September means different things to different people. The return of regular school schedules can be a relief for working parents who have been struggling to keep their children safe and occupied during summer vacation. Teachers who spent the summer out of the classroom may bring new plans and energy to their classrooms. Early childhood educators at year-round programs like Cape Cod Children’s Place and Sea Babies look for new ideas to get the school year off to a good start. And children may be excited to move into a new classroom, or uncertain about whatever changes lie ahead.

Whatever new beginnings the fall brings in our own families, it’s a good time to remind ourselves that some of the most important learning takes place outside the classroom.

From birth on, children are discovering how to get their needs met, how to interact with the people around them. They are absorbing these lessons by watching and listening, laying the foundations for lifelong habits. When children see disagreements handled with courtesy, distress handled with empathy, they learn how to treat others considerately. When they see their parents and other adults being active in their community, making a difference, children grow up to be engaged citizens.

Sometimes we may not be aware of the lessons we are teaching through our own example. Some years ago one of our grants at Cape Cod Children’s Place, that helped many local working parents pay for preschool, was cut mid-year because of state budget shortfalls. We held a meeting to explain to parents why they were losing that important subsidy in January and we gave them names and contact information for their state legislators, so the parents could tell them about the harm caused by those unexpected budget cuts.

One young single mother came to the meeting and asked some questions. Afterwards she apologized for not being informed. “No one in my family ever voted,” she said. That mother had learned as a child not to vote, and she took that lesson with her into adulthood. We encouraged her, answered her questions and commended her for coming to the meeting and wanting to speak up for herself.

This fall we have great opportunities to teach our children about voting, about being engaged citizens. We can take them with us when we vote. We can show them voting is one of our responsibilities. We can answer their questions about why voting matters. We can be role models for what it means to live in a democracy. These important lessons are part of our responsibility as parents, family members and caring adults.

Elizabeth Aldred
Early Childhood Council News

Cape Cod Children’s Place administers a Coordinated Family and Community Engagement (CFCE) grant that serves hundreds of families in the following 10 towns: Provincetown, Truro, Wellfleet, Eastham, Orleans, Brewster, Chatham, Harwich, Dennis and Yarmouth.

The CFCE grant funds free programs and activities that support and strengthen children and families in our region. It is awarded to Cape Cod Children’s Place by the Massachusetts 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

Monomoy Early Childhood Council
Meets the first Thursday of each month, September 6 and October 4, 6-7:30 pm at Chatham Elementary School, 147 Depot Rd. in the conference room. This Council is committed to bringing information, education and support to parents, grandparents and guardians of young children in Chatham and Harwich. All are welcome. Contact Lucy Gilmore 508-430-1692 or lgilmore@monomoy.edu with questions.

Dennis-Yarmouth Early Childhood Council
Meets quarterly, first meeting September 12, 6 pm at the ME Small Elementary School, 440 Higgins Crowell Rd., W. Yarmouth. This council focuses on activities and needs specific to Dennis and Yarmouth. All are welcome. For information call 508-778-7988 x 1.

Cape Cod Regional 10-Town (CCRTT) Early Childhood Council
Come to the first meeting of the CCRTT Council this year on Wednesday, September 19, 6-7:30 pm at Snow Library, 67 Main St. in Orleans, and help set priorities for our 10-town region this year. 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 councils at any time, just by attending the meetings. Come join us for refreshments, friendship, and the chance to make a difference in your community.

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 or the programs contact Meghan: 508-240-3310 or mkemp@capecodchildrensplace.com.

Are these programs important to you and your family? VOTE!
Primary Elections September 4
General Elections November 6
Call your Town Hall for polling places and hours
Information on candidates and ballot questions at LWVMA.org
Cape Cod Children’s Place recognizes that by eliminating obstacles to obtaining services, we are strengthening families. With the expansion to our building, we are making services more accessible to the Lower and Outer Cape. Below is information about 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.

<table>
<thead>
<tr>
<th>Service</th>
<th>Details</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>CACCI/Child Care Network</td>
<td>Child Care Network sees clients at Cape Cod Children’s Place the first Monday of each month. Call 508-778-9470 x 203 or 888-540-2430 to schedule an appointment on Monday, October 1 for child care vouchers and other resources.</td>
<td></td>
</tr>
<tr>
<td>Immigration Resource Center</td>
<td>The Immigration Resource Center sees clients at Cape Cod Children’s Place the first Wednesday of each month, offering 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 on Wednesday, September 5 or October 3. 9 am—5 pm.</td>
<td></td>
</tr>
<tr>
<td>Dept. of Transitional Assistance</td>
<td>The Dept. of Transitional Assistance sees clients at Cape Cod Children’s Place on the third Wednesday of each month. Call Cape Cod Children’s Place at 508-240-3310 or call DTA at 508-862-6600 for an appointment on Wednesday, September 19 or October 16. Call 877-382-2363 for SNAP assistance.</td>
<td></td>
</tr>
<tr>
<td>Nutrition &amp; Health</td>
<td>Lower Cape Outreach Council provides free recipes, food samples &amp; a bag of fresh fruits &amp; vegetables, plus health monitoring by County Health Nurse, at Cape Cod Children’s Place on Thursdays, September 13 &amp; 27 and October 11, 2:45-4:45 pm.</td>
<td></td>
</tr>
<tr>
<td>Community Health Navigator</td>
<td>The Outer Cape Health Services Community Health Navigator will be at Cape Cod Children’s Place the second Thursday of each month. Call 774-209-3222 or email <a href="mailto:CRNavigator@outercape.org">CRNavigator@outercape.org</a> for appointments on Thursdays, September 13 or October 11.</td>
<td></td>
</tr>
<tr>
<td>Mobile Dental Hygiene Services</td>
<td>Mobile Dental Hygiene Services provides access to preventive oral health care 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 on Thursday, September 20, 12—5 pm.</td>
<td></td>
</tr>
<tr>
<td>Helping Our Women</td>
<td>Helping Our Women meets with clients at Cape Cod Children’s Place the third Tuesday of the month, serving women from Eastham to Provincetown with chronic or disabling illness. Call HOW at 508-487-4357 or Cape Cod Children’s Place at 508-240-3310 for appointments on Tuesdays, September 18 or October 16.</td>
<td></td>
</tr>
<tr>
<td>Outer Cape WIC</td>
<td>Outer Cape WIC will be at Cape Cod Children’s Place the first and third Thursdays of each month. WIC provides free healthy food, breastfeeding support and nutrition information to eligible families. Hours will be Thursdays, September 6 &amp; 20, 11:30 am-3:30 pm and October 4 &amp; 17, 9 am-2 pm. Call 508-240-0853 or 508-240-3310 for information.</td>
<td></td>
</tr>
</tbody>
</table>
Family Support

Cape Cod Children’s Place welcomes a new community partner to the schedule of resources available at our center: The Outer Cape Health Services Community Resource Navigator (CRN) will be at our building, 10 Ballwic Road in North Eastham, on the second Thursday of each month from 11 am-2 pm.

The CRN program helps residents of Eastham, Wellfleet and Truro, regardless of insurance, to connect with community resources including mental health, substance abuse and social services, and medical care. Residents may schedule an appointment with the CRN by emailing CRNavigator@outercape.org or by calling 774-209-3222. Family members, service providers and community members may also refer someone to the CRN program.

The CRN can also help residents to solve barriers in accessing services and navigating the various services available.

Keeping Our Children Safe
Thursday, October 4
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

Eastham Public Library’s One Book One Town Programming presents

Bullying Awareness
Thursday, September 27
5:30-7:30 pm
Eastham Public Library
Samoset Rd.

Cindy Horgan, Executive Director and Family Support Coordinator at Cape Cod Children’s Place, will present an informative workshop on bullying.

Dinner and free childcare will be provided by Cape Cod Children’s Place. Admission is FREE but preregistration is required. Call the Children’s Place at 508-240-3310 to sign up.

5:30 pm pizza will be served
6 pm program will begin

Sponsored by the Friends of Eastham Library
Here are some suggestions about limiting screen time for young children:

◊ No screen time for children under age 2
◊ No more than 1 to 2 hours per day of screen time for children over age 2
◊ No screen time during meals and snacks
◊ Screen time should be high-quality, educational programming
◊ Screen time should have limited or no commercials or advertising

Screen time includes TV & DVD viewing, video games, all electronic devices.

Source: University of California Cooperative Extension
Playgroups: September 2018

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

MONDAYS All programs run September 10, 17, 24
- Playground Playgroup with Lucy; 10:30 am-noon; Eldredge Park Playground, Rt. 28 & Eldredge Park Way, Orleans. (Rain cancels)
- Baby’s 1st Year with Leah; 10:30 am-noon; Snow Library, 67 Main St. Orleans
- Story & Craft with Miss Jill; 10-11:30am, Swan Pond Village Community Center, South Yarmouth; pre-registration required, call 508-778-7988 x 1.

TUESDAYS All programs run September 11, 18, 25
- Run, Jump & Move with Miss Amy; 10-11 am; Moose Lodge, South Yarmouth; pre-registration required, call 508-778-7988 x 1.
- Move & Groove with Miss Lori; 3:30-4:30 pm; ages 4-8 yrs.; Flax Pond Recreation Bldg. Dennis-Yarmouth; pre-registration required, call 508-778-7988 x 1.

WEDNESDAYS All programs run September 12, 19, 26 unless otherwise noted
- Read & Play with Lucy; 10-11:30 am; Eastham Public Library, 190 Samoset Rd.
- Intergenerational Music & Movement with Miss Jill: Starts September 19; 9:45-10:45 am, Mayflower Nursing & Rehab, West Yarmouth; pre-registration required, call 508-778-7988 x 1.
- Families on the Farm with Miss Amy; 10—11 am; various farms; pre-registration required, call 508-778-7988 x 1.

THURSDAYS
- Tyke Hike with Leah: September 6, 13, 20, 27; 10-11 am; with Leah; Audubon Wildlife Sanctuary, Rt. 6, Wellfleet; all ages welcome, not stroller-friendly; meets rain or shine.
- Toddler Town with Lucy: September 20, 27; 10-11:30 am; Brewster Ladies’ Library, 1822 Main St., Brewster.
- Multicultural Playgroup with Miss Patti; 9:30-11 am; Northside Methodist Church; Brewster - Dennis town line; pre-registration required, call 508-778-7988 x 1.

FRIDAYS
- Provincetown Playgroup with Becca; September 7, 14, 21, 28; 10:30 am-noon; Veterans Memorial Community Ctr., 2 Mayflower Ln., Provincetown
- Terrific Toddlers with Miss Mary (walking to 2yrs.); September 14, 21, 28; 10-11 am; Dennis Public Library; pre-registration required, call 508-778-7988 x 1.
- Baby & Me: Lap Babies Group with Miss Mary (birth to walking); September 14, 21, 28; Dennis Public Library, Dennisport; pre-registration required, call 508-778-7988 x 1.
**Playgroups: October 2018**

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

**MONDAYS**  All programs run October 1, 15, 22, 29. No programs October 8.
- Playground Playgroup with Lucy; 10:30 am-noon; Eldredge Park Playground, Rt. 28 & Eldredge Park Way, Orleans. *(Rain cancels)*
- Baby’s 1st Year with Leah: 10:30 am-noon Snow Library, Main Street, Orleans.
- Open gym with Katie; 10:30 am-noon open gym; Chatham Community Center, 702 Main St
- Story & Craft with Miss Jill; 10-11:30am, Swan Pond Village Community Center,

**TUESDAYS**  All programs run October 2, 9, 16, 23, 30 unless otherwise noted
- Open Gym: 9-10:30 am with Katie; Harwich Community Center, 100 Oak St.
- Playgroup: 10:30 am-noon with Katie; Harwich Community Center, 100 Oak St.
- Run, Jump & Move with Miss Amy; 10-11 am; Moose Lodge, South Yarmouth; pre-registration required, call 508-778-7988 x 1.
- Move & Groove with Miss Lori; October 2, 9, 16; 3:30-4:30 pm; ages 4-8 yrs.; Flax Pond Recreation Bldg. Dennis-Yarmouth; pre-registration required, call 508-778-7988 x 1.

**WEDNESDAYS**  All programs run October 3, 10, 17, 24, 31 unless otherwise noted
- Read & Play with Lucy; 10:30 am-noon; Eastham Public Library, 190 Samoset Rd., Eastham.
- Intergenerational Music & Movement with Miss Jill; 9:30-10:30 am, Mayflower Nursing & Rehab, West Yarmouth; pre-registration required, call 508-778-7988 x 1.
- Families on the Farm with Miss Amy; October 3, 10; 10—11 am; various farms; pre-registration required, call 508-778-7988 x 1.
- Little Scientists with Miss Amy; October 17, 24, 31; Swan Pond CC; pre-registration required, call 508-778-7988 x 1.

**THURSDAYS**  All programs run October 4, 11, 18, 25 unless otherwise noted
- Tyke Hike with Leah: 10-11 am; Audubon Wildlife Sanctuary, Rt. 6, Wellfleet; all ages welcome, not stroller-friendly; meets rain or shine, dress for weather.
- Toddler Town with Lucy: 10-11:30 am; Brewster Ladies’ Library, 1822 Main St., Brewster.
- Multicultural Playgroup with Miss Patti; 9:30-11 am; Northside Methodist Church; Brewster-Dennis town line; pre-registration required, call 508-778-7988 x 1.

**FRIDAYS**  All programs run October 5, 12, 19, 26
- Provincetown Playgroup with Becca: 10:30 am-noon; Veterans Memorial Community Center; Playroom, Room 75; 2 Mayflower Ln., Provincetown.
- Books Alive! with Lucy: 12:45-1:45 pm; preschool book club, Chatham Community Center Aerobics Studio, 702 Main St. Pre-registration required; call 508-240-3310.
- Terrific Toddlers with Miss Mary (walking to 2yrs.); 10-11 am; Dennis Public Library; pre-registration required, call 508-778-7988 x 1.
- Baby & Me: Lap Babies Group with Miss Mary; 11am-noon; Dennis Public Library; pre-registration required, call 508-778-7988 x 1.
Look what’s happening in Dennis and Yarmouth!

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, September 15 from 11 am—noon: Mini Golf at Pirates Cove, S. Yarmouth
Stay longer and have a free lunch; enjoy other fun children’s activities, too!

Saturday, October 20 from 11 am—noon: Pitter Patter Puppet Show at S. Yarmouth Library
Pre-registration required for these programs. Call 508-778-7988 x 1.

Funded by the Cape Cod Regional Ten-Town Coordinated Family and Community Engagement Grant administered by Cape Cod Children’s Place

Playing on Purpose

Parent information session Tuesday, September 11, 10 am–noon (childcare provided)
Family Play Sessions Tuesdays September 18, 25; October 2, 9; 10-11:30 am
Dennis Public Library, 5 Hall St., Dennisport
Facilitated by Kelly Rodriguez

* * *

Families are encouraged to sign up for all 5 sessions
Pre-registration is required: call 508-778-7988 x 1

Children & families will have fun together while they develop skills to build and maintain positive relationships, follow rules and routines, manage emotions and problem-solve.

Funded by a grant from the Peter & Elizabeth C. Tower Foundation and the Cape Cod Challenger Club

Priority registration for the above programs will be given to Dennis and Yarmouth families.
When calling to register, please leave your name, phone number, number of children who would attend, the town you live in, and the program you wish to sign up for. Families will be contacted in the order the calls are received. Additional information will be provided when you are contacted.
News You Can Use

Childcare Subsidies
- The Bailey Boyd childcare subsidies are available to residents of Provincetown, Truro, Eastham & Harwich. This state-funded grant program provides funding for children up to age 13 (16 with a disability). Applications at www.baileyboyd.com. Call Carol Bergen at 508-430-4499 x5 or cbergen@baileyboyd.com for information.
- The Brewster and Wellfleet Childcare Scholarship Programs serve ages birth-5, and are administered by Cape Cod Children’s Place; contact Karen at 508-240-3310 or kburns@c4.net.
- Lower Cape Emergency Childcare Fund (for birth-13, residents of 8 towns Harwich-Provincetown). Administered by Cape Cod Children’s Place; contact ealdred@c4.net or Karen at 508-240-3310.

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.

Lower Cape Dads’ Talk
Wednesday, September 5
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.

Ending Abuse
October 20, 9 am-5 pm
D-Y Regional High School
“So Much Abuse: Let’s End It Together” is the title of this free conference, presented by Independence House. Guest speakers and breakout sessions featured, breakfast and lunch served. Call 508-771-6507 or visit independencehouse.org for information.

Baby Boxes
Chatham & Harwich residents who are expecting a baby can contact Lucy Gilmore at 508-430-1692 or lgilmore@monomoy.edu to get a safe and easy place for your newborn baby to sleep.

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
- 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
- Provincetown 508-487-7094
  Call for information
- Truro 508-487-1125
  Thursdays, 10:30 am
- Wellfleet 508-349-0310
  Fridays, 10:30 am

Free Clothing Swap
September 29, 9 am-noon
Eastham Methodist Church
Rt. 6, 3200 State Hwy.
Call Cape Cod Children’s Place 508-240-3310 for information.

Preschool Openings
The Rocking Unicorn Nursery School in Chatham has space in the 2018-2019 pre-k class (4 & 5 year olds) which meets Mondays, Wednesdays and Fridays, full day or 1/2 day options. Call Gretchen (508)945-0611 and visit our website www.therockingunicorn.com

Provincetown Rentals
September 27 is the deadline to submit completed applications for year-round rental units at Harbor Hill Rd. & Bradford St. Ext. in Provincetown. Tenant selection will be by lottery. Contact Michelle Jarusiewicz at 508-487-7087 or mjarusiewicz@provincetown-ma.gov for information and applications.

Veterans’ Group
September 24 & October 29
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.

Personal Development
Info session September 11
6-8 pm, OCHS, Wellfleet
8-week workshop series with Nicole Gelinas, Tuesdays 9/18-11/6. Sponsored by WE CAN. Call 508-430-8111 or email elisa@wecancenter.org to register for information session.
Activities for the Whole Family

Celebrate Our Waters
Saturday, September 22
10 am — 3 pm
Free Family Fun at Rock Harbor!

Pond Life activities with Lucy Gilmore
Sand Sculpture Contest Sat 3-5 pm
Explore CG 36500 Lifeboat
*Sharktivities* Captain Awesome * fish prints *
Geocaching, ice cream and much more!

More activities at other locations September 22 and 23:
Fishing & Model Sailboat Regatta on Crystal Lake
Student art show, bonfire at Nauset Beach, & more

*Sponsored by the Orleans Pond Coalition
Visit orleanspondcoalition.org for complete information

Apple Picking & Hayride
Sunday, September 23
Meet at 11 am at
Crow Farm, 192 Rt. 6A
Sandwich

Bring the family!
All ages welcome
Sponsored by Cape Cod Children’s Place
Information 508-240-3310

Multigenerational Dinner
Monday, October 15, 4:30-6 pm*
Eastham Senior Center, 1405 Nauset Rd.
North Eastham
Free Italian-themed dinner for families & seniors
All ages welcome!
*Guests must arrive by 5:45 pm to be served
Sponsors: Eastham Senior Center & Cape Cod Children’s Place
RSVP deadline Tuesday, October 9, 4 pm
Call 508-255-6164 or 508-240-3310
Volunteers welcome
Cape Cod Children's Place

WISH UPON A STAR
An Evening of Food, Drink, Auctions, Art, & Music

THANK YOU!
~ For being a part of a magical evening at our 4th Annual Wish Upon A Star event ~
Because of your support we were able to raise over $100,000

Funds raised at this event allow us to provide programming that ensures children on Cape Cod grow up in healthy, nurturing and safe environments. All Cape Cod Children's Place programs from our early childhood education classrooms, free family support consultations, childcare tuition assistance, free playgroups, free parent education workshops, free support groups, and more are made possible through the generosity of our community.

Event Committee
Jamie Selldorff - Event Chair
Sally Digges
Leah Dower
Kate Doody
Kim Concra

Karen Burns
Scottie Finnegan
Tessa Szedlak
Robin & David Macchia
Kim Summers

Special Thanks
Lori Meads & Steve Roderick

Music: Dawn Derow & Gregg Sullivan

Sponsors:

Seamen's Bank
Truro Vineyards
La Tanzi Spaulding & Landreth

Bass River Pediatric Associates
Shoreline Pools Inc
Daggett & Ramsdell

Berta Walker Gallery
Days Inn
North Chatham Landscaping

Rodericks
Midd-cape Repair
Tracy Volkswagen
Montano's

Lee & Marty Adams
Pine Acres Realty

PJ's Family Restaurant
John Ricotta & Associates
Sanders, Walsh & Eaton

Advanced Family Dentistry
Chatham Wayside Inn
wealth2k

Ben & Jerry's
Curley Direct

All Points Beautiful
KNP Realty
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>
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<tbody>
<tr>
<td><strong>A Baby Center</strong></td>
<td>508.771.8157 Basic items for infants and toddlers up to age three living on Cape Cod and Islands</td>
</tr>
<tr>
<td><strong>Al-anon</strong></td>
<td>508.394.4555 Offering support for friends and families of problem drinkers</td>
</tr>
<tr>
<td><strong>Cape &amp; Island Breast Feeding Warm Line</strong></td>
<td>888.890.2229 Lactation services and classes are available to local Cape and Islands mothers</td>
</tr>
<tr>
<td><strong>Child Support Enforcement-Mass DOR</strong></td>
<td>508.771.2414 x 3 Assistance in enforcing the financial responsibilities of parenthood</td>
</tr>
<tr>
<td><strong>Consumer Credit Counseling</strong></td>
<td>800.208.2227 Budgeting and debt consolidation assistance</td>
</tr>
<tr>
<td><strong>Family Support Program and Maternal Depression/Cindy Horgan</strong></td>
<td>508.240.3310 Free referrals to parenting resources, child and family therapists, etc.</td>
</tr>
<tr>
<td><strong>Fuel Assistance Program</strong></td>
<td>508.746.6707 Emergency fuel/heating help</td>
</tr>
<tr>
<td><strong>Healthy Connections</strong></td>
<td>508.255-1903 Referrals for free/low cost health insurance</td>
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<tr>
<td><strong>Homeless Prevention Council</strong></td>
<td>508.255.9667 Counseling, advocacy, resources and referral services</td>
</tr>
<tr>
<td><strong>Independence House</strong></td>
<td>508.771.6507 Cape Cod’s Resource Center for Victims &amp; Survivors of Domestic Violence &amp; Sexual Assault.</td>
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<tr>
<td><strong>Legal Services for Cape Cod &amp; Islands</strong></td>
<td>510-775-7020 Non-profit legal aid</td>
</tr>
<tr>
<td><strong>Lower Cape Outreach Council</strong></td>
<td>508.240.0694 Providing short-term emergency assistance to Lower Cape families and individuals</td>
</tr>
<tr>
<td><strong>Mass APEAL</strong></td>
<td>508.349.1173 Free clothing as well as information on Serve New England Program</td>
</tr>
<tr>
<td><strong>MSPCC</strong></td>
<td>508.775.0275 Protecting and promoting the rights and well-being of children &amp; families</td>
</tr>
<tr>
<td><strong>Outer Cape Health Services</strong></td>
<td>508.349.3131 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><strong>Outer Cape Women, Infants and Children’s (WIC) Nutrition Program</strong></td>
<td>800.675.1188 Supplemental foods, health care referrals, and nutrition education</td>
</tr>
<tr>
<td><strong>Parental Stress Line</strong></td>
<td>800.632.8188 A free, confidential, and anonymous 24-hour parent helpline for parental support</td>
</tr>
<tr>
<td><strong>Provincetown Family Resource Center</strong></td>
<td>800.871.9535 or 508.237.2688 Providing support, referrals, and financial aid through the John A. Henry Trust administered by Cape Cod Children’s Place</td>
</tr>
<tr>
<td><strong>WE CAN</strong></td>
<td>866.430.8111 Assisting Cape Cod women through the transition of divorce, career change or growth, job loss, illness, or retirement</td>
</tr>
</tbody>
</table>