



# cape cod children's place FAMILY NEWSLETTER

*for families and caregivers of children living  
on the Lower and Outer Cape and beyond*

## Special Thanks!

THANK YOU! To **Barbara Niggel** and her **staff at Willy's Gym** for generously hosting two 4-week series of family fun nights. The moon bounce, indoor turf with balls and Playworld were enjoyed by many!...THANK YOU to **D.J. Tom Tuttle** who generously donated his time at both the **Monomoy Family Dance** and the **Family Fun Fair**. His music and dynamic energy had everyone laughing and smiling....THANK YOU to everyone who helped with the Family Fun Fair: **Kate Doody** for the signage, **Brian Taylor** for the community coil pot, **Hanna Schneider** for organizing the entertainment, custodian **Tony Sanza** for his excellent help and cheerful patience, and all **CCCP Board members and staff** who helped to make that annual community event a success....THANK YOU to **Joanne Maldacher** for once again organizing our Spring Clothing Swap, held April 27 at the Eastham Methodist Church...THANK YOU!

## Our Best Is Good Enough

Many years ago when I had a job I found very difficult, I used to tell myself before I started work: "I will do my best and it will be good enough." I still use that phrase sometimes when I'm facing a challenge, and it seems appropriate for this time of year in our seasonal economy. With spring well under way and summer just around the corner, pressure is building in our lives as we consider how to juggle the demands of work, our children's needs, and the daily tasks that become more difficult with traffic and crowds. Job demands increase whether we are self-employed or we work for an employer. Children's schedules become more complicated as the school year winds down, with special activities to make time for and a limited number of children's summer programs available.

As we welcome the sights and sounds of this time of year – a multitude of birds and flowers, so many activities and businesses that were hibernating in recent months – we celebrate the end of another winter. It would be nice to look forward to a relaxing summer, contemplate putting aside routines and finding spontaneous opportunities to enjoy time together as a family. But that is hard to do when we live in a place where we need to work hard at this time of year so we can earn enough to see us through the lean months of winter. It can

feel stressful to see hordes of vacationers enjoying our beaches, our bike trails and nature walks, when we are piecing together care for our children and wondering when we will fit in the grocery shopping.

Sometimes we blame ourselves for the things we couldn't give our children. Maybe we had to miss a Little League game, cancel a commitment to chaperone a children's excursion or cut short a birthday party. Perhaps we weren't able to afford a longed-for summer camp program, or we couldn't fit in a trip our family hoped to take together.

The truth is, we can still enjoy this special season despite the hectic demands of work schedules and other obligations. A spontaneous walk or game with a child can feel special. A shared meal, any occasion that makes a child feel important in your life because you take time to be together, is worthwhile -- especially when smartphones and technology are put aside and you have each other's undivided attention.

We don't have to be perfect parents, live perfect lives, plan perfect summers. It's enough to do our best, and focus on what's important without sweating the small stuff. Our best is good enough.

*Elizabeth Aldred*

*Cape Cod Children's Place staff*

## Inside this issue:

Councils & Initiatives	2
Many Services at CCCP	3
Important Resources	4
Parenting News	5
Playgroup Calendars	6,7
Dennis & Yarmouth News	8
News You Can Use	9
Family Fun	10
Cape Cod Children's Place News	11



## Get Involved, Stay Informed!

### Early Childhood Council News

Cape Cod Children's Place administers a Coordinated Family and Community Engagement (CFCE) grant that serves hundreds of families in the following 10 towns: Provincetown, Truro, Wellfleet, Eastham, Orleans, Brewster, Chatham, Harwich, Dennis and Yarmouth.

The CFCE grant funds free programs and activities that support and strengthen children and families in our region. It is awarded to Cape Cod Children's Place by the Massachusetts Department of Early Education and Care.

Information about the local Councils implementing these programs is on this page. For general information about the grant programs contact Meghan Kemp at 508-240-3310 [mkemp@capecodchildrensplace.com](mailto:mkemp@capecodchildrensplace.com)

#### Monomoy Early Childhood Council

Meets **May 2, 2019**, 6-7:30 pm at Chatham Elementary School, 147 Depot Rd., in the conference room. This Council brings information, education and support to parents, grandparents and guardians of young children in Chatham and Harwich. Meetings are held during the school year. All are welcome. Contact Lucy Gilmore at 508-430-1692 or [lgilmore@monomoy.edu](mailto:lgilmore@monomoy.edu).



#### Town Meetings & Town Elections

Below are listed the dates of town meetings and town elections and phone numbers for Town Halls :

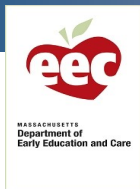
	Town Hall Tel.	Town Mtg.	Town Elections
Brewster	508-896-3701	May 6, 6 pm	May 21
Chatham	508-945-5100	May 13, 6 pm	May 16
Dennis	508-760-6112	May 7	May 14
Eastham	508-240-5900	May 6, 7 pm	May 21
Harwich	508-430-7513	May 6, 7 pm	May 21
Orleans	508-240-3700	May 13, 6:30 pm	May 21
Provincetown	508-487-7000	already happened	in April
Truro	508-349-3635	(was April 30)	May 14
Wellfleet	508-349-0300	already happened	in April
Yarmouth	508-398-2231	May 4	May 21

### Cape Cod Regional 10-Town (CCRTT) Early Childhood Council

The CCRTT Council meets 4 times a year and welcomes everyone. Next meeting, the last one of this school year, is on **Wednesday, May 15, 6-7:30 pm at Snow Library, 67 Main Street, Orleans**. Parents, early childhood educators, childcare providers, people working with families and young children, grandparents, aunts and uncles, and community members committed to supporting families—we invite you to join us. Recent newspaper articles have described how families with children are leaving the Cape because they can't afford to live here, and this Council is working to change that. We are a fun, welcoming group of people committed to supporting the success of all families with young children in our region (Brewster, Chatham, Dennis, Eastham, Harwich, Orleans, Provincetown, Truro, Wellfleet and Yarmouth.) To RSVP or get information about the Council contact 508-240-3310 or [mkemp@capecodchildrensplace.com](mailto:mkemp@capecodchildrensplace.com).

#### Dennis-Yarmouth Early Childhood Council

Meets quarterly at the ME Small Elementary School, 440 Higgins Crowell Rd., W. Yarmouth. The next meeting will be on **May 8**. This council focuses on activities and needs specific to Dennis and Yarmouth. All are welcome. For information call 508-778-7988 x 4.



## Services at Cape Cod Children's Place!

Cape Cod Children's Place recognizes that by eliminating obstacles to obtaining services, we are strengthening families. With the recent expansion to our building, we are making services more accessible to the Lower and Outer Cape. We are very grateful to the individual donors, organizations and businesses who helped to make this building expansion possible. We welcome further donations to raise the final funds needed for this project. Below is information about services that are regularly available at Cape Cod Children's Place. These services are available to all community members; call the number provided to schedule appointments.

### CACCI/Child Care Network

Child Care Network will schedule appointments at Cape Cod Children's Place on **Monday, June 3, 9 am-5 pm**. Call Child Care Network at **508-778-9470 x 203 or 888-540-2430** to schedule an appointment or for more information.

### Dept. of Transitional Assistance

The Dept. of Transitional Assistance meets with clients at Cape Cod Children's Place on the *third Wednesday* of each month. Next dates are **May 15** and **June 19, 9 am-5 pm**. Call Cape Cod Children's Place 508-240-3310 for information.



### Immigration Resource Center

The Immigration Resource Center sees clients at Cape Cod Children's Place the *first Wednesday* of each month for free and confidential legal counsel about all immigration issues, including: immigration options; work visas; citizenship classes; green cards; public benefits; immigration lawyers; and much more. Call **508-771-1727 x 140** to schedule an appointment on **May 1** or **June 5, 9 am-5 pm**.

### Outer Cape WIC

Outer Cape WIC will be at Cape Cod Children's Place the *second and fourth Wednesdays* of each month. WIC provides free healthy food, breastfeeding support and nutrition information to eligible families. Hours will be **May 8 & 22, and June 12 & 26, 9 am-4:30 pm**. Call **508-240-0853** or **508-240-3310** for information.

### Nutrition & Healthy Eating

Lower Cape Outreach Council provides free recipes, food samples & a bag of fresh fruits & vegetables on the *first and third Tuesdays* of every month at Cape Cod Children's Place. Next dates are **May 7 & 21** and **June 4 & 18, 2:45-4:45 pm**.

### Mobile Dental Hygiene Services

Mobile Dental Hygiene Services provides preventive oral health care at Cape Cod Children's Place. Mass. Health and private pay accepted, no other insurance plans. Services include cleanings, fluoride treatments, sealants, x-rays, periodontal cleanings. Call Cape Cod Children's Place at **508-240-3310** to schedule an appointment on **Thursday, May 16, 12-5 pm**.

### Community Health Navigator

The Outer Cape Health Services Community Health Navigator will be at Cape Cod Children's Place the *second Thursday* of each month. Call **774-209-3222** or email [CRNavigator@outercape.org](mailto:CRNavigator@outercape.org) for appointments on **May 9** or **June 13, 11 am-2 pm**.

### Helping Our Women

Helping Our Women is available to meet with clients at Cape Cod Children's Place **Mondays from 8:30-9:30 am**. HOW serves women from Eastham to Provincetown with chronic or disabling illness. Call HOW at **508-487-4357** or email [info@helpingourwomen.org](mailto:info@helpingourwomen.org), or call Cape Cod Children's Place at **508-240-3310** for information and appts.



**family  
centers**

a children's trust program



MASSACHUSETTS  
Department of  
Early Education and Care

## Important Resources

If someone you know struggles with substance use disorder in a way that impacts children of any age, call Cape Cod Children's Place at 508-240-3310 and ask for Christina. We have services to help families coping with these challenges, and we can connect people with additional resources. This is a user-friendly program and we welcome all inquiries.

### Free Legal Advice

WE CAN (Women's Empowerment through Cape Area Networking) offers free and confidential 30-minute legal consultations the 2nd Friday of each month from 9-11 am at different sites on the Outer Cape in the areas of Family Law and Landlord/Tenant Law on a rotating schedule. (Please note: this is not legal representation.) Upcoming dates are:

May 10: Provincetown, Veterans Memorial Community Center, 2 Mayflower Ln.

June 14: Truro Council on Aging, 7 Standish Way, N. Truro

For information and appointments call 508-430-8111.

### Meeting the Needs of Grandparents Raising Grandchildren

*May 16, June 20  
and 3rd Thursday of every month, 5:30-7 pm  
at Cape Cod Children's Place  
10 Ballwic Rd., North Eastham*

Join Christina Russell, LICSW and Family Support Specialist for Cape Cod Children's Place, at this free monthly group providing resources and support for grandparents raising grandchildren in families impacted by trauma (substance abuse/recovery/ domestic violence etc.). Refreshments and child care provided; pre-registration is required. Call 508-240-3310. Please indicate if you will need transportation.

*Funding for this program is provided by grants from the Cape and Islands United Way, Children's Trust and the MA Dept. of Early Education and Care, administered by Cape Cod Children's Place*

### Divorce Boot Camp

*Saturday, May 18, 10 am-2 pm  
Harwich Community Center, 100 Oak St.*

Workshop with Attorney Anna Merrill for women who have not yet filed or are in the very early stages of divorce. Sponsored by WE CAN; pre-registration required; 508-430-8111

### Parent Support Group

**for parents & caregivers of children with special needs**

*Thursday, May 9, 5:30-7:30 pm; ongoing, 2nd Thursday  
At Kennedy-Donovan Ctr., 30 Ansel Hallett Rd., W. Yarmouth  
Questions or RSVP: valeryia.pederson@gmail.com or jdillon@kdc.org*

## FIRST Steps Together

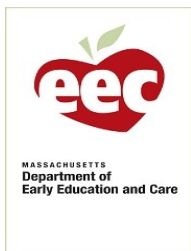
Cape Cod Children's Place is providing new programming to strengthen and support local families through the FIRST (Families In Recovery Support) Steps Together home visiting program. Services include specialized home visiting and community-based recovery and parenting support for families affected by substance use. These individual, dyadic group recovery and parenting supports will primarily be provided by peer recovery staff in our community. For more information contact Christina Russell at Cape Cod Children's Place:

508-240-3310 or crussell@capecodchildrensplace.com.

This project comes through the Mass. Department of Public Health's Bureau of Family Health and Nutrition's Division of Pregnancy, Infancy, and Early Childhood, with funding through SAMHSA's State Opioid Response grant to Massachusetts, administered through the Bureau of Substance Addictions Services. Cape Cod Children's Place has been selected to provide these program services to families on Cape Cod and the Islands.



a children's trust program



## Parenting News

### Positive Discipline

*Wednesdays April 24 and May 1, 8, 15, 22, 29*

*5:30 — 7:30 pm*

*Cape Cod Children's Place*

*10 Ballwic Rd., North Eastham*

Join Leah Dower, mother of four children and an experienced teacher and playgroup leader, for this free series (late registrations accepted). She will discuss topics including discipline without yelling, how to handle tantrums, the value of routines, setting limits and much more.

Free pizza dinner and child care are provided and pre-registration is required; transportation help available on request. Call 508-240-3310.

*This program is funded by grants from the Children's Trust and the state Department of Early Education and Care*

### Grandparents Raising Grandchildren Social Support Group

*May 28 and June 25*

*9:30-10:30 am in the Family Resource Center  
Harwich Elementary School, 263 South Street*

This group meets the last Tuesday of each month and provides confidential support and resources for grandparents raising their grandchildren.

Call 508-430-1692 for information.

Facilitators: Kerry McCarthy & Lucy Gilmore

*Funded by grants from the  
Children's Trust and the state Department of  
Early Education and Care*

### Understanding Speech & Language Development

*Thursday, May 23*

*5:30-7:30 pm*

*Cape Cod Children's Place*

*10 Ballwic Rd., N. Eastham*

Join Jessica Tlumacki, pediatric speech language pathologist, to learn ways to support your young child's speech clarity, dental health and future school performance.

Free dinner and childcare are provided and space is limited.

Pre-registration is required; call

**508-240-3310**

Indicate if you need transportation.

### Dads Talk

*May 1 and June 5, 6 pm*

*Harwich Community Center*

*100 Oak Street, Harwich*

Informal group for dads and all men with children in their lives, meets first Wednesday of every month.

Free child care and pizza dinner.

Pre-registration required by the Friday before the group will meet.

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

Call Cape Cod Children's Place at 508-240-3310 for information about receiving home-based pre-literacy support to children of preschool age who are not attending a preschool program. Funded by Cape & Islands United Way.

**Will your child enter Kindergarten in September? Here are some important dates:**

Brewster SB: Orientation April 24, 6-6:45 pm

Chatham: Screenings May 8 and May 22

Eastham: Screenings May 21, 22, bus ride June 6

Harwich: Screenings May 8 and May 22

Orleans: Screening May 10, Orientation June 4

Provincetown: call the school 508-487-5000

Truro: call school for fall dates 508-487-1558

Wellfleet: Screenings May 20 and May 30



# Playgroups: May 2019

Playgroups are drop-in unless otherwise noted; call 508-240-3310 for information.



**MONDAYS:** May 6, 13, 20 unless otherwise noted; May 27 is Memorial Day.

- Baby's 1st Year with Leah; 10:30 am-noon; Snow Library, 67 Main St. **Orleans**
- Open Gym with Katie; 10:30 am-noon; **Chatham** Community Center, 702 Main St.,
- Orleans Playground with Lucy: 10:30 am-noon; Eldredge Park, Rt. 28 & Eldredge Park Way, **Orleans**
- Story & Craft with Miss Jill; 10-11:30 am; Swan Pond Village Community Center, **Yarmouth**; pre-registration required, call 508-778-7988 x 4.

**TUESDAYS:** May 7, 14, 21, 28 unless otherwise noted

- Open Gym with Katie; 9-10:30 am; Harwich Community Center, 100 Oak St. **Harwich.**
- Playroom Playtime with Katie; 10:30 am-noon; **Harwich** Community Center, 100 Oak St.
- Early Evening Playgroup with Lucy: 5:30-6:45 pm; Laurel School, 1436 Long Pond Rd., **Brewster**
- Run, Jump & Move with Miss Amy (no program May 7); 10-11 am; Moose Lodge, **S. Yarmouth**; pre-registration required, call 508-778-7988 x 4.
- Move & Groove with Miss Lori, for ages 4-8; 3:45-4:45 pm; Flax Pond Recreation Bldg., **Yarmouth**; pre-registration required, call 508-778-7988 x 4.

**WEDNESDAYS:** May 1, 8, 15, 22, 29 unless otherwise noted

- Wiley Park Playground with Lucy; 10:30 am-noon; 1400 Herringbrook Rd., **Eastham**; *(in inclement weather this playgroup moves indoors to Eastham Public Library, 190 Samoset Rd.)*
- Intergenerational Music & Movement with Miss Jill (no program May 22); 9:45-10:45 am; Mayflower Nursing & Rehab, **W. Yarmouth**; pre-registration required, call Jody 778-7988 x 4.

**THURSDAYS:** May 2, 9, 16, 23, 30 unless otherwise noted

- Playroom Playtime with Katie; 10-11:30 am; **Harwich** Community Center, 100 Oak St.
- Afternoon Tyke Hike with Leah (ends after May 9); 10-11 am; **Wellfleet** Audubon, Rt. 6.
- Chatham Preschool Book Club with Lucy (starts May 9): 12:45-1:45 pm; **Chatham** Community Ctr. Aerobics Room, 702 Main St.; ages 4-5 with parent/caregiver, pre-registration required, email lgilmore@monomoy.edu; include cellphone number and child(ren)s birthdate
- Multicultural Playgroup with Miss Patti; 9:30-11 am; Northside Methodist Church, 701 Airline Rd., **Dennis**; pre-registration required, call Jody 778-7988 x 4.

**FRIDAYS:** May 3, 10, 17, 24, 31 unless otherwise noted

- Play and Learn Playgroup with Becca 10:30 am-noon; Veterans Memorial Community Center, Rm. 75, 2 Mayflower Ln., **Provincetown**
- Terrific Toddlers with Miss Mary, for new walkers and children up to 2 yrs; 10-11 am; Dennis Public Library, 5 Hall St., **Dennisport**; pre-registration required, call 508-778-7988 x 4.
- Baby & Me: Lap Babies Group with Miss Mary, for pre-walking babies; 10:30-11:30 am; Dennis Public Library, 5 Hall St., **Dennisport**; pre-registration required, call Jody 778-7988 x 4.



# Playgroups: June 2019



Playgroups are drop-in unless otherwise noted; call 508-240-3310 for information.



## MONDAYS: June 3, 10, 17, 24

- Baby's 1st Year with Leah (last program June 17); 10:30 am-noon; **Snow Library, 67 Main St. Orleans**
- Orleans Playground Playtime with Lucy: 10:30 am-noon; Eldredge Park, Rt. 28 & Eldredge Park Way, **Orleans** (*Note: this program also meets in July*)
- Story & Craft with Miss Jill (last program June 17); 10-11:30 am; Swan Pond Village Community Center, **Yarmouth**; pre-registration required, call 508-778-7988 x 4.

## TUESDAYS: June 4, 11, 18, 25

- Early Evening Playgroup with Lucy: 5:30-6:45 pm; Laurel School, 1436 Long Pond Rd., **Brewster**
- Run, Jump & Move with Miss Amy (last program June 11); 10-11 am; Moose Lodge, **S. Yarmouth**; pre-registration required, call 508-778-7988 x 4.
- Move & Groove with Miss Lori, for ages 4-8 (last program June 11); 3:45-4:45 pm; Flax Pond Recreation Bldg., **Yarmouth**; pre-registration required, call 508-778-7988 x 4.

## WEDNESDAYS: June 5, 12, 19, 26

- Wiley Park Playground with Lucy; 10:30 am-noon; 1400 Herringbrook Rd., **Eastham**; (*in inclement weather this playgroup moves indoors to Eastham Public Library, 190 Samoset Rd.*)
- Intergenerational Music & Movement with Miss Jill (last program June 19); 9:45-10:45 am; Mayflower Nursing & Rehab, **W. Yarmouth**; pre-registration required, call Jody 778-7988 x4.

## THURSDAYS: June 6, 13, 20, 27

- Multicultural Playgroup with Miss Patti (last program June 13); 9:30-11 am; Northside Methodist Church, 701 Airline Rd., **Dennis**; pre-registration required, call Jody 778-7988 x 4.

## FRIDAYS: June 7, 14, 21, 28

- Terrific Toddlers with Miss Mary, for new walkers and children up to 2 yrs; (last program June 14); 10-11 am; Dennis Public Library, 5 Hall St., **Dennisport**; pre-registration required, call 508-778-7988 x 4.
- Baby & Me: Lap Babies Group with Miss Mary (last program June 14), for pre-walking babies; 10:30-11:30 am; Dennis Public Library, 5 Hall St., **Dennisport**; pre-registration required, call Jody 778-7988 x 4.



## ***Look what's happening in Dennis and Yarmouth!***

### **Playing on Purpose**

*Tuesdays May 14, 21, 28 and June 4, 11*

*10 -- 11:30 am*

*South Yarmouth Library*

*440 Higgins Crowell Road, West Yarmouth*

Integrated parent-child play sessions for families and children aged birth - 8 designed to make playtime more purposeful.

Have fun together while you

- Learn about your child's social and emotional development
  - Strengthen your relationship with your child
  - Learn strategies to make playtime more purposeful

*This program is also supported by a grant from the Peter & Elizabeth C. Tower Foundation*



MASSACHUSETTS  
Department of  
Early Education and Care

**All the programs on this page  
require pre-registration. Call  
Jody Almonte 508-778-7988 x 4**



### **Me and My Dad Activities for all Guys Raising Children**

*Saturday, May 11; 11 am - 12 noon  
At the Herring Run in Brewster*

*Saturday, June 15; 11 am - 12 noon  
At the Fish Hatchery in Sandwich*

Join veteran dad Tomas Tolentino on these fun,  
interactive field trips.  
Free -- All ages welcome!

The following program currently has a waitlist; call Jody 508-778-7988 x 4 to join that list:

### **Book and Cook: Cooking with Kids**

*Thursdays May 2, 9, 16, 23 and June 6, 13; 5:30-6:30 pm; ME Small School Cafeteria, W. Yarmouth*  
For parents with their children ages 3-8 years old. Join Tomas Tolentino and Mary Wilson and combine children's literature with food to create kid-friendly meals they will love making and eating!

*The programs described above are funded by the Massachusetts Department of Early Education and Care through the Cape Cod Regional Ten-Town Coordinated Family and Community Engagement (CFCE) Grant administered by Cape Cod Children's Place*



**family  
centers**

a children's trust program

## News You Can Use



MASSACHUSETTS  
Department of  
Early Education and Care

### Happiest Baby classes

*May 20, June 24*

*10:30 am*

Outer Cape WIC offers monthly Happiest Baby on the Block classes at Outer Cape Health Services, 710 Rt. 28, Harwich Port. This class demonstrates ways to soothe a crying baby in the first three months, swaddling, safe sleep practices, newborn infant feeding and breastfeeding. Pre-registration is encouraged, not required; call 508-240-0853.

\*

### Willy's Gym Open House

*Saturday, May 4, 8 am-1 pm*

*Sunday, May 5, 1-4 pm*

*4730 State Hwy/Rt. 6, Eastham*

Check out new equipment, classes and amenities at Willy's Gym.

See schedule of events at  
[www.willysgym.com](http://www.willysgym.com).

\*

### TimberNook

*Sundays, May 5 & May 12*

*Children 1-4 pm, Parents 3-4 pm*

*Volunteer Park*

*196 Sam Ryder Rd., Chatham*

This free nature-based program (rain date June 2) is presented by TimberNook for children in Chatham and Harwich aged 5-8. Led by Christine Hughes-Prince. Get ideas for summer outdoor play!

Register at 508-681-5278 or  
[timbernookcapecod@gmail.com](mailto:timbernookcapecod@gmail.com).

\*

### New center opens

Three Harbors Preschool is now open at 257 Rt. 28, Harwichport (former site of My School). Contact the school at

774-237-0193 or [threeharborpreschool@gmail.com](mailto:threeharborpreschool@gmail.com) for information. The school will serve ages birth through preschool. Call for information about availability of subsidies.

### PathMakers

*Information sessions*

*Thursdays, May 23 & 30*

*5:30-7 pm*

WE CAN offers these sessions for women who want to find out about the PathMakers Mentoring Program, held by WE CAN in Harwich. Call 508-430-8111 or visit [www.wecancenter.org](http://www.wecancenter.org) to register and obtain information.

\*

### NAMI

NAMI (National Alliance on Mental Illness) of Cape Cod & the Islands presents free support groups for families and friends of people with mental illness:

4th Tuesday of the month, 6-7:30 pm, Wellfleet Preservation Hall;  
1st Thursday of the month, 7-8:30 pm, St. Peter's Lutheran Church, Harwich. Call NAMI 508-778-4277 or email [klemmon@nami-capecod.org](mailto:klemmon@nami-capecod.org) for information on all NAMI programs.

\*

### Eastham rental housing

A new affordable housing rental community with 65 units, The Village at Nauset Green, is being built in Eastham and will open in September. A lottery will be held for new residents. For information about the lottery, income guidelines and everything else to do with this project visit

[www.villageatnausetgreen.com](http://www.villageatnausetgreen.com)

\*

### Looking for some Parents

Will your child enter kindergarten in September? Maybe you'd like to plan a summer playdate for other incoming kindergarteners and their parents in your town. Contact Lucy at 508-430-1692 or [lgilmore@monomoy.edu](mailto:lgilmore@monomoy.edu) for ideas on sites and how to get started.

### Summer Child Care Aid

Call Cape Cod Children's Place at 508-240-3310 for information about summer childcare/camp tuition assistance through the Lower Cape Emergency Child Care Fund, made possible by the Cape Cod Times Needy Fund.

\*

### SNAP sign-ups

Cape Cod Children's Place is able to sign up families and individuals for SNAP (Supplemental Nutrition Assistance Program, formerly food stamps). Call Karen or Leah at 508-240-3310.

\*

\*

### One Tough Job

With so much information online it's often hard to know whether the advice and resources you're reading are accurate, up to date, safe and reliable. The Children's Trust created and maintains a parenting website you can trust:

**[www.onetoughjob.org](http://www.onetoughjob.org)** This website is designed to provide families with the latest and greatest parenting information, ideas and on-the-ground resources. Look here for articles by established experts, blogs from experienced parents and providers, child development information, and connections to resources for your family.

\*

### Computer Workshops

*Lower Cape Outreach Council  
19 Brewster Cross Rd., Orleans  
9:30-11 am*

- Saturday, May 4: Build Your Confidence with Computers
  - Saturday, May 18: Computers in the Workplace
- Free, sponsored by WE CAN. Take one or both workshops. Register at 508-430-8111 or email [marina@wecancenter.org](mailto:marina@wecancenter.org)



## ***Family Fun!***



MASSACHUSETTS  
Department of  
Early Education and Care

### **Low Tide Family Seashore Safari**

**at Pleasant Bay Community Boating**

*Sunday, May 19, 9:30-11 am*

*Thursday, May 30, 5:30-7 pm*

2287 Route 28, Harwich-- plenty of parking

Free, no pre-registration required!

Dress for all weather and bring your sense of adventure.



### **Family STEAM Fair**

**For families with children entering  
Kindergarten in September**

*Saturday, June 29, 10:30 am-noon*

*Eastham Public Library*

*190 Samoset Rd.*

All Lower and Outer Cape (Chatham to Provincetown) families with a child entering Kindergarten are invited! Parent participation required. Get inspiration for summer activities and make connections with other families.

Siblings welcome.

### **WIC Day**

*Thursday, May 2, 12:30 -2 pm*

*Chatham Community Center gym*

*702 Main St., Chatham*

Free fun activities, healthy snacks,  
open play area

Information about local resources

*Outer Cape WIC (Women, Infants, Children)*

*508-240-0853 or 774-722-0280*

### **Intergenerational Picnic**

*Wednesday, June 5; 5 - 6:30 pm*

*Orleans--Eastham Elks Hall*

*Rt. 6 & McKoy Rd.*

**Story Walk \* Food \* Music**

**Jointly presented by**

**Cape Cod Children's Place**

**Eastham Council on Aging**

**Orleans-Eastham Elks**

**All ages welcome -- bring the whole family and  
celebrate the new season!**

*RSVP requested; call 508-240-3310*

### **Playing with Clay for rising kindergarteners**

*Fridays, June 7, 14, 21; 10:30-11:30am*

*Snow Library, in Snow Studio*

*67 Main Street, Orleans*

Join ceramist Kate Doody in sculpting and glazing a ceramic keepsake. For children entering kindergarten accompanied by a parent or caregiver.

Limited space, pre-registration required.

Call 508-240-3310

## Cape Cod Children's Place News



At our Annual Meeting on March 28, we celebrated a year of remarkable accomplishments:

- Expanded grant funding to serve more towns with programs that support children & families;
- A new grant through the FIRST Steps Together program, providing Families In Recovery support;
  - Beneficiary of the 2018 Seaside LeMans, the annual race for the Cape Cod community;
- Hundreds of families attended our free clothing swaps, Family Fun Fair and other free events;
- Hundreds of parents and grandparents participated in our free family education programs.

We also gave out the following awards:

Parent Kate Doody and the Cazeault Family -- Making A Difference Award

Lucie Grozier and Shirley Hannon -- Tom Newton Community Service Award

Board Member Kara Risk -- Elizabeth Aldred Advocacy Award

Board Member Kristen Roberts -- Hero Among Us Award

We thanked departing Board Members Kristen Roberts and Lisa Sherman for their service

We welcomed new Board Member Michael Flores who will join us on July 1

And we are excited to invite you to our annual fundraiser: see below for details:



**Cape Cod Children's Place**  
**P.O. Box 1935**  
**N. Eastham, MA 02651**  
**[capecodchildrensplace.com](http://capecodchildrensplace.com)**  
**Tel: 508-240-3310**  
**Fax: 508-240-2352**  
**[info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)**

### **Wish Upon A Star**

**Friday, July 19, 6:30 - 9 PM**

**at Truro Vineyards**

**Honorary Event chair: State Rep. Sarah Peake**

An evening of food, drink, auctions, art & live music  
in support of Cape Cod children and families

*Tickets \$100 each after June 1, includes all food and drink*

*Buy your tickets before June 1 and pay \$75 each*

\*

Music by Andrea the Judge and the Sinner

and Mozelle Andrulot

Raw bar

Ben & Jerry's ice cream sundae bar

\*

Tickets & information [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)  
or 508-240-3310

Contact [sarah@capecodchildrensplace.com](mailto:sarah@capecodchildrensplace.com) for donation of  
auction items, sponsorships and more information about  
how you can be involved.



NON PROFIT STD  
U.S. POSTAGE PAID  
ORLEANS, MA 02653  
PERMIT NO. 54

cape cod children's place  
P.O. Box 1935  
10 Ballwic Road, off Nauset Road  
N. Eastham, MA 02651  
508.240.3310 telephone  
800.871.9535 toll free  
508.240.2352 fax  
[info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)  
[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)  
Check out this newsletter "in color"  
on-line at our website.



#### HELPFUL FAMILY CONTACTS & RESOURCES

*For a more comprehensive list of resources and services check out The Lower Cape Family Resource Guide on-line at [www.capecodchildrensplace.com](http://www.capecodchildrensplace.com) or request a copy at 508.240.3310.*

<b>A Baby Center</b>	508.771.8157	Basic items for infants and toddlers up to age three living on Cape Cod and Islands
<b>Al-anon</b>	508.394.4555	Offering support for friends and families of problem drinkers
<b>Cape &amp; Island Breast Feeding Warm Line</b>	888.890.2229	Lactation services and classes are available to local Cape and Islands mothers
<b>Child Support Enforcement-Mass DOR</b>	508.771.2414 x 3	Assistance in enforcing the financial responsibilities of parenthood
<b>Consumer Credit Counseling</b>	800.208.2227	Budgeting and debt consolidation assistance
<b>Family Support and Maternal Depression</b>	508.240.3310	Free referrals to parenting resources, child and family therapists, etc.
<b>Fuel Assistance Program</b>	508.746.6707	Emergency fuel/heating help
<b>Healthy Connections</b>	508.255-1903	Referrals for free/low cost health insurance
<b>Homeless Prevention Council</b>	508.255.9667	Counseling, advocacy, resources and referral services
<b>Independence House</b>	508.771.6507	Cape Cod's Resource Center for Victims & Survivors of Domestic Violence & Sexual Assault.
<b>Legal Services for Cape Cod &amp; Islands</b>	510-775-7020	Non-profit legal aid
<b>Lower Cape Outreach Council</b>	508.240.0694	Providing short-term emergency assistance to Lower Cape families and individuals
<b>Mass APEAL</b>	508.349.1173	Free clothing as well as information on Serve New England Program
<b>Monomoy Family Resource Center</b>	508.430.1692	Information, support, diapers, clothing, food for Chatham and Harwich families.
<b>Outer Cape Health Services: Provincetown, Wellfleet &amp; Harwich offices</b>	508.487. 9395 508.349.3131 508-432-1400	Providing high quality primary healthcare to those living in or visiting the 8 Lower/Outer Cape towns, regardless of their financial situation
<b>Outer Cape Women, Infants and Children's (WIC) Nutrition Program</b>	508.240.0853	Supplemental food and nutrition program offering healthy food options, community referrals, nutrition education and breastfeeding support.
<b>Parental Stress Line</b>	800.632.8188	A free, confidential, and anonymous 24-hour parent helpline for parental support
<b>Provincetown Family Resource Center</b>	800.871.9535 or 508.237.2688	Providing support, referrals, and financial aid through the John A. Henry Trust administered by Cape Cod Children's Place
<b>WE CAN</b>	866.430.8111	Assisting Cape Cod women through divorce, career change /growth, job loss, illness, retirement