

## 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](http://www.capecoalition.com/calendar).

## Parent Education & Support Opportunities: March 2013

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

March 1 (first Friday), 9–10:30 a.m.: **“Support Group for Parents and Caregivers of Children on the Autism Spectrum or with other Developmental Disabilities”** at the *Mashpee Public Library*, 100 Nathan Ellis Highway. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125.

March 1 (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.

March 1 (first Friday), 10–11:15 a.m.: **“Parent Support Group”** at Family Continuity, 60 Perseverance Way, *Hyannis*, with Robin Rivers and Jean Cole. An informal gathering for parents of children mental health concerns ranging from ADHD to BiPolar. This month's focus: Being Thankful.

**March 2013 Parent Education & Support Opportunities ([www.capecoalition.com](http://www.capecoalition.com))-page 1 of 10**

Pre-registration required. Sponsored by Family Continuity and the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information or registration: 508-947-8779 ext. 229 or [capepin@bamsi.org](mailto:capepin@bamsi.org).

March 4, 7–9 p.m.: **“Pediatric Sleep Disorders: Neuro-Based, Asthma-Based, and Other Causes”** at Spaulding Eileen M. Ward Outpatient Center for Children, 280 Route 130 (Heritage Park Plaza), *Forestdale*, with Generoso Gascon, MD Pediatric Neurologist, and Bernard Kinane, MD, Pediatric Pulmonologist. Part of Spaulding Cape Cod's 6th Annual free Pediatric Lecture Series. Appropriate for parents, grandparents, caregivers, teachers, social workers, school nurses, therapists and other healthcare professionals. Information or registration: [www.spauldingrehab.org](http://www.spauldingrehab.org) or 508-833-4210.

March 5 (first Tuesday), 10–11:30 a.m.: **“Parent Support Coffee Group”** at Hearth ‘n Kettle restaurant, 9 West Road, *Orleans*, with Jean Cole. An informal gathering for parents of children mental health concerns ranging from ADHD to BiPolar. Free coffee! Pre-registration required. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information or registration: 508-947-8779 ext. 229 or [capepin@bamsi.org](mailto:capepin@bamsi.org).

March 5 (first Tuesday), 6–7:30 p.m.: **“Support Group for Parents and Caregivers of Children on the Autism Spectrum or with other Developmental Disabilities”** at the *Dennisport Public Library*, 5 Hall Street. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125.

March 6 (first Wednesday), 4–5 p.m.: **“Home is Where the Heart is”** at the *Sandwich Public Library*, 142 Main St. Families are not one size fits all! Differences with a parent’s age, race, or family relationship can be a confusing road to navigate. Come discuss the challenges and rewards of parenting the untraditional family. Active child care for ages 2 and up. Registration required for child care only. Sponsored by the Sandwich Partnership for Families with funding support from the Department of Early Education and Care. Information or registration: Lauren 508-888-9525.

March 6 (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. A great place to 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 pizza 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](mailto:paul@capecoalition.com).

March 6 (first Wednesday), 6:30–8:30 p.m.: **“Parent Support Group”** at *Falmouth Public Library (Basement Conference Room)*, 300 Main St., with Jean Cole. An informal gathering for parents of children mental health concerns ranging from ADHD to BiPolar. Water and chocolate provided. Pre-registration required. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information or registration: 508-947-8779 ext. 229 or [capepin@bamsi.org](mailto:capepin@bamsi.org).

March 7, 14, 21, and 28, 5:30–7:30 p.m.: **“Dads' Group: A five-week parenting series for Dads and father figures”** at *Harwich Elementary School (Activity Room)*, 265 South St., with Cindy Horgan, family support coordinator and Adam Pettengill, early childhood professional and dad. Studies show that children grow up happier and healthier with nurturing fathers in their lives. You will hear other dads' experiences and share your own. Create a "toolbox" for effective parenting by gaining the skills for handling challenging behaviors, effective communication and positive discipline. Pizza dinner and child care provided. Registration required. Funded by grants from the Massachusetts Children's Trust Fund administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

March 7 (first Thursday), 6–7:30 p.m.: **“Parents of Adults with Autism”** at Cape Organization for Rights of the Disabled (CORD), 106 Bassett Lane, *Hyannis*. This monthly group is open to all parents and guardians of adult children (or soon to be adult children) with autism. Sponsored by Cape Cod Village, Inc. Information: 508-775-8300.

March 11, 6–8 p.m.: **“Adaptive Communication Training”** at the Kennedy-Donovan Center, 32 Commercial St., *South Yarmouth*, with Lauren Marble M.S., CCC-SLP. Adaptive communication empowers people to greater independence by using sign language, IPAD apps, and other techniques tailored specifically to the needs and abilities of the individual. Pizza dinner and child care provided. Must pre-register. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125 or [jdillon@kdc.org](mailto:jdillon@kdc.org).

March 11, 6:30–8 p.m.: **“Barnstable Special Education Parent Advisory Council (SEPAC)”** at Barnstable Intermediate School (Library), 895 Falmouth Road, *Hyannis*. Check [www.barnstablesepac.org](http://www.barnstablesepac.org) for further details. Information: [BarnstableSEPAC@comcast](mailto:BarnstableSEPAC@comcast).

March 12, 5:30–7:30 p.m.: **“Creating Media Savvy Families in a Digital World”** at *Eastham Elementary School*, 100 Schoolhouse Road, with Cindy Horgan, Family Support Coordinator at Cape Cod Children's Place. Free child care and pizza dinner provided. Pre-registration required. Funded by a grant from the Cahn Funds for Social Change, administered by Cape Cod Children's Place. Information or registration: Cape Cod Children's Place at 508-240-3310.

March 12 (second Tuesday), 6–7:30 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.

March 14 (second Thursday), 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 their child(ren)’s age(s) and their 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 generous support from Not Your Average Joe’s. Information or registration: Mary Wilson at 508-775-6240 ext. 512.

March 14 and 28 (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 Richard Bickford, LICSW, and Kerry Bickford. This new group will continue to meet twice each month to empower 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.

March 14, 6–7:30 p.m.: **“Family Intervention Seminar”** at the Cape Cod Resort and Conference Center (Formerly the Four Points Sheraton), 35 Scudder Ave., *Hyannis*. This free seminar is being held by Gosnold’s Reaching Out Family Program and will include a role play of a family intervention, a question and answer period, and information about treatment options. Light refreshments will be served. There is no registration required. Information: Shelley Stormo at 508-563-9229 ext. 5074 or [mstormo@gosnold.org](mailto:mstormo@gosnold.org).

March 15 (third Friday), 10–11:30 a.m.: **“Support Group for Parents and Caregivers of Children on the Autism Spectrum or with other Developmental Disabilities”** at Spaulding Rehabilitation Hospital, 311 Service Road, *East Sandwich*. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125.

March 18 (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. This month, learn how to relax with simple breathing, meditation and self healing techniques taught by life coach Linda Sheldon. Information or registration: Lois at 508-759-0653.

March 18, 4–6 p.m.: **“It’s All About You! Self Care Through Yoga, Wellness and Self Expression”** at A Baby Center, 81 Willow Ave., *Hyannis*, with Janelle Burley Hofmann. For moms, dads, grandparents, and other caregivers. Child care and dinner provided. Pre-registration required. Information or registration: A Baby Center at [helpingbabies@verizon.net](mailto:helpingbabies@verizon.net) or 508-771-8157.

March 18 (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](http://www.pflagcapecod.org).

March 18, 7–9 p.m.: **“Jump-Starting the Underperforming Student”** at Spaulding Eileen M. Ward Outpatient Center for Children, 280 Route 130 (Heritage Park Plaza), *Forestdale*, with Wayne Klein, PHD Pediatric Neuropsychologist. Part of Spaulding Cape Cod’s 6th Annual free Pediatric Lecture Series. Appropriate for parents, grandparents, caregivers, teachers, social workers, school nurses, therapists and other healthcare professionals. Information or registration: [www.spauldingrehab.org](http://www.spauldingrehab.org) or 508-833-4210.

March 19, 5:30–7:30 p.m.: **“Supporting Healthy Brain Development; Creating the Pathway to Success”** at *Eastham Elementary School*, 100 Schoolhouse Road, with Cindy Horgan, Family Support Coordinator at Cape Cod Children’s Place. Free child care and pizza dinner provided. Pre-registration required. Funded by a grant from the Cahn Funds for Social Change, administered by Cape Cod Children’s Place. Information or registration: Cape Cod Children’s Place at 508-240-3310.

March 19 (third Tuesday), 7–9 p.m.: **“NAMI-Family Member Support Group”** at the Federated Church, 320 Main St., *Hyannis*. This non-therapeutic group is open to anyone who has 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: Bobbi Field at 508-957-2338.

March 20 (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.

March 23, 10 a.m.–2 p.m.: **“Sandwich Healthy Together Community Wellness Day”** at the Wing School, Route 130, *Sandwich*. Want a happy, healthy child? Family? Future? Come see, experience, taste, and touch ways to improve your quality of life. Reiki, yoga, car seat safety checks, backpack assessments, obstacle course, hoola hoop contests, and health screenings. Too much to mention, and it’s all free (except for lunch - no such thing as a free lunch)! Information: Lauren 508-888-9525.

March 25, 10–11 a.m.: **“Rhyme TimeParent Café”** at the *Sandwich Public Library*, 142 Main St., with Patti Leary, Sandwich Public School Literacy Teacher. For parents of infants, toddlers, and preschoolers. Enjoy a relaxed morning with other adults, a gift bag of books and materials, and a fun way to prepare your child for success in reading! Registration required-Sandwich residents prioritized. Sponsored by the Sandwich Partnership for Families with funding support from the Department of Early Education and Care. Information or registration: Lauren 508-888-9525.

March 25, 7–9 p.m.: **“The Childhood Obesity Epidemic: Why it Matters”** at Spaulding Eileen M. Ward Outpatient Center for Children, 280 Route 130 (Heritage Park Plaza), *Forestdale*, with Garrett Zella, MD Pediatric Gastroenterologist. Part of Spaulding Cape Cod's 6th Annual free Pediatric Lecture Series. Appropriate for parents, grandparents, caregivers, teachers, social workers, school nurses, therapists and other healthcare professionals. Information or registration: [www.spauldingrehab.org](http://www.spauldingrehab.org) or 508-833- 4210.

March 26 (fourth Tuesday), 10–11:30 a.m.: **“Parent Support Coffee Group”** at Dunkin' Donuts, 24 Meetinghouse Lane, *Sagamore Beach*, with Jean Cole. An informal gathering for parents of children mental health concerns ranging from ADHD to BiPolar. Free coffee! Pre-registration required. Sponsored by the Parent Information Network (PIN), a BAMSII program funded by the Massachusetts Department of Mental Health. Information or registration: [capepin@bamsi.org](mailto:capepin@bamsi.org) or 508-947-8779 ext. 229.

March 26, 5:30–7:30 p.m.: **“Feeding our Families with Healthy, Locally Grown Food”** at *Eastham Elementary School*, 100 Schoolhouse Road, with Judy Welch. Free child care and pizza dinner provided. Pre-registration required. Funded by a grant from the Cahn Funds for Social Change, administered by Cape Cod Children's Place. Information or registration: Cape Cod Children's Place at 508-240-3310.

March 26 (fourth Tuesday), 10:30 a.m.–noon: **“Support Group for Parents and Caregivers of Children on the Autism Spectrum or with other 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.

March 26 (fourth Tuesday), 6–7:30 p.m.: **“Dads’ Talk ~ Upper Cape”** at the Falmouth School Age Center, 439 E. Falmouth Highway, *East Falmouth*, with Paul Melville and Mark Abbott, LICSW. A monthly opportunity to get together with other local fathers. This is a great place to connect with other Dads and chat about being a father. 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: 508-771-4336 ext. 2 or paul@capecoalition.com.

March 26 (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, 10:30 a.m.–noon: **“Baby’s First Year”** at *Harwich Community Center*, 100 Oak St., with Monica Keefe-Hess. 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. Funded by a Massachusetts Family Centers Grant through the Massachusetts Children’s Trust Fund, administered by Cape Cod Children’s Place. Information: 508-240-3310.

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.

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, 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.

## Weekly Programs and Groups continued

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](mailto: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](mailto: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.

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.

Thursdays, 1–2 p.m.: “**Parent Talk with Julie Sacchetti**” at Jonathan 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. Funded by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information: 508-759-0644.

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](http://dads.capecoalition.com). Information: Paul Melville: 508-771-4336 ext. 2 or [paul@capecoalition.com](mailto:paul@capecoalition.com).

**“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 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 Spaulding Rehabilitation Hospital Cape Cod, 311 Service Road, *East Sandwich*. An outpatient weight management program for children Ages 6 -14. Information or registration (including FEE schedule): Deb Merigan at 508-833-4197.

**“FoodSource Hotline of Project Bread”:** Having trouble making ends meet? Hotline operators provide information and screen callers for food stamp eligibility, connect you to school meal programs, and direct you to the best local, emergency food resources. We speak 160 languages. Monday - Friday, 8 a.m. – 7 p.m., and Saturday 10 a.m. – 2 p.m.: 800-645-8333.

## Select Ongoing Resources continued

**“Operation Military Kids (OMK)”**: Families dealing with an overseas deployment can learn what opportunities are available to them and their child(ren). Free after school and family programs available through a grant from the Army Child and Youth Services. Information: Kerry Bickford at 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: Jean Cole at capepin@bamsi.org or 508-947-8779 ext. 229.

**“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.

**“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](http://www.wecancenter.org).

**To find this list online or subscribe for free, go to [www.capecoalition.com/calendar](http://www.capecoalition.com/calendar)**

The **Cape Cod Neighborhood Support Coalition (CCNSC)** compiles and distributes this monthly list for the benefit of Cape and Islands families and professionals who support them. 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.

**To submit information for future editions, please e-mail: [calendar@capecoalition.com](mailto:calendar@capecoalition.com)**

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