Making Our Contribution

Spring is finally here! And as the trees leaf out, and flowers start to bloom, we are bringing fresh energy and commitment to the work of rebuilding our community. April was a very difficult month, and we look forward to the rest of this spring season with renewed dedication to our goal that every child growing up on Cape Cod shall be safe, healthy, and nurtured.

Ever since Cape Cod Children’s Place opened its doors in September of 1995, we have been committed to providing high-quality care, support, and advocacy for families with young children in order to sustain a healthy community for Cape Cod’s future. In these challenging times, that work is more important than ever.

We live in an amazing place, surrounded by beauty and caring neighbors. And we all have something to contribute to keep our home special.

We can participate in beach clean-up days, pick up litter when we’re out walking, encourage friends to follow our example and take care of our fragile environment.

We can be attentive to our neighbors, the people who live near us and those we spend time with, and offer a helping hand when it is needed. Sometimes a small gesture can make a big difference: a few kind words to someone going through difficult times, a ride for someone whose car is getting fixed, an offer to help with a difficult task, or just a sympathetic listening ear.

We can choose to accept and hear people with different opinions, without judgment or hostility. We can choose understanding over anger, empathy over criticism.

We can choose peace, and work towards it every day. Peace does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.

This is a wonderful time of year to renew our commitment to making our community the best it can be. And that work starts with ourselves, our daily lives, our interactions with our families, our co-workers, the people we meet at the supermarket and the gas station. We invite you to join us!

Cindy Horgan, Executive Director
Early Childhood Councils

Come and Join Us!
Cape Cod Children’s Place serves 10 towns through a CFCE (Coordinated Family and Community Engagement) grant from the Mass. Department of Early Education and Care. This grant funds programs to support children and families in Brewster, Chatham, Dennis, Eastham, Harwich, Orleans, Provincetown, Truro, Wellfleet and Yarmouth. The Cape Cod Regional 10-Town (CCRTT) Early Childhood Council and its three Subcommittees meet regularly from September to June, to plan and implement programs through this grant. All parents, community members and early childhood educators are welcome to attend any of these meetings. See below for information, including May meeting dates, of the Subcommittees. A full schedule of meetings will resume in September and we invite you to come and join us at one of these meetings! For general information about the grant programs contact Meghan Kemp at 508-240-3310 mkemp@capecodchildrensplace.com

Voter Registration
Cape Cod Votes, a non-partisan voter registration drive, will be held on June 14, 15, 16 at libraries in all towns throughout the Cape & Islands. This is a great opportunity for eligible voters to register to vote. Volunteers are also needed to staff the voter registration tables. Training will be provided. For information or to volunteer contact Lydia Vivante at vivantelydia@gmail.com or Laurie Veninger at veninger@aol.com

Monomoy Early Childhood Council Subcommittee
Meets the first Thursday of each month, 6-7:30 pm in alternating locations. Next meeting is May 3: Harwich Community Ctr. Playroom, 100 Oak St., Harwich. This Subcommittee brings 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 meets quarterly in the cafeteria at the ME Small Elementary School, 440 Higgins Crowell Rd., W. Yarmouth. Meetings will resume in September. This Subcommittee focuses 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 will meet on May 16, 6-7:30 pm at Snow Library, Orleans. It focuses on activities and needs specific to towns on the Lower and Outer Cape and meets each quarter alternately with the larger CCRTT Council, which will resume meetings in September. For more information 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 expansion to our building completed last year, 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 to make a donation online.

Below is information and a schedule of services that are 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**
Child Care Network schedules 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 on May 7 and June 4, from 8 am-5 pm.

**Immigration Resource Center**
The Immigration Resource Center provides 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; green cards; public benefits; immigration lawyers; and much more. Call 508-771-1727 x 140 to schedule an appointment on May 2 and June 6, 9 am-5 pm.

**Dept. of Transitional Assistance**
The Dept. of Transitional Assistance meets with clients at Cape Cod Children’s Place on the third Wednesday of each month. Next dates are May 16 and June 20, from 9 am-5 pm. Call Cape Cod Children’s Place at 508-240-3310 for information.

**Mobile Dental Hygiene Services**
On Thursday, May 17, 12-5 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, and to find out future dates.

**Nutrition & Healthy Eating**
Lower Cape Outreach Council offers free fruits & veggies and health monitoring at Cape Cod Children’s Place the 2nd and 4th Thursdays from 2:45-4:15 pm. Next dates are May 10 & 24, June 14 & 28. Call 508-240-0694 for information or just stop by on those dates.

**Helping Our Women**
Helping Our Women meets with clients on the second Tuesday of the month at Cape Cod Children’s Place. Next dates are May 8 and June 12. 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 nfo@helpingourwomen.org.
Support for Families in Recovery

Mothers Helping Mothers
Weekly support groups for women struggling with the emotional difficulties associated with addiction and recovery during the pregnant and postpartum phases of life.

Harwich group meets Wednesdays 6-7:30 pm
St. Peter’s Lutheran Church, 310 Rte. 137
(near exit 11)
Free childcare; transportation support available.
Contact info@mairni.org; 508-274-1391

Grandparent Support Group
May 17 and June 21, 5:30-7 pm
Cape Cod Children’s Place
10 Ballwic Rd., North Eastham
This monthly group meets with Christina Russell, Family Support Specialist at Cape Cod Children’s Place, to provide resources and support for grandparents who are raising grandchildren in families impacted by trauma (loss, substance abuse, recovery, domestic violence).
Call 508-240-3310 for information.

Parenting on the Other Side Support Group
May 16 and June 20
5:30-7:30 pm at Cape Cod Children’s Place
10 Ballwic Rd., N. Eastham
Ongoing support group meets the 3rd Wednesday of every month for parents and caregivers impacted by trauma (substance abuse, recovery, domestic violence). This group provides a consistent forum to seek support and gain access to resources, and it provides parents with the opportunity to benefit from a sense of community.
Participants must register by noon the day of this group. For information and details call Cindy Horgan or Christina Russell at Cape Cod Children’s Place 508-240-3310.

Funding support for the Parenting on the Other Side and Grandparent support groups is provided by Cape & Islands United Way, Cape Cod Healthcare, Kelley Foundation, Roessner Foundation, Cape & Islands District Attorney’s Office and a Family Centers grant through the Children’s Trust, administered by Cape Cod Children’s Place.
Keeping Our Children Safe

Tuesday, May 15
5:30-7:30 pm
Cape Cod Children’s Place
10 Ballwic Road, North Eastham

Join Children’s Cove Community Education & Outreach Coordinator Jacob Stapledon for a conversation about the services and process at Children’s Cove. Learn how parents can begin to have conversations with children about body safety, what signs and symptoms of abuse may look like, and how to respond if a child discloses abuse.

Free. Pizza dinner and childcare included.
Pre-registration required; call 508-240-3310.
Please indicate if you need transportation.

* * *

Children’s Cove is the Child Advocacy Center for the Cape and Islands, providing a compassionate, efficient, child-friendly facility for child abuse intervention. Children and families journey through a streamlined process which reduces the chances that the children are re-traumatized and preserves the best evidence for investigators. Children’s Cove staff facilitate an under-one-roof collaboration of social and legal agencies to protect, treat, make counseling referrals for child abuse victims and their families, and investigate and prosecute the abusers.

Funded by a Family Centers grant from the Children’s Trust and a Coordinated Family & Community Engagement grant from the MA Dept. of Early Education and Care, administered by Cape Cod Children’s Place.

Support for Grandparents Raising Grandchildren

May 29 & June 26
9:30-10:30 am
Harwich Elementary School, 263 South St.
Family Resource Center

Legal Issues Facing Grandparents Raising Grandchildren

Wednesday, May 23; 5:15-8:30 PM
With Attorney Jennifer McNulty
Barnstable Senior Center, 825 Falmouth Road, Hyannis

Dinner and childcare provided on-site
Pre-registration required by May 16 if you will need childcare
Register by May 21 if you don’t need childcare
Call 508-771-4336 or email beverly@capecoalition.com

Have dinner with other attendees 5:15-5:45 pm then attend this free, confidential workshop and get useful legal information.

Sponsored by WECAN and Cape Cod Neighborhood Support Coalition
Funded by Mass DCF, Mass. Bar Association, Cape & Islands United Way
Playgroups: May 2018

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

MONDAYS
- **Baby’s 1st Year** with Leah; 10:30 am-noon; May 7, 14, 21; Snow Library, 67 Main St., **Orleans**
- **Open Gym** with Katie; 10:30 am-noon; May 7, 14, 21; Chatham Community Center, 702 Main St., **Chatham**
- **Orleans Playground** with Lucy; 10:30 am-noon; May 7, 14, 21; Eldredge Park Way & Rt. 28, **Orleans**
- **Little Scientists** with Miss Amy; 10:11-11:30 am; May 7, 14, 21; Swan Pond Village Community Center, **Yarmouth**; pre-registration required, call Jody 508-778-7988 x 1.

TUESDAYS
- **Open Gym** with Katie; 9-10:30 am; May 1, 8, 22, 29; Harwich Community Center, 100 Oak St., **Harwich**
- **Run, Jump & Move** with Miss Amy; 10-11 am; May 1, 8, 15, 22, 29; Moose Lodge, **S. Yarmouth**; pre-registration required, call Jody 508-778-7988 x 1.

WEDNESDAYS
- **Wiley Park Playground** with Lucy; 10:30 am-noon; May 2, 9, 16, 23, 30; Herringbrook Rd. (if raining meet at Eastham Public Library, 190 Samoset Rd.) **Eastham**
- **Intergenerational Music & Movement** with Miss Jill; 9:45-10:45 am; May 2, 9, 16, 23, 30; Mayflower Nursing & Rehab, **W. Yarmouth**; pre-registration required call Jody 508-778-7988 x 1.
- **Families on the Farm** with Miss Amy; 10-11 am; May 30; pre-registration required, call Jody 508-778-7988 x 1.

THURSDAYS
- **Harwich Playgroup** with Katie; 10-11:30 am; May 3, 10, 17, 24, 31; Brooks Park (if raining meet at Harwich Community Center), **Harwich**
- **As the World Turns** with Miss Patti; 9:30-11 am; May 3, 10, 17, 24, 31; Northside Methodist Church, **Brewster/Dennis** line; pre-registration required, call Jody 508-778-7988 x 1.

FRIDAYS
- **Playtime with Phoebe**: 10-11:30 am; May 4, 11, 18, 25; Veterans Memorial Community Center, Rm. 75, 2 Mayflower Ln., **Provincetown**
- **Terrific Toddlers** 10-11 am with Miss Mary; May 4, 11, 18, 25; Dennis Public Library, 5 Hall St., **Dennisport**; pre-register 508-778-7988 x 1.
- **Baby & Me** 11 am-12 noon with Miss Mary; May 4, 11, 18, 25; Dennis Public Library, 5 Hall St., **Dennisport**; pre-register 508-778-7988 x 1.
Playgroups: June 2018

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

MONDAYS

- Baby's 1st Year with Leah: 10:30 am-noon; June 4, 11, 18; Snow Library, 67 Main Street, Orleans
- Eldredge Park Playground Meet-Up: 10:30 am-noon; June 4, 11, 18, 25; Rt. 28 & Eldredge Park Way, Orleans (rain cancels)
- Little Scientists with Miss Amy; 10-11:30 am; June 4, 11, 18; Swan Pond Village Community Center, Yarmouth; pre-registration required, call Jody 508-778-7988 x 1.

TUESDAYS

- Run, Jump & Move with Miss Amy; 10-11 am; June 5, 12; Moose Lodge, S. Yarmouth; pre-registration required, call Jody 508-778-7988 x 1.

WEDNESDAYS

- Wiley Park Playdate with Lucy; 10:30 am-noon; June 6, 13, 20, 27; Wiley Park Playground, Herringbrook Rd., Eastham (if raining program meets at Eastham Public Library)
- Intergenerational Music & Movement with Miss Jill; 9:45-10:45 am; June 6, 13; Mayflower Nursing & Rehab, W. Yarmouth; pre-registration required, call Jody 508-778-7988 x 1.
- Families on the Farm with Miss Amy; 10-11 am; June 6, 13, 20; at various locations; pre-registration required, call Jody 508-778-7988 x 1.

THURSDAYS

- As the World Turns with Miss Patti; 9:30-11 am; June 7, 14; Northside Methodist Church, Brewster/Dennis line; pre-registration required, call Jody 508-778-7988 x 1.

FRIDAYS

- Playtime with Phoebe; 10-11:30 am; June 1, 8, 15, 22, 29*; Veterans Memorial Community Center, Rm. 75, 2 Mayflower Ln., Provincetown (*meeting place on this date TBA)
- Terrific Toddlers 10-11 am with Miss Mary; June 1, 8 15; Dennis Public Library, 5 Hall St., Dennisport; pre-register 508-778-7988 x 1.
- Baby & Me 11 am-12 noon with Miss Mary; June 1, 8, 15; Dennis Public Library, 5 Hall St., Dennisport; pre-register 508-778-7988 x 1.
Saturday Science Programs

May 5, 10:30-11:30 am
Pond Life: Who lives in the pond? Learn about plant and animal life in this fascinating habitat

June 23, 10:30-11:30 am Incredible Insects: Why do insects exist? Learn how they are an important part of many habitats *

Both programs at Dennis Public Library, 5 Hall Street, Dennisport
Registration required: call 508-778-7988 x 1

Me and My Dad
FREE activities for all guys raising children!
Field trips are accompanied by veteran dad Tomas Tolentino. Appropriate for all ages.

Saturday, May 19 from 10-11 am:
Visit CJ’s Ranch for Pony Rides

Saturday, June 16 from 10-11 am:
Vernal Pool Exploration at Long Pasture

Pre-registration required. Details will be given at the time of registration. Call Jody at 508-778-7988 x 1.

Funding support for the programs described on this page is provided by the Cape Cod Regional Ten-Town Coordinated Family & Community Engagement grant from the MA Dept. of Early Education and Care, administered by Cape Cod Children’s Place.

Raising Healthy Families
Thursdays May 3, 10, 17, 24
Pizza dinner 5:30-6 PM
Class 6-7:30 PM
ME Small Elementary School, W. Yarmouth
Limited childcare available
Pre-registration required; call 508-778-7988 x 1

Join Cindy Horgan, Executive Director & Family Support Coordinator at Cape Cod Children’s Place, for this free series of workshops addressing developmental issues, communication, discipline, sibling rivalries, coping with stress and much more.
News You Can Use

Immigration workshop
Wednesday, May 2
6 pm
Church of the Holy Spirit
204 Monument Rd., Orleans
Attorney Collin Mickle will explain changes in immigration law and give information about immigrant rights. Presentation in English, Spanish & Portuguese. Contact marina@wecancenter.org or call 508-430-8111.

Lower Cape Dads’ Talk
Wednesday, May 2
6 — 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.

Early Childhood Screenings
Nauset Preschool screenings are ongoing throughout the year for children living in Brewster, Eastham, Orleans and Wellfleet. Call 508-255-2903 for information and appointments.
Call Chris at Truro Central School 508-487-1558 for information about early childhood screenings for Truro children.
Call Provincetown School at 508-487-5000 for information about early childhood screenings for Provincetown children.

WIC Applications
Women who are pregnant and/or have a child under 5 can now start their application for WIC (Women Infants Children) online at mass.gov/forms/apply-for-wic-online. WIC provides nutrition information, free food and referrals to eligible families. For information and assistance call Outer Cape WIC at 508-240-0853.

Scholarships Available
The application period for the 2018-2019 Early Childhood Educator Scholarship program is now open. This scholarship provides financial assistance for early childhood educators to complete college coursework towards an Associate's or Bachelor's degree in the following fields: Early Childhood Education; Child Development; Family Studies; Child Care Administration
For more information about eligibility requirements and how to apply for the Early Childhood Educator Scholarship, go online to: http://www.mass.edu/osfa/programs/earlychildhooded.asp

Your Child’s Development
Do you find yourself asking questions about your child’s behaviors, physical growth or socio-emotional well-being? The Ages & Stages Questionnaire (ASQ) is a developmental screening tool that allows families to learn more about their child’s developmental progress, as well as what they can do to support their child’s growth at home. This simple 10-minute questionnaire is available through the CFCE grant administered by Cape Cod Children’s Place. Contact Lucy Gilmore at lgilmore@monomoy.edu to find out how you can access it.

Housing Lottery
May 22 is the deadline for eligible Orleans residents to apply to the Affordable Rental Housing Lottery through the Ready Renters Program. Call Mary Waygan at 508-398-2231 x 1275 or email her at mwaygan@yarmouth.ma.us to get information about eligibility and the application process.

Mentoring Program
WE CAN will provide information about its PathMakers Mentoring Program from 5:30-7 pm at the following dates/locations:
Mon. May 14: OCHS, Wellfleet
Wed. May 16: CCCP, Eastham
Tues. May 22: First Parish, Brewster
Call WE CAN at 508-430-8111 for information about the program. Childcare reimbursement is available.

Library Programs
Check the list below, and call your local library for information about the many free family activities offered in addition to story hours:

Brewster 508-896-3913
Weds 10:30 am Story Hour

Chatham 508-945-5170
Fri, 9:45 am Story Hour

Eastham 508-240-5950
Fri, 10:30 am Story Hour

Harwich 508-430-7562
Fri, 10:30 am Story Hour

Orleans 508-240-3760
Thurs, 10:30 am Story Hour

Provincetown 508-487-7094
Call for information

Truro 508-487-1125
Thurs, 10:30 am story hour

Wellfleet 508-349-0310
Fri, 10:30 am Storytime
Outdoors Family Fun!

Dad and Me at Camp Dream Day on Cape Cod
Tuesdays 5:30 --6:45 pm
May 8, 15, 22, 29
165 Nan Ke Rafe Path, Brewster
(Rain make-up days will be following Thursday)

Free program for children ages 8 and younger to attend with a participating male caregiver. Join resident camp director Dave Hudnall for an evening of fishing, chasing frogs, spotting turtles and more. Bringing your own fishing gear, pond net and binoculars is optional. No pre-registration necessary.

Directions: Camp Dream Day is located in Nickerson State Park, between areas 6 and 7. A sign marks the entrance on the right. The parking lot is located above the camp on your left. Please park and walk down the path to the main camp.

Sponsored by Cape Cod Children’s Place. Call 508-240-3310 or email lgilmore@monomoy.edu for information.

Getting Outdoors with Your Children
Spring is a wonderful time to enjoy outdoor activities with your children. Take a few minutes to
- Plant some seeds in a pot or a place where your child can watch them grow, if you don’t have time for a garden
- Go for a short walk around your house and look for nests, flowers, insects
- Play a game appropriate for your child’s age and abilities

Everyone is busy, but a short time outside doing something you both enjoy is a gift worth sharing.

Don’t forget to check for ticks, but don’t let fear of tick-borne diseases ruin your pleasure in this beautiful season!

Early Evening Playgroup
Mondays May 7, 14, 21 & June 4, 11
5:15-6:30 PM
At the Laurel School
1436 Long Pond Road (Rt 137)
Brewster

For all children age 5 and younger
Join Lucy Gilmore for outdoor fun on the playground. The group will move indoors if weather is too cold, rainy or windy.

Text Lucy at 508-246-4245 or call Cape Cod Children’s Place at 508-240-3310 or email mkemp@capecodchildrensplace.com for information.

The above programs are funded by a Family Centers grant from the Children’s Trust, and a Coordinated Family and Community Engagement grant from the Mass. Department of Early Education and Care, administered by Cape Cod Children’s Place.
Support Local Families!

Here is information about three upcoming opportunities to support Cape Cod Children’s Place and its free programs and scholarships that serve hundreds of local families annually. Please help us to keep meeting the needs of our neighbors.

**Wish Upon a Star**

*Saturday, August 11 at Truro Vineyards*

An evening of food, drink, auctions, art, and music to benefit Cape Cod Children’s Place.

For sponsorship opportunities and ticket information contact sarah@capecodchildrensplace.com or visit capecodchildrensplace.com

Presented by Seamen’s Bank
Hosted by Truro Vineyards

**Seaside Le Mans**

*Saturday, September 8 at Mashpee Commons*

Cape Cod Children’s Place is one of five beneficiaries of this year’s stellar fundraising event, presented by the Davenport Companies. Visit www.seasidelemans.org for information. Call Kelsey Ellis, Event Director at 508-394-8800 x 142 for information about becoming a sponsor or a driver in this 4-hour endurance race on an outdoor track. The field will be limited to 20 teams.

**Save the date:**

*May 23, 5:30 PM*

Spring celebration dinner at Montano’s in Truro. Tickets $75. Visit www.capecodchildrensplace for details.

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**Our Lower Cape State Legislators**

Cape & Islands State Senator Julian Cyr; Rm.218 617-722-1570; Julian.cyr@masenate.gov

State Representative Sarah Peake; Rm. 163 617-722-2040; sarah.peake@mahouse.gov

State Representative Timothy Whelan; Rm. 39 617-722-2014; timothy.whelan@mahouse.gov

Mailing address: State House, 24 Beacon St., Boston MA 02133.
Visit malegislature.gov for more information.

**Your voice is important!**

Spring is an important time for paying attention to decisions being made that affect us all: individuals, families and communities.

Attend your Town Meeting, vote in your Town Election, contact your local state legislators (see contact information on the left) to tell them what issues are important to you as they plan next year’s state budget, and ask them for information about your concerns. Visit website malegislature.gov for other state legislators.

Support Cape Cod Children’s Place. Donate at our website: www.capecodchildrensplace.com or our Facebook page: Facebook.com/capecodchildrensplace. Mail donations to CCCP, POB 1935, POB 1935, N. Eastham 02651
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>Contact</th>
<th>Phone 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>
</tr>
<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>
</tr>
<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>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>
</tr>
<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>