Special Thanks!

A big THANK YOU to Cedarworks, Inc., Shepley Lumber, Inc. and Certainteed Building Products, Inc. for donating materials and labor for the installation of a much needed new roof at our Eastham location. Thank You! To all that helped with the build for our new Sea Babies playground: Joe MacMahon & crew from Ultiplay, Emma Albert, Anna Swaby, Kathy Fee, Jeff Leary, Cindy Horgan, Sea Babies teachers, Suzanne Grout Thomas, Kristen Roberts, Liz Sorrell, Town of Wellfleet, and a huge thank you to Corey Brundage for lending a hand in the final hours! Thank You! To Elks & Kathy Gill for helping with our family picnic...

Elizabeth Aldred recognized as “Unsung Heroine”

On June 17, Elizabeth Aldred went to the State House to receive an award from the Massachusetts Commission on the Status of Women (MCSW) as one of the Commonwealth’s “Unsung Heroines of 2015”

These awards are presented to women who have been nominated by legislators from their districts and selected for their contributions to their community and to the state. MCSW states that recipients’ “don’t always make the news, but they truly made a difference in their communities”.

Elizabeth retired in January from her full-time job as grant-writer at Cape Cod Children’s Place after 20 years, and continues to work part-time with community initiatives through the organization.

“It has been very rewarding to be part of the creation and building of Cape Cod Children’s Place”, she said, “and I am grateful to remain involved with the amazing work we do with families and children. We are a grassroots organization and the community is at the heart of everything we do”.

Transitioning to Kindergarten*

Starting school can be scary and exciting for both you and your child. Effective kindergarten teachers know that children are individuals who each start kindergarten with a wide range of skills. You do not need to drill your child with letters, numbers, and facts, before school starts. But there are some things you can do to prepare both you and your child for kindergarten. Here are some ideas.

**Before school starts:** Send a note to the nurse and to the teacher if your child has allergies or special needs. Do this even if you have indicated this on other forms already. It may be critical for teachers to know that your child reacts to bee stings, has food allergies, or has hearing or vision modifications. As a parent, you have the responsibility to advocate for your child’s health and safety.

**Visit the school and meet the teacher.** If there is a visiting day to meet your child’s teacher and visit her classroom before school starts, make sure to participate. If you missed visiting day or the school does not offer one, call to see if you can arrange a quick visit to see the school and to meet the teacher with your child.

(Continued on page 2)
**Transitioning to Kindergarten**

- **Start your school routine early.** To reduce stress and get used to new routines adjust new bedtimes or wake up times a few weeks before school begins. Routines are comforting for us and for children. Read a soothing bedtime story every night to help your child fall asleep with comforting thoughts. Do not watch the news or violent programs in the evening.

- **Label everything.** Make sure to label backpacks, lunch boxes—everything your child brings to school. This includes her! If your child's school has not supplied a nametag, make one. It should have your child's name, address, and a phone number where a parent/guardian can be reached, the name of the teacher, and how your child gets home from school.

- **Read books together about starting school.** You can ask your local librarian for suggestions or try some of these:
  - Miss Bindergarten Gets Ready for Kindergarten, Joseph Slate (Illustrated by Ashley Wolff)
  - Seven Little Mice Go to School, Kazuo Iwamura
  - Pete the Cat: Rocking in My School Shoes, Eric Litwin (Illustrated by James Dean)
  - Mom, It's My First Day of Kindergarten, Hyewon Yum
  - Yoko Learns to Read, Rosemary Wells

**On the first day school:**
- **Be positive.** Give your child a smile and a hug, tell her you love her, and wave goodbye.
- **Help your child say goodbye.** Saying goodbye in a new setting can be frightening for some children. When you say goodbye (either at the bus or at school), reassure your child that you will see her later. Mention a specific time and a concrete activity, for example “I will pick you up before lunchtime and we will have lunch together.”

- **Avoid behaviors that might upset your child.** For example, try not to:
  - Cry as you wave to your child through the bus window.
  - Argue with the bus driver who may be late the first few days. (The drivers need time to learn the route and talk to anxious parents)
  - Battle with your child about an outfit you want her to wear. (She doesn’t have to be the school fashion queen.)
  - Force your child to eat a big breakfast (She may be nervous and it might be better to eat lightly than to have a stomachache, for the first couple of days).

**Wait to ask the teacher your Specific questions.** The first day of school is not the time to bombard the teacher with personal requests and information. Remember, your child is one of 20 or 25 children. Trust that the teacher is a professional who will make your child feel welcome and help her feel like a member of the classroom community.

*adapted from Janis Strasser’s “Transitioning to Kindergarten” http://families.naeyc.org

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**Healthy Summer Snacks**

- **Watermelon “Cookies”:** Use Cookie cutters to cut shapes of thin watermelon slices. “Frost” with yogurt & decorate with fruit, nuts, and seeds.

- **Fruit & Cheese Kabobs:** low-fat mozzarella cheese cubes. (tip: string cheese works well too and children can carefully cut them with a plastic knife or popsicle stick!). Take a toothpick or plastic coffee stirrer & have children “thread” the kabob with chunks of cheese and fruit. Fruit ideas: grapes cut in half and canned pineapple chunks.

- **Easy Peasy Trail Mix:** In a large bowl mix two or more lower-sugar dry cereals (try Chex, Kix or Cheerios) with dried raisins or dried cranberries. Serve with low fat milk.

- **Broccoli Forest with Snow Capped Trees:** Mix dried dill and garlic powder with light sour cream or cottage cheese (or mix 1/2 package of dry ranch dip with fat free plain yogurt or sour cream). Put on a shallow dish or plate and stand up some broccoli and cauliflower pieces to make your forest!

- **Strawberry “Pizza”:** Graham cracker topped with cream cheese & slice strawberries.

- **Ants on a Log:** Wash celery stalks and cut into 2 or 3 pieces. Fill with nut or sunflower seed butter & top with raisins. Serve with low fat milk.

- **Whole Grain Cinnamon Raisin Toast “Sticks” with Orange Slices:** Toast the bread, spread with a small amount of butter (or light cream cheese), slice into “sticks” and serve with orange slices, 1/2 of a Clementine orange or canned mandarin oranges packed in juice or light syrup.

- **Pizza Fondue:** Heat up some spaghetti sauce, stir in some ricotta, cottage cheese or shredded mozzarella cheese. Heat until cheese melts. Serve with crunchy vegetables and chunks of crusty bread for dipping.
**Advocacy Corner**

**Childcare Funds**

The next round of applications to the Lower Cape Emergency Child Care Fund must be submitted to Cape Cod Children’s Place by Tuesday, July 7. This fund is available to families living on the Lower and Outer Cape, to help pay childcare fees for children from birth on, in short-term and emergency situations.

The fund is administered by Cape Cod Children’s Place and support by donations from organizations, churches and individuals in the community, and by the Cape Cod Times Needy Fund. Visit www.capecodchildrensplace.com (http://www.capecodchildrensplace.com) or call Karen at 508-240-3310 for applications to this and other sources of childcare tuition assistance.

**Elizabeth Aldred Scholarship Fund**

Applications are now being accepted for the Elizabeth Aldred Scholarship. Interested individuals should write letters telling their story and need. Scholarships can be used for any costs associated with furthering their education and/or meeting their goals including education, computers, gas cards, etc.

**Wellfleet Food Pantry**

First time users must first register with the Lower Cape Outreach Council.

Volunteers are always welcome to help serve clients. Please call the Pantry to volunteer. You can also help by bringing food by the Pantry during open hours, or by sending a financial contribution to the Wellfleet Food Pantry, PO Box 625, South Wellfleet, MA 02663.
Free Summer Fun at your local library...

**Brewster Ladies’ Library**  
508-896-3913
Sat., June 27, 1-5 pm—Games Day  
(ages 8 and up)
Thurs., July 9, 2 pm—Curious Creatures Animal Show  
(all ages)
Friday, July 10, 2 pm—Local Heroes: meet a police officer and a firefighter  
(ages 4 and up)
Sat., July 11, 11 am—Meet the Whitecaps  
(all ages)
Tues., July 14, 10 am—3 pm—4H Coastal Explorer  
(all ages)
Thurs., July 16, 1 pm—Full S.T.E.A.M. Ahead Science Fun Fair  
(ages 5 and up)
Tues., July 21, 2 pm—Sparky’s Puppet Show: “Every Hero Has a Story”  
(all ages)
Sat., July 25, 1-5 pm—Games Day  
(ages 8 and up)
Tues., July 28, 11 am—Jungle Jim’s Superhero Training
Balloon Show  
(ages 3 and up)
Fri., July 31, 1 pm—Harry Potter’s Birthday Party  
(all ages)
Thurs., August 6, 2 pm—Boston Museum of Science: Science Magic  
(ages 4 and up)
Tues., August 11, 2 pm—Nintendo Wii Party  
(ages 5 and up)
Thurs., August 13, 2 pm—Bubbleology Show  
(all ages)
Sat., August 15, 2 pm—End of Summer Reading Party and Magic Show  
(all ages)

**Brooks Free Library, Harwich**  
508-430-7562
**Storytime**—Tuesdays at 10:30 am
**Mother Goose on the Loose**—Fridays 10:30 am
**Creative Movement**—2nd & 4th Wednesdays 11:15 am
Tues., July 7, 2 pm—Barn Babies
Wed., July 8, 4-5 pm—Lego Free Play  
(all ages)
Thurs., July 16, 2:30 pm—Rainforest Reptiles
Sat., July 18, 10:30 am—Pitter Patter Puppets
Wed., July 22, 4 pm—Lego Free Play
Thurs., July 23, 10:30 am—Magic Show

**Sat., August 15, 2 pm—End of the Summer Reading Program Party—Ice cream/raffle drawing for exciting prizes**

**Eldredge Public Library, Chatham**  
508-945-5170
(most programs require pre-registration)

**Drop-in Storyhour**—Saturdays, July 18th-Aug. 1st:10:30 am (3-5 yrs.)

**Wee Read Storytime/Playgroup**—Fridays July 10—Aug. 14: 9:45—10:45 am (18 mos.—3 yrs)

**Monomoy Storytime**—Tuesdays, July 7 & 21 and Aug. 4 & 11, 1:30—3 pm  
(grades K to 2) registration required

**Itsy Bitsy Yoga**
Thursdays, July 9-August 13
Tyke (24 mos.—4 yrs.) 9 am  
Tot (crawlers—24 mos.) 10 am
Infant (newborn-pre-crawling) 11 am

**Yoga Friends**
Thursdays, July 9—Aug. 13  
1:30-3pm (registration required)

Tues., June 30, 1:30 pm—Summer Reading Kick-off Celebration with Robert Rivest’s “Every Hero Has a Great Story”
Tues., July 7, 5 sessions between 10 am & noon (call to register) - Barn Babies
Sat., July 11, 10:30 am—Mr. Vinny’s Little Puppet Show  
(ages 3 & up)

Tues., July 14, 1:30 pm—Malik the Magic Guy  
(grades K and up)
Sat., July 25, 10:30 am—Davey the Clown
Tues., July 28, 1:30 pm—Jungle Jim’s Superhero Training  
(grades K and up)

Fri., July 31, 10 am—Making Music with Ellen Hoffman  
(ages 2 & 3 yrs) Registration required.
Wed., Aug. 5, 1 pm—Vermont PuppeTree Presents: Swimmy by Leo Leonni and the Swimmer  
(PreK-grade 2)
Sat., Aug. 8, 10:30 am—Rick Goldin’s Everyday Heroes, Songs, and Fun  
(ages 3 & up)
Sat., Aug. 15, 11 am—12:30 pm, Face Painting with Jennifer Stratton
Tues., Aug. 18, 1:30 pm—CSLP Closing Celebration with Bryson Lang’s The Cure for the Common Show!
Sat., Aug. 22, 10:30 am—Mary Wilson’s Pitter Patter Puppets  
(ages 3-5 yrs.)
Infant Feeding Group:  
Wednesday, July 8  
10-11 am  
Gabrielle Hathaway at Outer Cape WIC, 79 Finlay Rd., Orleans

Happiest Baby on the Block:  
Wednesday, August 12  
10-11 am  
Gabrielle Hathaway at Outer Cape WIC, 79 Finlay Rd., Orleans

Kennedy Donovan Center:  
Family Support Networking Group:  
Connect with others for support, information, advocacy, discussion, encouragement, and new possibilities! Open to everyone: parents, teachers, caregivers, siblings, and special needs individuals of all abilities.  
Tuesday, July 7, 2015 & Tuesday, Aug. 4, 2015  
10:30 am—12:00 pm  
At Eastham Senior Center, 1045 Nauset Rd. Contact Juliane Dillon at 508-385-6019 or jdillon@kdc.org

Grand Parenting Support Group  
Tuesday, July 28, 2015  
Tuesday, August 25, 2015  
8:30—9:30 a.m.  
Harwich Family Resource Center (left side entrance of Harwich Elementary School)

Sue Landers, LICSW—Facilitator. Coffee & refreshments served. Free of charge. For more information or to register, please call Francie Joseph 508-430-1692.

Cape Cod Type 1’s Support Group  
Saturday, Aug. 1, 2015  
Spaulding Rehabilitation Hospital  
311 Service Rd., E. Sandwich

This group is open to people of all ages who are impacted by Type 1 diabetes! For more info., email Jess at: jessie52577@yahoo.com

Parent Information Network (PIN) Parent Support Group:  
Wednesday, July 1  
Wednesday, August 5  
9-10:30 am  
Hearth 'n Kettle, Orleans

For families who are challenged by children’s mental health, emotional, or behavioral needs. Cup of coffee/tea provided.  
Sponsored by the Parent Information Network (PIN), a BAMS program funded by the Massachusetts Department of Mental Health. Information: Kimberly Eldridge at 508-947-8779 Ext. 229 or capepin@bamsi.org

Gosnold’s Reaching Out Program  
Mondays, 6-7:30  
Harwich Police Dept.  
183 Sisson Rd.  
Harwich

Designed for anyone with a loved one in any stage of addiction and/or recovery. Groups are facilitated by a certified professional and are open to all communities. There is no cost to attend. For more information, contact: Mary Fisher, Program Director at 844-558-HELP or mfisher@gosnold.org

Pops By the Sea  
Sunday, Aug. 9  
5-7pm  
Village Green, Hyannis

Thanks to the Donald C. McGraw Foundation, Inc.; ArtsCapeCod.org, and the Arts Foundation of Cape Cod complimentary tickets are available for families for general admission lawn seating at this summer’s 30th Annual Pops by the Sea concert in Hyannis featuring the Boston Pops Esplanade Orchestra. The Village Green opens at 1:00 pm and will include pre-show entertainment. If you are interested in attending please call Cape Cod Children’s Place at 508-240-3310 to register.

PFLAG—Brewster  
Monday, July 20  
First Parish Brewster  
1969 Main St.

This monthly group for parents, families, and friends of lesbian, gay, bisexual, and transgender people is half support and half educational. All are welcome to come be supported and learn in a confidential, non-judgmental setting. Information: Amy at 508-420-0696 or www.pflagcapecod.org

The Rocking Unicorn  
The Rocking Unicorn Nursery School, est. 1981, is now enrolling 3, 4, & 5 year olds for Sept. 2015. Full and part time slots are available. Please call 508-945-0611 and also visit our website at www.therockingunicorn.com
Playgroup News...

Baby’s 1st Year
Stroller Walks...

**Days:** Every Tuesday beginning July 14 through September 29
**Time:** 9:15 am
**Where:** Salt Pond Visitor’s Center, Eastham (we’ll meet at the bench by the entrance to the bike trail)

Join Monica Keefe-Hess, Parent Education Coordinator for Cape Cod Children’s Place each Tuesday morning to walk, talk, share stories, ask questions, and get familiar with resources that support you. For more information, call Monica Keefe-Hess at 508-240-3310 or email mkeefe@capecodchildrensplace.com

Raising a Reader Story & Playgroup

**Who:** Children entering Kindergarten in Sept. 2015
**When:** 6 Tuesdays—July 7, 14, 21, 28 and August 4, 11 (families must commit to full 6 weeks)
**Where:** Brewster Baptist Church, Rte. 6A
**What:** Each week Lucy will present a lively interactive story time introducing dialogic reading techniques followed by an activity and free play. Each family will take a red bag with four books to borrow for the week and exchange for new books each week.

Space is limited. Call Cape Cod Children’s Place to register: 508-240-3310

Monday Morning Meet-Up...

Join Lucy Gilmore at Eldredge Parkway Playground (next to ball field), Orleans. Mondays, July 6, 13, 20, 27 and August 13 & 10

10:30-noon

Family STEAM program

Thursday, July 16
1-2:30 pm
At Brewster Ladies’ Library
For children 5-8 with their families

Funding support for most of these programs is provided by grants from the Massachusetts Department of Early Education and Care & Children’s Trust, administered by Cape Cod Children’s Place.
Free Summer Fun at your local library...

Provincetown Public Library
508-487-7094
Children’s Story Hour—
Wednesdays, 11 am
(bi-weekly beginning July 1)
Fri., July 10, 11 am—Animal World Experience
Fri., July 17, 11 am—Jay Mankita in Concert
Thurs., July 23, 11 am—Whale Tale Theatre for Young Audiences presents: The Tempest
Fri., July 24, 11 am—A Family Cabaret with Stand-Up Chameleon Jackson Gillman
Thurs., July 30, 11 am—Finding the Way Home: a reading by children’s author Melissa Tate
Thurs., July 30, 6:45 pm—Cape Cod African Dance & Drum on the Library Lawn
Fri., July 31, 11 am—Big Ryan’s Tall Tales
Snow Library, Orleans 508-240-3760
Pajama StoryTime—Wednesdays at 6:30 pm for 3-6 year olds
Thurs., July 2, 11 am—Jackson Gillman A Family Cabaret
Tues., July 7, 4 pm—Ice Cream Party Kick-off
Thurs., July 9, 10 am—4 pm—StoryWalk® There Was An Old Lady Who Swallowed a Shell! By Lucille Colandro
Tues., July 14, 4 pm—Jungle Jim’s Super Hero Training (ages 3—10)
Thurs., July 16, 11 am—Craft: Super Hero Masks (please register)
Tues., July 21, 10 am to 4 pm—Craft: Glow in the Dark Jars (please register)
Thurs., July 23, 11 am—Science Tellers Super Heroes Show
Tues., July 28, 3:30 & 4:15 pm—One Sky, Many Stories (please register)
Thurs., July 30, 11 am—Craft: Paper Airplane
Tues., Aug. 4, 4 pm—Craft: Decorate a Cape (please register)
Thurs., Aug. 6, 11 am—Mr. Vinny’s Puppet Show
Tues., Aug. 11, 4 pm—A Song & Story Celebration with Davis Bates & Roger Tincknell
Thurs., Aug. 13, 11 am—Craft: Magnet
Truro Public Library
508-487-1125
Storytime—Thursdays, 10:30 am

Friday Hero Book Talks 10 am—
Copies of books will be available at the circulation desk one week before we meet for some fun book-related activities. For ages 4-8.

Children’s Community Garden Group with Sustainable CAPE—
every Thursday at 4 pm

Wednesday Night is Family Night
6:30 pm
July 1—Mr. Vinny's Shadow Puppet Show
July 8—Your Inner Hero with Jennifer Stratton
July 15—Spin Art!
July 22—Ella the Truro Police K-9
July 29—Wonderful World of Whales
*Aug. 5—Ugly Duckling with Puppetteer (*begins at 1:30 pm)
*Aug. 12—Wampanoag Stories and Games (*This program will be held on the town side of Head of the Meadow Beach)
Aug. 19—Neil Shubin
Tues. July 7, 10 am—Cape Cod National Seashore
Fri., July 17, 10 am—Tales to Tails
Thurs., July 23, 10 am—3 pm—Coastal Explorer
Fri., July 24—Cape Cod National Seashore
Tues., July 28, 10 am—Beach Discoveries
Fri., July 31, 1 pm—Mad Hatter Tea Party
Sat., Aug. 8, 10 am-noon—Drawing Basics for Kids
Tues., Aug. 11, 10 am—Marvelous Mollusks

Wellfleet Public Library
508-349-0310
Toddler Tales Storytime
Fridays, 10:30 am
(Additional special guests to be announced)
Romper Room Playtime
Fridays, 11 am - 12:30 pm

Author Book Talks & Book Signings:
Wed., July 22, 4:30 pm—Esther Ehrlich of Nest
Fri., July 24, 3:30 pm—Melissa Guion author & illustrator Baby Penguins Everywhere and Baby Penguins Love Their Mama

Art & Science in the Afternoon:
(registration required)
Thurs., July 9—Museum of Science -Rockets: There and Back Again! (2 sessions: 4-5 pm & 5-6pm)
Thurs., July 23, 4 pm—Museum of Science—Super-Cold Science (registration required)
Wed., July 29, 3:30-5 pm—Ellen Anthony: Whatstis (registration required)
Thurs., July 30, 3:30-5—Susan Smith Summer crafts (ages 5+, registration required)
Wed., Aug. 5, 3:30-4:30—Caravan Puppets: Animals All Around Puppet Show and Make Your Own Puppet Workshop (ages 2-10, registration required)
Thurs., Aug. 6, two-sessions, 4-4:50 pm & 5-5:50 pm—Museum of Science—One Sky, Many Stories Inflatable Planetarium
Wed., Aug. 12, 3:30-5 pm—Ellen Anthony Whatstis (registration required)

3D Printer Monday Nights:
July 6, 20, 27 & Aug. 3, 17, 24 4:40-8 pm
Animal Action:
Fri., July 17, 3:30-4:30 pm—Museum of Science Reptiles!
Fri., Aug. 14, 3:30-4:30 pm—Sharyns’s Chickens 101
Lower Cape Dads’ Talk
Wednesday, July 1
Wednesday, August 5
6:00—7:30 PM
Harwich Community Center
100 Oak St., Harwich

With Eric Hauch. This is a great place to connect with other local fathers and chat about being a dad (or whatever else is on your mind). All men are welcome to this non-therapeutic gathering, regardless of their child(ren)’s age, their parenting situation, and where they live. Free pizza and child care. Please RSVP. Information or registration: Beverly@capecoalition.com or 508-771-4336

Sponsored by the Cape Cod Neighborhood Support Coalition, Cape Cod Children’s Place, Family Support Project, and Harwich Early Childhood Council.

Summer Food Program (Food for Kids)

U.S.D.A. Summer Food Program for all children under the age of 18. June 29-August 26, 2015 (Mon.-Fri.)
Child Nutrition program supported by: MA Dept. of Elementary & Secondary Education, Project Bread and Church of the Holy Spirit in Orleans

Chatham:
Chatham Community Center
702 Main St., Chatham
Breakfast: 8-10 AM, Lunch: 12-1 PM
June 29-August 14

Congregational Church
630 Main St., Chatham
Lunch: 12-12:45 PM
July 27-31

Eastham:
Nauset Regional High School
100 Cable Rd., Eastham
AM Snack: 9:30-10 AM, Lunch: 11:30-12:30 PM
July 1-August 12

Harwich:
Harwich Jr. Theatre Arts Center
265 Sisson Rd., Harwich
Lunch: 12-12:45 PM
June 29-August 21

Orleans:
Nauset Middle School
70 Rt 28, Orleans
AM Snack: 9:30-10 AM, Lunch: 11:45-12:30 PM
July 6-August 14

Orleans Elementary School
46 Eldredge Park Way, Orleans
AM Snack: 9:10 AM, Lunch: 11:30-12:15 PM
July 1-August 21

Provincetown:
Provincetown Public Library
356 Commercial St., Provincetown
Lunch: 12-12:45 PM
June 29-August 26

Wellfleet:
Baker’s Field
70 Kendrick Ave., Wellfleet
AM Snack: 9:30-10:15 AM, Lunch: 11:30-12:15 PM
June 29-August 14

For more information contact: Ruth W. Campbell, Director of Food for Kids 413-537-9200 rwcampbell@verizon.net
Tickets are $75 per person—includes food & beverages. Reserve your space early!

Seamen’s Bank
Presents
WISH UPON A STAR
An Evening of Food, Drink, Auctions, Art, & Music
Benefitting
Cape Cod Children’s Place, Inc.

August 13th, 6 – 9pm
Music By
Tim Sweeney & Randy Patterson
and
Grace Morrison

For more information or to reserve your space, contact us
http://capecodchildrensplace.com/
(508) 240-3310

Hosted by Truro Vineyards
11 Shore Rd, North Truro, MA
HELPFUL FAMILY CONTACTS & RESOURCES
For a more comprehensive list of resources and services check out The Lower Cape Family Resource Guide on-line at
www.capecodchildrensplace.com or request a copy at 508.240.3310.

<table>
<thead>
<tr>
<th>Service</th>
<th>Telephone Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Baby Center</td>
<td>508.771.8157</td>
<td>Basic items for infants and toddlers up to age three living on Cape Cod and Islands</td>
</tr>
<tr>
<td>Al-anon</td>
<td>508.394.4555</td>
<td>Offering support for friends and families of problem drinkers</td>
</tr>
<tr>
<td>Cape &amp; Island Breast Feeding Warm Line</td>
<td>888.890.2229</td>
<td>Lactation services and classes are available to local Cape and Islands mothers</td>
</tr>
<tr>
<td>Child Support Enforcement-Mass DOR</td>
<td>508.771.2414 x 3</td>
<td>Assistance in enforcing the financial responsibilities of parenthood</td>
</tr>
<tr>
<td>Consumer Credit Counseling</td>
<td>800.208.2227</td>
<td>Budgeting and debt consolidation assistance</td>
</tr>
<tr>
<td>Family Support Program and Maternal Depression/Cindy Horgan</td>
<td>508.240.3310</td>
<td>Free referrals to parenting resources, child and family therapists, etc.</td>
</tr>
<tr>
<td>Fuel Assistance Program</td>
<td>508.746.6707</td>
<td>Emergency fuel/heating help</td>
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<tr>
<td>Healthy Connections</td>
<td>508.255-1903</td>
<td>Referrals for free/low cost health insurance</td>
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<tr>
<td>Homeless Prevention Council</td>
<td>508.255.9667</td>
<td>Counseling, advocacy, resources and referral services</td>
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<tr>
<td>Independence House</td>
<td>508.771.6507</td>
<td>Cape Cod’s Resource Center for Victims &amp; Survivors of Domestic Violence &amp; Sexual Assault</td>
</tr>
<tr>
<td>La Leche League/Gabrielle</td>
<td>508.237.8786</td>
<td>Providing education, information, and support to women who want to breastfeed</td>
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<tr>
<td>Lower Cape Outreach Council</td>
<td>508.240.0694</td>
<td>Providing short-term emergency assistance to Lower Cape families and individuals</td>
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<tr>
<td>Mass APEAL</td>
<td>508.349.1173</td>
<td>Free clothing as well as information on Serve New England Program</td>
</tr>
<tr>
<td>MSPCC</td>
<td>508.775.0275</td>
<td>Protecting and promoting the rights and well-being of children &amp; families</td>
</tr>
<tr>
<td>Outer Cape Health Services</td>
<td>508.349.3131</td>
<td>Providing high quality primary healthcare to those living in or visiting the 8 Lower/Outer Cape towns, regardless of their financial situation</td>
</tr>
<tr>
<td>Outer Cape Women, Infants and Children’s (WIC) Nutrition Program</td>
<td>800.675.1188</td>
<td>Supplemental foods, health care referrals, and nutrition education</td>
</tr>
<tr>
<td>Parental Stress Line</td>
<td>800.632.8188</td>
<td>A free, confidential, and anonymous 24-hour parent helpline for parental support</td>
</tr>
<tr>
<td>Provincetown Family Resource Center</td>
<td>800.871.9535 or 508.237.2688</td>
<td>Providing support, referrals, and financial aid through the John A. Henry Trust administered by Cape Cod Children’s Place</td>
</tr>
<tr>
<td>WE CAN</td>
<td>866.430.8111</td>
<td>Assisting Cape Cod women through the transition of divorce, career change or growth, job loss, illness, or retirement</td>
</tr>
</tbody>
</table>