

# Cape Cod Neighborhood Support Coalition



## Cape Cod Family Resource Center and Cape Cod Neighborhood Support Coalition

This free, monthly Cape and Islands-wide listing of workshops, meetings, groups and related programs for parents, grandparents, guardians, and primary caregivers of children has been compiled and distributed free for over nine years. You can find it online and sign-up for a monthly e-mail (no spam-ever): [capecoalition.com/calendar](http://capecoalition.com/calendar)

### Parent Education & Support Opportunities: March 2016

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

Beginning March 1 for eight Tuesdays, 7-9:30 p.m.: **“Childbirth Preparation: Babies, Bonding and Beyond”** at *Falmouth Hospital* (Faxon I Basement Conference Room), 100 Ter Heun Drive, with Cheryl Donahue, certified ASPO Lamaze childbirth educator, IBCLC; Lee Burwell, LMHC, certified Gottman educator; and Paul Melville, family support specialist. An innovative course to prepare women and their birth partner for the normal childbirth process and minimize the need for medical intervention. Includes third trimester changes, birth process, labor support, variations of labor, delivery, and going home with your newborn. Teaches all childbirth options using exercise, body awareness, and Lamaze breathing and relaxation techniques. Learn what to expect during each phase of childbirth, how to work together as you transition to parenthood, and planning for relationship changes. Includes maternity unit tour. FEE: \$60 per couple (scholarships available). Information or registration: [fhparented@capecodhealth.org](mailto:fhparented@capecodhealth.org) or 508-457-3630.

March 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, and Jodi Starck, LICSW. Divorce has a profound impact on children; lessen the impact for yours. Meets the court’s mandate for education for divorcing parents. FEE: \$80. Information or registration: Donna Davis at 508-775-0275.

March 3 (first Thursday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at St. Peter’s Lutheran Church, 310 Route 137, *East Harwich*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: 508-778-4277.

March 3, 5:30-7 p.m.: **“Single Parenting”** at Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Paul Melville, Program Director and Rebecca Harrison, Family Support Worker. This monthly group is a supportive environment for single dads and moms to share successes, challenges, and resources. All are welcome at this non-therapeutic gathering, regardless of child(ren)’s age(s) and parenting situation. Dinner and child care provided. Sponsored by the Cape Cod Family Resource Center and Cape Cod Child Development’s Families United Network (F.U.N.). Supported by Not Your Average Joe’s. Information or registration: Mary at 508-775-6240 Ext. 512.

March 6 (first Sunday), 6-7:30 p.m.: **“Family and Friends of People with Mental Illness”** at Daybreak Clubhouse, 457-B State Road, *Vineyard Haven*. Support group facilitated by NAMI (National Alliance on Mental Illness). Information: Peggy at 508-693-5872 or pegsb4.1@comcast.net.

March 7, 9:30-11 a.m.: **“Parent Time – Take time for you!”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Mary Wilson and Paul Melville. Includes a facilitated discussion with other parents while your children are cared for in our new play space. Topics geared toward parenting joys and challenges, self-care, child development, communication, and local resources for families. Sponsored by the Cape Cod Family Resource Center and the Mid Cape CFCE/Families United Network Program of Cape Cod Child Development. Information or registration: Mary at mwilson@cccdp.org or 508-775-6240 Ext. 512.

March 8 (second Tuesday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at Lighthouse Christian Fellowship, 6 Merchants Road, Building B, *Sandwich*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: NAMI at 508-778-4277.

March 8 (second Tuesday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at Sherburne Commons, 40 Sherburne Commons Drive, *Nantucket*. Hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: Ruth at 508-221-3437 or ruthblount7@gmail.com.

Beginning March 9 for twelve Wednesdays, 6:30-8:30 p.m.: **“NAMI Family-to-Family Education”** at YMCA Cape Cod, 2245 Iyannough Road, *West Barnstable*. This free twelve-session educational program is for families, significant others and friends of people living with mental illness. We teach participants about various illnesses, medications, empathy, communication skills and self-care. Trained teachers are also family members who know what it is like to have a loved one living with mental illness. Information or registration: ahoxie@namicapecod.org or 508-778-4277.

March 11, 7-9 p.m.: **“2016 WSCC Education Conference – Part 1”** at Waldorf School of Cape Cod, 140 Old Oyster Road, *Cotuit*, with Jack Petrash, Waldorf Teacher, Parent Educator and Founder of the Nova Institute. Mr. Petrash's evening presentation will focus on “Parenting as Self-Discovery: What We Bring to the Table”. Friday only FEE: \$10; combine with Saturday morning conference for \$40 (total). Information or registration: 508-420-1005.

March 12, 8:45-12:30 p.m.: **“2016 WSCC Education Conference – Part 2”** at Waldorf School of Cape Cod, 140 Old Oyster Road, *Cotuit*, with Jack Petrash, Waldorf Teacher, Parent Educator and Founder of the Nova Institute. The Saturday morning keynote is “Living and Working with Adolescents: Bring a Helmet!”. After the keynote there will be some workshop options. FEE: \$40 (includes Friday evening event). Information or registration: 508-420-1005.

Beginning March 12th for ten Saturdays, 9-10:30 a.m.: **“Dialectical Behavior Therapy (DBT) Group for Young Adults”** at 3179 Main St., Unit B, *Barnstable Village*, with Aimee Facchini, MSW LICSW. DBT helps people change patterns that are not helpful, such as self-harm, suicidal thinking, and substance abuse. For 14-18 year olds of any gender. Fee: \$40 (sliding scale; some insurance accepted). Registration required. Information or registration: Aimee at 508-360-8578.

March 12 (second Saturday), 9 a.m.-4 p.m.: **“Labor Express”** at *Falmouth Hospital* (Faxon I Basement Conference Room), 100 Ter Heun Dr. A one-time prenatal class that includes: hospital orientation, tour, and comfort measures for labor, both medical and non-medical. Ideal for expectant couples who are unable to attend a series of Preparation for Birth classes. FEE: \$60 per couple (assistance available). Information or registration: [fhparented@capecodhealth.org](mailto:fhparented@capecodhealth.org) or 508-457-3632.

March 12 (second Saturday), 5-7 p.m.: **“Dadminion!”** at the Parent Information Network (PIN), 47 East Grove St., *Middleboro*, with Christopher J. Bean, MFT. For dads and other men who are challenged by a child’s mental, emotional, or behavioral needs. We exist to encourage and enable fathers to pursue the well-being of their children through positive leadership, provision, protection, and presence. Share your knowledge and experience with us. Information or registration: 508-947-8779.

March 14, 5:30-7 p.m.: **“Learn about your baby/Breastfeeding class”** at the Health Imperatives office, 1019 Iyannough Road, *Hyannis*. This class teaches mothers ways to sooth and calm their baby, and also information on the benefits of breastfeeding from a licensed lactation consultant. Information or registration: WIC at 508-771-7896.

March 15 (third Tuesday), 10:15 a.m.-12:45 p.m.: **“Free Private Family Law Consults”** at the *Falmouth Service Center*, 611 Gifford St. Free thirty-minute appointments with an attorney for low to moderate income parents. The attorney will not represent you in court, but will advise you on legal matters and provide guidance at no cost to you. Limited appointments available; you must preregister. Sponsored by WE CAN and the Falmouth Service Center with support from the Massachusetts Bar Foundation IOLTA/ Funds, The Max and Victoria Dreyfus Foundation, and the Cape and Islands United Way. Information or Registration: WE CAN at 508-430-8111.

March 15, 4:30-6:30 p.m.: **“Home is Where the Heart Is”** at *Forestdale School Library*, 151 Route 130, with Valerie Perry and Steve Alexander of Adoption Journeys. This group celebrates the many variations of families raising children in our community. Dedicated to supporting parents who encounter unique sets of challenges and rewards every day. Snack and child care provided. Information or registration: Lauren at 508-477-6600 Ext, 132.

March 15 (third Tuesday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at St. Mary’s Episcopal Church, 3055 Main St. (Route 6a), *Barnstable*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: Jud at 508-364-9035 or marshet@comcast.net.

March 16 (third Wednesday), 3:30-5 p.m.: **“Parents of Transitional Age Youth- Education and Support Group”** at 29 Bassett Lane, *Hyannis*, with Tresa Salters, PTAY Coordinator from Parent Information Network (PIN). Information or registration: Tresa at 508-947-8779 Ext. 222.

March 16 (third Wednesday), 6:30-8:00 p.m.: **“Family and Friends of People with Mental Illness”** at Martha’s Vineyard Hospital, 1 Hospital Road, *Oak Bluffs*. Hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: Daryl at 508-627-5249 or darylmknight@verizon.net.

March 17, 9:30-11 a.m.: **“Aware Parenting Discussion”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Elli Comeau and Mary Wilson. Does your child have sleep issues? Are they uncooperative? Want to handle unacceptable behavior without punishment? Looking for a new way to parent? Aware Parenting is an alternative that's neither authoritarian nor permissive. Sponsored by the Mid Cape CFCE/Families United Network Program of Cape Cod Child Development and the Cape Cod Family Resource Center. Information or registration: mwilson@cccdp.org or 508-775-6240 Ext. 512.

March 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, and Jodi Starck, LICSW. Divorce has a profound impact on children; lessen the impact for yours. Meets the court’s mandate for education for divorcing parents. FEE: \$80. Information or registration: Donna Davis at 508-775-0275.

Beginning March 18 for twelve Fridays, 2 -4:30 p.m.: **“NAMI Family-to-Family Education”** at *Mashpee Community Health Center*, 107 Commercial St. This free twelve-session educational program is for families, significant others and friends of people living with mental illness. We teach participants about various illnesses, medications, empathy, communication skills and self-care. Trained teachers are also family members who know what it is like to have a loved one living with mental illness. Information or registration: ahoxie@namicapecod.org or 508-778-4277.

March 20 (third Sunday), 3:30-5 p.m.: **“Support Group for Parents of Transgender and Gender-Nonconforming Children”** at *West Barnstable Community Building*, 2401 Meetinghouse Way (Rte. 149). This group is for parents of transgender and gender-nonconforming youth ages 2 to 21. Co-led by the parent of a transgender youth and a transgender woman who advocates for transgender youth. Information: 508-694-6763 or sarah@pflagcapecod.org.

March 21 (third Monday), 7-8:30 p.m.: **“PFLAG ~ Brewster”** at *First Parish Brewster*, 1969 Main St. This monthly group for parents, families, and friends of lesbian, gay, bisexual, and transgender people is half support/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.

March 22, 5-7 p.m.: **“Balancing the Needs of Your Family”** at *West Barnstable Community Building*, 2377 Meetinghouse Way Rte. 149, with Sherianna Boyle, licensed school psychologist. Part of KDC's 2016 Pathway Presentation Series for professionals and parents of children with developmental concerns. Limited child care and light supper provided. Information or registration: Juliane Dillon at 774-352-1325 or jdillon@kdc.org.

March 22, 6-7:30 p.m.: **“Dad and Babies Pizza Party”** at *Falmouth Hospital (Faxon Conference Room)*, 100 Ter Heun Dr., with Paul Melville, family support specialist and Cheryl Donahue, LCCE, IBCLC. Dads: Come show off your baby, connect with other Cape dads, and learn about resources for local families. Free pizza dinner. Sponsored by Cape Cod Healthcare and the Coalition for Children. Information or registration: Suzan Scharr at 508-457-3632 or sscharr@capecodhealth.org.

March 24, 10-11 a.m.: **“Snap-Ed Nutrition Workshop”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Susan Bourque, RD, LDN. This FREE workshop is for ALL families. Participants will try new, tasty recipes, learn to eat on a budget, and get tips on keeping you and your family healthy. Registration required. Information or registration: [SNAP-ed.referral@state.ma.us](mailto:SNAP-ed.referral@state.ma.us).

March 28 (fourth Monday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at Gus Canty Recreation Center, 790 Main St., *Falmouth*. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: 508-428-4351 or [fisher62045@hotmail.com](mailto:fisher62045@hotmail.com).

March 29, 9-10 a.m.: **“Grand Parenting Support Group”** at *Harwich Elementary School* (Family Resource Center), 263 South St., with Courtney Bottcher and Sonya Daday. This free support group for parenting grandparents. Registration and information: Francie Joseph 508-430-1692.

March 29 (last Tuesday), 7-8:30 p.m.: **“PFLAG ~ Falmouth”** at the Falmouth Jewish Congregation, 7 Hatchville Road, *East Falmouth*. For parents, families, and friends of lesbian, gay, bisexual, and transgender people. Half support/half education. All are welcome to this confidential, non-judgmental setting. Information: [amy@pflagcapecod.org](mailto:amy@pflagcapecod.org) or [www.pflagcapecod.org](http://www.pflagcapecod.org).

March 31, 4 p.m.: **“The Challenge of Mental Illness for Individuals and Families”** *West Falmouth Library*, 575 West Falmouth Highway (Rt. 28A). Author B. C. Scott will share her story and process of writing her book, *Knockabout, Mental in Massachusetts* and Jackie Lane, Director of the National Alliance on Mental Illness (NAMI) Cape Cod will share information about this non-profit organization serving the families and friends of people with mental illness. Information: [www.namicapecod.org](http://www.namicapecod.org).

Beginning March 31 for eight Thursdays (skips 4/21) 5:45-7:45 p.m.: **“Skills of Effective Parenting”** at John Wesley Methodist Church, 270 Gifford St., *Falmouth*, with Lee Burwell, MFT, LMHC, and Gottman Certified Educator. This eight-week workshop for parents of young children (ages 1 to 6) is based on the work of Bonnie Harris, M.Ed., parent educator and author. Topics include: Principles of Confident Parenting, Connective Communication, Instead of Yelling, Conflict Resolution, Developing Responsible Behavior, Building Self-Esteem, Creating Balance and Boundaries, and the Positive Perspective. Dinner and limited transportation provided. Funded by the Coalition for Children through a grant from the Children's Trust. Information or registration: Tina Toran at 508-548-0151 ext. 172.



March 31, 6-8:00 p.m.: **“Dads and Babies Pizza Party”** at Cape Cod Hospital (Lorusso Conference Center) 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE and Paul Melville, family support specialist. Dads: Come show off your baby, connect with other Cape dads, and learn about resources for local families. This month we will be joined by students from Cape Cod Community College's Dental Hygiene program to answer questions about oral care for babies and toddlers. Sponsored by Cape Cod Healthcare and the Mid-Cape CFCE/Families United Network Program of Cape Cod Child Development. Information or registration: Ann Macdonald at 508-862-5123.

## Weekly Programs and Groups

Mondays (except holidays), 10-11 a.m.: **“Baby Breakfast Club”** at Cape Cod Hospital (Mugar Building, Cape Cod 5A Room), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. This free group for breastfeeding mothers provides hands on help, questions and answers, and weight checks. Bring your baby hungry and ready to breastfeed. No registration required. Information: Ann at 508-862-5123.

Mondays, 6:30-8:30 p.m.: **“Parents Supporting Parents”** at *Mashpee Welcome Center*, 5 Bates Road. 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 ourselves 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.

Mondays, 7-8:30 p.m.: **“Learn to Cope”** at *Beth Israel Deaconess Hospital-Plymouth*, (Funkhouser Rooms A&B) 275 Sandwich St. A free weekly meeting offering support, education, and resources for parents and family members coping with a loved one addicted to opioids. Information: 508-738-5148.

Tuesdays, 9:15-11 a.m.: **“Baby's First Year”** at Snow Library, 67 Main St., *Orleans*, with Monica Keefe-Hess, parent education coordinator at the Cape Cod Children's Place. Meet to share stories, ask questions, and get familiar with resources that support you: nutrition, parenting, breast feeding, Etc. Discussion topics include developmental stages of baby's first year. Funded by a Family Centers grant through the Children's Trust, administered by the Cape Cod Children's Place. Information: Monica Keefe-Hess at 508-240-3310 or [mkeefe@capecodchildrensplace.com](mailto:mkeefe@capecodchildrensplace.com).

## 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*. No cost; no registration. Come meet with a certified lactation consultant and other breastfeeding moms in a relaxed environment. Information: 888-890-2229.

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](mailto:dsumner@gosnold.org).

Tuesdays, 7-8:30 p.m.: **“Learn to Cope”** at the *Yarmouth Police Headquarters*, 1 Brad Erickson Way. A free weekly meeting offering support, education, and resources for parents and family members coping with a loved one addicted to opioids. Information: 508-738-5148 or [lrc@learn2cope.org](mailto:lrc@learn2cope.org).

Wednesdays, 5:30-7:30 p.m.: **“Dads’ Group”** at *Harwich Elementary School*, 263 South St. This is a fabulous opportunity to hear other dads’ stories and to share your own. They’ll help fill your toolbox with effective communication strategies and discipline techniques. Free dinner and childcare included. Information and registration: Cape Cod Children’s Place at 508-240-3310.

Wednesdays, 5:30-7:30 p.m.: **“Parenting in Recovery”** at Cape Cod Children’s Place, 10 Ballwic Road, *Eastham*. A free psychodynamic group set in a safe space. Increase your insight and skills to support your recovery and your desire to strengthen your parenting. We provide a consistent forum to seek out support, access resources and be part of a community. Dinner and child care provided. Information and registration: Cindy Horgan at 508-240-3310.

Wednesdays, 6-7:30 p.m.: **“Grief and Addiction Support Group”** at the Gosnold Counseling Center, 1185 Falmouth Road, *Centerville*. Designed for anyone who has lost a loved one to the disease of addiction, this group aims to help its participants build a network of support with others who share their experience, in an environment designed to facilitate both healing and integration of the loss into their lives. Information: Mary Fisher at 844-558-HELP (4357) or [mfisher@gosnold.org](mailto:mfisher@gosnold.org).



## Weekly Programs and Groups continued

Thursdays, 10 a.m.-noon: **“Breastfeeding Support Group”** at *Falmouth Hospital* (Faxon 1 Conference Room), 100 Ter Heun Dr. (off Route 28), with Suzan Scharr, RNC and board certified lactation consultant. All are welcome to this free group. Information: 508-457-3632.

Fridays, 10 a.m.-noon: **“Mom's Café”** at Cape Cod Hospital (Lorusso Conference Room), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. For new mothers. We discuss any and all topic related to being a new mom! Bring your baby. No registration. Information: 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 breastfeeding women (you needn't qualify for WIC). Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration. 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. 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 giving understanding and encouragement to the alcoholic. Information: 508-366-4663.

**“Big Brothers Big Sisters of Cape Cod and the Islands”**: Offers one-to-one mentoring to boys and girls ages 7 to 12. The organizations vision is to inspire, engage and transform communities by helping youth achieve their full potential. Information: [www.bbbscci.org](http://www.bbbscci.org) or 508-771-5150.

**“Breastfeeding Warm-line”** 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: 508-888-7794.

**“Cape Cod Dads Update”** sponsored by the Southeast Fathers & Family Network. A free monthly e-mail and perpetual calendar of events and resources for fathers and human service providers who support fathers on or near Cape Cod. Check it out or sign up: [dads.capecoalition.com](http://dads.capecoalition.com). Information: Southeast Fathers & Family Network Coordinator, Paul Melville: [pmelville@familycontinuity.org](mailto:pmelville@familycontinuity.org).

## Select Ongoing Resources continued

**“Cape Cod Family Resource Center (a Program of Family Continuity)”**: Now open in downtown Hyannis at 29 Bassett Lane. Information and referral for all families, parent education and support for all parenting situations, help navigating resources, child and youth assessments, and much more. All services free to all families, regardless of need, insurance, and community of residence. To learn more about us and how we can help your family or those you work with, call 508-862-0600 or email Paul Melville, program director at [pmelville@familycontinuity.org](mailto:pmelville@familycontinuity.org).

**“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): Meg Petitti 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.

**“Military Family Outreach Cape Cod (formerly 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: Kerry Bickford at [kbickford@barnstablecounty.org](mailto:kbickford@barnstablecounty.org) or 508-375-6695.

## Select Ongoing Resources continued

**“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: 508-947-8779 or [capepin@bamsi.org](mailto: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.

**“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](mailto: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. 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 Family Resource Center and Cape Cod Neighborhood Support Coalition** collaborate to compile and distribute 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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