

# cape cod fathers & family network



March 2018

Hey Dads,

While the calendar says snow forts or hunkering down with a book and some other indoor activities; the weather is saying sweatshirts and nature walks.

Either way, March offers myriad programs for dads on and near Cape Cod:

## Cape Cod Dads' Update

On Thursday, March 1<sup>st</sup>, The Cape Cod Neighborhood Support Coalition and DCF are teaming up to offer the **Nurturing Fathers Program** at **Teaticket Elementary School**. They'll meet on thirteen Thursday evenings through the Spring (dinner and child care are included in this free class for fathers and father figures, call the Cape Cod Neighborhood Support Coalition at 508-771-4336 or email [beverly@capecoalition.com](mailto:beverly@capecoalition.com) to sign up or to get more information.

On Wednesday, March 7<sup>th</sup>, Eric Hauck will host **Lower/Outer Cape Dads' Talk** (usually the first Wednesday each month) at the **Harwich Community Center** from 6 to 7:30. There's always free dinner and child care for those who need it. The Community Center is at 100 Oak Street in Harwich. Please call 508-771-4336 or email [beverly@capecoalition.com](mailto:beverly@capecoalition.com) so they know that you're coming. Thanks.

Beginning on Wednesday, March 7<sup>th</sup> and continuing for five Wednesday evenings, Cindy Horgan and Adam Pettengil are running their annual **Dads' Group** at the **Harwich Elementary School** from 5:30 to 7:30. This is a fabulous opportunity to hear other dads' stories and to share your own. They'll help fill your parenting toolbox with effective communication strategies and discipline techniques. Call the Cape Cod Children's Place at 508-240-3310 for info or to sign up while there's still room.

(continued on other side)

### Paul's Calendar for Dads:

#### "Nurturing Fathers' Program"

Thursdays, beginning Mar. 1, 6-8pm

Teaticket Elementary School

Please call: 508-771-4336 or

[beverly@capecoalition.com](mailto:beverly@capecoalition.com)

#### "Dads' Group"

Five Wednesdays, 5:30-7:30 pm

Mar. 7, 15, 22, and 29, and Apr. 4

Harwich Elementary School

Please call: 508-240-3310

#### "Dads' Talk~Lower Cape"

Wed. Mar. 7, 6 - 7:30 p.m.

Harwich Community Center

Please call: 508-771-4336 or

[beverly@capecoalition.com](mailto:beverly@capecoalition.com)

#### "Dadminion! ~ Middleboro"

Sat. Mar. 10, 5 - 7 p.m.

Parent Information Network

Please call: 508-947-8779 or

[christopherbean@bamsi.org](mailto:christopherbean@bamsi.org)

#### "New England Fathering Conf."

March 14, 15, and 16th.

Springfield, MA

[www.nefatheringconference.org](http://www.nefatheringconference.org)

#### "Dads' Talk ~ Lower Cape"

Wed. Apr. 4, 6 - 7:30 p.m.

Harwich Community Center

Please call: 508-771-4336 or

[beverly@capecoalition.com](mailto:beverly@capecoalition.com)

#### "Dads & Babies Pizza Party"

Tue. Apr. 10, 6 - 7:30 p.m.

Falmouth Hospital

Please call: 508-457-3632 or

[sscharr@capecodhealth.org](mailto:sscharr@capecodhealth.org)

(continued from other side)

On Saturday, March 10th (second Sat. each month), from 5 to 7 p.m., Chris Bean facilitates **Dadminion!** A group for fathers who are challenged by a child's mental health, emotional, or behavioral needs. If you want to meet some dads who understood what you're going through, call or email Chris and check out this group in Middleboro: [christopherbean@bamsi.org](mailto:christopherbean@bamsi.org) or 508-947-8779.

For more info on any of these events or to look further into the future, check out my calendar on the right or go to [CapeCodFamilyResourceCenter.org/dadsfatherhood](http://CapeCodFamilyResourceCenter.org/dadsfatherhood). If you'd like to get an electronic version of this Cape Cod Dads' Update in your email box each month, please let me know: [pmelville@familycontinuity.org](mailto:pmelville@familycontinuity.org).

Thank you for being a dad, and I hope to see you soon!

-Paul

Paul N. Melville, Program Director and  
Cape Cod Fathers & Family Network Coordinator  
Family Support Specialist/Parent Educator/Trainer/Dad

**The Cape Cod Family Resource Center** is free and available to dads and moms from all over the Cape. If you could use some help in your parenting (and who among us couldn't?), then stop in and see what we can offer.

To check out our latest calendar of events or to ask a question, stop in to 29 Bassett Lane, Hyannis, call us at 508-815-5100, or check us out online at [www.CapeCodFamilyResourceCenter.org](http://www.CapeCodFamilyResourceCenter.org).

**Cape Cod Family Resource Center Hours:**

Monday and Friday: 9 a.m. to 5 p.m.  
Tue/Wed/Thu: 10 a.m. to 7 p.m.  
First and Third Saturday  
each month: 9 a.m. to 11 a.m.



(continued from other side)

**"Dads & Babies Pizza Party"**  
Tue. Apr. 10, 6 - 7:30 p.m.  
Falmouth Hospital  
Please call: 508-457-3632 or  
[sscharr@capecodhealth.org](mailto:sscharr@capecodhealth.org)

**"Dadminion! ~ Middleboro"**  
Sat. Apr. 14, 5 - 7 p.m.  
Parent Information Network  
Please call: 508-947-8779 or  
[christopherbean@bamsi.org](mailto:christopherbean@bamsi.org)

**"Dads' Talk~Lower Cape"**  
Wed. May 2, 6 - 7:30 p.m.  
Harwich Community Center  
Please call: 508-771-4336 or  
[beverly@capecoalition.com](mailto:beverly@capecoalition.com)

**"Dadminion! ~ Middleboro"**  
Sat. May 12, 5 - 7 p.m.  
Parent Information Network  
Please call: 508-947-8779 or  
[christopherbean@bamsi.org](mailto:christopherbean@bamsi.org)

**"Dads & Babies Pizza Party"**  
Tue. May 22, 6 - 7:30 p.m.  
Falmouth Hospital  
Please call: 508-457-3632 or  
[sscharr@capecodhealth.org](mailto:sscharr@capecodhealth.org)

**"Dads' Talk~Lower Cape"**  
Wed. Jun. 6, 6 - 7:30 p.m.  
Harwich Community Center  
Please call: 508-771-4336 or  
[beverly@capecoalition.com](mailto:beverly@capecoalition.com)

**"Dads & Babies Pizza Party"**  
Tue. May 22, 6 - 7:30 p.m.  
Falmouth Hospital  
Please call: 508-457-3632 or  
[sscharr@capecodhealth.org](mailto:sscharr@capecodhealth.org)

**WE ARE DAD FRIENDLY!**