



fathers & family network



Hey Dads,

July 2018

This month, I'm wishing you a relaxing/productive/balanced summer and sharing the dad-focused events happening in July.

I also recommend you take a moment to check in with the Cape Cod Family Resource Center about fun and inexpensive (or free) activities for families on and near Cape Cod.

Cape Cod Dads' Update

On Saturday, July 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 understand what you're going through, call or email Chris and check out this group in Middleboro: christopherbean@bamsi.org or 508-947-8779.

On Tuesday, July 24th, from 6 to 8 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.

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/.

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

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!

Paul's Calendar for Dads:

"Dadminion! ~ Middleboro"

Sat. July 14, 5 - 7 p.m.

Parent Information Network

Please call: 508-947-8779 or

christopherbean@bamsi.org

"Dads & Babies Pizza Party"

Tues. July 24, 6-8 p.m.

Falmouth Hospital

Please call: 508-457-3632 or

sscharr@capecodhealth.org

"Dads' Talk ~ Lower Cape"

Wed. August 1, 6 - 7:30 p.m.

Harwich Community Center

Please call: 508-771-4336 or

beverly@capecoalition.com

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.