

# cape cod fathers & family network



December 2017

Hey Dads,

You've made it through back-to-school, Halloween, and Thanksgiving. It's time to honor the important December tradition(s) that your family celebrates (or to create some of your own). Whatever your faith, I hope that you and your family find time to slow down and experience the natural peace that's often present in this time of short daylight hours.

While you're busy shopping, celebrating, and socializing, there's still plenty of parent education and support opportunities happening this month (check out [wwwCapeCodFamilyResourceCenter.org/resources](http://wwwCapeCodFamilyResourceCenter.org/resources) for a comprehensive list). If you're looking for something just for dads, then read on.

## Cape Cod Dads' Update

On Wednesday, December 6th, Eric Hauck hosts **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. This casual group of guys is a great way to ease yourself into the world of parent support. Please call 508-771-4336 or email [beverly@capecoalition.com](mailto:beverly@capecoalition.com) so they know that you're coming.

On Saturday, October 14th (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 either of these events or to look further into the future, check out my calendar on the right or go to [dads.capecoalition.com](http://dads.capecoalition.com). For more information about the Cape Cod Family Resource Center and how we can help support your family, please call, email, or stop by anytime (see hours on the right).

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

-Paul

Paul N. Melville, Program Director/Parent Educator/Trainer/Dad



### Paul's Calendar for Dads:

#### "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)

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

Wed. Jan. 3, 6 - 7:30 p.m.

Harwich Community Center

Please call: 508-771-4336 or

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

#### "Dadminion! ~ Middleboro"

Sat. Jan. 13, 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. Jan. 16, 6 - 7:30 p.m.

Falmouth Hospital

Please call: 508-457-3632 or

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

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).