



www.CapeCodFamilyResourceCenter.org

29 Basset Lane, Hyannis, MA 02601

Monday and Friday 9 a.m.-5 p.m. Tuesday-Thursday 10 a.m.-7 p.m.
1st and 3rd Saturday of each month 9 a.m.-11 a.m.

Cape Cod Family Resource Center

July 2018

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
2	3	4 Independence Day Closed 	5	6	7 CCFRC Open 9-11 a.m.
9	10 PIN Office Hours 10 a.m.-2 p.m. Teen DBT Skills & Lunch 12-1:30 p.m.	11	12	13	14 Teen LGBTQ+ Tea Party @ Waquoit Congregational 3-5:30 p.m.
16	17 PIN Office Hours 10 a.m.-2 p.m. Teen DBT Skills & Lunch 12-1:30 p.m.	18 Grandparents Raising Grandchildren 5:30-7 p.m.	19 Single Parenting Support Group 5:30-7 p.m.	20	21 CCFRC Open 9-11 a.m.
23	24 PIN Office Hours 10 a.m.-2 p.m. Teen DBT Skills & Lunch 12-1:30 p.m. Dad's & Babies Pizza Party @ Falmouth Hospital 6-8 p.m.	25	26	27	28 Teen LGBTQ+ Tea Party @ Waquoit Congregational 3-5:30 p.m.
30	31 PIN Office Hours 10 a.m.-2 p.m. Teen DBT Skills & Lunch 12-1:30 p.m.	<div style="background-color: #336699; color: white; padding: 10px; border-radius: 15px;"> <p>Our YMCA Summer Food Program runs through August 24th Mon-Fri 12-1:30 p.m. <i>Free lunch for everyone 18 and under!</i></p> </div>			

For more information on any of our programs, please see the reverse side.

Call 508-815-5100 or check out our website:

www.CapeCodFamilyResourceCenter.org

Cape Cod Family Resource Center July 2018

All programs and classes are FREE!

Healthy Kids Back to School Fair

SAVE THE DATE: Our third Annual Healthy Kids Back to School Fair will be held on Thursday, August 23rd this summer. Call us at 508-815-5100 or stop by the Cape Cod Family Resource Center for more information.

Single Parenting

Join our monthly group, in a supportive environment for single dads and moms 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 are provided. Sponsored by the Cape Cod Family Resource Center in collaboration with Cape Cod Child Development and Not Your Average Joe's. Registration is required. Information or registration, please contact 508-815-5100 or abrigham@familycontinuity.org.

Grandparents Raising Grandchildren

Our Grandparents Raising Grandchildren Support Group with Kerry Bickford meets on the third Wednesday of the month. This group provides a supportive environment for all grandparents who play a significant role in raising their grandchild(ren). Dinner and child care provided. Information or registration: 508-815-5100 or jsullivan@familycontinuity.org

YMCA Summer Food Program

The Cape Cod Family Resource Center has teamed up with the YMCA for the third summer in a row for the Summer Food now through August 24th. Free lunches are served Monday through Friday to everyone 18 and under from 12 p.m. to 1:30 p.m. Information or registration: 508-815-5100.

Teen DBT Skills and Lunch

This six-week group will teach teens Dialectical Behavior Therapy skills to help deal with stress, anxiety, and emotional pain while building resilience and calming the mind. Facilitated by CCFRC Clinician Maryke Kelley, LICSW. Pre-registration required. Information or registration: 508-815-5100 or mmkelley@familycontinuity.org

Teen LGBTQ+ Tea Party

Join Aimee Rozum of the Waquoit Healing Arts Center and Marissa Campbell of the Cape Cod Family Resource Center for a walk-in group for LGBTQ+ identifying teens 13-18 years old. We will be building, supporting and working within our community to provide a safe fun space in an open environment where everyone is welcome to be themselves. Held at the **Waquoit Congregational Church: 15 Parsons Lane, East Falmouth**. Information or registration: 508-815-5100 or mcampbell@familycontinuity.org.

The Cape Cod Family Resource Center offers family support services, family partners, clinical assessments, referrals, and school support services that aim to nurture, support and educate children, parents, and other caregivers. All services offered to families at **no** cost, regardless of insurance or income. For more information about us or our programming, please call 508-815-5100. Visit us on the web: www.CapeCodFamilyResourceCenter.org/



Facebook.com/CapeCodFamilyResourceCenter

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