

# 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 2017

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

December 3 (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 5 (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 guest speaker Elizabeth Mandell from the Cape Cod Crisis Team. Join our free 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. Information or registration: Tresa Salters at 774-517-7007 or [tresasalters@bamsi.org](mailto:tresasalters@bamsi.org).

December 5 (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 rachel@capecoalition.com.

December 6 (first Wednesday), 6-7:30 p.m.: “**Dad’s 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. Information or registration: 508-771-4336 or beverly@capecoalition.com.

December 9 (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 9 (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 12 (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 hosted and facilitated by NAMI (National Alliance on Mental Illness). Information: NAMI at 508-778-4277.

December 12 (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 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 13, 10:30-11:30 a.m.: **“Professional Lactation Support”** at A Baby Center, 81 Willow Avenue, *Hyannis*. A Baby Center is offering free Professional Lactation support to new mothers who would benefit from a group or individual setting. Information or registration: Robin Hayward at directorababycenter@gmail.com.

December 13 (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 may have and most of all your support. Information or registration: The PARK Afterschool Program at 508- 945-5175 or sstark@chatham-ma-gov.

December 17 (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.

December 18 (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 18 (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 19 (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.

December 19 (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 [rachel@capecoalition.com](mailto:rachel@capecoalition.com).

December 19 (third Tuesday), 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.

December 19 (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](mailto:marshet@comcast.net).

December 20 (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. All grandparents are welcome at this non-therapeutic gathering, regardless of grandchild(ren)’s age(s). Dinner and child care provided. Information or registration: 508-815-5100 or [abrigham@familycontinuity.org](mailto:abrigham@familycontinuity.org).

December 20 (third Wednesday), 5:30-7:30 p.m.: **“Parenting on the Other Side Support Group”** at Cape Cod Children’s Place, 10 Ballwic Road (off Nauset Road), *Eastham*. This is an on-going support group for parents and caregivers impacted by trauma (substance abuse/ recovery/ domestic violence/ partner difficulties, etc.). It is designed to provide a consistent forum to seek out support, gain access to resources and provide the opportunity to benefit from the sense of community. Open to all. Participants must register by 12pm the day of the group. Information or registration: Cindy Horgan or Christina Russell at 508-240-3310.

December 20 (third 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.

December 21 (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 21 (third Thursday), 5:30-7 p.m.: **“Single Parenting”** with Amy Brigham 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](mailto:abrigham@familycontinuity.org).

December 21 (third Thursday), 5:30-7 p.m.: **“Grandparents Raising Grandchildren”** at the Cape Cod Children’s Place, 10 Ballwic Road, *North Eastham*. This free group will provide resources and support for grandparents who are raising grandchildren in families impacted by trauma (substance abuse/ recovery/ domestic violence, etc.). Funding for this program is provided by a grant from Cape and Islands United Way. Information or registration: 508-240-3310.

December 26 (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.

December 28 (last Thursday), 9:30-10:30 a.m.: **“Grandparents Raising Grandchildren Social Support Group”** at *Harwich Elementary School* (Family Resource Center), 263 South Street. Sponsored by Child and Family Services, Inc. and the Monomoy Early Childhood Council. Information or registration: 508-430-1692.

### **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, 10:30 a.m. - 12 p.m.: **“Baby’s First Year”** at the Snow Library, 67 Main Street, *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, 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.

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, 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.-12 p.m.: **“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, IBCLC, CLC, CCCE of Rising Tide Women's Whole Life Wellness. Information: [info@risingtidewomen.com](mailto:info@risingtidewomen.com), <https://www.facebook.com/risingtidewomen>.

Tuesdays, 6:30-8 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](mailto:barbara@mairni.org).

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: \$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](mailto: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.

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](mailto: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 and 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](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.

**“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](mailto: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.

**“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.