Welcome to Fall: a Time of Growth and Transitions

September is a month that brings mixed feelings for me. It means the end of beach days, long days with extended family, and the beginning of fall jackets and busy schedules. However, this month also brings me a renewed sense of growth. It marks the start of school for many; buses begin running again, mornings start early and become more hectic with making lunches and finding lost homework. For me, it is a time that I reflect on my past year. My daughter’s birthday is in the fall and that day causes me to realize how quickly she seems to be growing up. Each year I am amazed with how old she has become – not only in her years, but in the way she thinks and talks. I also think about the accomplishments and challenges that I have been through and what direction my life seems to be headed in. I’m not sure if it’s the changes in the air or the trees, or the fact that we here on the Cape all seem to switch gears once September comes, or the teacher in me, but it almost feels like the beginning of a new year.

The phrase “Back to School” is common and so may seem trivial, however, I believe it’s a time of year when we as parents can take pause in our lives to enjoy our young children and appreciate the moments we have with them. It is easy to take for granted these busy days, but they too will go by as quickly as summer.

Liz Carns, who wrote this column, is the Assistant Director at Cape Cod Children’s Place and the mother of an almost-5-year-old.

What are the important things in life?

- Hugs
- Enjoying meals together
- Laughter
- Listening to each other
- Sharing
- Getting enough sleep
- Staying calm

and remember...

Don’t sweat the small stuff!
Advocacy Corner

VOTE!
The Mass. Primary Election is THURSDAY, SEPTEMBER 8
Voting hours are 7 am-8 pm at polling places in each town. Call your Town Hall for more information.

Candidates for Cape & Islands State Senator are on the ballot, running for the seat currently held by Dan Wolf. The winners of this primary will be on the ballot in the November General Election.

Did you know?
The following information is provided by the Mass. Budget and Policy Center, in its analysis of this year’s state budget as printed in its publication, the Budget Monitor, in August. For specifics email Noah Berger [nberger@massbudget.org].

Since 2001, inflation-adjusted funding for early education is down 22 percent. Why? Between 1998 and 2002 the state adopted several income tax cuts that are now costing over $3 billion annually. That revenue reduction paired with a long-term pattern of rising health care costs has reduced our Commonwealth's capacity to make important investments in our people and our economy, and has caused chronic budget problems.

Has this situation affected your family? Send your suggestions for how to address this problem to ealdred@c4.net.

The Lower Cape Early Childhood Council

The Lower Cape Early Childhood Council wants YOU to join!
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!

Come to our meeting on September 21 at 6:00 pm at Snow Library, 67 Main St. in Orleans, and help set priorities for this year’s community activities and parenting classes; identify needs in our region; help plan the annual Family Fun Fair; and create programs that will help families on the Lower and Outer Cape.

We are a fun, welcoming group of people who are committed to supporting the success of all families with young children in our region (Brewster, Chatham, Eastham, Harwich, Orleans, Provincetown, Truro and Wellfleet). YOU can join the Council at anytime, just by attending the Council meetings. Come join us for refreshments, friendship, collaboration, and the chance to make a difference in your community.

For more information or to RSVP for the September 21st or October 19th meeting (location TBD) contact Meghan at mkemp@capecodchildrensplace.com
**Parenting in Recovery**

*Wednesdays*

**Sept 14 & 28, Oct 12 & 26, Nov 9 & 16**

5:30—7:30 pm

Cape Cod Children’s Place
10 Ballwic Rd (off Nauset Rd)
Eastham

This is a six-session psychodynamic group set in a safe space, where you can increase your insight and skills to support your recovery along with your desire to strengthen your parenting. The goal of the group is to furnish parents with an opportunity to become more confident in their recovery while increasing competence in their understanding and abilities to be a healthier parent. The group will cover normative child development and discipline and additionally offer education about adult developmental process, trauma, self care, triggers and relapse prevention, emotional understanding of what it means to be a parent in recovery and how to balance the demands of sobriety, parenting, work, school, and legal issues. The sessions are designed to support an environment of safety, trust and respect where you can share your feelings and experiences, gain support and support others.

* Free pizza dinner & childcare
* Pre-registration required

For information & details, please call Cape Cod Children’s Place at 508-240-3310.

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**Parenting in Recovery Support Group**

*September 21, October 19*

This free monthly group is for those who have completed the 6-week series described above. The group will provide support, access to resources and ongoing benefits of being part of this community. Call Cindy or Christina at 508-240-3310.

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**Lower Cape Dads’ Talk**

Wednesday, September 7

Wednesday, October 5

6:00—7:30 PM

Harwich Community Center
100 Oak St., Harwich

with Eric Hauck. 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 and Harwich Early Childhood Council.*

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**Childcare Subsidies**

Cape Cod Children’s Place administers the following resources to help families pay childcare fees:

- Brewster Childcare Scholarship Program
- Wellfleet Childcare Subsidy Program
- Lower Cape Emergency Childcare Fund

Applications to these programs are available by emailing or calling Karen at or kburns@c4.net. 508-240-3310, or at www.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.
Support for Grandparents
Both groups below meet at the Cape Cod Family Resource Center, 29 Bassett Lane, Hyannis.

Grandparents Advocacy Group
Meets the first Tuesday of each month, 10:30-11:30 am. Meet informally with other grandparents and local providers, get information about resources and answers to your questions. Contact Kerry Bickford at 508-771-4336 or grandparents@capecoalition.com.

Grandparents Helping Grandparents Support Group
Meets the 2nd and 4th Tuesday of each month, 5:30-7 pm. Non-therapeutic group provides a supportive environment for grandparents who play a significant role in raising their grandchildren. Dinner and childcare provided. Contact Cynthia Klopfer at ckloper@familycontinuity.org or 508-815-5143.

Cape Cod Dads Update
Sponsored by the Cape Cod Fathers & Family Network. This is a free monthly email and ongoing calendar of events and resources for fathers and anyone who supports fathers on the Cape. Check it out or sign up at dads.capecoalition.com. For information contact Paul Melville, Cape Cod Fathers & Family Network Coordinator, at pmelville@familycontinuity.org.

Family and Friends of People with Mental Illness
This support group meets the first Thursday of the month, 7-8:30 pm at St. Peter’s Lutheran Church, 310 Rte. 137, Harwich. Hosted by NAMI. Call 508-778-4277 for information.

The Rocking Unicorn
The Rocking Unicorn Nursery School, est. 1981, has full- and part-time spaces available in the pre-K class (4- and 5-year-olds) for September 2016. Please call Gretchen at 508-945-0611 to schedule a visit day and to receive a brochure. Also visit our website at www.therockingunicorn.com.

Family Law Workshop
Wednesday, Sept. 14
5:30-7:30 pm
Harwich Community Center
100 Oak Street
Sponsored by WE CAN. Attorney Adam Schanz will take a detailed look at the divorce process, covering topics including child support and custody, division of assets, forms and key steps involved. There will be time for questions and answers. Register by calling WE CAN at 508-430-8111.

Reclaim Your Life
Tuesdays, Sept. 6-Oct. 25
6-8 pm
Lower Cape Outreach Council
19 Brewster Cross Road
Orleans
Personal Development Workshop series sponsored by WE CAN will provide a supportive setting for participants to examine their doubts, connect meaningfully with like-minded women, learn new skills and develop a plan to reclaim their lives. You will have the opportunity to join a private Facebook group to give and receive support during your journey. Facilitated by Life Coach Nicole Gelinhas. Register by calling WE CAN at 508-430-8111.

Visit www.wecancenter.org for information on other programs and services offered by WE CAN.

Family Pantry of Cape Cod
Located at 133 Queen Anne Rd., Harwich; call 508-432-6519 for hours/days of operation. Provides large selection of healthy foods, and clothing. No geographic limitations. Trained volunteers are available to help clients apply for SNAP (Supplemental Nutrition Assistance Program, formerly Food Stamps) and Fuel Assistance programs.

Cape Cod Family Resource Center:
The Cape Cod Family Resource Center is open in downtown Hyannis (29 Bassett Lane), on the web at http://www.CapeCodFamilyResourceCenter.org, and by phone: 508-862-0600. They offer parent education & support, help navigating resources, clinical assessments for children and adolescents, and more. All of their services are available FREE to families living in every community, regardless of income or insurance statuses.

PFLAG—Brewster
Support/educational group for parents, families and friends of lesbian, gay, bisexual and transgender people meets 3rd Monday of the month at First Parish Brewster, 1969 Main St. Call Amy 508-420-0696 or visit www.pflagcapecod.org.

Free Clothing Swap
Saturday, Sept. 24, 9 am—12 pm
Elks Lodge, McKoy Rd
North Eastham
Sponsored by Cape Cod Children’s Place, organized by a wonderful parent. Clothing infants—teens, maternity. Call 508-240-3310 for information or email jm_remy@yahoo.com (“cs” in subject line) to arrange donations.
Raising Healthy Families

**Tuesdays, October 4, 11, 18, 25 and November 1 & 8, 2016**
**5:30-7:30 p.m.**
**Harwich Elementary School**
**263 South St.**
**Harwich**

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 with additional funding provided by a Coordinated Community and Family Engagement grant (CFCE) from the MA Dept. of Early Education and Care, administered by Cape Cod Children’s Place.

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The Magic of Books

Books can be very useful in helping your child prepare for a new situation. Visit your local library and ask for help to find books on a particular topic.

The following suggestions for 3-5-year-olds starting preschool or kindergarten are provided by Fran McLoughlin at the Eastham Library:

Going back to school can be exciting, exhilarating, and a bit stressful for your child. Isn’t it great to know that there is a whole shelf full of “Back to School” books available at the Eastham Public Library (or maybe at your own local library)? This is a great opportunity to snuggle in, get comfy and share some good books about others who also are wary of starting school. Some suggested titles for the preschool/kindergarten set are “Monsters Love School” by Mike Austin, “Otto Goes to School” by Todd Parr, “Chicken Chickens Go to School” by Valerie Gorbachov, and “Dinotrux Goes to School” by Chris Gall.
# September 2016

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**Notes:**
- Orleans Playgroup meets at Eldredge Park Way Playground
- Eastham Playgroup meets at Wiley Park Playground
- Harwich Tons open gym meets at Comau Ctr; playgroup meets at Brooks Park—Thurs playgroup meets at Comau Ctr.
- Brewster Toddler Town meets at Brewster Ladies' Library
- Baby's First Year meets at the Snow Library, Orleans (contact Monica Keys-Dees to register)
- Tyke Hikes meet at Wellfleet Audubon Sanctuary

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**Cape Cod Children's Place**
PO Box 1835
10 Balsam Road, off Nauset Rd
N. Eastham, MA 02651

Phone: 508-240-3510
Fax: 508-240-2658
E-mail: info@capecodchildrenplace.com
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We’re Growing!

Thank you ALL for your help and support!

If you visited us this summer, you know that things are looking different at Cape Cod Children’s Place. We are expanding and improving our building in order to meet the needs of families in our community. We are also taking this opportunity to improve other aspects of our center, located on Ballwic Road in North Eastham.

The first stage of this project, an upgraded septic system, has been completed this summer. The next stage, a bigger parking area to accommodate the many families who use our on-site programs, is almost completed. Next will be an addition to provide more space for family support programs and community services. The whole project is scheduled to be completed next spring.

This project is being entirely funded through grants and philanthropy. We are very grateful to the Town of Eastham for its support, and to the generous donors who have already contributed to this project. We have raised 50% of the funds needed and are working hard to raise the balance. If you are interested in making a donation, or if you have questions, contact Meghan or Cindy at 508-240-3310 or email mkemp@capecodchildrensplace.com.

THANK YOU to the following companies and businesses that have supported our project:

Lawrence Lynch, Falmouth
Robert B. Our, Harwich
Ferguson Water Works, Harwich
Landmark Fence, Eastham
Bennett Environmental Assoc., Brewster
Murphy Nickerson-Dennis Murphy, Eastham
Jim Hobbs, All Cape Custom Drywall
John Bommhardt, The Barnstable Painter

And a BIG thank you to all the parents who are patiently putting up with the inconvenience while all this work is going on!

Thanks also to our Building Committee:
- John Our
- Jackson Dutra
- Steve Roderick
- Brian Harrison
- Kara Risk
- and staff members
Fun and Free!

**Baby’s 1st Year**
*Tuesdays beginning Sept. 20!*
11 am—12:30 pm
Snow Library, 67 Main St.
Orleans
Join Monica Keefe-Hess, Parent Education Coordinator at Cape Cod Children’s Place for this weekly group. We’ll meet to share stories, ask questions, and get familiar with resources that support you such as: nutrition, parenting, breast feeding, etc. Weekly discussion topics will include the various developmental stages during baby’s first year. Please pre-register by calling Monica at 508-240-3310 or by email at mkeefe@capecodchildrensplace.com.

**Happiest Baby on the Block:**
*Wednesday, October 12 10-11 am*
At the Outer Cape WIC office, 79 Finlay Road, Orleans, with Gabrielle Hathaway. Open to WIC and non-WIC participants who are pregnant or who have a baby under three months. Sponsored by Outer Cape WIC. Information: 508-240-0853.

**Grandparents’ Day**
*Saturday, September 10 11 am—noon*
Brewster Ladies’ Library 1822 Main St.
Come to the library to celebrate Grandparents’ Day: make a papier-mâché box to give to your special family member. Bring a photo smaller than 4” x 7” to place inside. Call 508-896-3913 for information. All are welcome.

**Preschool Story Time:**
*Fridays, 10:30 am*
Eastham Public Library
Join Fran McLoughlin for a story time filled with stories, songs, finger plays, movement and crafts. Fun and free to the preschool set. No registration required. Temporary library quarters are in the Eastham Town Hall parking area.

**Move and Groove; Family Fitness Fun:**
*Friday, Sept. 9 10:30-11:30 am*
Brewster Ladies’ Library 1822 Main Street, Brewster
All ages are welcome to get moving with DJ Acqua. Participants will be guided by music and gentle instruction to explore a range of rhythm and movement from stillness to free-form dancing. Parents must be present with their children.

**Infant Feeding Group:**
*Wednesday, September 14 10-11 am*
At the Outer Cape WIC office, 79 Finlay Road, Orleans, with Gabrielle Hathaway, lactation consultant. All pregnant and breastfeeding women and babies under six months are welcome. Get your breastfeeding questions answered and learn the latest information in a confidential and sympathetic group environment. Snacks provided. Sponsored by Outer Cape WIC. Information: 508-240-0853.

**Toddler Tales**
*Fridays, 10:30 am*
Wellfleet Public Library 55 West Main St.
Free, ages birth-4 welcome. No pre-registration required. Call 508-349-0310 or visit wpl@wellfleet-ma.gov for information about other programs.

**Truro Story Time**
*Thursdays, 10:30 am*
Truro Public Library 5 Library Ln., N. Truro
Drop-in story hour. Call the library at 508-487-1125 for information about family activities.

**Harwich Library Programs**
Brooks Free Library, 739 Main St. in Harwich, offers several programs for children accompanied by a parent or other adult.
- Creative Movement is on Mondays at 10:30-11:15 am
- Mother Goose on the Loose is on Fridays 10:30–11 am.
Call Ann Carpenter at the library, 508-430-7652 x2, for more information.

**Orleans Story Hour**
*Thursdays starting Sept. 15 10:30 am*
Snow Library 67 Main St., Orleans
Call Ann Foster at the library, 508-240-3760, for information about children’s activities.

**Chatham Library Programs**
Eldredge Public Library, 564 Main St. in Chatham, offers the following programs this fall:
- Story Hour Mondays, 1 pm, ages 3-5
- Itsy Bitsy Yoga Thursdays, call for ages/schedule
- Wee Read Fridays 9:45 am, sgs 18 mos-3 yrs.
Call the library at 508-945-5170 for more information and schedule specifics.
With a new school year starting, it’s a good time to think about how to give your child a healthy lunch to take to school or preschool. Now that even yogurt is being recognized as having high sugar content, it can be hard to know what counts as a “healthy lunch.”

The American Heart Association (AHA) recommends no more than 16 grams of sugar daily for toddlers, but many children as young as 1-3 years old already consume around 48 grams of sugar every day, according to an AHA study. Some foods that may not be considered “sweet” have more sugar than we may think: a yogurt cup and a granola bar contain about 25 grams of sugar — add a juice box and your child may already have consumed more than the daily recommended limit.

What’s a busy parent to do? Just replacing one sugary food can make a difference:

- Replace yogurt with hummus and carrots.
- Add a hard-boiled egg, cheese cubes, celery sticks, air-popped popcorn.
- For dessert, give fruit in season, instead of cookies.

Ask your children for ideas. Take the opportunity to encourage them to try something new while learning to make good food choices. Above all, don’t try to change too much all at once, and don’t worry if your child isn’t adventurous right now with new foods. It’s not worth a battle — just keep trying!

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**Gazpacho Salsa**

*Here’s a recipe to use some of the last of the summer vegetables:*

Serves 6 (makes 4 cups):
- 2 medium tomatoes
- 1 small yellow bell pepper, diced (or use any color bell pepper)
- 1 medium cucumber, diced
- 1/2 small red onion, diced
- 1 tbsp. apple cider vinegar
- 1 tbsp. vegetable or olive oil
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper

1. Wash and prepare vegetables
2. In a medium bowl, combine the tomatoes, bell pepper, cucumber, onion (if using), vinegar, oil, salt and pepper
3. Serve on crackers or bread or with baked tortilla chips

*Nutrition facts: serving size, 1/4 cup; calories, 41; fruits & vegetables, 1/2 cup; fat, 2g; fiber, 1 g.*

**TIPS:**

- Place 3 tbsps. on a serving of baked, grilled or broiled fish or chicken, or serve over rice.
- Stuff a pita pocket bread with drained salsa and add a slice of cheese for a light and tasty sandwich.
- This colorful salsa is loaded with vitamins A and C which help to maintain strong bones and teeth, healthy vision, heart and immune system.
- Add chickpeas to the recipe.
A magical night was had by all as we raised funds to support and strengthen local families at our 2nd Annual Wish Upon A Star fundraiser. Hosted by beautiful Truro Vineyards, guests enjoyed food, drinks, dancing to Sarah Swain and the Oh Boys, auction bidding, and making wishes on falling stars as the historical Perseid meteor shower unfolded above them. Thank you to everyone who came out and supported this wonderful event benefiting local children and families! We were able to surpass last year’s record setting event, all because of our amazing guests, sponsors, artists, and volunteers generosity.

Thank you to the sponsors who helped underwrite the event so that all funds raised can go to direct programs and services to strengthen and support local families to ensure our children are growing up in healthy, nurturing, and safe environments! If you see their logo on this page, we ask that you support their businesses just as they’ve supported our community families!

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!

Our Board of Directors, staff, and event volunteers gave their time and energy to make this amazing night happen and we are thankful!

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.

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<tr>
<th>Service</th>
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<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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<td>Child Support Enforcement-Mass DOR</td>
<td>508.771.2414 x 3</td>
<td>Assistance in enforcing the financial responsibilities of parenthood</td>
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<td>Consumer Credit Counseling</td>
<td>800.208.2227</td>
<td>Budgeting and debt consolidation assistance</td>
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<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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<td>Fuel Assistance Program</td>
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<td>Emergency fuel/heating help</td>
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<td>Healthy Connections</td>
<td>508.255-1903</td>
<td>Referrals for free/low cost health insurance</td>
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<td>Homeless Prevention Council</td>
<td>508.255.9667</td>
<td>Counseling, advocacy, resources and referral services</td>
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<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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<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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<td>Providing short-term emergency assistance to Lower Cape families and individuals</td>
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<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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<td>MSPCC</td>
<td>508.775.0275</td>
<td>Protecting and promoting the rights and well-being of children &amp; families</td>
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<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>
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<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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<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 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>
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<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, etc.</td>
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