

**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):
www.capecodfamilyresourcecenter.org/parent-education.

Parent Education & Support Opportunities: June 2017

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

June 1 and 8 (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.

June 1, 6- 8 p.m.: **“Dads and Babies Pizza Party”** at Cape Cod Hospital (Lorusso Conference Room), 27 Park St., *Hyannis*, with Paul Melville, Program Director at the Cape Cod Family Resource Center, and Ann Macdonald, RN, BSN, CCE. Dads: Come show off your baby, connect with other Cape dads, and learn about resources for local families. Sponsored by Cape Cod Healthcare and Cape Cod Child Development’s FUN Program. Information or registration: Ann at 508-862-5123.

June 1 (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.

June 6 (first Tuesday), 5:30-7 p.m.: **“Parents of Transitional Age Youth Support Group”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Tresa Salters and a guest speaker from the Cape Cod Family Resource Center. FREE confidential Group. Connect with other parents and caregivers that understand the struggles and victories of raising challenging children. Focus is on parents raising youth transitioning to adulthood. Light dinner provided. Please RSVP. Sponsored by the Parent Information Network (PIN) and the Cape Cod Family Resource Center. Information or registration: Tresa Salters at 774-517-7007 or tresasalters@bamsi.org.

June 6 and 20 (first and third Tuesday), 5:30-7 p.m.: **“Grandparents Raising Grandchildren”** at *East Falmouth Elementary*, 33 Davisville Road, with Beverly Costa-Ciavola. All grandparents are welcome at this non-therapeutic gathering, regardless of grandchild(ren)’s age(s). Dinner and Child care provided. Information or registration: Beverly at 508-771-4336 or beverly@capecoalition.com.

June 7 (first Wednesday), 6-7:30 p.m.: **“Dads’ Talk ~ Lower Cape”** at the *Harwich Community Center*, 100 Oak St. with Eric Hauck. Connect with other fathers and chat about being a dad (or whatever 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. Dinner and child care provided. Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place, and Harwich Early Childhood Council. Information or registration: beverly@capecoalition.com or 508-771-4336.

June 7 (first Wednesday), 6:30- 8 p.m.: **“Cape Cod Type 1’s Support Group”** at *Chatham Community Center*, 702 Main St. This group is for children diagnosed with Type-1 Diabetes and their parents. Come share your stories, tips, and advice on maintaining healthy glucose levels, any great low-carb recipes you may have and most of all your support. Information or registration: The PARK Afterschool Program at 508- 945-5175 or [sstark@chatham-ma-gov](mailto:ssstark@chatham-ma-gov).

June 10 (second Saturday), 9 a.m.-4 p.m.: **“Labor Express”** at *Falmouth Hospital* (Burwell Basement Conference Room), 100 Ter Heun Drive. 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 or 508-457-3632.

June 10 (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. Information or registration: 508-947-8779.

June 12, 5:30-7 p.m.: **“Grandparents Raising Grandchildren- with special guest speaker Dr. T. Berry Brazelton”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*. Join Dr. Brazelton for an interactive discussion on topics facing grandparents who play a significant role in raising their grandchild(ren). All grandparents are welcome, regardless of grandchild(ren)’s age(s). Dinner and child care provided. Sponsored by the Grandparent’s Advocacy Program and the Cape Cod Family Resource Center. Registration required. Information or registration: Cape Cod Family Resource Center at 508-815-5100 or jshowalter@familycontinuity.org.

June 13 (second Tuesday), 6:30-7:30 p.m.: **“Bridging the Gap”** at Dance in the Rain, 145 Barnstable Road, *Hyannis*. Designed for peers and family members to begin dialogue, healing, and finding solutions when there is a mental health challenge within the family. A collaboration of Dance in the Rain and NAMI (National Alliance on Mental Illness). Information: NAMI at 508-778-4277.

June 13 (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*. Support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: NAMI at 508-778-4277.

June 13 (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.

June 14, 5:30-7 p.m.: **“Grandparents Helping Grandparents Support Group”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Kerry Bickford from the Massachusetts Commission on the Status of Grandparents Raising Grandchildren. This month the group will have a

special focus on Grandfathers and their role in raising their grandchildren. All grandparents are welcome at this non-therapeutic gathering, regardless of grandchild(ren)'s age(s). Dinner and child care provided. Information or registration: or 508-815-5100 or jshowalter@familycontinuity.org.

June 14 (second Wednesday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at *Mashpee Chamber of Commerce*, 5 Market St. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: NAMI at 508-778-4277.

June 15 and 22 (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.

June 15 (third Thursday), 5:30-7 p.m.: **“Learn About Your Baby/Breastfeeding Class”** at the *Hyannis WIC office*, 1019 Iyannough Road # 7. This class teaches new parents ways to sooth and calm their baby, and also information on the benefits of breastfeeding from a licensed lactation consultant. Information or registration: 508-771-7896.

June 15 (third Thursday), 5:30-7 p.m.: **“Single Parenting”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*, with Rebecca Harrison, Family Support Worker. This monthly group is 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 provided. Sponsored by the Cape Cod Family Resource Center and Cape Cod Child Development's FUN Program with support from Not Your Average Joe's. Information or registration: 508-815-5100 or jshowalter@familycontinuity.org.

June 18 (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.

June 19 (third Monday), 5:30-7 p.m.: **“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.

June 19 (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: come be supported and learn in a confidential, non-judgmental place. Information: Amy at 508-420-0696 or pflagcapecod.org.

June 20 (third Tuesday), 9:30 a.m.-11 a.m.: **“Free Private Family Law Consults”** at the *Falmouth Service Center*, 611 Gifford St. Free half-hour appointments with an attorney for low to moderate income parents. They will not represent you in court, but can advise you on legal matters and provide guidance at no cost. Limited appointments; must preregister. Sponsored by WE CAN and the Falmouth Service Center with support from Mass. Bar Foundation, Max and Victoria Dreyfus Foundation, and Cape & Islands United Way. Information or registration: WE CAN at 508-430-8111.

Beginning June 20 for six Tuesdays, 5-7 p.m.: **“Active Parenting of Teens”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis* with Terriann Polumbo, School Liaison. This free six-week class for parents of preteens and teens includes child care and dinner. Information or registration: Terriann at 508-815-5100 or tpolumbo@familycontinuity.org.

June 20, 6 p.m.-7:30 p.m.: **“Parenting Education and Support Group for Veterans”** at the Cape Cod Vet Center, 474 West Main St. Hyannis. Join our free monthly group to connect with other parents, get support, learn some strategies, and discover resources that can help make parenting easier. This group is provided in collaboration with Cape Cod Family Resource Center, Cape Cod Children’s Place, and Cape Cod Neighborhood Support Coalition. Dinner and child care provided. Information or registration: Megan Mazzeo at 508-778-0124.

June 20 (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.

June 21 (third Wednesday), 6:30-8 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.

June 21, 6-7:30 p.m.: **“Legal Workshop for Fathers Preparing Your Financial Statement for Family Court”** at The Cape Cod Children’s Place, 100 Ballwic Road, *Eastham*. Join Attorney Susan Sard Tierney for a hands on workshop. Learn how to prepare, file, and serve a financial statement, evaluate the financial Statement of the opposing party. Applicable to fathers who work for an employer; work for themselves; receive public assistance. Registration is required. Information or registration: Cape Cod Children’s place at 508-240-3310.

June 26 (fourth Monday) 10-11:30 a.m.: **“Grandparents Raising Grandchildren Support Group”** at the Bourne Senior Center, 239 Main Street, *Buzzards Bay*. Learn about the support services that this agency can provide to grandparent caregivers who have a legalized adoption and/or permanent legal guardianship of their grandchildren. All grandparent caregivers are welcome. Information: Lois Carr at 508-759-0653.

June 26 (fourth Monday), 7-8:30 p.m.: **“Family and Friends of People with Mental Illness”** at Gus Cauty 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.

June 27 (last Tuesday), 9-10 a.m.: **“Grandparenting Support Group”** at *Harwich Elementary School* (Family Resource Center), 263 South St., with Kerry McCarthy. This is a confidential support group for parenting grandparents. Information or registration: Francie Joseph at 508-430-1692 or fjoseph@monomoy.edu.

June 27 (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 or www.pflagcapecod.org.

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 a certified lactation consultant. This free group for breastfeeding mothers provides hands on help, questions and answers, and weight checks. Bring your baby hungry and ready to breastfeed. Information: Ann at 508-862-5123.

Mondays, (through June 20) 10:30 a.m.-Noon: **“Baby’s First Year”** Orleans Playground, Eldredge Park and Route 28 (weather permitting) with Leah Dower. 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. Information: 508-240-3310 or info@capecodchildrensplace.com.

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, 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.

Weekly Programs and Groups continued

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.

Tuesdays, 7:30-9:00 p.m.: **“Mothers Helping Mothers”** at John Wesley Methodist Church, 270 Gifford St. *Falmouth*. A free weekly support group for women struggling with the emotional difficulties associated with addiction and recovery during the pregnant and postpartum phases of life. If needed, child care is provided by the Children’s Study Home. Information: Deborah at 774-392-0446 or Danielle at 508-209-7533.

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.

Thursdays, 10 a.m.-noon: **“Breastfeeding Support Group”** at *Falmouth Hospital* (Burwell 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.

Weekly Programs and Groups continued

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.

Saturdays, 10-11:30 a.m.: **“People with Mental Illness Support Group”** at the *Federated Church of Orleans*, 162 Main St. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). No registration. Information: Carolyn at 774-722-4528 or carolynmwitt@gmail.com.

Selected Additional 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 & the Islands”: is currently enrolling girls ages 7-14 and boys ages 7-12 across the Cape & Martha's Vineyard. Youth enrolled in their program: are more confident, are more likely to steer clear of drugs & alcohol, do better in school, get along better with their family and friends, and feel better about themselves. To find out more information about signing up for this program please visit their website: www.BBBSCCI.org or call 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.

Selected Additional Resources continued

“Cape Cod Dads Update” sponsored by the Cape Cod Fathers & Family Network. A free monthly email and perpetual calendar of events and resources for fathers and human service providers who support local fathers. Check it out or sign up: www.capecodfamilyresourcecenter.org/dadsfatherhood.

“Cape Cod Family Resource Center (a Program of Family Continuity)”: Located 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, visit www.CapeCodFamilyResourceCenter.org or call 508-815-5100.

“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 promote effective community-based family support initiatives and collaborate with 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): Samantha Bassett at 508-833-4197.

Selected Additional Resources continued

“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.

“Grandparents Advocacy Group (GAP)”: Kerry Bickford of the Massachusetts Commission on the Status of Grandparents Raising Grandchildren and other service providers are available to meet informally with grandparents to answer your questions and direct you to resources. Make an appointment for a time that’s convenient for you. Sponsored by the Cape Cod Neighborhood Support Coalition and the Cape Cod Family Resource Center. Information or registration: 508-815-5100 or grandparents@capecoalition.com.

“Military Family Outreach Cape Cod”: 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 or 508-375-6695.

“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 774-517-7007 or tresasalters@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.

Selected Additional Resources Continued

“Violence Recovery Program” developed by Fenway Health. Provides free and confidential support for LGBTQ people who have experienced domestic violence, sexual assault, hate crimes or police misconduct. You do not have to leave your relationship to receive services. We also offer counseling, support groups, etc. for those seeking asylum and trainings. Information: 800-834-3242.

“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.

Find this online or subscribe for free: capecodfamilyresourcecenter.org/parent-education

To submit information for future editions, please e-mail: calendar@capecoalition.com

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.