

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.

June 2020 Parent Education & Support Opportunities

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

Cape Cod Neighborhood Support Coalition:

“Consoling Partners/Addiction Loss” & “Nathan’s Circle” - Virtual meeting offered 1st and 3rd Wednesday of the month from 6:00-7:30PM. For more information, contact:

Jeanne Doherty Flynn: 508-360-3659 or consolingpartners@gmail.com

Kerry Bickford: 508-771-4436 or kbickford81@comcast.net

“Grandparents Raising Grandchildren Support Group” – This group offers a supportive environment for all grandparents that play a significant role in raising their grandchildren. Beginning in May, the group will meet virtually Tuesday nights from 7:00-8:00PM. Any relative/caregiver is welcome to join! For more information please email:

director@capecoalition.com

Cape Cod Family Resource Center:

“Active Parenting First Five Years” – This class provides guidance and support regarding raising a child from the ages of 0-5, exploring physical development, bonding with your child, and more. The program is designed to serve all parents of children age 5 and under.

Registration is required. This will be offered in an online platform. For more information please call: 508-815-5100

“Active Parenting of Teens” – This class will provide guidance and support regarding raising teenagers, and exploring opportunities for growth between parents and teens. The program is designed to serve all parents of teens and preteens. Registration is required. This will be offered in an online platform: Thursdays 5:00-6:30PM. For more information please call: 508-815-5100

“Family Coffee Chat” – Start your week with the Cape Cod Family Resource Center team! We can discuss topics such as; parent education, support groups, community resources, and family fun activities. Whether you just transitioned to Cape Cod or have always lived here, please join us on Monday mornings. Registration is required. This will be offered in an online platform: Monday mornings 10:00-11:00AM. For more information please call: 508-815-5100

“Grandparents Raising Grandchildren” – Led by Kerry Bickford, this group meets on the 3rd Wednesday of the month from 5:00-6:00PM. This group provides a supportive environment for all grandparents who play a significant role in raising their grandchild(ren). Registration is required. This will be offered in an online platform. For more information please call: 508-815-5100

“Multicultural Story Time” – Diverse books, cultural stories, and new lands explored throughout the pages of picture books! Join the Cape Cod Family Resource Center team for a global story time. This is offered from 11:30-12:00PM on Tuesdays and from 10:30-11:00AM on Fridays. Story time is open to all families. Registration is required. This will be offered in an online platform. For more information please call: 508-815-5100

“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. Must collect own materials in nature. Will require staple household items such as tape, glue, paper, and markers. Registration is required. This will be offered in an online platform from 11:30-12:00PM on Wednesdays and from 2:00-2:30PM on Fridays. For information and registration, please call: 508-815-5100

“School Q&A Series” - Join us virtually on Mondays from 1:00-2:00PM, for a live Questions and Answer Series regarding school, and online learning. We're here to support you! For more information and registration, please call: 508-815-5100

“Self-Care Saturday” - Join us virtually on June 20th from 9:30-10:15AM, for a self-care workshop. We'll be addressing ways to care for yourself, how it varies person to person, and ways to explore what works best for you! For more information and registration, please call: 508-815-5100

“Single Parenting Support Group” – Join our monthly group, in a supportive environment for single moms and dads to share successes, challenges, and resources. All single parents are welcome at this non-therapeutic gathering, regardless of child(ren)'s age(s) and parenting situation. Registration is required. This will be offered in an online platform: the 3rd Tuesday of the month from 5:30-6:30PM. For more information please call: 508-815-5100

Cape Cod Children's Place:

“Adult Yoga for Self-Care” -Focus on the importance of taking time for self-care. As we attempt to parent children and tend to our families, this class will aid in improving overall physical and mental health. The mindfulness and yoga practice can be done anywhere at any time, when it works best for your schedule, using the private Link provided to those who attend. This class is for all body types and levels of flexibility and strength.

“Baby's First Year” - For parents & caregivers with their infants, ages birth – 1 year. Join Ali Burns to share stories, ask questions, and get familiar with resources that support caregivers and their babies. Guest speakers will be invited on a variety of topics related to parenting, with discussions related to the various developmental stages during your baby's first year of life. Free virtual playgroup (until further notice) is offered Tuesdays (June 2nd, 9th, 16th, 23rd, & 30th) at 11:00 AM.

“Baby and Toddler Yoga Class” - Join Daniela Schwartzman, Certified Yoga Instructor via Zoom! This class is a hybrid class offered for parents to enjoy with their children, age 0 to 2. Learn a variety of unique and fun yoga postures designed to enhance parent/child

relationships and aid in the growth and development of your child. Virtual class is offered Wednesdays from 10:30-11:30AM.

“Circle Time” - Join us for an active, fun program with movement, music, books and songs! Miss Daniela from Harwich Community Center playgroups is bringing her "Circle Time" program into your homes using Zoom! Simple, meaningful activities are suggested to parents who want to extend the fun throughout the week, using the theme in that week's playgroup. This virtual playgroup for Toddlers and Preschoolers is offered Fridays (June 5th, 12th, 19th, and 26th) at 9:00AM.

“Dad's Group” -Studies show that children grow up happier and healthier with nurturing fathers in their lives. This group is designed for Dads and father figures at a time when stress can be high, life is unpredictable, and there is less social time in our lives. This virtual group is facilitated by Matt Daniels, LMHC, and is offered on June 25th from 3:00-4:00 PM.

“Mindfulness and Self-Care for Adults” -This 45-minute self-care session is designed for adults. Dan Schwartzman will provide an introduction into practical breathing and mindfulness techniques, teaching useful exercises that can be done anywhere.

“RISE Support Group” –Created to uplift and empower mothers affected by substance use disorders. Whatever your pathway to recovery, we believe in you and your ability to RISE. Group will be virtual Wednesdays from 6:00-7:00PM, registration is required for zoom meeting link. For more information call or email Diane:

dougunlade@capecodchildrensplace.org or 774-722-5403

“Tykes/Prek Yoga Class” Tyke Yoga was developed for parents and their children, ages 2 to 5 years old, to do together. Parents' participation in the comfort of your home is encouraged, and is offered using a virtual Zoom classroom until further notice. Each class will be based on a yoga story/theme uniquely designed from the children's ideas from the previous week!

To register for Cape Cod Children's Place groups/classes:

Email: cbiondi@capecodchildrensplace.com or Call: 508-240-3310

For more information please visit,

Facebook Page or www.capecodchildrensplace.com

Cape Cod Hospital:

“Baby Breakfast Club” – Free breastfeeding group to answer breastfeeding questions, and discuss breastfeeding topics at different stages of development. Zoom meetings will be held on Mondays from 10:00-12:00PM (except holidays). Facilitated by:

Heather Lakatos BSN, RN, International Board Certified Lactation Consultant

hlakatos2@capecodhealth.org

Diane Robertson BSN, RN, International Board Certified Lactation Consultant

dlrobertson@capecodhealth.org

“Mom’s Café” - Free group for all new moms. We discuss all topics that relate to being a new Mom! Fridays from 10:00-12:00PM. Facilitated by:

Ann Macdonald BSN, RN, Childbirth Educator

amacdonald@capecodhealth.org

For more information:

<https://www.capecodhealth.org/classes-events>

We also provide 1:1 visits (currently virtual) M-F

Warm line (508) 862-7266 -7 days a week

Falmouth Hospital (previously):

“Postpartum Support Group” - Being a Mom can be overwhelming and stressful. You are not alone! Join us for a weekly support group. We provide a welcoming, safe, and judgement free environment. This virtual meeting of supporting new mothers is held on Mondays from 4:00-5:00PM. For more information, please email: sdscharr@gmail.com

Fenway Health: “Transgender Support” – This group is a socially based group open to all Trans and gender expansive persons regardless of gender identity or expression, aged 18+. Offered via zoom/conference call. The 1st & 3rd Wednesday of every month from 5:30-7:00PM. For more information email: aburke@fenwayhealth.org

Heal Like A Mother: “A Postpartum Depression Support Group” – Becoming a mother presents with a lot of challenges and for many woman this time can be very overwhelming and intense. Whether you are a new mom, or a mom well on her journey, we welcome you to join us in a cozy, calming, open, and loving environment. Group is offered on a virtual platform, Tuesdays from 4:00-5:00PM. A private Facebook group has also been created. For more information and access to Facebook group and class:

Visit: Heallikeamother.com or Text Erin 508-317-0467

Kennedy- Donovan Center (KDC):

“ASD- Autism Spectrum Disorder Discussion Group” – Online group meets every Wednesday from 4:00-4:30PM. For more information, contact: John- jread@KDC.org

“Chair Zumba with Christina”- All ages and all abilities! Join Zoom Meeting every Monday in June (1st, 8th, 22nd, & 33th) from 10:30 – 11:10AM. For more information contact: Juliane- jdillion@KDC.org

“KDC Zoom Party with DJ Stylz”- Join Zoom Dance every other Friday in June (12th & 26th) from 6:30-8:00PM. For more information and access to the party, contact: Juliane- jdillion@KDC.org

“Parent Support Group” – Weekly Zoom meeting for Parents and Caregivers of Individuals with Developmental Disabilities. Support group offered every Thursday in June (4th, 11th, 18th, & 25th) from 6:30-7:30PM. For more information, contact: Juliane- jdillion@KDC.org

Learn to Cope: A free weekly meeting offering support, education, and resources for parents and family members coping with a loved one addicted to opioids. Group is being offered online Tuesdays from 7:00-8:30PM. For more information and zoom link email: lrc@learntocope.org

National Alliance on Mental Illness (NAMI) Cape Cod & Islands: offers education, support and advocacy for families coping with mental health issues. During this time, we continue to

offer online support groups. To register for a support group, and find helpful resources call NAMI at 508-778-4277.

“NAMI Basics” - is a free, 6-week course for parents and family caregivers of children and adolescents with emotional or behavioral issues. It provides critical strategies for taking care of your child and learning the ropes of recovery. NAMI Basics On Demand gives parents and caregivers the opportunity to participate on their own schedule. The six-module course covers the same material as the in-person NAMI Basics classes.

For registration: [Sign up for NAMI Basics on Demand](#) (opens in a new window).

PFLAG Cape Cod: Please join us for PFLAG Cape Cod’s Virtual Support Meeting Monday, June 15th from 7:00-8:00 pm (until 8:30 if needed). For the Zoom link and phone number, please contact Joe at joe@pflagcapecod.org or visit www.pflagcapecod.org to sign up for our emails and have that information sent to you!

Parent Information Network (PIN):

“Cape Cod PIN Caregiver Support Groups”: A confidential support group for parents raising children with emotional, behavioral, and mental health needs. This is an opportunity to connect with other parents and caregivers that understand the struggles and victories of raising challenged children. Virtual group held every Saturday from 10:00-11:30PM. For additional information or to RSVP please contact:

Michelle Lynds, Parent Coordinator, michellelynds@bamsi.org

“COVID Clinical Support Group”: During this unique and unsettling time, PIN understands the challenges of having a child with serious emotional/behavioral and mental health challenges at home and away from their normal routine. We have heard from you on how the COVID-19 outbreak has impacted your families with increased difficulties, concerns, and questions. This hour-long support group will be facilitated by clinician Melissa Moriarty, LMHC, and Heather Hogan, PIN Program Director. They will be available to listen to concerns and challenges surrounding your families while offering support and tips on coping with COVID-19. This Virtual group meets every Thursday from 4:00-5:00PM. For more information, please email:

PIN@bamsi.org

“Dadminion!” –This event is for dads and other men who are challenged by a child’s mental, emotional, or behavioral needs and exists to encourage and enable fathers to pursue the well-being of their children through positive leadership, provision, protection, and presence. This group meets virtually the second Saturday of the month from 5:00-7:00PM. For more information and registration, please call:

Chris Bean 508-947-8779

“PIN Youth Art Show” – Submit your child/youth’s themed art work from June 1st- June 30th, to be displayed in a virtual art show. The artwork will be displayed on the PIN website for the month of June. All participants will be receiving a participation prize! For submission, please email: PINtalentshow@gmail.com. For more information and submission assistance please contact:

Megan Howell- pin@bamsi.org or 508-947-8779 ext. 210

“PIN Kids Have Talent!” – Gathering submissions from our kids, highlighting their amazing skills and talents! For submission, please email: PINtalentshow@gmail.com. For more information and submission assistance please contact:

Megan Howell- pin@bamsi.org or 508-947-8779 ext. 210

“Special Education Question and Answer Session”: Do you have questions about your child’s special education rights during COVID-19? PIN is here to help! Held virtually every Wednesday from 3:30-4:30PM.

RSVP to PIN@bamsi.org

Rising Tide Women: “Breastfeeding and Chest Feeding Support Group” – this is a free, drop-in support group for all new parents and babies. We offer lactation consultant support, a scale to weigh your baby, and welcoming, nonjudgmental space to come with your parenting victories as well as your questions, concerns, and frustrations. This support group is facilitated by Liz Libby via Zoom on Tuesdays at 10AM. Check out their Facebook page or email:

info@risingtidewomen.com or www.facebook.com/risingtidewomen

Sandwich Partnership for Families: “Home is Where the Heart is”: This is a non-therapeutic group for adoptive families, foster families, kinship guardians, and anyone raising children in today’s world who may want support. Virtual meeting will be held, Thursday June 11th at 8:00PM. For more information, please email: vperry@cfservices.org

Set A Good Example (SAGE): Divorce has a profound impact on children; lessen the impact on yours. This class meets the court’s mandate for education for divorcing parents. For more information about this class and class times, please call:

Jessica 774-487-5386

WIC:

“Breastfeeding Moms Support Group (free) via Zoom”- Join our lactation specialist for a relaxing Zoom meeting to chat and share time with other moms. Bring questions or concerns, share your experience or just listen! Stay the 2 hours or just drop in for a little while! All are welcome! You do not need to be a WIC participant to attend. The group will be held via Zoom, Thursdays between 1:30-3:00PM, by Cheryl Donahue IBCLC, LCCE. Call or email us and get the Zoom link:

Call 508 -771-7896 or ccwic@healthImperatives.org

“Exploring Baby Behavior and Infant Care Zoom Class”- Join us to learn about newborn appearance and abilities; skin to skin; hospital procedures; sponge baths; ABC (All Babies Cry); baby wearing; holds; swaddling; and other soothing techniques. All are welcome! You do not need to be a WIC participant to attend. The group will be held via Zoom, June 9th & 23rd from 3:30-5:00PM, by Cheryl Donahue IBCLC, LCCE. Call or email us and get the Zoom link:

Call 508 -771-7896 or ccwic@healthImperatives.org

“Free Breastfeeding Class via Zoom”- Either if you decided to breastfeed or are still not sure you can join us to learn about it including: benefits, how it works, how to prepare to breastfeed, what to expect during the first days, what to do if it hurts, how to know baby is

getting enough, and where to find help. All are welcome! You do not need to be a WIC participant to attend. The group will be held via Zoom, June 2nd, 16th & 30th from 3:30-5:00PM, by Cheryl Donahue IBCLC, LCCE. Call or email us and get the Zoom link:

Call 508 -771-7896 or ccwic@healthImperatives.org

“Free Nutrition & Cooking Class via Zoom” – Join us from home! This class will focus on healthy eating on a budget and making easy, nutritious recipes that the whole family will enjoy. You are welcome to just watch, ask questions, and try the recipe on your own time, or you can plan to cook with us. This class is FREE and open to anyone who wants to join! You do not need to be a WIC participant to attend. The group will be held via Zoom, June 10th & 24th from 3:00-4:00PM, by Alice Townsend-Williams MS, RD, CLC. Call or email Alice and get the Zoom link:

Call 508 -771-7896 or atownsend@healthImperatives.org

Ongoing Resources

“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 12 steps of Alcoholics Anonymous themselves by giving understanding and encouragement to the alcoholic. For more information call: **508-366-4663**.

“Big Brothers Big Sisters of Cape Cod & the Islands”: Enrolling girls ages 7-14 and boys ages 7-12 across the Cape. Youth enrolled in this program are more confident, more likely to avoid drugs and alcohol, do better in school, have better relationships with friends and family, and feel better themselves. For more information and enrollment visit or call: www.BBBSCCI.org or **508-771-5150**.

“Cape Cod Family Resource Center (CCFRC)”: Provides your family with information and referrals, parent education and support, assists with navigating resources, conducts child and youth assessments, and much more. All services free to all families, regardless of need, insurance, and community of residence. To learn more about how we can help you and your family, visit us at: 29 Bassett Lane, Hyannis Ma or call: **508-815-5100**.

“Cape Cod Neighborhood Support Coalition (CCNSC)” The mission of the CCNSC is to strengthen families and the resources that support them in order to help prevent child abuse and neglect in our area. We promote effective community-based family support initiatives and collaborate with support providers, practitioners and policy-makers. To learn how we can help your family, please call: **508-771-4336**.

“Community Action Committee of Cape Cod & the Islands, Inc. (CACCI)”: Is a non-profit antipoverty, human service/ social action agency. The mission is to provide resources and skills to individuals and families in the region to attain and retain independence and economic

self-sufficiency through personal growth, family stabilization, life skills and employment readiness. For more information: www.cacci.cc or call 508-771-1727.

“Domestic Violence/Sexual Assault Hotline”: Independence House has a staffed hotline 24/7/365. You do **not** have to leave your relationship or press charges against your abuser to get help. Police will not be notified unless requested. Help with arrangement of emergency safe shelter for you and your family, as well as police intervention and medical care. Call **1-800-439-6507**.

“Fit to be Kids”: An outpatient program for children ages 4-15: Learn exercises, nutrition, and healthy lifestyle strategies located at Spaulding Rehabilitation Hospital Cape Cod, 311 Service Road, East Sandwich. For additional information or to register (including FEE schedule): Call Samantha Bassett **508-833-4197**.

“Food Source Hotline of Project Bread”: Having trouble making ends meet? We provide information and screen callers for food stamp eligibility, connect you to school meal programs, and other local emergency food resources in 160 languages. For more information: Call **1-800-645-8333**.

“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.

“Grandparents Advocacy Group (GAP)”: 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. For additional information or to register: Email grandparents@capecoalition.com.

“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/>

“Nantucket Family Resource Center (NFRC)”: Provides your family with information and referrals, parent education and support, assists with navigating resources, conducts child and youth assessments, and much more. All services free to all families, regardless of need, insurance, and community of residence. To learn more about how we can help you and your family, visit us at: www.NantucketFamilyResourceCenter.org or Call **508-815-5115**.

“Parental Stress Line”: You don’t have to keep doing it alone. Parents Helping Parents can help. Confidential and anonymous 24 hours/day, 7 days/week across Massachusetts. Call **1-800-632-8188**.

“The Samaritans on Cape Cod & the Islands”: Dedicated volunteers listen compassionately to anyone who needs to be heard. Some callers are considering suicide and some simply need a non-judgmental friend to validate their feelings and listen to their concerns. Confidential/Anonymous: Call **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 **1-800-834-3242**.

“WE CAN”: Collaborates with other organizations and local businesses to improve the quality of life in our community by ensuring lasting, positive change in the lives of women and their families. The goal is to empower Cape Cod women of all ages to navigate challenging transitions and achieve lasting positive change. For additional information: wecancenter.org

Please email Katie DeCosta at kdecosta@familycontinuity.org with any questions you may have or to submit information for future editions of this newsletter.