

# Cape Cod Family Resource Center

## December 2017

Monday 9 a.m. - 5 p. m., Tuesday-Thursday 10 a.m. - 7 p.m., Friday 9 a.m. - 5 p.m.

1<sup>st</sup> and 3<sup>rd</sup> Saturday of each month 9 a.m. - 11 a.m



Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 <b>Kind Kids 9:30-10:30 am</b>	2  <b>Open 9-11 am</b>
4 <b>Infant Massage 10-11 am</b>  <b>Nurturing Fathers' 6-8 pm</b>	5 <b>Music &amp; Movement 10:30 am</b>  <b>PIN Office Hours 10 am- 2 pm</b>  <b>Lego Time 4-5 pm</b>  <b>PTAY Support Group 5:30-7 pm</b>  <b>Active Parenting of Teens 5-7 pm</b>	6	7  <b>Building You 4-5:30 pm</b>	8  <b>Kind Kids 9:30-10:30 am</b>	9
11 <b>Infant Massage 10-11 am</b>  <b>Nurturing Fathers' 6-8 pm</b>	12 <b>Music &amp; Movement 10:30-11:30 am</b>  <b>PIN Office Hours 10 am- 2 pm</b>  <b>Teen DIY Projects 4-5 pm</b>  <b>Active Parenting of Teens 5-7 pm</b>	13	14  <b>Building You 4-5:30 pm</b>	15  <b>Kind Kids 9:30-10:30 am</b>	16  <b>Open 9-11 am</b>
18 <b>Infant Massage 10-11 am</b>  <b>Nurturing Fathers' 6-8 pm</b>	19 <b>PIN Office Hours 10 am-2 pm</b>  <b>Music and Movement 10:30-11:30</b>  <b>Kids Crafts 3-4 pm</b>	20 <b>Grandparents Raising Grandchildren 5:30-7 pm</b>	21  <b>Single Parenting 5:30 -7 pm</b>	22  <b>Kind Kids 9:30-10:30 am</b>	23
25 <b>Christmas</b>   <b>FRC Closed</b>	26  <b>OPEN 9-5PM</b>  <b>Teen Game Shows 3-4 pm</b>	27  <b>OPEN 9-5PM</b>	28  <b>OPEN 9-5PM</b>	29  <b>OPEN 9-5PM</b>	30

### This Month:

- Parents of Transitional Age Youth Support Group
- Grandparents Raising Grandchildren Group
- Parent Information Network Office Hours
- Single Parenting Group
- Kind Kids
- Music & Movement
- Legos for kids
- DIY Art for Teens
- Teen Game Shows
- Building You
- Infant Massage

### All Programs and Classes are FREE

For registration information or details about classes and programs, please see reverse side.

Please note, all children must be accompanied by an adult, if age 16+ parents must sign and fill out emergency contact information.

For more information, please call the Cape Cod Family Resource Center at 508-815-5100.

### **Single Parenting**

Join our monthly group, in 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 are provided. Sponsored by the Cape Cod Family Resource Center in collaboration with Not Your Average Joe's. Registration is required. For information or registration, contact 508-815-5100 or [abrigham@familycontinuity.org](mailto: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 are provided. For more information or registration, please contact 508-815-5100 or [jsullivan@familycontinuity.org](mailto:jsullivan@familycontinuity.org).

### **Parents of Transitional Age Youth Support Group**

Join our confidential Parent Support Group. Connect with other parents and caregivers that understand the struggles and victories of raising challenging children. Group focuses on parents raising youth transitioning to adulthood. Free light dinner provided. Please RSVP. Sponsored by the Parent Information Network (PIN) and the Cape Cod Family Resource Center. For information or registration, please contact Tresa Salters at 774-517-7007 or [tresasalters@bamsi.org](mailto:tresasalters@bamsi.org).

### **Legos for Kids**

Legos will be out and available for children to come and play with on the first Tuesday of every month from 4-5pm! For more information, contact the Cape Cod Family Resource Center at 508-815-5100 or email [hcoker@familycontinuity.org](mailto:hcoker@familycontinuity.org).

### **DIY Teen Art Projects**

Drop in to our center and join other teens for a time of creativity and art projects from 2:30-4:30 pm on the second Tuesday of every month. For more information, contact the Cape Cod Family Resource Center at 508-815-5100 or Hadlee Coker at [hcoker@familycontinuity.org](mailto:hcoker@familycontinuity.org).

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### **Kids Crafts**

Bring your kiddo to the Family Resource Center every third Tuesday of the month for a time of FREE arts and crafts! For more information, call 508-815-5100 or email [hcoker@familycontinuity.org](mailto:hcoker@familycontinuity.org).

### **Kind Kids**

Join Pitter Patter Programs Friday mornings for a walk-in group for 3-5 year olds and their grown-ups. We'll build community awareness, empathy and generosity each week when we're given opportunities to create/do something for someone in our community that helps and inspires others. Brainstorming, creating and giving will all be included in this special experience. For more information or to register, please call 508-314-4776.

### **Music & Movement**

A free program for children 5 and under and their parents, Tuesday mornings from 10:30- 11:30 a.m. with certified music therapist Amy Wyman of Tones in Motion. Registration required, please contact Jen at 508-815-5100 or [jsullivan@familycontinuity.org](mailto:jsullivan@familycontinuity.org).

### **Teen Game Show**

Come be a part of your favorite game shows while you hang out with other teens and engage in your community! For more information, contact the resource center at 508-815-5100 or Hadlee Coker at [hcoker@familycontinuity.org](mailto:hcoker@familycontinuity.org).

### **Infant Massage**

Join our weekly group and bring your baby (newborn to pre-walking) for this informative class facilitated by Amy Brigham, an infant massage professional. For more information or to register, please call Amy directly at 508-815-5143.

### **Community Involvement**

The Cape Cod Family Resource Center wants to express its deepest gratitude to Panera Bread, Trader Joe's and the participants of our Kind Kids group for their generous donations of food and clothing last month! These donations have allowed us to meet the needs of families in communities all over the Cape. We appreciate and look forward to continued collaboration with organizations and community members such as this. Thank you!

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