

# cape cod fathers & family network



October 2017

Hey Dads,

It's been fabulous to see so many of you doing the dad thing over the past month. Dads' Talk is back at it in Harwich, we launched TWO Nurturing Fathers Programs (Falmouth and Hyannis), dads are holding their own at our Single Parenting Group, and there were scores of us at school open houses across the Cape! I'm sure many of you were also busy cheering your kids on from the sidelines or coaching their teams, and countless other places that dads show up every day. Good for you! Even better for your kids.

Want to know what's going on locally that's just for dads? This update is my way of sharing the good stuff that's just for us dads:

## Cape Cod Dads' Update

On Tuesday, October 3rd, from 6 to 7:30 p.m., my friends Cheryl Donahue and Danny Rodriguez are hosting a **Dads & Babies Pizza Party** at Falmouth Hospital (Burwell Conference Rooms). This is a great chance for new dads to meet each other, show off their babies, and learn about local resources for families. Free pizza/no pressure. Expectant dads welcome, too! Please RSVP by voice message at 508-457-3632 or email [sscharr@capecodhealth.org](mailto:sscharr@capecodhealth.org).

On Wednesday, October 4th, 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 p.m. There's always free dinner and if you sign up by Friday, September 29th they'll also provide child care for your kiddos. The Community Center is at 100 Oak Street in Harwich. I highly recommend attending this group. Please call 508-771-4336 or email [beverly@capecoalition.com](mailto:beverly@capecoalition.com) so they know that you're coming.

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## Paul's Calendar for Dads:

### "Dads & Babies Pizza Party"

Tue. Oct. 3, 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. Oct. 4, 6 - 7:30 p.m.

Harwich Community Center

Please call: 508-771-4336 or

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

### "Dadminion! ~ Middleboro"

Sat. Oct. 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. Nov. 1, 6 - 7:30 p.m.

Harwich Community Center

Please call: 508-771-4336 or

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

### "Dadminion! ~ Middleboro"

Sat. Nov. 11, 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. Nov. 14, 6 - 7:30 p.m.

Falmouth Hospital

Please call: 508-457-3632 or

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

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As I mentioned last month, there's a great chance to get outside, be silly with your kids, and have a good time (which most of us dads excel at). On Saturday, October 7<sup>th</sup> at 10 a.m. the annual High Five 5K (AKA Mullet Marathon) will start and end at Seafood Sam's in Sandwich. There will be kids' activities, music, and fun for all. All proceeds from this family friendly event will benefit Family Continuity. Check out [www.highfive5k.com](http://www.highfive5k.com) for more info.

On Saturday, October 14<sup>th</sup> (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.

I know it's early, but you should also put on your radar that the **New England Fathering conference** is coming back to Massachusetts this winter (March 14<sup>th</sup>, 15<sup>th</sup>, and 16<sup>th</sup>). This two-and-a-half day event will take place in Springfield and feature lots of great workshops for dads and folks that support and encourage dads as part of their work. La Guardia Cross of YouTube fame is lined up to kick us off with an opening keynote. If you're interested or want more info, please let me know (or stayed tuned; I will definitely share more in upcoming Cape Cod Dads updates).

For more details on any of these events or to look further into the future, check out my calendar on the right or online at [www.CapeCodFamilyResourceCenter.org/dadsfatherhood/](http://www.CapeCodFamilyResourceCenter.org/dadsfatherhood/).

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

-Paul

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

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**"Dads' Talk ~ Lower Cape"**

Wed. Dec. 6, 6 - 7:30 p.m.  
Harwich Community Center  
Please call: 508-771-4336 or  
[beverly@capecoalition.com](mailto:beverly@capecoalition.com)

**"Dadminion! ~ Middleboro"**

Sat. Dec. 9, 5 - 7 p.m.  
Parent Information Network  
Please call: 508-947-8779 or  
[christopherbean@bamsi.org](mailto:christopherbean@bamsi.org)

**GET THIS UPDATE BY EMAIL:**

If you'd like to get an electronic version of this Cape Cod Dads' Update in your email box each month, please email:

[pmelville@familycontinuity.org](mailto:pmelville@familycontinuity.org).



**Cape Cod Family Resource Center**

Monday 9 a.m. to 5 p.m.

Tuesday 10 a.m. to 7 p.m.

Wednesday 10 a.m. to 7 p.m.

Thursday 10 a.m. to 7 p.m.

Friday 9 a.m. to 5 p.m.

First and third Saturday each  
month from 9 a.m. to 11 a.m.

**WE ARE DAD FRIENDLY!**