center, 790 Main St., *Falmouth*. A free weekly support group for family members and loved ones of addicted individuals. No registration required. Information: Shelley Stormo at 508-563-9229 ext. 5074 or mstormo@gosnold.org.

Thursdays, 9–10:15 a.m.: **“Thursday Morning Parents’ Group on Nantucket”** at the Early Childhood Center (NHS Rm. 106), 10 Surfside Road, *Nantucket*. A drop-in discussion group for parents with children birth to eight. An opportunity to meet other parents and discuss a variety of parenting topics in a casual group setting. Information: 508-228-7257 ext. 1166.

Weekly Programs and Groups continued

Thursdays, 10 a.m.–noon: **“Breastfeeding Support Group”** at *Falmouth Hospital* (Faxon 1 Conf. Room), 100 Ter Heun Dr. (off Route 28), with Suzan Schar, RNC and board certified lactation consultant. All are welcome to this free group. Information: 508-457-3630.

Fridays, 10 a.m.–noon: **“Moms & Babies Support Group”** at Cape Cod Hospital, 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.

Fridays, 10 a.m.–noon: **“Breastfeeding Support Group”** at the *Hyannis WIC office*, 1019 Iyannough Road (Route 132). Open to all WIC and community breastfeeding women. Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration necessary. Information: Cheryl at 508-540-5275.

Select Ongoing Resources

“Al-Anon / Alateen of Cape Cod and the Islands”: There are over fifty weekly groups on Cape Cod for friends and loved ones of problem drinkers and alcoholics. These groups can help you recover from the impacts of a loved one’s drinking. Members help each other by practicing the Twelve Steps of Alcoholics Anonymous themselves, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic. Information: 508-394-4555.

“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: 508-566-6248.

“Cape Cod Dads Update” sponsored by the Cape Cod Neighborhood Support Coalition. A free monthly e-mail that lists events and resources specifically for fathers on or near Cape Cod. Sign up at dads.capecoalition.com. Information: Paul Melville: 508-771-4336 ext. 2 or paul@capecoalition.com.

Select Ongoing Resources continued

“Cape Cod Neighborhood Support Coalition”: The mission of the Cape Cod Neighborhood Support Coalition (CCNSC) is to strengthen families and the resources that support them in order to help prevent child abuse and neglect in our region. We strive to achieve this mission by promoting effective community-based family support initiatives, and by participating in coordination and collaboration among family support providers, practitioners and policy-makers. Contact us to learn more about us and how we can help your family or the families you work with: 508-771-4336.

“Domestic Violence/ Sexual Assault Hotline”: Independence House staffs this hotline 24/7/365. You do not have to leave your relationship to get help and you do not have to press charges against your abuser. They will not notify the police unless you request it. They can help arrange 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 Spaulding Rehabilitation Hospital Cape Cod, 311 Service Road, *East Sandwich*. An outpatient program for children Ages 4 -15: exercise, nutrition, and healthy lifestyle strategies. Information or registration (including FEE schedule): Deb Merigan at 508-833-4197.

“FoodSource Hotline of Project Bread”: Having trouble making ends meet? We provide information and screen callers for food stamp eligibility, connect you to school meal programs, and other local emergency food resources in 160 languages. Information: 800-645-8333.

“Operation Military Kids (OMK)”: Families dealing with an overseas deployment can learn what is available to them and their child(ren). Free after school and family programs through a grant from the Army Child and Youth Services. Information: kbickford@barnstablecounty.org or 508-375-6695.

“Parent Information Network (PIN)”: assists families challenged by children’s mental health, emotional, or behavioral needs. They offer a quarterly newsletter, individual advocacy, parent/ community education, and support groups across Cape Cod. Funded by the Department of Mental Health. Information or registration: Kim Eldridge at 508-947-8779 ext. 229 or capepin@bamsi.org.

“Parental Stress Line”: You don’t have to keep going it alone, Parents Helping Parents can help. Confidential and anonymous 24 hours/day, 7 days/week across Massachusetts: 800-632-8188.

Select Ongoing Resources continued

“Parents of transitional age youth (PTAY) with mental health challenges”: Get support from the Parent Information Network (PIN): Tresa Salters at 508-947-8779 ext. 222 or ptaypin@bamsi.org.

“The Samaritans on Cape Cod and the Islands”: Dedicated volunteers listen compassionately to anyone who needs to be heard. Some callers are suicidal and some simply need a non-judgmental friend to validate their feelings and listen to their concerns. Confidential/anonymous: 800-893-9900.

“WE CAN” collaborates with other organizations and local businesses to improve the quality of life in our community by ensuring lasting, positive change in the lives of women and their families. They empower Cape Cod women of all ages to navigate challenging transitions and achieve lasting positive change through: Mentoring; free legal services; workshops, training and support groups, and information and referrals to other local resources. For information: www.wecancenter.org.

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