

CAPE COD FAMILY RESOURCE CENTER




29 Bassett Lane, Hyannis MA 02601

Monday 9 a.m. - 5 pm, Tuesday-Thursday 10 am - 7 pm, Friday 9 am - 5 pm

1st and 3rd Saturdays 9 am - 11 am

OCTOBER HAPPENINGS 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Family Cafe 11 - 12 pm Active Parenting First Five Years 1 - 2:30	2 Imagination Time 9:30 - 10 am Nature Crafts 2 - 2:30 pm	3 Open 9 - 11 am
5 Nature Crafts 10 - 10:30 am School Q&A Series 1 - 2 pm	6 Imagination Time 11:30 - 12 pm Active Parenting of Teens 5 - 6:30 pm	7 Resource Table Talk 12 - 1 pm Afterschool Line 5 - 7 pm Nurturing Fathers 6 - 8 pm	8 Family Cafe 11 - 12 pm Active Parenting First Five Years 1 - 2:30 Self-Care Workshop 5:30 - 6:30 pm	9 Imagination Time 9:30 - 10 am Nature Crafts 2 - 2:30 pm	10
12 Nature Crafts 10 - 10:30 am School Q&A Series 1 - 2 pm	13 Imagination Time 11:30 - 12 pm Active Parenting of Teens 5 - 6:30 pm Dads' Talk 6:30 - 7:30 pm	14 Resource Table Talk 12 - 1 pm Grandparents Raising Grandchildren 5 - 7 pm Afterschool Line 5 - 7 pm Nurturing Fathers 6 - 8 pm	15 Family Cafe 11 - 12 pm Active Parenting First Five Years 1 - 2:30	16 Imagination Time 9:30 - 10 am Nature Crafts 2 - 2:30 pm	17 Open 9 - 11 am Imagination Time 9:30 - 10 am Nature Crafts 10 - 10:30 am
19 Nature Crafts 10 - 10:30 am School Q&A Series 1 - 2 pm	20 Imagination Time 11:30 - 12 pm Active Parenting of Teens 5 - 6:30 pm Single Parenting Group 5:30 - 6:30 pm	21 Resource Table Talk 12 - 1 pm Afterschool Line 5 - 7 pm Nurturing Fathers 6 - 8 pm	22 Family Cafe 11 - 12 pm Active Parenting First Five Years 1 - 2:30 Self-Care Workshop 5:30 - 6:30 pm	23 Imagination Time 9:30 - 10 am Nature Crafts 2 - 2:30 pm	24
26 Nature Crafts 10 - 10:30 am School Q&A Series 1 - 2 pm	27 Imagination Time 11:30 - 12 pm Sweet Creations 6 - 7 pm	28 Resource Table Talk 12 - 1 pm Afterschool Line 5 - 7 pm Nurturing Fathers 6 - 8 pm	29 Family Cafe 11 - 12 pm Fall DIY Pick Up 10-7 pm	30 Imagination Time 9:30 - 10 am Nature Crafts 2 - 2:30 pm	31 

In October
All programming will
continue to be held in an
online platform

**Please be sure to
check out our new
interactive
programming**

- **Imagination Time**
- **Family Cafe**
- **Dads' Talk**
- **Afterschool Line**
- **Resource Table Talk**
- **Sweet Creations**

Coming In November

- Nurturing
Father's Program
- Active Parenting
of Teens
- Active Parenting
First Five Years

All Programs and Classes
are FREE

For registration
information or details
about classes and
programs, please see
reverse side. Please call
508-815-5100 for more
information.

For more information, please see the reverse side, or call us at **508-815-5100**.

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

Family Cafe

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

Imagination Time

Engage your 2-5 year olds in diverse stories, movement time, crafts and sing-alongs. This is offered weekly and is open to all families. Registration is required, this will be offered in an online platform. For more information please call us at 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. For more information, please contact us at 508-815-5100.

Grandparents Raising Grandchildren

Our Grandparents Raising Grandchildren Support Group with Kerry Bickford meets on the third Wednesday of the month. 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 and registration, please contact us at 508-815-5100.

Active Parenting of Teens

This class provides 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. For additional information and registration please contact us at 508-815-5100.

Self-Care Workshop

Join us virtually on Wednesday, October 8th and Wednesday, October 22nd for a self-care workshop. We'll be addressing ways to care for yourself, how it varies from person to person, and ways to explore what works best for you! Registration is required and this will be offered in an online platform. For more information and registration, please contact us at 508-815-5100.

School Questions & Answers Series

Join us virtually on Monday's for a live Q&A to ask questions regarding school – COVID-19 related, and other. We're here to support you! For more information and registration, please contact us at 508-815-5100.

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 contact us at 508-815-5100.

Nurturing Father's Program

Join us virtually on Wednesday evenings for a 13 week interactive class that offers all dads an opportunity to enhance their fatherhood skills. Registration is required, this will be offered in an online platform. For more information, please contact us at 508-815-5100.

Dads' Talk

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

Resource Table Talk

Join the Cape Cod Family Resource Center team and occasional special guest to discuss important topics every Wednesday. Each week we will alternate discussing local resources for food and household supplies, housing, utilities, technology, and education. Registration is required, this will be offered in an online platform. For more information please contact us at 508-815-5100.

Afterschool Line

This call in line is available from 5-7 pm every Wednesday to assist with incorporating study tips, homework help, hybrid and remote learning, and more! Registration is not required. Please feel free to contact us at 508-815-5100.

Sweet Creations

Join us for a virtual ice cream social, and a fall related family fun activity! We will provide the ice cream and supplies for the family activity. This month we will decorate pumpkins. Registration is required as limited spots are available. This will be offered in an online platform. For more information please contact us at 508-815-5100.

Fall DIY Pick Up

Interested in DIY fall activities at home? Be sure to register for our Fall DIY pick up event, where families can pick up fall related DIY activities - fall photobooth cut outs, pumpkin crafts, and more! Limited spots are available and registration is required. After registering come to the Cape Cod Family Resource Center to pick up your supplies! For more information please contact us at 508-815-5100.



For more information, please see the reverse side, or call us at **508-815-5100**.

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