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What Is ‘Early Education’?

Fifteen years ago, before I began my career in education, I thought I had an understanding of what education for the youngest children was. I had always wanted to be a teacher and imagined myself standing in front of students, lecturing them about important information and enjoying my summers off. I believed then that to be a real teacher, I would have to teach at the elementary or secondary level.

I spent the first few years of my career at The May Center for Child Development and although I fully enjoyed teaching children with differing abilities, I missed working during the day and took a job working with toddlers. I fell in love with the age group, and learned how wrong my assumptions had been.

I now resist using the words daycare or childcare. Early care classrooms — those with children from birth to three years old — are filled with learning about the students’ immediate world, including self, family, animals, and weather. These youngest students begin to understand there are other people besides themselves in the world; that bubbles can be a magical experience, and that they, too, can feed themselves at lunch time. Experiences like these are teaching the youngest students to regulate their emotions, gain independence, communicate their needs, and trust their world.

In preschool, students build on their early care experiences to gain an even deeper understanding about the world. Did you know that while students are building a block tower together they are learning how to negotiate, problem solve and persist through frustration? They practice language skills, experiment with weight and balance, and learn to combine shapes to create new ones. They are learning mathematical concepts through hands-on experiences which will aid them in kindergarten.

Today as the Assistant Director at Cape Cod Children’s Place I oversee the education of 60 students year to year. The remarkable learning that takes place in our classrooms amazes me each day. I have witnessed children learn to walk, build a castle out of Magna-Tiles so incredible that not one teacher wanted to take it down. I have observed children gain strength in their hands from countless hours spent painting, playing catch and swinging on the monkey bars so that their writing improves tremendously. And their imaginative play schemes are proof they are watching and learning from all the adults in their lives.

At Cape Cod Children’s Place we recognize that parents are the first teachers of their children, and that each child and every family has different needs. Wherever they spend their time — in early care or preschool classrooms, family childcare homes, living rooms or playgrounds — children are preparing themselves with the knowledge to tackle their world. As they work on messy projects and dig in the sandbox, they are building a foundation for lifelong learning.

Liz Carns
Early Childhood Council News

BIG NEWS!
Cape Cod Children’s Place has received a grant to serve more families by expanding our service area. We welcome the towns of Dennis and Yarmouth to our service region! The CFCE grant funds Coordinated Family and Community Engagement programs in 10 towns, from Provincetown to Yarmouth, administered by Cape Cod Children’s Place and funded by the Mass. Department of Early Education and Care.

Information about the local Councils implementing these programs is on this page. For general information about the grant programs contact Meghan Kemp at 508-240-3310 mkemp@capecodchildrensplace.com.

Cape Cod Regional 10-Town (CCRTT) Early Childhood Council

The CCRTT Council meets 4 times a year from 6-7:30 pm and welcomes everyone. Parents, early childhood educators, childcare providers, people working with families and young children, grandparents, aunts and uncles, and community members committed to supporting families—you all have important ideas to share and we want to hear them! We are a fun, welcoming group of people committed to supporting the success of all families with young children in our region (Brewster, Chatham, Dennis, Eastham, Harwich, Orleans, Provincetown, Truro, Wellfleet and Yarmouth.) YOU can join the CCRTT Council, or one of our regional Council Subcommittees, at any time, just by attending the meetings. Come join us for refreshments, friendship, and the chance to make a difference in your community.

Come to our first meeting of this year on September 20 at 6:00 pm at Snow Library, 67 Main St. in Orleans, and help set priorities for our 10-town region this year. We will be planning community activities and parenting classes; identifying needs in our region; helping to plan the annual Family Fun Fair; and creating programs that will help families on the Mid, Lower and Outer Cape.

To RSVP or get information about the Council contact Meghan: 508-240-3310 or mkemp@capecodchildrensplace.com.

Join the CCRTT Council or one of our regional focused Subcommittees listed below.

Monomoy Early Childhood Council Subcommittee
Meets the first Thursday of each month, 6-7:30 pm in alternating locations: on September 7: Harwich Community Ctr. Playroom, 100 Oak St.; on October 5 at Eldredge Public Library, 549 Main St., Chatham. This Subcommittee is committed to bringing information, education and support to parents, grandparents and guardians of young children in Chatham and Harwich.
Contact Lucy Gilmore 508-430-1692 or lgilmore@monomoy.edu with questions.

Dennis-Yarmouth Early Childhood Council Subcommittee
The D-Y Subcommittee to the CCRTT Council will meet on September 13 at 6pm at the ME Small Elementary School, 440 Higgins Crowell Rd., W. Yarmouth. This Subcommittee meets quarterly, focusing on activities and needs specific to Dennis and Yarmouth. For information call Jody at 508-778-7988 x 1.

Lower/Outer Cape Early Childhood Council Subcommittee
This Subcommittee to the CCRTT Council focuses on activities and needs specific to towns on the Lower and Outer Cape and meets each quarter alternately with the larger CCRTT Council. The first meeting will be on October 18 at 6 pm at Nauset Regional Middle School, Rt. 28 & Eldredge Park Way. For more information or to volunteer email Meghan at mkemp@capecodchildrensplace.com.
Cape Cod Children’s Place recognizes that by eliminating obstacles to obtaining services, we are strengthening families. With the new expansion to our building, we are making services more accessible to the Lower and Outer Cape. We are very grateful to the individual donors, organizations and businesses who have helped to make this building expansion possible. We welcome further donations to raise the final funds needed to complete the project. Visit www.capecodchildrensplace.com for a complete list of our donors and supporters to date.

Below is information about services that will be regularly available at Cape Cod Children’s Place. These services are available to all community members; call the number provided to schedule appointments.

**CACCI/Child Care Network**

Starting **October 2, 8 am-5 pm**, Child Care Network will schedule appointments at Cape Cod Children’s Place for child care vouchers and other resources on the first Monday of each month. Call Child Care Network at **508-778-9470 x 203** or **888-540-2430** to schedule an appointment.

**Immigration Resource Center**

Starting **September 6, 9 am-5 pm**, the Immigration Resource Center will provide appointments at Cape Cod Children’s Place the first Wednesday of each month for free and confidential legal counsel about all immigration issues, including: immigration options; work visas; citizenship classes; green cards; public benefits; immigration lawyers; and much more. Call **508-771-1727 x 140** to schedule an appointment.

**Dept. of Transitional Assistance**

Starting **October 18, 9 am-5 pm** the Dept. of Transitional Assistance will meet with clients at Cape Cod Children’s Place on the 3rd Wednesday of each month. Call Cape Cod Children’s Place at **508-240-3310** for information.

**Mobile Dental Hygiene Services**

On **September 25, 12-6 pm**, Mobile Dental Hygiene Services will be provided at Cape Cod Children’s Place. Mass. Health and private pay accepted, no other insurance plans. Services include cleanings, fluoride treatments, sealants, x-rays, periodontal cleanings. Call Cape Cod Children’s Place at **508-240-3310** to schedule an appointment.

**Helping Our Women**

Starting **September 12** Helping Our Women will meet with clients on the 2nd Tuesday of the month at Cape Cod Children’s Place. HOW can also meet with clients at other times during the month. Call HOW at **508-487-4357** or Cape Cod Children’s Place at **508-240-3310** for information or appointments, or email info@helpingourwomen.org.
Family Support

For information & details on both Parenting on the Other Side Groups described below, please call Cindy Horgan, Executive Director & Family Support Coordinator or Christina Russell, Family Support Specialist at Cape Cod Children’s Place, 508-240-3310. Pre-registration is required. Please indicate if you are in need of transportation.

**Parenting on the Other Side**
**Wednesdays**
**September 6, 13, 27 & October 4, 11, 25**
5:30—7:30 pm
Cape Cod Children’s Place
10 Ballwic Rd (off Nauset Rd)
Eastham

A free six-session group focused on assisting parents in increasing insight to support healing along with your desire to strengthen your parenting. The focus is to supply parents & caregivers with information regarding how trauma (substance abuse/recovery/domestic violence/partner difficulties, etc.) can impact how we parent and what skills can be utilized to increase confidence and competence in parenting. The group will provide education about adult developmental process, trauma, self care, triggers and supporting an emotional understanding of what it means to be a family in recovery. The sessions are designed to create an environment of safety, trust and respect where you can share your feelings and experiences while gaining information and support.

Free dinner & childcare included. Call 508-240-3310.

**Parenting on the Other Side Support Group**
**Meets the 3rd Wednesday of every month**
**September 20 & October 8**
5:30-7:30pm
Cape Cod Children’s Place
10 Ballwic Rd (off Nauset Rd.)
Eastham

This is a free ongoing support group for parents and caregivers impacted by trauma (substance abuse/recovery/domestic violence/partner difficulties, etc.). It is designed to provide a consistent forum to seek out support, gain access to resources and provide the opportunity to benefit from the sense of community.

Open to all. **Participants must register by 12pm the day of the support group.**

**Grandparents Raising Grandchildren**
**October 19, 5:30-7 pm**
Cape Cod Children’s Place
10 Ballwic Rd., North Eastham

This free group will provide resources and support for grandparents who are raising grandchildren in families impacted by trauma (substance abuse/recovery/domestic violence etc.)

**Funding for this program is provided by a grant from the Cape and Islands United Way.**
Raising Healthy Families

Wednesdays, September 27 & October 4, 11, 18, 25 & November 1
5:30-7:30 p.m.
Chatham Elementary School
147 Depot Road, Chatham
A six-week parenting series facilitated by Cindy Horgan, Executive Director & Family Support Coordinator at Cape Cod Children’s Place, that will provide skills to support parents with some of the challenges that make this job so difficult. Topics to be discussed are: discipline without yelling, how to handle tantrums, understanding temperament and why our children do what they do, the value of routines, setting limits and boundaries, and much more.

You’ll have a chance to ask questions, share ideas and go home with education and resource materials.

Free. Dinner & childcare included with registration.

Pre-registration is required. Call Cape Cod Children’s Place at 508-240-3310. Please indicate if you are in need of transportation.

This program is funded by a Family Centers grant through the Children’s Trust and a Coordinated Family and Community Engagement grant (CFCE) from the MA Dept. of Early Education and Care, administered by Cape Cod Children’s Place.

Nutrition & Healthy Eating

Lower Cape Outreach Council, in partnership with Cape Cod Children’s Place and the Barnstable County Public Health Nurse, will hold a free group to explore the impact of nutrition and healthy eating on diabetes and hypertension. The group will meet the 2nd and 4th Thursday of the month starting Thursday, October 12, 3-4:30 pm at Cape Cod Children’s Place

* Program participants will receive
  * extra bag of fruits/vegetables each week
  * free recipes, food samples, healthy eating ideas
  * health monitoring at Cape Cod Children’s Place with nurse & nutritionist

If you are pre-diabetic or being treated for diabetes or high blood pressure, call 508-240-0694 or come to the Lower Cape Outreach Council office at 19 Brewster Cross Road if you would like to participate.
Playgroups: September 2017

Playgroups are drop-in unless otherwise noted; call 508-240-3310 for information.

MONDAYS
- Eldredge Park Playground Meet-up; September 11, 18, 25; 10:30 am-noon; Rt. 28 & Eldredge Park Way, Orleans. (Rain cancels)
- Baby’s 1st Year; September 11, 18, 25; 10:30 am-noon Snow Library, 67 Main St. Orleans
- Little Scientists; Starts September 11, runs 10 weeks; 10am-11:30am, Swan Pond Village Community Center, West St., S.Yarmouth; registration required, call Jody 778-7988 x 1.

TUESDAYS
- Brooks Park Playground; 9:30 am-noon; September 12, 19, 26; Oak St. & Rt. 28, Harwich (Rain cancels.)
- Families on the Farm: Starts September 12, runs 10 weeks; visits to various local farms; Dennis-Yarmouth; registration required, call Jody 778-7988 x 1.

WEDNESDAYS
- Wiley Park Playground; September 20, 27; 10:30-noon; Herringbrook Rd. Eastham. If raining meet at Eastham Public Library, 190 Samoset Rd.
- Intergenerational Music & Movement: Starts September 13, runs 10 weeks; 9:30-10:30 am, Mayflower Nursing & Rehab, 579 Buck Island Rd.; West Yarmouth; registration required, call Jody 778-7988 x 1.

THURSDAYS
- Tyke Hike: September 7, 14, 21, 28; 10-11 am; Audubon Wildlife Sanctuary, Rt. 6, Wellfleet; all ages welcome but not stroller-friendly; meets rain or shine, dress for weather.
- Toddler Town: Starts September 28; 10-11:30 am; Brewster Ladies’ Library, 1822 Main St., Brewster.
- As the World Turns playgroup: Starts September 14, runs 10 weeks; 10:30 am-noon, North-side Methodist Church, Brewster/Dennis line; registration required, call Jody 778-7988 x 1.

FRIDAYS
- Puma Park Playground: September 15, 22, 29; 10:30 am-noon; Standish Way, N. Truro; if raining meet at Provincetown Veterans Memorial Community Ctr., 2 Mayflower Ln.
- Baby & Me: Starts September 22, runs 10 weeks; Dennis Public Library, 5 Hall St., Dennisport; registration required, call Jody 778-7988 x 1.
**Playgroups: October 2017**

Playgroups are drop-in unless otherwise noted; call 508-240-3310 for information.

**MONDAYS**  All programs run October 2, 16, 23, 30. *No programs October 9.*
- Eldredge Park Playground: 10:30 am-noon; Rt. 28 & Eldredge Park Way, Orleans. *(Rain cancels)*
- Baby’s 1st Year: 10:30 am-noon Snow Library, Main Street, Orleans.
- Chatham Community Center: 10:30 am-noon open gym; 702 Main St., Chatham.
- Little Scientists: 10am-11:30am, Swan Pond Village Community Center, Yarmouth; pre-registration required, call Jody 778-7988 x 1.

**TUESDAYS**  All programs run October 3, 10, 17, 24, 31
- Brooks Park Playground: 10:30 am-noon; Oak St. & Rt. 28, Harwich (at Community Center, 100 Oak St. if raining)
- Community Center Open Gym: 9-10:30 am; 100 Oak St, Harwich
- Families on the Farm: visits to various local farms; Dennis-Yarmouth; pre-registration required, call Jody 778-7988 x 1.

**WEDNESDAYS**  All programs run October 4, 11, 18, 25
- Eastham Playgroup; 10:30-noon; Eastham Public Library, 190 Samoset Rd., Eastham.
- Intergenerational Music & Movement: 9:30-10:30 am, Mayflower Nursing & Rehab, 579 Buck Island Rd.; West Yarmouth; pre-registration required, call Jody 778-7988 x 1.

**THURSDAYS**  All programs run October 5, 12, 19, 26
- Harwich Playgroup: 10-11:30 am; Playroom, Harwich Community Center, 100 Oak St.
- Tyke Hike: 10-11 am; Audubon Wildlife Sanctuary, Rt. 6, Wellfleet; all ages welcome, not stroller-friendly; meets rain or shine, dress for weather.
- Toddler Town: October 5, 12, 19, 26; 10-11:30 am; Brewster Ladies' Library, 1822 Main St., Brewster.
- As the World Turns playgroup: October 5, 12, 19, 26; 10:30 am-noon, Northside Methodist Church, Brewster/Dennis line, Airline Rd.; pre-registration required, call Jody 778-7988 x 1.

**FRIDAYS**  All programs run October 6, 13, 20, 27
- Provincetown Playgroup: 10:30 am-noon; Veterans Memorial Community Center; Playroom, Room 75; 2 Mayflower Ln., Provincetown.
- Baby & Me: 10:30-11:30 am; Dennis Public Library, 5 Hall St., Dennisport; pre-registration required, call Jody 778-7988 x 1.
Look what's happening in Dennis and Yarmouth!

Saturday Science Programs

September 30, 10:30-11:30 am at Dennis Public Library, 5 Hall St., Dennisport

Fantastic fall! Learn how all life changes as summer ends
Call the library at 508-760-6219 to register
Or email lcunningham@clamsnet.org

October 7, 10:30-11:30 am at South Yarmouth Library, 312 Old Main St.

Learn all about bats!
Call Jody at 508-778-7988 x 1 to register
Or email almontej@dy-regional.ka2.ma.us

Playing on Purpose

Wednesdays October 18, 25; November 1, 8
10-11:30 am
South Yarmouth Library, 312 Old Main Street, S. Yarmouth

Four fun and interactive parent-child play sessions for families and children birth-5 yrs.
Priority will be given to Dennis and Yarmouth families
Attendance at all 4 sessions is highly recommended and registration is required:
Call 508-778-7988 x 1

Come and have fun together while you strengthen your relationship, learn about your child’s social and emotional development and discover strategies to make your playtime together more purposeful.

The programs described above are funded by the Massachusetts Department of Early Education and Care through the Cape Cod Regional Ten-Town Coordinated Family and Community Engagement Grant administered by Cape Cod Children’s Place
Children's Place. then meet for 7 Tuesdays starting 8/11 to register. The course will be offered by WE CAN, empowering women since 2001. The info sessions will be offered by WE CAN, empowering women since 2001. The info sessions will be offered by WE CAN, empowering women since 2001. The info sessions will be offered by WE CAN, empowering women since 2001. The info sessions will be offered by WE CAN, empowering women since 2001.

Lower Cape Dads’ Talk
Wednesday, September 6
Wednesday, October 4
6:00—7:30 pm
Harwich Community Center
100 Oak St., Harwich
This monthly group is for fathers, grandfathers, uncles, all men with children in their lives, regardless of their parenting situation, the children’s ages or where they live. Free pizza and childcare; registration required by the Friday preceding the meeting. For information and registration email beverly@capecoalition.com or call 508-771-4336. Sponsored by the Cape Cod Neighborhood Support Coalition, Cape Cod Children’s Place and Monomoy Early Childhood Council.

Reclaim Your Life
September 7 info session
6-7 pm
Cape Cod Children’s Place
An 8-week life coaching course for women of all ages in transition who are seeking change will be offered by WE CAN, empowering women since 2001. The info session is required; call 508-430-8111 to register. The course will then meet for 7 Tuesdays starting Sept. 12, 6-8 pm at Cape Cod Children’s Place.

Childcare Subsidies
The Bailey Boyd childcare subsidies will be available to residents of Provincetown, Truro, Eastham, Harwich & Dennis. This state-funded grant program provides up to $5000 per child (up to age 13, 16 with a disability). Contact Carol Bergen at 508-430-4499x5 or cbergen@baileyboyd.com for information.

Separate from the above program, Cape Cod Children’s Place administers the following resources to help families pay childcare fees: the Brewster and Wellfleet Childcare Scholarship Programs (for ages birth-5); the Lower Cape Council Childcare Scholarship Program (new this year); and the Lower Cape Emergency Childcare Fund (for birth-13, residents of 8 towns Harwich-Provincetown).

For information and applications to these programs email Karen at kburns@c4.net, call her at 508-240-3310; or visit capecodchildrensplace.com.
Cape Cod Children’s Place also accepts all other childcare subsidies, and provides information about additional sources of tuition assistance, including state vouchers, and the Wellfleet Preschool Vouchers.

Veterans’ Group
September 12 & October 17
6-7:30 pm
Cape Cod Vet Center
474 West Main St., Hyannis
Cindy Horgan of Cape Cod Children’s Place & Megan Mazzeo of the Cape Cod Vet Center facilitate a monthly group for military veterans who are parents. Call Megan 508-778-0124 for info.

Well Baby Fair
October 14, 10 am-2 pm
Hyannis Youth & Community Ctr 141 Bassett Ln.
Information about immunizations, breast-feeding, WIC, nutrition, maternal depression and much more. Car seat checks and infant CPR training. A quiet nursing corner will be available. Proceeds from the raffle at this event will go to Cape Cod Children’s Place. Sponsored by the Cape Cod Medical Reserve Corps. For information call Diana Gaumond at 508-375-6641 or Marypat Oropallo at 508-375-6977.

Big Brothers Big Sisters
Big Brothers Big Sisters is now enrolling children aged 7-12 on the Lower Cape with adults who can be friends, guides and role models. To refer a child visit bbbsmb.org/capecod/enroll/ and fill out a referral form or call 508-771-5150.

Truro Playgroup
This playgroup starts up October 16 and continues Mondays, 9-11 am at the Truro Library. Call 508-487-1125 for information.

Library Programs
Call your local library for information about free weekly story hours (days and times listed below with library phone numbers) and other family activities:
- Brewster 508-896-3913
  Weds. 10:30 am, starts Sept. 20
- Chatham 508-945-5170
  Fridays, 9:45 am
- Eastham 508-240-5950
  Fridays, 10:30 am
- Harwich 508-430-7562
  Fridays, 10:30 am
- Orleans 508-240-3760
  Thurs., 10:30 am, starts Sept. 14
- Provincetown 508-487-7094
  Call for information
- Truro 508-487-1125
  Thursdays, 10:30 am
- Wellfleet 508-349-0310
  Fridays, 10:30 am
Thank You For Making Our Event Successful
Cape Cod Children’s Place held its 3rd Annual Wish Upon A Star fundraiser on Sunday, August 6, hosted by beautiful Truro Vineyards and the Roberts family. It was a magical evening of food, drink, auctions, art and music. The weather was glorious, the food by Cosmos Catering was delicious, the wine and beverages by Truro Vineyards were superb, the music by the Drumma Queens and Caroline & Sean Brennan was a perfect accompaniment to a perfect evening.

We were able to surpass last year’s record-setting event, all because of our amazing guests, sponsors, artists and volunteers. We are especially grateful to our Presenting Sponsor, Seamen’s Bank; and to our Supernova Sponsors, Cape Associates and Shoreline Pools. Look on the page to your left to see the many sponsors who helped to underwrite the event, so that all funds raised can go to direct programs and services to strengthen and support local families. If you see their logo on the accompanying page, we ask that you support their businesses just as they have supported the families in our community.

Cape Cod Children’s Place has a vision of all Cape Cod children growing up healthy, safe and nurtured. Since our founding in 1995, we have worked to make that vision a reality by providing an array of programs and services to local families and caregivers which increase parenting skills, access to community resources, understanding of child development, and critical networks of support. All our programs are designed to increase the resiliency of local families and reduce risk factors.

We owe a tremendous thank-you to the local artists, businesses and individuals who generously donated silent and live auction items — this night was a success because of your generosity.

We are grateful to our Board of Directors, staff, and event volunteers who gave their time and energy to make this night happen. Thank you all so very much!

Cape Cod Children’s Place is only able to offer our programs and services to all in need because of the wonderful support of our community. Thank you to all who attended, purchased tickets, bought auction items, donated to the Selina Trieff Scholarship Fund, and made all our wishes come true.

*We are ALL Cape Cod Children’s Place!*
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>Phone Number</th>
<th>Description</th>
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<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>
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<tr>
<td>Al-anon</td>
<td>508.394.4555</td>
<td>Offering support for friends and families of problem drinkers</td>
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<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>
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<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>
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<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>
</tr>
<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>
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<tr>
<td>Legal Services for Cape Cod &amp; Islands</td>
<td>510-775-7020</td>
<td>Non-profit legal aid</td>
</tr>
<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>
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<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>
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<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>
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<tr>
<td>Provincetown Family Resource Center</td>
<td>800.871.9535 or</td>
<td>Providing support, referrals, and financial aid through the John A. Henry Trust administered by</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,</td>
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</tbody>
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