

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.

July 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

“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, July 23rd from 7:00-8:00PM. For more information, and registration, please call or email:

508-771-4336 or 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 July 28th, at 7:00PM. 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: Tuesday 5:00-6:30PM. For more information please call: 508-815-5100.

“Cape Cod Toy Library Workshop” - Join us Wednesday, July 15th for Cape Cod Toy Library Workshop. Cape Cod Toy Library’s founder, Deb Willsea, will share resources and facilitate a “parent talk” discussion on how playful parenting and play can nurture children’s growth. For more information please contact us at 508-815-5100.

“Family Coffee Chat” – 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 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.

“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 July 18th 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 Video” -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. This class is for all body types and levels of flexibility and strength.

“Mindfulness and Self-Care for Adults Video” - Please enjoy this 4 part self-care video, for men and women. Recharge, relax, learn new tools and take time for yourself. Developed and

facilitated by Dan Schwartzman, these classes will provide an easy introduction to practical breathing and mindfulness techniques, teaching useful exercises that can be done anywhere, at your leisure, to incorporate into your life.

“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

To register for links to 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

hllakatos2@capecodhealth.org

Diane Robertson BSN, RN, International Board Certified Lactation Consultant

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

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

Coalition For Children:

“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 (until in-person meetings are safely allowed) on the 2nd Tuesday of each month at 6pm. For more info and to get the meeting link, email CapeDadsGroups@gmail.com. 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.

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.

“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 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): “Activity and Support Group for ages 18+”- *“An Evening Out with Dr. Sally”* -Offered Tuesdays, July 21st and 28th from 7:00-8:00PM.

“ASD-Autism Spectrum Disorder Discussion Group”- Offered every Wednesday from 4:00-4:30PM, with John Read: jread@KDC.org. All ages welcome!

“CAST-Cape Advocates Standing Together”- Advocacy network 16+, first Tuesday of each month from 4:00-5:30PM.

“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,”* July 8th at July 22nd from 4:00-5:00PM. Topics include: inclusion, race relations, disabilities, mental health, etc.

“Cooking Class with Chef Ralph”-Offered bi-weekly, Fridays July 10th and 24th at 11:30AM.

“Friday night virtual dances with DJ Jon”- Offered bi-weekly, Friday July 10th from 6:30-8:00pm with DJ Jon.

“SIB Saturdays” -First Saturday of each month 10:00AM with Nicole Pereira nperiera@kdc.org .

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

“Social Security 1:1 Benefit Counseling for Transition Age 14+”- Open schedule week of July 6th.

“Parent/Caregiver Support Group”- For parents and caregivers of individuals with developmental disabilities. 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 Juliane: jdillon@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): “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

PFLAG Cape Cod: Please join us for PFLAG Cape Cod’s Virtual Support Meeting Monday, July 20th from 7:00-8:00PM (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

“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” & “PIN Kids Have Talent!”

Check out submitted artwork, skills, and talents from our kids displayed on the PIN website!

For more information, please contact: Megan Howell 508-947-8779 or pin@bamsi.org.

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 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 July 9th 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, 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

“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

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”: 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 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”: 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.

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