

Cape Cod Neighborhood Support Coalition



Cape Cod Family Resource Center and Cape Cod Neighborhood Support Coalition

This free, monthly Cape and Islands-wide listing of workshops, meetings, groups and related programs for parents, grandparents, guardians, and primary caregivers of children has been compiled and distributed free for over twelve years.

COVID-19 Resource Guide

All meetings, workshops, etc. are free to participants unless otherwise noted.

In addition to May's Parent Education & Support Opportunities Newsletter, there are resources available during this ever-changing environment due to the Coronavirus (Covid-19). We are providing both state and local resources for families. We hope that you and your family are healthy during these challenging times. Please call or email any of the organizations listed below with follow up questions or concerns. Please stay safe! Thank you very much:

The staff from the CC Neighborhood Support Coalition and the CC Family Resource Center

For more information on COVID-19: www.mass.gov/2019coronavirus

For assistance and resources, please call 211 or go to mass211.org

A Baby Center: Offers, Diapers, Wipes, Formula, Baby Wash, Ointments, and gently used: Clothing- newborn to 5T, Baby gear, Strollers, High Chairs, Bouncy Seats, Blankets, Bathtubs. Please call 508-771-8157, or follow them on Face Book for real time updates and information.

Al-Anon / Alateen of Cape Cod and the Islands: Groups can help you recover from the impacts of a loved one's drinking. Members help each other by practicing the Twelve Steps of Alcoholics Anonymous themselves, by welcoming and giving comfort to families of alcoholics, and giving understanding and encouragement to the alcoholic. For additional information call 508-366-4663.

Bourne for Children: Bourne's CFCE- Coordinated Family and Community Engagement-grant. They offer education and support programs for parents with children from birth to age 8. In an effort to create a strong foundation for children, families and our community, they offer workshops, parenting classes, play and learn groups, kindergarten transition programs and community events. Thanks to the Department of Early Education and Care, all of the programs and services are free. <http://www.bourneforchildren.org/>

Big Brothers Big Sisters of Cape Cod & the Islands: Continues to accept enrollments/referrals of youth ages 7-12 who could benefit from an additional positive adult mentor during this period of social isolation. BBBS is conducting all youth enrollments virtually at this time, and will be pioneering our first digital mentor/mentee meetings in the coming days. For more information about BBBS, or to enroll a child, please visit: www.CapeBigs.org or call 508-771-5150. All staff are currently working remotely and are checking phone messages frequently.

Cape Cod Children's Place: The Family Support staff will continue to be available via phone to provide families with support and resources during the hours, 9 am – 5 pm, 508-240-3310. This is a challenging time, and they understand that parenting continues despite this virus. Please feel free to contact them at 508.240.3310 with any questions or concerns.
Capecodchildrensplace.com

Cape Cod Hunger Network: The Cape Cod Hunger Network aims to match the giving with the need and publishes a guide to find food for your family and a guide for others to know where food donations can be made on the Cape to reach the people who need that food.
<http://www.capecodhungernetwork.org/>

Cape Cod Family Resource Center: The FRC is open normal operational hours during these challenging times. Please call or email if you have specific questions or concerns. We provide information and referrals to families, parent education and support for diverse parenting situations, assist with navigating resources, conduct child and youth assessments, and much more. All services are free regardless of need, insurance eligibility, and/or community of residence. To learn more about us and how we can help your family or those you work with call 508-815-5100 or visit our Cape Cod Family Resource Center Facebook Page for events and information.

Cape Cod Neighborhood Support Coalition: The mission of the Cape Cod Neighborhood Support Coalition (CCNSC) is to strengthen families and the resources that support them in order to help prevent child abuse and neglect in our region. We promote effective community-based family support initiatives and collaborate with support providers, practitioners and policy-makers. Contact us at 508-771-4336 to learn more about how we can help your family or the families you work with.

Community Action Committee of Cape Cod and Islands: Emergency programming has been put in place to ensure that they can continue to provide critical services to clients while maintaining social distancing protocols for the health and safety of the community, clients and staff. While they have closed the building to walk-in traffic, the staff is available by phone and/or email. Please call 508-771-1727 and the staff will work with you to find the right solution for you and your family during this challenging time. To find out more visit cacci.cc.

Department of Mental Health: [DMH Multicultural Mental Health Resource Directory](http://www.mass.gov/dmh) This directory contains information about organizations in Massachusetts that offer linguistically and culturally appropriate mental health and related services for communities of color, LGBTQ community, immigrants, and refugees. www.mass.gov

Department of Transitional Assistance: DTA 1-877-382-2363 or www.dtaconnect.com
www.mass.gov/dta

Division of Housing Stabilization: DHCD Massachusetts 1-866-584-0653 To Apply for Emergency Assistance and to request EA Application Status

Domestic Violence/ Sexual Assault Hotline: Independence House staffs this hotline 24/7/365. You do not have to leave your relationship to get help and you do not have to press charges against your abuser. They will not notify the police unless you request it. They can help arrange emergency safe shelter for you and your family, as well as police intervention and medical care: 800-439-6507.

Families First: COVID-19 Parenting Tips and Resources. Informational resources to support families. Families-first.org

Family Nurturing Center: Important tips from the Nurturing Program during this challenging time: keep structure and routine in your home, model patience and calm, make time to nurture yourself, maintain appropriate expectations for children of different ages, have empathy for family members' feelings and needs and be sure to laugh and play: familynurturing.org

Grandparents Advocacy Group (GAP): Kerry Bickford of the Massachusetts Commission on the Status of Grandparents Raising Grandchildren and other service providers are available to meet informally with grandparents to answer your questions and direct you to resources. GAP is sponsored by Cape Cod Neighborhood Support Coalition and Cape Cod Family Resource Center. For additional information or to register email grandparents@capecoalition.com.

Good Grief Cape Cod: Our mission is to promote positive change regarding how we as a society respond to grief by providing community engagement opportunities, sharing information and educational workshops that will provide our community with ways to help children and families cope with death. For additional information call 774-302-0427 or email amy@goodgriefcapecod.org.

Housing Assistance Corporation Cape Cod: In order to keep clients and staff safe, Housing Assistance is moving all client services to phone calls or online until April 30, or until they receive other guidance from the CDC or the state regarding coronavirus. They are not currently holding walk-in office hours. To request assistance with housing, call (508) 771-5400 or email: hac@haconcapecod.org.

Independence House: In this current climate of uncertainty due to the coronavirus, the health and safety of survivors remains paramount, and Independence House continues to be a resource for those who need us. Our 24-hour hotline is always open and counselors are accommodating communication and scheduled sessions with clients by phone. If you wish to be in contact with a domestic or sexual violence counselor, please call their hotline at 800-439-6507.

Kennedy-Donovan Center, Cape Cod Community Services: KDC- Cape Cod Community Services, provides resource and referral services and "Across the Lifespan" support to individuals with developmental disabilities and their families. Our programs include Early Intervention, Family Support Center Services, Foster Care, Individual Supports, Residential Services, Adult Family Care and more. Anyone who needs help locating and accessing

community resources can benefit from the information and referral services offered by KDC Cape Cod Community Services. For more information contact: Kennedy Donovan Center

30 Ansel Hallett Rd

West Yarmouth MA 02673

Direct # 774-352-1333

www.kdc.org

Martha's Vineyard Family Resource Center

We help Island families and adolescents navigate life's challenges.

The Island Wide Youth Collaborative (IWYC), a [Massachusetts Family Resource Center](#), provides services for at-risk families, young people and community members. The goal of a Family Resource Center is to support families to strengthen their bonds, connect to others and engage in their community.

The center was formed in 2013 as a partnership between MVCS, [The Youth Task Force](#), [YMCA of Martha's Vineyard](#), [Martha's Vineyard schools](#) and the [Martha's Vineyard Hospital](#).

People come to the IWYC for a variety of reasons. We help connect those seeking help to resources available to them, both on and off-Island. While every situation is different, our staff uses community resources and on-Island treatment options to create a web of support tailored to each scenario. All services are free and confidential. For additional information, visit us at: <https://www.mvcommunityservices.org/services/youth-family-services/family-resource-center/>

Massachusetts Department of Elementary and Secondary Education: [online educational resources](#) for parents and students specific to online learning and Covid-19.

www.doe.mass.edu

MassHire Cape and Islands Career Center: Will continue to serve customers by phone and/or email. While the building is closed to walk-in traffic, the staff is available by phone and/or email. Please call 508-771-JOBS (5627) and the staff will work with you to find the right solution for you and your family during this challenging time.

National Suicide Prevention Lifeline: 24/7, 365-day-a-year hotline for people experiencing suicide crisis or emotional distress. Call 1-800-273-8255

Parents Helping Parents of Massachusetts- Parental Stress Hotline: Parents or guardians with problems relating to their children do not hesitate to call. Trained volunteer counselors offer a way to relieve stress in an environment which is non-judgmental along with being sympathetic. We offer a translation service so if you, or someone you know, needs a translator please don't hesitate to call, 1-800-632-8188.

PBS.org: Programming and informational resources specific to supporting parents on how to speak with young children about the Coronavirus (Covid-19). **Sesame Street.org:** Caring For Each Other.

Project Bread: [COVID-19: Hunger & Food Resources for Households](#) or call 1-800-645-8333 for assistance.

SafeLink: For anyone who is being affected by domestic violence or dating violence. Volunteers at SafeLink speak English and Spanish, and SafeLink also has a service that can provide.

SAMHSA Disaster Distress Helpline: 24/7, 365-day-a-year crisis counseling and support for people experiencing emotional distress related to natural or human-caused disasters. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

Sandwich Partnership for Families: Always fun, always free public programs of the Sandwich Schools, open to all families with young children. They have different times to enable everyone to participate, email us at lmelillo@sandwich.k12.ma.us, and they will include you in the activity. Check their website (www.sandwichpartnership.com) for new postings each week! Plus they have included more moving and grooving ideas for every age, and have posted a story on their home page about this “new normal” to share with your little ones! <http://www.sandwichpartnership.com/>

The Cape Cod Inter Group of Alcoholics Anonymous: Email: ccaa@capecodaa.net. All groups are listed on their website- most are online

The Children's Trust: They have a mission to stop child abuse in Massachusetts. We give parents the tools and resources to build self-confidence and gain lifelong skills to ensure children grow up safe and healthy. Please check out: **One Tough Job** – onetoughjob.org

The Coalition for Children: As in-person classes have been suspended to concerns over coronavirus (COVID-19), Early Education Specialists have put together a variety of literacy, art, music, movement science and Spanish activities to inspire you and your child at home. Please call if you have any questions 508-548-0151 x 172. coalitionforchildren.org

The Needy Fund: Those helped by the Needy Fund do not receive cash. Payments are made directly to vendors through a voucher system. The Needy Fund provides financial assistance for: Housing, Utilities, Food, Medical, Transportation, Moving, Camps, and Holiday. Please call 508-778-5661 or 1-800-422-1446. <https://needyfund.org/services/>

The Samaritans of Cape Cod and the Islands: The Samaritans Helpline is available to anyone who is in need of emotional support. Anyone can call or text the helpline to receive help from specially trained volunteers. 508-548-8900 or 1-800-893-9900

Violence Recovery Program: Developed by Fenway Health. Provides free and confidential support for LGBTQ people who have experienced domestic violence, sexual assault, and hate crimes or police misconduct. You do not have to leave your relationship to receive services. We also offer counseling and support groups for those seeking asylum and/or trainings. For additional information call 800-834-3242.

For any questions please email kdecosta@familycontinuity.org, Katie will be happy to assist you. To submit information for future editions of this newsletter, please e-mail: kdecosta@familycontinuity.org

