

Self-Care Saturday



Join us virtually Saturday, May 16th for a discussion about self-care!

Self-care varies from person to person. Join us in learning about what works best for you, what has worked for others, the importance of self-care, and how to fit it in on your busiest days.

When? Saturday, May 16th 9:30 – 10:15 am

Where? Online platform – join us virtually!

Contact us at the Cape Cod Family Resource Center to register. Registration is required, this will be offered in an online platform. For additional information and registration, please contact us at
508-815-5100.

Visit us on Facebook at [Facebook.com/capecodfamilyresourcecenter](https://www.facebook.com/capecodfamilyresourcecenter)



MULTICULTURAL STORY TIME



Join us to explore distant lands, and cultural stories, in diverse books. Bring an open mind, your listening ears, and gather round to join us virtually for this story time.

Registration is required, this will be offered in an online platform.

For more information and registration, please contact us at, **508-815-5100**.

Contact us at the Cape Cod Family Resource Center to register.

An email will be sent for the event with the link to join us.

29 Bassett Lane, Hyannis, MA
Contact us at 508-815-5100

Visit us on Facebook at [Facebook.com/capecodfamilyresourcecenter](https://www.facebook.com/capecodfamilyresourcecenter)



WHAT IS IT

Join us virtually
Tuesdays

11:30 am – 12:00 pm

Fridays

10:30 am – 11:00 am

- Dive into new books together
- Open to all families
- Picture books



School Q&A Series



Join us virtually on Mondays from 1-2:00 pm for a live school Q&A series. We'll discuss COVID-19 related school topics such as remote learning, difficulties faced, success stories, etc. Feel free to share questions ahead of time.

When? Mondays 1-2:00 pm

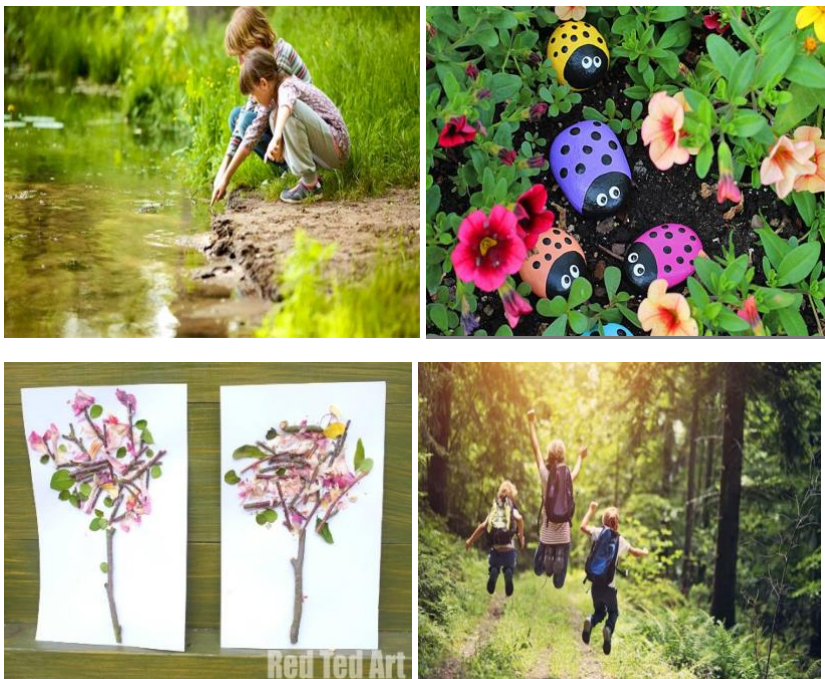
Where? Online platform – join us virtually

Contact us at the Cape Cod Family Resource Center to register.

Registration is required, this will be offered in an online platform. For more information and registration, please contact us at, **508-815-5100**.

Visit us on Facebook at [Facebook.com/capecodfamilyresourcecenter](https://www.facebook.com/capecodfamilyresourcecenter)





VIRTUAL NATURE CRAFTS

Nature Crafts

An online interactive course that encourages families to get outside to participate in a scavenger hunt for items to make crafts. With guidance, imagination and a few materials, fun crafts can be accomplished. Registration is required, this will be offered in an online platform. For more information and registration, please contact us at 508-815-5100

Must collect own materials in nature. Will require staple household items such as tape, glue, paper, and markers. Email will be sent prior to craft stating materials needed.



GET SOME FRESH AIR & GET
OUTSIDE!

COLLECT MATERIALS FOR CRAFT
FROM NATURE!

LOG ON AND MEET YOUR
VIRTUAL CRAFT INSTRUCTOR!

FOLLOW ALONG WITH
INSTRUCTION WITH A PINCH OF
CREATIVITY!

HAVE A UNIQUE NATURE
INSPIRED CRAFT!

CAPE COD FAMILY
RESOURCE CENTER

29 Bassett Lane
Hyannis, MA

Online

Wednesday 11:30AM-12 PM

Friday 2:00 PM – 2:30 PM

