The Lower Cape
Family Resource Guide
Sponsored by the Lower Cape Early Childhood Council

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This guide is compiled and produced by Cape Cod Children’s Place in June 2013, with support from the Nauset Public Schools Quality Kindergarten Grant.
Early Childhood
Licensed Education & Care

For information updates, subsidies, and vouchers, call:

Cape Cod Children’s Place
10 Ballwic Road, P.O. Box 1935
N. Eastham, MA  02651
508-240-3310
800-871-9535
www.capecodchildrensplace.com

Child Care Network of the Cape and Islands
372 North Street
Hyannis, MA  02601
508-778-9470
888-530-2430
www.childcarenetwork.cc

Cape Cod Child Development Program
83 Pearl Street
Hyannis, MA  02601
508-775-6240
800-974-8860
www.cccdp.org

MA Dept. of Early Education and Care (EEC)
51 Sleeper Street
Boston, MA  02210
617-988-6600
www.mass.gov/edu/birth-grade-12/early-education-and-care

EEC Regional Office:
1 Washington Street, Suite 20
Taunton, MA  02780
508-828-5025

BREWSTER:
The Family Schools/Brewster Day Camp
3570 Main Street
Brewster, MA  02631
508-896-6555
www.thefamilyschools.com
2 months – 5 years, Sept.-June
2 months - 13 years, summer

The Laurel School
1436 Long Pond Road
Brewster, MA  02631
508-896-4934
www.laurel-school.org
2.9 years – 5 years, Sept.-June
15 months-13 years, summer

Owl Moon Child Care
383 S. Orleans Road
Brewster, MA  02631
508-240-3500  ext. 1128
2.9 – 5 years, year-round
YMCA Child Care
at Stony Brook Elementary School
884 Underpass Road
Brewster, MA 02631
774-323-3286
1 mo.-5 years year-round
www.ymcacapecod.org

CHATHAM:
Monomoy Regional School District
Chatham Integrated Preschool
At Chatham Elementary School
147 Depot Rd.,
Chatham, MA 02633
508-945-5135
ext. 212
2.9 - 5 years Sept. - June
www.therockingunicorn.com

Rocking Unicorn
1762 Main St., PO Box 1509
W. Chatham, MA 02669
508-945-0611
2.9 - 5 years Sept.-June.

EASTHAM:
Cape Cod Children’s Place
10 Ballwic Rd,
N. Eastham, MA 02651
508-240-3310
800-871-9535
www.capecodchildrensplace.com
2 months - 6 years year-round

HARWICH:
A Child’s Wonderland
35 Rt. 137,
Harwich, MA 02645
508-432-4400
www.childswonderland.com
2.9 – 5 years year-round

Cape Tech Preschool
351 Pleasant Lake Ave.,
Harwich, MA 02645
508-432-4500 ext. 231
www.capetech.us
2.9 - 5 years Sept-June

Children’s Center
115 Sisson Rd.,
Harwichport, MA 02646
508-432-0152
2.6 – 5 years year-round
www.hech.org

Make Way For Kids
At Harwich Elementary School
263 South Street
Harwich, MA 02645
508-430-1692
2.9 – 5 years

Monomoy Regional School District
Harwich Integrated Preschool
263 South St.,
Harwich, MA 02645
508-430-7216
2.9 -5 years
My School
257 Main St.,
W. Harwich MA  02671
508-432-5358
1 month - 6 years year-round

NAUSET DISTRICT:
Nauset Integrated Preschool
(classrooms at several schools)
100 Lawrence Rd.,
Wellfleet MA  02667
508-349-2553
www.nausetschools.org
2.9 - 5 years Sept.-June

ORLEANS:
Learning Garden
63 Hopkins Ln.,
Orleans, MA  02653
508-255-7328
2.9 - 5 years Sept.-June
limited summer program

Meeting House Preschool
162 Main St.,
E. Orleans, MA  02643
508-255-8793
2.9 - 5 years
Sept. - June

WELLFLEET:
Wellfleet Montessori Preschool
100 Lawrence Rd.,
Wellfleet MA  02667
508-349-6252
2.9 - 5 years Sept.-June

Cape Cod Children’s Place Sea Babies
@ Wellfleet C.O.A.
715 Old King’s Highway,
Wellfleet MA  02667
508-349-3052
www.capecodchildrensplace.com
1 month - 3 years, year-round

TRURO
Truro Central School Preschool
317 Rte. 6, PO Box 2029,
Truro, MA  02666
508-487-1558
www.truromass.org
3 - 5 years Sept.-June

PROVINCETOWN:
Provincetown Preschool & Wee Care
Mayflower Place
Provincetown, MA  02657
508-487-5000
www.provincetown-ma.gov
2 mos.- 5 years year-round
Licensed Home Day Care Providers
Listed alphabetically within each town
This list of licensed family childcare providers in the 8 towns from Harwich to Provincetown is compiled by the Cape Cod Children’s Place, providing information and referral to Lower/Outer Cape families. This list is for information only, and subject to change.

**BREWSTER:**

Kristine Taylor
18 Ebenezer Ln.
Brewster, MA  02631

508-896-6549

**CHATHAM**

Heather Hellstrom
11 Cockle Cove Rd.
S. Chatham, MA  02659

508-430-0859
508-274-9203

**HARWICH**

Sharon Bunting
271 Church St.
Harwich, MA  02645

508-432-3048

Brigette Carty
132 Queen Anne Rd.
Harwich, MA  02645

508-432-9448

Janice Clark
10 Captain’s Ln.
Harwich, MA  02645

508-432-1678

Jen Gould
40 Bell’s Neck Rd.
W. Harwich, MA  02671

508-432-8776

Kerrie Greene
15 Ryder Rd.
N. Harwich, MA  02645

508-430-7442

Amanda Holm
253 South St.
Harwich, MA  02645

508-432-4652
Roberta Laffey  
16 Elliott Way  
E. Harwich, MA 02645  
508-432-0843

Meaghan Smith  
2 Cindy’s Ln.  
Harwich, MA 02645  
508-430-7274

Sheila Thomas  
4 Kimberley Way  
E. Harwich, MA 02645  
508-432-0918

Tina Varricchio  
26 Restabit Rd.  
Harwich, MA 02645  
508-685-3553

Jackie Watson  
1734 Orleans Rd.  
Harwich, MA 02645  
508-432-4276

ORLEANS

Sherri Baker  
140 Baker’s Pond Rd.  
Orleans, MA 02653  
508-255-7559

Dawn Davis  
21 Tonset Rd.  
Orleans, MA 02653  
508-240-0102  
508-237-4030

Leigh Peters  
31 Nickerson Road  
Orleans, MA 02653  
774-316-4020

EASTHAM

Nancy Ambrose  
PO Box 1169  
N. Eastham, MA 02651  
508-255-1937
WELLFLEET

Patty Carreiro 508-349-0834
40 Lt. Island Rd.
Wellfleet, MA 02667

TRURO

Rudelle Falkenburg 508-487-0888
PO Box 156
N. Truro, MA 02652

Playgroups and Activities
For Playgroup information on the Lower Cape:
Cape Cod Children’s Place 508-240-3310
www.capecodchildrensplace.com
or find us on Facebook

Online directory for family activities
www.capecodkidz.com

Town Libraries
Call for information on story hours and other children’s activities
Cape Libraries Automated Materials Sharing www.clamsnet.org

Brewster: www.brewsterladieslibrary.org 508-896-3913
Chatham: www.eldredgelibrary.org 508-945-5170
Eastham: www.eathamlibrary.org 508-240-5950
Harwich: www.brooksfreelibrary.org 508-430-7562
Orleans: www.snowlibrary.org 508-240-3760
Provincetown: www.ptownlib.com 508-487-7094
Truro: www.trurolibrary.org 508-487-1125
Wellfleet: www.wellfleetlibrary.org 508-349-0310
Education
Local Public Elementary Schools

Brewster  www.nausetschools.org
  Stony Brook Elementary: (pre K-grade 2)  508-896-4545
  Eddy Elementary (grades 3-5)  508-896-4531

Chatham Elementary  www.chatham.k12.ma.us  508-945-5135

Eastham Elementary  www.nausetschools.org  508-255-0808

Harwich Elementary  www.harwich.edu  508-430-7216

Orleans Elementary  www.nausetschools.org  508-255-0380

Provincetown Schools  www.provincetownschools.com  508-487-5020

Truro Central School  www.truromass.org  508-487-1558

Wellfleet Elementary School  www.nausetschools.org  508-349-3101

Adult Education and Training

ACCEESS (at CCCC)  508-362-2131
  Adult Collaborative of Cape Cod for Education and Support Services
  www.capecod.edu/web/acccess

Cape Cod Community College  508-362-2131
  www.capecod.edu

Cape Cod Regional Technical High School  508-432-8701
  www.capetech.us

Job Training & Employment Corp.  508-771-5627
  508-240-1900
  www.capejobs.com
After School Child Care, Enrichment & Summer Programs  age 5 years & up

Eastham Committee on Early Childhood
Eastham afterschool and summer program 508-240-6900
www.ececafterschool.com

Nauset Youth Alliance
Brewster afterschool and summer program 508-896-7900
www.nausetyouthalliance.com

The Family School School Age Club
Brewster Day Camp, Summer Program 508-896-6555
www.thefamilyschools.com
www.brewsterdaycamp.com

Cape Cod Sea Camps, Summer Program 508-896-3451
www.capecodseacamps.com

Monomoy Community Services (Chatham)
Afterschool and summer programs 508-945-1501
508-945-1117
www.monomoy.org

Monomoy Cooperative Learning Ctrs. 508-430-2355 ext. 2
www.monomoy.edu

Orleans After School Activities Program 508-240-1546

Pamet After School/Truro Recreation 508-487-1632
www.truro-ma.gov/recreation

Wellfleet Childcare Association (afterschool) 508-349-3101 ext. 41

Town Recreation Departments

Brewster 508-896-9430
Chatham 508-945-5175
Eastham 508-240-5974
Harwich 508-430-7553
Orleans 508-240-3785
Provincetown 508-487-1632
Truro 508-487-1632
Wellfleet 508-349-0330
Transportation

**Cape Cod Regional Transit Authority:** 800-352-7155  
- DART (Dial A Ride Transportation)  
- Flex Bus (Lower/Outer Cape)  
- Hyannis Transportation Center  
- service to Boston hospitals  
- seasonal shuttle services

**Cape Cod Rail Trail - Bicycle Path**  
www.mass.gov/dcr/parks/southeast/ccrt.htm

**Helping our Women**  
Transportation & financial resources for women  
Eastham-Provincetown  
508-487-4357  
www.helpingourwomen.org

**Plymouth and Brockton Bus Line**  
508-746-0378  
www.p-b.com

Nature & the Arts

**BREWSTER:**  
Cape Cod Museum of Natural History 508-896-3867  
Cape Repertory Theatre 508-896-1888  
Town information  
www.town.brewster.ma.us

**CHATHAM:**  
Creative Arts Center 508-945-3583  
Monomoy Theater 508-945-1589  
Chatham Drama Guild 508-945-0510  
Town information  
www.town.chatham.ma.us

**EASTHAM:**  
Salt Pond Visitor Center-C.C. Nat’l Seashore 508-255-3421  
Town information  
www.eastham-ma.gov

**HARWICH:**  
Harwich Junior Theater 508-432-2002  
Town information  
www.harwichma.com
**ORLEANS:**
Academy of Performing Arts 508-255-5510
Town information www.town.orleans.ma.us

**PROVINCETOWN:**
Provincelands Visitor Ctr-C.C. Nat’l Seashore 508-487-1256
Town information www.town.provincetown.ma.us

**TRURO:**
Castle Hill Center for the Arts 508-349-7511
Payomet Performing Arts Center 508-487-5400
Town information www.truro-ma.gov

**WELLFLEET:**
Audubon Society 508-349-2615
Wellfleet Harbor Actors Theater (WHAT) 508-349-9428
Town information www.town.wellfleet.ma.us

### Playgrounds

**BREWSTER:**
Drummer Boy Park, Rte 6A
Eddy Elementary School,
2298 Main St.

**CHATHAM:**
Chatham Playground,
Depot Rd

**EASTHAM:**
Eastham Elementary School,
Schoolhouse Rd.
Wiley Park, Herringbrook Rd.

**HARWICH:**
Harwich Elementary School,
South St.
Brooks Park Playground
Make Way for Kids,
Harwich High School

**ORLEANS:**
Orleans Elementary School,
Eldredge Pkwy
Eldredge Park,
Route 28 & Eldredge Pkwy

**PROVINCETOWN:**
East End Playground,
Bradford & Howland Sts.
West End Playground,
Bradford & Nickerson Sts

**TRURO**
Puma Park,
Library Ln off Rt 6

**WELLFLEET:**
Baker’s Field Playground
Kendrick Ave.
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
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<tbody>
<tr>
<td>Alanon</td>
<td>508-394-4555</td>
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<tr>
<td>Alcoholics Anonymous</td>
<td>508-775-7060</td>
<td></td>
</tr>
<tr>
<td>Cape Cod Children’s Place Family Support Program</td>
<td>508-240-3310</td>
<td><a href="http://www.capecodchildrensplace.com">www.capecodchildrensplace.com</a></td>
</tr>
<tr>
<td>Parent Education &amp; support groups</td>
<td>800-871-9535</td>
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<tr>
<td>Free consultations, referrals, information</td>
<td></td>
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<tr>
<td>Cape Cod Child Development: Early Intervention</td>
<td>508-775-6240</td>
<td><a href="http://www.cccdp.org">www.cccdp.org</a></td>
</tr>
<tr>
<td>Assessments &amp; services, birth to 3 yrs.</td>
<td>800-974-8860</td>
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<tr>
<td>Teen Parent Program</td>
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<tr>
<td>Catholic Social Services</td>
<td>508-771-6771</td>
<td></td>
</tr>
<tr>
<td>Counseling, therapy, support</td>
<td></td>
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<tr>
<td>Child Care Network</td>
<td>508-778-9470</td>
<td><a href="http://www.childcarenetwork.cc">www.childcarenetwork.cc</a></td>
</tr>
<tr>
<td>Child care resources &amp; referrals</td>
<td>888-530-2430</td>
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<tr>
<td>Children’s Cove</td>
<td>508-375-0410</td>
<td><a href="http://www.childrenscove.org">www.childrenscove.org</a></td>
</tr>
<tr>
<td>Services for child victims of sexual abuse and</td>
<td>888-863-1900</td>
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</tr>
<tr>
<td>family members</td>
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<tr>
<td>Family Continuity Program</td>
<td>508-862-0273</td>
<td><a href="http://www.familycontinuity.org">www.familycontinuity.org</a></td>
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<tr>
<td>Supportive services for families</td>
<td></td>
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<tr>
<td>Harwich Family Resource Center</td>
<td>508-430-1692</td>
<td></td>
</tr>
<tr>
<td>Healthy Families</td>
<td>508-540-2968</td>
<td><a href="http://www.healthimperatives.org">www.healthimperatives.org</a></td>
</tr>
<tr>
<td>Parent Program for Teen Parents</td>
<td></td>
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<tr>
<td>Holistic Families of Cape Cod</td>
<td>508-360-4840</td>
<td><a href="mailto:stevensonjb@hotmail.com">stevensonjb@hotmail.com</a></td>
</tr>
<tr>
<td>Playgroup, discussion group, social events</td>
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<tr>
<td>HopeHealth</td>
<td>800-642-2423</td>
<td><a href="http://www.hopehealthco.org">www.hopehealthco.org</a></td>
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<tr>
<td>bereavement groups, Kids Grieve Too</td>
<td>508-957-0200</td>
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<tr>
<td>grief support, pediatric care</td>
<td></td>
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<tr>
<td>Independence House</td>
<td>508-771-6507</td>
<td><a href="http://www.independencehouse.com">www.independencehouse.com</a></td>
</tr>
<tr>
<td>Cape Cod’s Resource Center for Victims &amp; Survivors</td>
<td>800-439-6507</td>
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<tr>
<td>of Domestic Violence &amp; Sexual Assault</td>
<td></td>
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<tr>
<td><strong>John A. Henry Trust Services</strong></td>
<td>508-240-3310</td>
<td>800-871-9535</td>
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<tr>
<td>For Provincetown families with children ages 0-18</td>
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<tr>
<th><strong>La Leche League</strong></th>
<th>508-240-0853</th>
<th>508-237-8786</th>
<th>508-945-1501</th>
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<tbody>
<tr>
<td>Gabrielle Hathaway</td>
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<tr>
<th><strong>Monomoy Community Services</strong></th>
<th><a href="http://www.monomoy.org">www.monomoy.org</a></th>
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<tr>
<td>Services for Chatham residents</td>
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<tr>
<td>support services for families with young children</td>
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<tr>
<th><strong>Parents Professional Advocacy League</strong></th>
<th>866-815-8122</th>
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<td></td>
<td><a href="http://www.ppal.net">www.ppal.net</a></td>
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<thead>
<tr>
<th><strong>Provincetown Family Resource</strong></th>
<th>800-871-9535</th>
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<tr>
<td>Provincetown families with children 0-18</td>
<td>508-240-3310</td>
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<tr>
<th><strong>WE CAN</strong> - services for women in transition legal clinics, mentoring, divorce support</th>
<th>508-430-8111</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><a href="http://www.wecancenter.org">www.wecancenter.org</a></td>
</tr>
</tbody>
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## Disabilities Resources

<table>
<thead>
<tr>
<th><strong>Alliance for the Mentally Ill</strong></th>
<th>508-778-4277</th>
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<tbody>
<tr>
<td>information on Cape resources</td>
<td><a href="http://www.nami.org/sites/capecod">www.nami.org/sites/capecod</a></td>
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<table>
<thead>
<tr>
<th><strong>Cape Organization for the Disabled</strong></th>
<th>508-775-8300</th>
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<tbody>
<tr>
<td>Advocacy group for the disabled</td>
<td>800-541-0282</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.cilcapecod.org">www.cilcapecod.org</a></td>
</tr>
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<thead>
<tr>
<th><strong>Federation for Children with Special Needs</strong></th>
<th>800-331-0688</th>
</tr>
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<tbody>
<tr>
<td>information, referrals to services</td>
<td><a href="http://www.fcsn.org">www.fcsn.org</a></td>
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<thead>
<tr>
<th><strong>Sight Loss Services</strong></th>
<th>508-394-3904</th>
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<tr>
<td>Information, referrals, adaptive aids outreach, support groups</td>
<td>800-427-6842</td>
</tr>
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<td><a href="http://www.jwen.com/sls">www.jwen.com/sls</a></td>
</tr>
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<tr>
<th><strong>Disability Law Center</strong></th>
<th>800-872-9992</th>
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<tr>
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<td><a href="http://www.dlc-ma.org">www.dlc-ma.org</a></td>
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Massachusetts State Legislators

Lower Cape  (Current as of June 2013)
Call Elizabeth Aldred at the Cape Cod Children’s Place for updated information at 508-240-3310

Senator Dan Wolf (Lower and Outer Cape & other Cape Towns)  508-775-0162
State House, Room 511C; Boston, MA  02133  617-722-1570
Email:  daniel.wolf@masenate.gov

Representative Cleon Turner (part of Brewster, Dennis, part of Yarmouth)  617-722-2090
State House Rm. 540, Boston, 02133  (fax) 617-626-0542
Email: cleon.turner@mahouse.gov

Representative Sarah Peake (Chatham, Harwich, part of Brewster, Orleans, Eastham, Provincetown, Truro, Wellfleet)  508-487-5694
State House Rm. 195, Boston, 02133  617-722-2090
Email: sarah.peake@mahouse.gov

Food, Clothing & Emergency Funds

A Baby Center  508-772-8157
Basic items, children birth-3  www.ababycenter.org

Cape Cod Children’s Place  508-240-3310
information on childcare funds, food, referrals  800-871-9535
www.capecodchildrensplace.com

Department of Transitional Assistance  508-862-6600
cash assistance, SSI, employment supports  www.mass.gov/dta

Fuel Assistance Program  508-778-0870
Emergency assistance for fuel/heat  www.sscac.org

The Family Food Pantry  508-432-6519
www.thefamilypantry.com

Harwich Family Resource Center  508-430-1692

Homeless Prevention Council  508-255-9667
Financial aid, referrals, information  877-349-6962
www.homelessonline.org
Legal Services for Cape & Islands
legal advice to low-income people
800-742-4107
www.usattorneylegalservices.com

Lower Cape Outreach Council
Financial assistance for emergency needs
Food pantries, Katy’s Corner free shop
508-240-0694
www.lcoutreach.org

Mass-APEAL
Free shop 2393 Cove Corner, Wellfleet
508-349-1173

Mustard Seed Kitchen
meals prepared & delivered on Outer Cape
508-349-2049

Soup Kitchen in Provincetown (SKIP)
10 Shankpainter Rd., Provincetown
508-487-8331

Thrift Shops: call Cape Cod Children’s Place for a local list
508-240-3310

WIC (Women, Infants, and Children)
Appointments available in Chatham, Harwich, Orleans, Provincetown, Wellfleet
800-675-1188
www outercape.org

HEALTH
Medical and Dental Services

Cape Cod Children’s Place
maternal depression resource, referrals
508-240-3310
www.capecodchildrenplace.com

Cape Cod Healthcare
Cape Cod Hospital
Physician referrals, hospitals, clinics
www.capecodhealth.org
508-771-1800
877-227-3263

Dental Hygiene Clinic
at Cape Cod Community College
508-362-2131 ext. 4371
www.capecod.edu/web/dental/clinic

Ellen Jones Community Dental Center
Division of Harbor Health Services
free and sliding scale fee dentistry
508-778-5400
www.hhsi.us

Healthy Connections
information and enrollment in Mass Health and other programs & services
508-255-1903
www.outercape.org
Health Care for All  
help line for healthcare and insurance  
800-272-4232  
www.hcfama.org

MassHealth / Medicaid  
Children’s Medical Security Plan  
CommonwealthCare  
Health Safety Net  
800-841-2900  
www.mass-health-insurance.org

Outer Cape Health Services  
community health centers, sliding fee scale  
Wellfleet, Route 6  
Provincetown, 49 Harry Kemp Way  
Harwich, 269 Chatham Road  
www.outercape.org  
508-349-3131  
508-487-9395  
508-432-1400

Poison Control Center  
800-222-1222  
www.poison.org

Smoking Cessation  
800-784-8669  
www.makesmokinghistory.org

Visiting Nurse Association (VNA)  
800-631-3900  
www.vnacapecod.org

General Helplines

Cape & Islands Breastfeeding Warm line  
888-890-2229

Child Support Enforcement – Mass DOR  
508-771-2414 ext. 3  
www.mass.gov/dor/child-support

Mass 211  
211

Parents Helping Parents Group  
stress hotline  
800-632-8188  
parentshelpingparents.org

St. Vincent de Paul helpline  
Food, clothing, emergency funds  
508-255-8080