

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: August 2017

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

August 2 (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:ss Stark@chatham-ma-gov).

August 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.

August 6 (first Sunday), 6:00-7:30 p.m.: **“Family and Friends of People with Mental Illness”** at Island Wide Collaborative, 111 Edgartown Road, *Vineyard Haven*. Hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: Peggy or Fenton at 617-678-1040 or pegsb4.1@comcast.net.

August 8 (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.

August 8 (second Tuesday), 6:30 -7:30 p.m.: **“Family and Friends of People with Mental Illness”** at Spaulding Rehab Hospital, 311 Service Road, 1st Floor Conference Room, *Sandwich*. Support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: NAMI at 508-778-4277.

August 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 August 8th for six Tuesdays, 7-9:30 p.m.: **“Childbirth Preparation: Babies, Bonding and Beyond”** at *Falmouth Hospital* (Burwell Conference Rooms), 100 Ter Heun Drive, with Cheryl Donahue, certified ASPO Lamaze childbirth educator, IBCLC and Daniel Rodriguez, LICSW. 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). Sponsored by Cape Cod Healthcare, the Coalition for Children, and the Cape Cod Family Resource Center. Information or registration: fhparented@capecodhealth.org or 508-457-3630.

August 9 (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.

August 12 (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.

August 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. Information or registration: 508-947-8779.

August 15 (second Saturday), 6-7:30 p.m.: **“Parenting Education and Support Group for Veterans”** at the Cape Cod Vet Center, 474 West Main St., *Hyannis*. A free monthly group to connect with other parents, get support, learn strategies, and discover resources that can help make parenting easier. Provided in collaboration with the Cape Cod Family Resource Center, Cape Cod Children’s Place, and the Cape Cod Neighborhood Support Coalition. Dinner and child care provided. Information or registration: Megan Mazzeo at 508-778-0124.

August 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.

August 16 (Third Wednesday) 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. 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 abrigham@familycontinuity.org.

August 17 (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.

August 17 (third Thursday), 5:30-7 p.m.: **“Single Parenting”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*. 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 abrigham@familycontinuity.org.

August 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.

August 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.

August 21 (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.

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

August 22 (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.

August 22, 6-7:30 p.m.: **“Dads and Babies Pizza Party”** at *Falmouth Hospital* (Burwell Conference Rooms), 100 Ter Heun Dr., with Daniel Rodriguez, LICSW 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, the Coalition for Children, and the Cape Cod Family Resource Center. Information or registration: Suzan Scharr at 508-457-3632 or sscharr@capecodhealth.org.

August 22 (fourth Tuesday), 6-7:30 p.m.: **“Family and Friends of People with Mental Illness”** at Wellfleet Preservation Hall, 335 Main St. A support group hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: 508-778-4277.

August 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.

August 29 (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.

August 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 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, 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.

Mondays, 5-6 p.m.: **“Anger Management Classes”** at Gosnold Cape Cod, 200 Ter Heun Drive, Falmouth. Fulfills court’s requirement for anger management classes. FEE: \$20 per class, pay as you go. Information or registration: 508-540-6550.

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: Barbara at 508-274-1391 or Barbara@mairni.org.

Wednesdays, 5-6 p.m.: **“Anger Management Classes”** at Gosnold Cape Cod, 200 Ter Heun Drive, Falmouth. Fulfills court’s requirement for anger management classes. FEE: \$20 per class, pay as you go. Information or registration: 508-540-6550.

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.

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.

Weekly Programs and Groups continued

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.

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 & 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. Information: 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.

Select Ongoing 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.

“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.

Select Ongoing Resources continued

“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.

“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.

Select Ongoing Resources continued

“**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.