

# 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.*

### **January 2021 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” – A group for adults who have experienced the loss of a loved one to addiction. Meetings are held:

- 2<sup>nd</sup> Tuesday of the month from 5:30-7:00 PM.
- 3<sup>rd</sup> Wednesday of the month from 6:30-8:00PM. For more information, please contact:

Kerry Bickford: [kbickford81@comcast.net](mailto:kbickford81@comcast.net) or Jeanne Flynn: [consolingpartners@gmail.com](mailto:consolingpartners@gmail.com).

“Dads Talk”– Are you a Dad looking for peer support around fathering? Are you a Grandfather or Uncle who is raising or helping to raise children? Connect with others and chat about parenting (or whatever is on your mind). You are welcome to join regardless of your child(ren)’s age(s), or parenting situation. This support group is facilitated by Mark Abbott, LICSW, Falmouth Human Services. Group will meet virtually, January 21<sup>st</sup> from 7:00-8:00PM. For more information, and registration, please call or email: 508-771-4336 or

[director@capecoalition.com](mailto:director@capecoalition.com).

“Grandparents Raising Grandchildren Support Group” – This group offers a supportive environment for all grandparents that play a significant role in raising their grandchildren. The group will meet virtually the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday, at 6:30PM. Any relative/caregiver is welcome to join! For more information please email: [director@capecoalition.com](mailto:director@capecoalition.com)

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#### **Cape Cod Family Resource Center:**

“Afterschool Line”– This call line is available from 5:00-7:00PM 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.

“Active Parenting” –We have a variety of upcoming Active Parenting classes beginning in January. Starting the week of January 18<sup>th</sup>, we will be offering Active Parenting First Five Years, Active Parenting 4<sup>th</sup> Edition (ages 5 -12 years old), and Active Parenting of Teens. Please contact us to discuss what class might be the best fit for you. These classes are 6-weeks long and will be held online.

Active Parenting Fourth Edition starts January 18<sup>th</sup> 1:00 – 2:30 PM

Active Parenting of Teens starts January 19<sup>th</sup> day and evening classes available

Active Parenting First Five Years starts January 20<sup>th</sup> 1:00 – 2:30 PM

“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, in collaboration with Cape Cod Children’s Place. This supportive group will be facilitated by Paul Melville, and held on Tuesday, January 12<sup>th</sup>, from 6:30-7:30PM. For more information please call: 508-815-5100.

“Dads’ Squad”- Father figures and caregivers are welcome to join us virtually on Saturday, January 9<sup>th</sup> to enjoy games together. We will play some classic games and introduce some new ones during this Saturday morning family time. For more information, and to register, please contact us at 508-815-5100

“DIY Family Fun Kit” - Interested in DIY activities at home? Be sure to register for our fun activities for the whole family! Registration is required. After registering come to the Cape Cod Family Resource Center January 11<sup>th</sup> – 15<sup>th</sup> to pick up your supplies! For more information please contact us at 508-815-5100.

“Elephant in the Room”- A virtual support group for children ages 9 – 12 years old who have been impacted by family members substance use or addiction. The group will run for 6 - 8 weeks, and is facilitated by our clinician. For more information, and to register, please contact us at 508-815-5100.

“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.

“Grandparents Raising Grandchildren” – Our Grandparents Raising Grandchildren Support Group facilitated by 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.

“Little Artists” - Join us virtually to make fun art projects designed for kids 2-8 years old. Hands-on activities to teach basic art skills. This will be offered in an online platform, to register call 508-815-5100.

“Nature Crafts” –Come and join us for an interactive class that encourages families to get outside and participate in a scavenger hunt for craft materials. With guidance, imagination, and a few items, fun crafts can be accomplished. For more information, and to register, please contact us at 508-815-5100.

“Resource Table Talk” - Join the Cape Cod Family Resource 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.

“School Q&A” - Join us virtually on Mondays for a live Questions and Answer Series to ask questions regarding school-COVID-19 related and other. We’re here to support 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 3<sup>rd</sup> Tuesday of the month from 5:30-6:30PM. For more information please call: 508-815-5100.

“Sweet Creations” – Join us for a virtual ice cream social or sweet treat activity on Thursday evenings! We will provide the ice cream or sweet treats for your family. Registration is required. This event will be offered in an online platform, for more information, and to register please contact us at 508-815- 5100.

“Vision Boards” - Start the New Year off with a vision board! We will be offering this programming multiple times throughout the month. Children are invited to participate on Monday mornings. Adults can join us on Tuesday afternoons during your lunch hour. Lastly on Friday afternoons, teens are welcome to design their vision for 2021. This program will be held virtually with us. To register, please contact us at 508-815-5100.

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## **Cape Cod Children’s Place:**

### **“Parent/Support/ Education Programs”**

“Raising Healthy Families with Cindy Horgan”: Two 6 week series. Begins January 13<sup>th</sup> at 10:00AM & January 14<sup>th</sup> at 6:00PM.

“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 email: [cconnell@capecodchildrensplace.com](mailto:cconnell@capecodchildrensplace.com)

“Sensational Talks”- 3 part sensory series: January 19<sup>th</sup>, February 2<sup>nd</sup> & 16<sup>th</sup> from 6:00-7:30PM with Melissa Alves, Pediatric Occupational Therapist.

“Taming Toddlers Talk Time”- Parent discussion during naps with Mary Wilson. Tuesdays, from 1:00-1:30PM, for 10 weeks. Kit included for ages 2-5 years old.

**“Parent/Child Activities”**

“ART stART”- Thursdays from 9:30-10:30AM with Dot to Dot Workshop educator, Alex Roberts, ages 3-5.

“Baby’s First Year”- Wednesdays from 11:00AM-Noon with Ali Burns, Stroller trail walks or Zoom (weather permitting), birth-1 year.

“Baby Music”: This 9-week series meets on Mondays, from 11:00-11:30 AM. For babies, toddlers and caregivers.

“Chicka Chicka Zoom Zoom for Toddlers”- Kits, books, songs, and rhymes with Lucy and Ann. Fridays from 11:00-11:30AM.

“Circle Time Zoom Playgroup”: Two, 6 week sessions on Fridays, from 9:30-10:15AM. Playgroup with Daniela for ages 3-8 years old.

“Little Engineers, Builders & Inventors and Little Sensory Explorers Kits”: Two 5 week sessions with Zoom Show and Tell!

“Little Language Learners”: Spanish & Culture with Miss Monica, for 9 Saturdays, from 10:30-11:15AM. Ages 3-8 years old.

“Nature Explorers Family Activity Kits”: Discovering Winter, Wednesdays for 10 weeks, from 10:30-11:00AM. For ages 3-8 years old.

“PJ Songs & Stories”: Tuesdays for 6 weeks, from 6:00-6:30PM. Virtual Song & Storytime with Miss Mary, for ages 2-6 years old.

“Story & Craft with Jill and Mary”: Thursdays, from 10:30-11:00AM, for 10 weeks, ages 3-8 years old.

“Tykes/Pre-K Yoga, Music & Movement”: Two 6 week series, Mondays from 9:30-10:15AM with Daniela. Ages 2-5 years old.

To register for links to Cape Cod Children’s Place groups/classes:

Email: [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com) or Call: 508-240-3310

For more information please visit, Facebook, YouTube, & [www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)

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**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 10:00-11:00AM (except holidays). Facilitated by:

Heather Lakatos BSN, RN, International Board Certified Lactation Consultant

[hllakatos2@capecodhealth.org](mailto:hllakatos2@capecodhealth.org)

Diane Robertson BSN, RN, International Board Certified Lactation Consultant

[dlobertson@capecodhealth.org](mailto:dlobertson@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](mailto: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

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### **Coalition For Children:**

“Active Parenting First Five Years” - Free 8-week parenting course for parents and caregivers. Meets Tuesdays via Zoom starting January 19<sup>th</sup>.

“Baby Sign with Sheryl” - In this 4-week Zoom series, you will learn everything that you need to know to get started signing with your baby (ages 6 months-preverbal) right away. Meets Tuesdays at 10:30AM.

“Dads & Littles” - with Danny Rodrigues, LICSW: A meet-up for new and seasoned dads to connect, ask questions, and learn about resources available to their families. Meets virtually on Zoom, the 2<sup>nd</sup> Tuesday of each month at 6:00PM. This is a partnership between FIRST Steps Together-Cape Cod Children’s Place and The Coalition for Children. Free thanks to the Coordinated Family and Community Engagement (CFCE) Grant. For more info and to get the meeting link, email [CapeDadsGroups@gmail.com](mailto:CapeDadsGroups@gmail.com).

“Dad’s in Recovery” - with Adam Schwamb and Danny Rodrigues LICSW: live chat on Zoom for dads in recovery to connect with other dads who understand what it is like to raise a child while in recovery, or working towards recovery. In partnership with FIRST Steps Together-Cape Cod Children’s Place, this group will be offered the 4<sup>th</sup> Tuesday each month at 6:00PM.

Register by email: [capedadsgroups@gmail.com](mailto:capedadsgroups@gmail.com).

“Hola! Spanish for Kids:Animals” - Learn Spanish from a native speaker right in your living room with a 30 minute class geared for young children (ages 2-4 years) and their caregivers. Virtual meeting joins, Wednesdays, at 9:30AM.

“Little Art Studio” – A virtual 6-week class for children (15 months -4 years) and their caregivers, featuring creative art activities with Licensed Art Teacher, Molly Henriksen-Rowland. Virtual meeting joins, Mondays, at 4:00PM.

“POP: Playing on Purpose” - Parent coaching sessions for families with children ages birth-8 years old. With Kelly A. Rodriguez, certified life specialist. Beginning Monday, January 25<sup>th</sup> from 1:30-2:30PM on Zoom.



“Think like a Kindergartener”- A special monthly program for incoming kindergartener families in Falmouth & Mashpee schools.

“Virtual Hola Spanish for Kids”- At your own pace videos geared for young children and their caregivers. Videos posted Mondays, on YouTube.

“Virtual Play & Learn”- A clickable list of literacy-based activities using materials you have at home, emailed daily.

For registration, please email: [bgay@falmouth.k12.ma.us](mailto:bgay@falmouth.k12.ma.us)

[Sign up](#) to get notified of the new stories each week or follow us on [Facebook](#) and [Instagram](#).

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### **Falmouth Breastfeeding Support:**

“Breastfeeding Support Group” –facilitated by Suzan Scharr, RNC and board certified lactation consultant. All are welcome to this free group. Virtual meetings are held, Thursdays at 10:00AM. For more information, please email: [sdscharr@gmail.com](mailto:sdscharr@gmail.com).

“Postpartum Support Group: Support & Healing for New Mothers”- 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 5:00-6:00PM. For more information, please email: [sdscharr@gmail.com](mailto:sdscharr@gmail.com).

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**Fenway Health:** “Transgender Social Support Group” – This 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 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of every month from 5:30-7:00PM. For more information email: [aburke@fenwayhealth.org](mailto:aburke@fenwayhealth.org).

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**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](http://Heallikeamother.com) or Text Erin 508-317-0467

### **Kennedy- Donovan Center (KDC):**

“ASD-Autism Spectrum Disorder Chat Room”- An opportunity for people on the spectrum to connect and relate in a relaxed, informal virtual setting. Offered on the second and fourth

Wednesdays of each month from 4:00-4:45PM, with John Read: [jread@KDC.org](mailto:jread@KDC.org). All ages welcome!

“Chair ZUMBA with Christina”- All ages and all abilities welcome! Every Monday from 10:30AM-11:10AM.

“Conversations that matter” - Diversity & Inclusion with Marie Younger Blackburn- *“Let Me Tell You A Story”*. Topics include: inclusion, race relations, disabilities, mental health, etc.

“Creating the Future through Vision Planning” -This vision focused group meets monthly to discuss topics relevant to LIFE TRANSITIONS for individuals (of all ages) with developmental considerations. This group is personalized and pro-active. New families welcome.

“Guided Drawing and Coloring with Samantha” –Offered Tuesdays, at 4:30PM.

“Slow Flow YOGA with MC Starr”- Offered every Wednesday at 10:00AM.

“Special Needs Trusts and Wills”- With Attorney Jude J. Kostas. For questions or more information, contact: Al Dolan: [adolan@moodystreet.com](mailto:adolan@moodystreet.com)

“Parent/Caregiver Support Group”- For parents and caregivers of individuals with special needs. Offered every Thursday from 6:30-7:30PM.

For information and to request specific offerings for additional free online classes, including ART and Music, please contact Nicole Pereira: [npereira@kdc.org](mailto:npereira@kdc.org)

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**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](mailto:lrc@learntocope.org).

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### **National Alliance on Mental Illness (NAMI):**

“Falmouth Support Group for Families with School Aged Children”- Beginning in October, the Support Group will meet the first Thursday of each month at 7:00PM. Julianne Sullivan will facilitate this support group via Zoom. For more information, please call:

Julianne Sullivan: 508-778-4277

“Family and Friends of People with Mental Illness” –Support groups hosted and facilitated by NAMI. Currently offering most support groups in a Zoom format. Anybody interested in participating can contact Kim by either calling the office between 9:00-1:00PM, Monday through Friday; or emailing: 508-778-4277 or [klemmon@namicapecod.org](mailto:klemmon@namicapecod.org)

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**PFLAG Cape Cod:** Please join us for PFLAG Cape Cod’s Virtual Support Meeting Monday, January 18<sup>th</sup>, from 7:00-8:00PM (until 8:30 if needed). For the Zoom link and phone number, please contact Joe at [joe@pflagcapecod.org](mailto:joe@pflagcapecod.org) or visit [www.pflagcapecod.org](http://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](mailto:michellelynds@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

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## **Rising Tide Women:**

“Infant 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](mailto:info@risingtidewomen.com) or [www.facebook.com/risingtidewomen](https://www.facebook.com/risingtidewomen)

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## **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. For more information, please email:

[vperry@cfsservices.org](mailto:vperry@cfsservices.org)

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**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

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## **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](mailto: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, Tuesdays 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](mailto: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, Tuesdays 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](mailto:ccwic@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](http://www.BBBSCCI.org) or **508-771-5150**.

**“Cape Cod Family Resource Center”:** 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”:** 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](http://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](mailto:amy@goodgriefcapecod.org).

**“Grandparents Advocacy Group (GAP)”:** Grandparents Raising Grandchildren on Cape Cod: A group of dedicated individuals who are committed to the best interest of the children being raised by their grandparents.

For monthly newsletter please sign up at [grgcapecod@gmail.com](mailto:grgcapecod@gmail.com)

**“Martha’s Vineyard Family Resource Center”:**

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”:** 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](http://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](http://wecancenter.org).