Our calendar tells us a new year is here, encouraging us to think of new beginnings and positive changes. Yet outside it is winter, a cold and dark season here in our part of the world. Sometimes it only takes a small problem to make us feel overwhelmed, unable to cope in these months. At these times, and in this season, we need more than ever to find reasons to hope. Fortunately we live in a community where people support and care about each other and their neighbors. In this newsletter you can read about many examples of this and many resources that are here to help when we get to that point of feeling overwhelmed.

In recent months we have seen images of horrific fires in California and read of devastated families who have lost everything in those disasters. We have also heard how people rallied to support each other in those communities, keeping hope alive when homes were destroyed and lives turned upside down.

When we face challenges, whether small setbacks or life-changing events, hope can make the difference between coping and falling apart. We can find that hope from a friend, a neighbor, a local organization, a useful resource. Sometimes hope may come from an unexpected source, if we are open to it.

“A hopeful perspective is the beginning of all things that are possible,” writes Allison Carmen in The Gift of Maybe. In this book she offers hope and possibility in the face of uncertainty, and focuses on helping people reduce their stress and worry in uncertain times. Those may sound like impossible goals when we are facing any of life’s challenges: a medical issue, a financial setback, an unexpected problem that feels insurmountable. And when our children show stress through their behavior at these times it can be even harder to stay calm and hold onto a “hopeful perspective.”

In January we celebrate the birthday of Martin Luther King, Jr. who in his lifetime encouraged many people to nurture hope. “We must accept finite disappointment, but never lose infinite hope,” he said. “….Everything that is done in the world is done by hope.”

As we put the holiday season and the year of 2018 behind us, the days are slowly lengthening and there is much to be hopeful about: generous individuals, helpful organizations, initiatives working with energy and ideas on behalf of our community. Many resources are available and if you need help or hope, we are here for you.

Cape Cod Children’s Place staff
**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 January 3 and February 7, 2019, and the first Thursday of each month, 6-7:30 pm at Chatham Elementary School, 147 Depot Rd., in the conference room. This Council brings information, education and support to parents, grandparents and guardians of young children in Chatham and Harwich. All are welcome. Contact Lucy Gilmore at 508-430-1692 or lgilmore@monomoy.edu with questions.

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

The CCRTT Council meets 4 times a year at Snow Library, 67 Main St. in Orleans and welcomes everyone. Next meeting is on February 13, 2019.

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.) Come to this meeting or any of the others listed on this page, and help us implement programs for our 10-town region this year, like the annual Family Fun Fair, coming in the spring.

Sometimes we bring in guests to tell us about resources available to 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.

**Dennis-Yarmouth Early Childhood Council**

Meets quarterly, next meeting February 6, 2019, 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.

---

**One Tough Job — A Parenting Website You Can Trust**

With so much information online it’s hard to know whether the advice and resources you’re reading are accurate, up to date, safe and reliable. Fortunately, Children’s Trust (one of the amazing funders of the strength-based parenting support we provide at Cape Cod Children’s Place) has launched onetoughjob.org to provide families with the latest and greatest parenting information, ideas and on-the-ground resources. With articles by established experts, blogs from experienced parents and providers, child development information, and connections to resources for your family, this is a reliable website to turn to for your parenting research on the internet. Check out www.onetoughjob.org.
Cape Cod Children’s Place recognizes that by eliminating obstacles to obtaining services, we are strengthening families. With the recent 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 helped to make this building expansion possible. We welcome further donations to raise the final funds needed for this project.

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.

CACCI/Child Care Network
Child Care Network schedules appointments at Cape Cod Children’s Place 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 January 7 or February 4, 9 am-5 pm.

Immigration Resource Center
The Immigration Resource Center sees clients 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 on January 9 (note change: not January 2) or February 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 January 16 and February 20, 9 am-5 pm. Call Cape Cod Children’s Place 508-240-3310 for information.

Outer Cape WIC
Outer Cape WIC will be at Cape Cod Children’s Place the second and fourth Wednesdays of each month. WIC provides free healthy food, breastfeeding support and nutrition information to eligible families. Hours will be January 9 & 23, and February 13 & 27, 9 am-4:30 pm. Call 508-240-0853 or 508-240-3310 for information.

Mobile Dental Hygiene Services
Mobile Dental Hygiene Services provides 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, January 17, 12-5 pm.

Nutrition & Health
Lower Cape Outreach Council provides free recipes, food samples & a bag of fresh fruits & vegetables on the first and third Tuesdays of every month (not January 1), at Cape Cod Children’s Place. Next dates are January 15 and February 5 & 19, 2:45-4:15 pm.

Community Health Navigator
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 CRNavigator@outercape.org for appointments on January 10 or February 14, 11 am-2 pm.

Helping Our Women
Helping Our Women is available to meet with clients at Cape Cod Children’s Place. HOW serves 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 to schedule an appointment.
**FIRST Steps Together program brings new services to Cape Cod Children's Place**

Cape Cod Children’s Place is excited to bring new programming to strengthen and support local families. The Massachusetts Department of Public Health’s FIRST (Families In Recovery SupporT) Steps Together is a new home visiting program in the Bureau of Family Health and Nutrition’s Division of Pregnancy, Infancy, and Early Childhood. Funding for this project is provided through SAMHSA’s State Opioid Response grant to Massachusetts, administered through the Bureau of Substance Addictions Services. Cape Cod Children’s Place has been selected to provide program services to families on Cape Cod and the Islands.

These services will include specialized home visiting and community-based recovery and parenting support for families affected by substance use. These individual, dyadic group recovery and parenting supports will primarily be provided by peer recovery staff in our community. Direct program services are anticipated to begin in January. For more information contact Christina Russell at Cape Cod Children’s Place: 508-240-3310 or crussell@capecodchildrensplace.com.

---

**Meeting the Needs of Grandparents Raising Grandchildren**

3rd Thursday of every month, 5:30-7 pm
Cape Cod Children’s Place
10 Ballwic Rd., North Eastham
Join Christina Russell, LICSW and Family Support Specialist for Cape Cod Children’s Place, at this free monthly group providing resources and support for grandparents raising grandchildren in families impacted by trauma (substance abuse/recovery/domestic violence etc.). Refreshments and child care provided; pre-registration required. Call 508-240-3310. Please indicate if you will need transportation.

Funding for this program is provided by a grant from the Cape and Islands United Way administered by Cape Cod Children’s Place.

---

**Support available**

At Cape Cod Children’s Place, we understand the challenges of raising children in families that are coping with substance abuse, recovery, domestic violence, and other aspects of trauma that affect our lives. Call us at 508-240-3310 and ask to speak with Cindy Horgan, Executive Director and Family Support Coordinator, or Christina Russell, Family Support Specialist and LICSW. We will help you find the resources and support your family needs.

---

In addition to the grants listed on this page, our family support programs are also funded by grants from Cape Cod Health Care, Kelley Foundation, Roessner Foundation, Cape & Islands District Attorney’s Office and a Family Centers grant through the Children’s Trust, all administered by Cape Cod Children’s Place.
Grandparents Raising Grandchildren  
Social Support Group  
Tuesday, January 29 and Tuesday, February 26  
9:30-10:30 am in the Family Resource Center  
Harwich Elementary School, 263 South St.  
Meets the last Tuesday of each month.  
Call 508-430-1692 for information.  
Facilitators: Kerry McCarthy & Lucy Gilmore

Positive Discipline  
Wednesdays, January 9, 16, 23, 30 & February 6, 13, 2019  
5:30—7:30 pm  
Chatham Elementary School, 147 Depot Road, Chatham  
Join Leah Dower, mother of four, experienced teacher with background in inner-city experiential learning methods, and playgroup leader for Cape Cod Children’s Place, for a six-week parenting series which will provide skills to support parents with some of the challenges that make this job so difficult. Topics to be discussed include: 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 and childcare included. Pre-registration required; call 508-240-3310. Please indicate if you need transportation.

Preparing for Kindergarten  
Thursday, January 17, 5:30-7:30 pm  
Cape Cod Children’s Place  
10 Ballwic Rd., North Eastham  
Join Cindy Horgan, Executive Director & Family Support Coordinator at Cape Cod Children’s Place, in a discussion about how to prepare your child socially and emotionally, as well as how to handle separation anxiety for a healthy transition into kindergarten.  
Free! Dinner and child care will be provided. Pre-registration required. Call 508-240-3310 to register. Please indicate if you need transportation.

Co-Parenting Workshop  
Thursday, January 31, 5:30-7:30 pm  
Cape Cod Children’s Place  
10 Ballwic Rd., North Eastham  
The struggles of parenthood can be challenging. Sharing that struggle with a partner, either in one household or separate houses, can be equally challenging, especially when each parent has his/her own background, temperament, or parenting style. Join Cindy Horgan, Executive Director & Family Support Coordinator at Cape Cod Children’s Place, in a discussion about what it takes to create a positive co-parenting relationship, how to balance each person’s unique differences, and what it takes to support one another’s parenting efforts.  
Free! Dinner and child care will be provided. Pre-registration required. Call 508-240-3310 to register. Please indicate if you need transportation.

The programs described on this page are funded by a Family Centers grant through the Children’s Trust and a Coordinated Family and Community Engagement grant from the MA Dept. of Early Education and Care, administered by Cape Cod Children’s Place.
**Playgroups: January 2019**

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

**MONDAYS:** January 7, 14, 28 *(No programs January 21, MLK Day)*
- Baby’s 1st Year with Leah; 10:30 am-noon; Snow Library, 67 Main St., Orleans
- Open Gym with Katie; 10:30 am-noon; Chatham Community Center, 702 Main St.
- Story & Craft with Miss Jill; 10-11:30 am; Swan Pond Village Community Center, Yarmouth; pre-registration required, call 508-778-7988 x1.
- Afternoon Wee Play with Lucy; 12:15-1:45 pm; Snow Library, 67 Main St., Orleans

**TUESDAYS:** January 8, 15, 22, 29
- Open Gym with Katie; 9-10:30 am; Harwich Community Center, 100 Oak St., Harwich.
- Playroom Playgroup with Katie; 10:30 am-noon; Harwich Community Center, 100 Oak St.
- Pajama Playgroup with Lucy; 5:30-6:45 pm; Harwich Community Center, 100 Oak St., Harwich.
- Run, Jump & Move with Miss Amy; 10-11 am; Moose Lodge, S. Yarmouth; pre-registration required, call 508-778-7988 x1.
- Move & Groove with Miss Lori, for ages 4-8; 3:45-4:45 pm; Flax Pond Recreation Bldg., Yarmouth; pre-registration required, call 508-778-7988 x1.

**WEDNESDAYS:** January 9, 16, 23, 30
- Read & Play with Lucy; 10:30 am-noon; Eastham Public Library, 190 Samoset Rd., Eastham.
- Intergenerational Music & Movement with Miss Jill; 9:45-10:45 am; Mayflower Nursing & Rehab, W. Yarmouth; pre-registration required, call Jody 778-7988 x 1.

**THURSDAYS:** January 3, 10, 17, 24, 31 unless otherwise noted
- Toddler Town: with Lucy 10:30 am-noon; Brewster Ladies’ Library, 1822 Main St., Brewster.
- Playroom Playgroup with Katie; 10-11:30 am; Harwich Community Center, 100 Oak St.
- Afternoon Tyke Hike with Leah; 3:30-4:30 pm; January 24, 31; Wellfleet Audubon, Rt. 6.
- Multicultural Playgroup with Miss Patti; 9:30-11 am; Northside Methodist Church, 701 Airline Rd., Dennis; pre-registration required, call Jody 778-7988 x 1.

**FRIDAYS:** January 4, 11, 18, 25
- Play and Learn Playgroup with Becca 10:30 am-noon; Veterans Memorial Community Center, Rm. 75, 2 Mayflower Ln., Provincetown
- Books Alive! with Lucy for ages 4-5; 12:45-1:45 pm; Chatham Community Center, 702 Main St.; Chatham; pre-registration required, call 508-430-1692.
- Terrific Toddlers with Miss Mary; 10-11 am; Dennis Public Library, 5 Hall St., Dennisport; pre-registration required, call 508-778-7988 x 1.
- Baby & Me: Lap Babies Group with Miss Mary for pre-walking babies; 10:30-11:30 am; Dennis Public Library, 5 Hall St., Dennisport; pre-registration required, call Jody 778-7988 x 1.
Playgroups: February 2019

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

MONDAYS: February 4, 11, 25 (No programs February 18; Presidents’ Day)
- Baby’s 1st Year with Leah: 10:30 am-noon; Snow Library, 67 Main Street, Orleans
- Open Gym with Katie: 10:30 am-noon; Chatham Community Center, 702 Main St.
- Story & Craft with Miss Jill; 10-11:30 am; Swan Pond Village Community Center, Yarmouth; pre-registration required, call 508-778-7988 x1.
- Afternoon Wee Play with Lucy: 12:15-1:45 pm; Snow Library, 67 Main St., Orleans.

TUESDAYS: February 5, 12, 26 (No programs February 19; school vacation week)
- Open Gym with Katie: 9-10:30 am; Harwich Community Center, 100 Oak St. Harwich
- Playroom Playgroup with Katie: 10:30 am-noon; Harwich Community Center, 100 Oak St.
- Pajama Playgroup with Lucy: 5:30-6:45 pm; only February 5 and 12; Harwich Community Center, 100 Oak St., Harwich.
- Run, Jump & Move with Miss Amy; 10-11 am; Moose Lodge, S. Yarmouth; pre-registration required, call 508-778-7988 x1.
- Move & Groove with Miss Lori, for ages 4-8; 3:45-4:45 pm; Flax Pond Recreation Bldg., Yarmouth; pre-registration required, call 508-778-7988 x1.

WEDNESDAYS: February 6, 13, 27 (No programs February 20; school vacation week)
- Read & Play with Lucy: 10:30 am-noon; Eastham Public Library, 190 Samoset Rd. Eastham
- Intergenerational Music & Movement with Miss Jill; 9:45-10:45 am; Mayflower Nursing & Rehab, W. Yarmouth; pre-registration required, call Jody 778-7988 x 1.

THURSDAYS: February 7, 14, 28 (No programs February 21; school vacation week)
- Toddler Town with Lucy: 10:30 am-noon; Brewster Ladies’ Library, 1822 Main St., Brewster
- Playroom Playgroup with Katie; 10:30 am-noon; Harwich Community Center, 100 Oak St.
- Afternoon Tyke Hike with Leah; 3:30-4:30 pm; only February 7, 14; Wellfleet Audubon, Rt. 6.
- Multicultural Playgroup with Miss Patti; 9:30-11 am; Northside Methodist Church, 701 Airline Rd., Dennis; pre-registration required, call Jody 778-7988 x 1.

FRIDAYS: February 8, 15 (No programs February 22; school vacation week)
- Play and Learn Playgroup with Becca 10:30 am-noon; Veterans Memorial Community Center, Rm. 75, 2 Mayflower Ln., Provincetown.
- Books Alive! with Lucy, for ages 4-5; 12:45-1:45 pm; Chatham Community Center, 702 Main St.; Chatham; pre-registration required, call 508-430-1692.
- Terrific Toddlers with Miss Mary; 10-11 am; Dennis Public Library, 5 Hall St., Dennisport; pre-registration required, call 508-778-7988 x 1.
- Baby & Me: Lap Babies Group with Miss Mary for pre-walking babies; 10:30-11:30 am; Dennis Public Library, 5 Hall St., Dennisport; pre-registration required, call Jody 778-7988 x 1.
Raising Healthy Families: Effective Positive Discipline
Tuesdays January 15, 22, 29 and February 5, 2019
5:30 — 7:30 pm
Station Avenue Elementary School
276 Station Avenue, South Yarmouth
Join Cindy Horgan, Executive Director and Family Support Coordinator with Cape Cod Children’s Place, for this 4-week series of workshops. Topics will include developmental issues, communication, understanding temperament, encouraging good behavior, parenting styles, discipline, working through power struggles and tantrums, anger management, sibling rivalries, coping with stress and more.
Pizza dinner served 5:30-6 pm; class with childcare 6-7:30 pm.
Registration required; call Jody Almonte 508-778-7988 x 1.
Limited transportation available with pre-registration.

Pitter Patter Puppets Family Puppet Show
Friday, February 22, 2019; 12:30 pm
at the Dennis Public Library, 5 Hall Street, Dennis Port
with Mary Wilson of Pitter Patter Puppets
This show is geared to 2-7 year-olds. No need to register or sign up, this event is free and open to the public.
In case of inclement weather please call ahead to make sure the event is happening.
Call Lisa Cunningham at 508-760-6219 for information.

Book and Cook: Cooking with Kids
Thursdays, 5:30-6:30 pm
January 17, 24, 31 & February 7, 14, 28
ME Small Elementary School, Yarmouth
Join Tomas Tolentino and Mary Wilson using stories, fresh ingredients and cooking tools to create child-friendly snacks they will love making and eating. Salad and beverage included each week to make a meal!
Pre-registration required
call Jody Almonte at 508-778-7988 x 1

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 (CFCE) Grant administered by Cape Cod Children’s Place
**News You Can Use**

**NAMI**
NAMI (National Alliance on Mental Illness) of Cape Cod & the Islands presents the following free programs at Wellfleet Preservation Hall, 335 Main Street in Wellfleet:
- 12-week course beginning January 2, 5-7:30 pm, for family members and friends of individuals with mental/behavioral health issues.
- drop-in, monthly support group the 4th Tuesday of every month, 6-7:30 pm.
Call NAMI at 508-778-4277 or email klemmon@nami-capecod.org for information and registration.

* Lower Cape Dads’ Talk
  Wednesday, January 2
  Wednesday, February 6
  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.

* SNAP sign-ups
Cape Cod Children’s Place is now able to sign up families and individuals for SNAP (Supplemental Nutrition Assistance Program, formerly food stamps). Call Karen or Leah at 508-240-3310.

**New Free Service**
Cape Cod Children’s Place offers home-based pre-literacy support to children of preschool age who aren’t attending a preschool program or who may benefit from additional support. Leah Dower, Family Support Specialist, will visit your home and share rhymes, stories and songs with you and your child, bringing fun and encouragement of early literacy skills. Call 508-240-3310 for information or to schedule a visit.

* Legal consultations
Beginning in January, WE CAN (Women’s Empowerment Cape Area Networking) will offer free and confidential 30-minute legal consultations the 2nd Friday of each month from 9-11 am at different sites on the Outer Cape in the areas of Family Law and Landlord/Tenant Law. See specifics below.
  - January 11: Provincetown, Veterans Memorial Community Center, 2 Mayflower Lane
  - February 8: Truro Council on Aging, 7 Standish Way Consultations provide information and guidance; they do not include legal representation. For information and to register for an appointment call 508-430-8111.

* Nauset Screenings
Call the Nauset Integrated Preschool (NIP) office at 508-255-2903 if you have concerns about the development of your preschool-aged child. A screening will be scheduled and based on the results, further assessments may be recommended to determine if your child needs special education support through NIP.

**Toddler Occasional Care**
Monomoy Community Services in Chatham will offer a Toddler Occasional Care program on Mondays starting January 7. The morning runs from 9:30 am to 12:30 pm and cost is $25. It is geared for children aged 18 months through 4 years. Space is limited. Visit www.monomoy.org or call 508-945-1501 for information and registration.

* Veterans’ Group
  January 28 & February 25
  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.

* Childcare Subsidies
For information about several local childcare subsidy programs, contact the following resources:
  - Bailey Boyd Subsidies: Carol Bergen 508-430-4499 x 5 or cbergen@baileyboyd.com.
  - Chatham Childcare Voucher Program [www.monomoy.org](http://www.monomoy.org) or call 508-945-1501.
For information about the following subsidies administered by Cape Cod Children’s Place contact Karen Burns 508-240-3310 or info@capecodchildrensplace.com:
  - Brewster and Wellfleet Childcare Scholarship Programs, birth-5 in those towns
  - Cape Cod Young Professionals Scholarship, working families Yarmouth to Provincetown
  - Lower Cape Emergency Childcare Fund, birth-13 in 8 Lower and Outer Cape towns.
**Programs for**

**Dads and Other Special Guys**

**Eastham Dad and Me**

**Friday Nights at Willy’s Gym**

4730 State Hwy/Route 6, Eastham

*January 11, 18, 25 & February 1*

5:30—7:30 pm

Free program for children aged birth to 8 years old accompanied by their father or other significant male role model, ready to engage in play together. Playworld, an indoor multi-level climbing gym with tunnels and slides, a moon bounce and indoor turf (when available) will be open for big energy fun!

Come early or stay late for dinner at Willy’s Café, where Red Barn Pizza and other family-friendly food will be available for purchase.

*Thank you to Willy’s Gym for the generous donation of free admission to all attending this program.*

The programs on this page are funded by a Coordinated Family and Community Engagement grant from the Mass. Department of Early Education & Care, and a Family Centers grant from the Children’s Trust. Both grants are administered by Cape Cod Children’s Place.

**Me and My Dad:**

Activities for all guys raising children

*Saturday, January 12, 11 am-noon*

*Saturday, February 9, 11 am-noon*

Long Pasture Wildlife Sanctuary

345 Bone Hill Road, Barnstable

Dads and other Male Caregivers!

Have fun with your children exploring nature and doing hands-on activities with a naturalist and Tomas Tolentino, veteran dad.

Pre-registration required

Call 508-778-7988 x 1

Appropriate for all ages. All programs are FREE!

**Dads’ Group**

A free five-week parenting series for dads and father figures

Wednesdays, February 27 and March 6, 13, 20, 27

5:30-7:30 pm at Harwich Elementary School, 263 South Street

Free pizza dinner and childcare included

Register early! Call 508-240-3310

Please indicate if you need transportation
Cape Cod Children’s Place welcomes the new year of 2019 with renewed commitment to our mission: to provide high-quality care, support, and advocacy for families with young children in order to sustain a healthy community for Cape Cod’s future. And we continue to seek new opportunities to fulfill that mission.

Twenty years ago, in 1999, we were creating new programs for children aged birth to 3 years on the Lower and Outer Cape with a new Massachusetts Family Network grant we had been awarded. That grant enabled us to design and implement services for new parents and infants as well as toddlers, both at our own center and in partnership with libraries and other entities. Our Baby’s 1st Year group got its start then, and our parent education programs that include free child care and dinner.

Today, we continue to provide these programs and many more. And we continue to seek new opportunities to meet the evolving needs of families in our region. Twenty years ago the term “opioid crisis” was not part of our vocabulary, but today that crisis poses a very important threat to the health of our families. Cape Cod Children’s Place has been awarded a new grant to bring home visiting programs, and community-based recovery and parenting support, to families affected by substance abuse on the Cape and Islands. Read about these programs, which will start this month, on page 4 of this newsletter.

We also welcome new partnerships and collaborations that will help to increase and enhance local services. Read below about a new initiative we have joined, that has exciting potential to accomplish that goal.

We wish you health and peace in the New Year, and we invite you to visit our center and join us in this important work!

---

Local organizations join forces

Cape Cod Children’s Place, Community Development Partnership and Homeless Prevention Council have formed a strategic alliance to enhance the services and support provided to low- and moderate-income individuals and families on the Lower and Outer Cape. The three organizations recognize this collaboration will allow for more efficient service delivery, ease of access and potential new program opportunities. For more information call the individual organizations: Cape Cod Children’s Place 508-240-3310; Community Development Partnership 508-240-7873; Homeless Prevention Council 508-255-9667.

---

Cape Cod Children’s Place
P.O. Box 1935
N. Eastham, MA 02651
capecodchildrensplace.com
Tel: 508-240-3310
Fax: 508-240-2352
info@capecodchildrensplace.com
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>Monomoy Family Resource Center</td>
<td>508.430.1692</td>
<td>Information, support, diapers, clothing, food for Chatham and Harwich 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>