

# 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 eleven years. You can find it online and sign-up for a monthly e-mail (no spam-ever):*

[www.capecodfamilyresourcecenter.org/parent-education](http://www.capecodfamilyresourcecenter.org/parent-education).

## **Parent Education & Support Opportunities: December 2018**

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

December 2 (first Sunday), 6-7:30 p.m.: **“Family and Friends of People with Mental Illness”** at Island Wide Youth 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](mailto:pegsb4.1@comcast.net).

December 4 (first Tuesday), 5:30-7:30 p.m.: **“Grandparents Raising Grandchildren Support Group”** at the *East Falmouth Elementary School*, 33 Davisville Road. Sponsored by the Cape Cod Neighborhood Support Coalition. Child care and dinner provided. Registration required. Information or registration: 508-771-4336 or [beverly@capecoalition.com](mailto:beverly@capecoalition.com).

December 5 (first Wednesday), 6-7:30 p.m.: **“Dads’ Talk”** at the *Harwich Community Center*, 100 Oak St. Connect with other fathers/grandfathers/uncles and chat about parenting (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, or where they live. Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place and Harwich Early Childhood Council. Dinner and child care provided. Registration required by the Friday before the group meets if you require child care. Information or registration: 508-771-4336 or [beverly@capecoalition.com](mailto:beverly@capecoalition.com).

December 6 and 13 (must attend both sessions), 5:30-8 p.m.: **“Set A Good Example (SAGE)”** at *Hyannis Youth and Community Center*, 141 Bassett Lane, with Matt Daniels 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 cash. Information or registration: Jodi Starck at 774-487-5386.

December 6 (first Thursday), 7-8 p.m.: **“Anxiety Support Group”** at Cape and Islands Cognitive Behavioral Institute, 704 Main St., *Falmouth*. Are you struggling with anxiety, panic, OCD, social phobia or other related disorders? Learn how to more effectively manage anxiety and improve your quality of life. Family and loved ones welcome (18+). Information or registration: 508-457-3160.

December 8 (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.

December 8 (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.

December 11, 5:30-7:30 p.m.: **“Raising Healthy Boys; What Our Boys Need”** at First Parish Unitarian Church, 1969 Main St., *Brewster*. Join Cindy Horgan, Executive Director and Family Support Coordinator for Cape Cod Children’s Place and discover the unique needs of boys as they grow and develop. Learn to promote skills that support their healthy emotional development and how to recognize the impact of media, culture and technology on boys and the messages they take from these influences. Become aware of trends that affect boys and learn to support boys through the process of growing up. Dinner and child care provided. Registration required. Information or registration: 508-240-3310.

December 11 (second Tuesday), 6:30-7:30 p.m.: **“Family and Friends of People with Mental Illness”** at Spaulding Rehab Hospital, 311 Service Road (1<sup>st</sup> Floor Conference Room), *Sandwich*. Support group sponsored by NAMI (National Alliance on Mental Illness). Information: NAMI at 508-778-4277.

December 11 (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.

December 12 (second 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 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).

December 12 (second Wednesday), 6:30-8:30 p.m.: **“Parent Information Network Cape Cod Area Parent Support Group”** at *Falmouth Main Library, 300 Main St.* A confidential support group for parents raising children with emotional, behavioral, and mental health needs. Connect with other parents and caregivers that understand the struggles and victories of raising challenging children. Information or registration: Amy McDevitt at 774-517-7009 or [amymcdevitt@bamsi.org](mailto:amymcdevitt@bamsi.org).

December 13 (second 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.

December 16 (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. Information: 508-694-6763 or [sarah@pflagcapecod.org](mailto:sarah@pflagcapecod.org).

December 17 (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.

December 17 (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](http://pflagcapecod.org).

December 18, 5:30-7:30 p.m.: **“Toilet Training 101: Everything you Wanted to Know about Potty Training and more!”** at Cape Cod Children’s Place, 10 Ballwic Road, *Eastham*. Join Cindy Horgan, Executive Director and Family Support Coordinator for Cape Cod Children’s Place, for a workshop that covers signs of toilet training readiness, individual child temperaments, and how to support your child through the potty training process. Dinner and child care provided. Registration required. Information or registration: 508-240-3310.

December 18 (third Tuesday), 5:30-7:30 p.m.: **“Grandparents Raising Grandchildren Support Group”** at the *East Falmouth Elementary School*, 33 Davisville Road. Sponsored by the Cape Cod Neighborhood Support Coalition. Child care and dinner provided. Registration required. Information or registration: 508-771-4336 or [beverly@capecoalition.com](mailto:beverly@capecoalition.com).

December 18 (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: 508-778-4277.

December 19 (third Wednesday), 5:30-7 p.m.: **“Grandparents Raising Grandchildren 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. The topic of this month’s group will be “How to Survive the Holidays.” All grandparents are welcome at this non-therapeutic gathering, regardless of grandchild(ren)’s age(s). Dinner and child care provided. Registration required. Information or registration: 508-815-5100 or [jsullivan@familycontinuity.org](mailto:jsullivan@familycontinuity.org).

December 20 (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.

December 20 (third Thursday), 5:30-7 p.m.: **“Single Parenting”** at the Cape Cod Family Resource Center, 29 Bassett Lane, *Hyannis*. This 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. 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 [mmkelley@familycontinuity.org](mailto:mmkelley@familycontinuity.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*. This free group for breastfeeding mothers provides hands on help, questions and answers, and weight checks with a certified lactation consultant. Bring your baby hungry and ready to breastfeed. Information: Ann at 508-862-5123.

Mondays, 10:30 a.m. - 12 p.m.: **“Baby’s First Year”** at the Snow Library, 67 Main St., *Orleans*. We 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. Facilitated by Leah Dower. Information: 508-240-3310 or 1-800-871-9535.

Mondays, 4-5:30 p.m.: **“Empowerment by Language”** at Independence House, 160 Bassett Lane, *Hyannis*. An ongoing group designed to assist survivors of domestic and sexual violence gain confidence as they navigate the various systems and resources in the community to assist with their needs. Clients will feel more empowered as they learn English as a second language. Intake required prior to attendance. Information or registration: Katia at 508-771-6507, ext. 243.

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: \$40 per class, pay as you go. Information or registration: 508-540-6550.

Mondays, 5:30-7 p.m.: **“Mothers Helping Mothers”** at the Early Intervention Building, 83 Pearl St., *Hyannis*. 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](mailto:barbara@mairni.org).

Mondays, 5:30-7 p.m.: **“Gosnold Nantucket Family Support Groups”** at 35 Old South Road, *Nantucket*. Weekly support groups are facilitated by Gosnold clinicians and focus on family healing. Through the sharing of lived experiences and the application of learned recovery principles, community members gain insight into the disease of addiction. This forum supports families at all stages of recovery. Information: 508-540-6550.

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.

Tuesdays, 10 a.m.-noon: **“Breastfeeding and Chestfeeding Support Group”** at the *Eastham Public Library*, 190 Samoset Road. Free, drop-in group for all new parents and babies. We offer lactation consultant support, a scale to weigh your baby, and a welcoming, nonjudgmental space to come with your parenting victories as well as your questions, concerns, and frustrations. Babies and toddlers are welcomed with their parents. Facilitated by Liz Libby of Rising Tide Women's Whole Life Wellness. Information: [info@risingtidewomen.com](mailto:info@risingtidewomen.com) or [www.facebook.com/risingtidewomen](http://www.facebook.com/risingtidewomen).

Tuesdays, 5-6 p.m.: **“Survivor Support Group Led in Portuguese and Spanish”** at Independence House, 160 Bassett Lane, *Hyannis*. An ongoing group for survivors of sexual and domestic violence. Focus: cycle of abuse, the power and control wheel, and signs of abuse, red flags and the impact to self-esteem. Also assists survivors of sexual violence to recognize the impact on them following an assault. The facilitator utilizes art as an outlet to healing. Intakes are required prior to group attendance. Child care will be provided. Information or registration: Katia at 508-771-6507, ext. 243.

Tuesdays, 6-7 p.m.: **“Narcan Training”** at Fairwinds Counseling Center, 20 Vesper Lane, *Nantucket*. Free weekly Narcan trainings facilitated by David Hayes. Learn how to use the life-saving medication during an opioid overdose. Information or registration: [info@fairwindscenter.org](mailto:info@fairwindscenter.org) or 508-228-2689.



Tuesdays, 6-7:30 p.m.: **“Mothers Helping Mothers”** at John Wesley Methodist Church, 270 Gifford St. *Falmouth*. A peer facilitated support group for women struggling with the emotional difficulties associated with addiction and recovery during the pregnant, postpartum, and parenting phases of life. Free child care and limited transportation support is available. All ages are welcome. Information: Barbara at 508-274-1391 or [barbara@mairni.org](mailto:barbara@mairni.org).

Tuesdays, 6:30-8:00 p.m.: **“Parents Helping Parents”** at *Nantucket Community School*, 56 Center St. A community of parents who support each other through the celebrations and challenges of parenting. All groups are free and confidential. Information: Suzanne F. at 508-332-9823.

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, 5-6 p.m.: **“Anger Management Classes”** at Gosnold Cape Cod, 200 Ter Heun Drive, *Falmouth*. Fulfills court’s requirement for anger management classes. FEE: \$40 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](mailto:mfisher@gosnold.org).

Wednesdays, 6-7:30 p.m.: **“Mothers Helping Mothers”** at St. Peter’s Lutheran Church, 310 Route 137, *Harwich*. A peer facilitated support group for women struggling with the emotional difficulties associated with addiction and recovery during the pregnant, postpartum, and parenting phases of life. Free child care and limited transportation support is available. All ages are welcome. Information: Barbara at 508-274-1391 or [barbara@mairni.org](mailto:barbara@mairni.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, 10-11:30 a.m.: **“Provincetown Play and Learn Playgroup”** at *Provincetown Veteran’s Memorial Community Center*, 2 Decemberflower Lane. For children birth to five years old with their parents or caregivers. Come play, read, sing, and craft together with friends! Adults will have time to chat and learn about parent support resources. No registration. Information: Cape Cod Children’s Place at 508-240-3310.

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.

### **Select Ongoing Resources**

**“Al-Anon / Alateen of Cape Cod and the Islands”**: 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. Youth enrolled in their program: are more confident, are more likely to steer clear of drugs and 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](http://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.

**“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](http://www.capecodfamilyresourcecenter.org/dadsfatherhood).

**“Cape Cod Family Resource Center”**: 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](http://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.

**“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](mailto: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](mailto:kbickford@barnstablecounty.org) or 508-375-6695.

**“Nantucket Family Resource Center”**: 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 or insurance. To learn more about us and how we can help your family or those you work with, visit [www.NantucketFamilyResourceCenter.org](http://www.NantucketFamilyResourceCenter.org) or call 508-815-5115.

**“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.

**“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.

**“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).

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**To submit information for future editions, please e-mail:** [calendar@capecoalition.com](mailto: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.