Our Time: Ideas for Enjoying “Spring” on Cape Cod

“It’s their time, their time...up there. Down here it’s our time. It’s our time...down here. That’s all over the second we ride up Troy’s bucket.”

I always thought this was the strangest part of my favorite children’s movie, Goonies. Odd, and not very well acted if I am honest (sorry, Sean Astin), but it all makes sense to me now. Friends at the bottom of a well, deciding if they should press on with unknown wild adventure, or bail out and play it safe. Forget the awkward dialogue, “It’s our time down here” should be our Cape Cod Spring rallying cry for locals!

I will admit it has taken me more than a decade of living here to appreciate the subtle (oh so subtle) signs of Spring. Being a washashore from the mid-Atlantic, I was used to spring bursting through in March with all its colors. Moving here, and having four young children, the lion of March (I still haven’t seen much of the lamb), made it challenging to be outside. They say there is no bad weather, only bad clothing...but sometimes we have to admit there is bad weather! So, we can choose to embrace this forced inside time with inside adventures! Have a hibernation party with teddy bears and snacks. Freeze toys, food coloring and water in Tupperware, then take an “arctic bath” and watch all the toys melt free. Have a mad science afternoon with ice cube trays, food coloring, vinegar and baking soda, or just get out the old pots and pans for a dance party! All of these stay-inside hibernation ideas are much more appealing when done with fellow Goonies...I mean, friends.

Spring is a wonderful time to connect with our amazingly unique community of parents. I know (I truly know) how hard it is to make yourself go out...pregnant, with a toddler, an icy March wind up your back as you wrangle them into their car seat to get to a playgroup. It takes real effort. It’s worth it, as these playgroups can be a way to connect with your fellow locals and buoy your spirits on a gray spring day. Thankfully, now more than ever, there are playgroups at varying times throughout the day for working parents, or morning nappers. There are playgroups and events on weekends and special groups for Dads as well. This is a great time of year to take advantage of our beautiful libraries, our nature centers, and our playgroups while they are still all ours!

Believe it or not we are on the other-side already. The days are getting just a bit longer, the birds are already starting to sing their randy spring songs, and soon crocuses and daffodils will raise their hopeful heads. With them we must raise ours! Come to the Family Fun Fair April 6th. Venture out to some playgroups. Attend your spring town meetings and let your voice be heard. Rip off that band-aid of screen time, and venture out into brisk but beautiful Cape nature. Come on fellow Goonies, it’s our time down here!

Leah Dower, Family Support Specialist
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 or mkemp@capecodchildrensplace.com.

Monomoy Early Childhood Council

Meets March 7 and April 4, 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.

It’s Budget Season!

Spring is budget season, for the state and all our local towns. The money that gets put in or taken out of these budgets can hurt or help the programs described in this newsletter and other services that affect local families.

Find out about the status of these programs in the state budget at www.strategiesforchildren.org/state_budget

Find out the Town Meeting and Town Election dates for your town by calling your Town Hall:
- Brewster 508-896-3701
- Chatham 508-945-5100
- Eastham 508-240-5900
- Harwich 508-430-7513
- Orleans 508-240-3700
- Provincetown 508-487-7000
- Truro 508-349-3635
- Wellfleet 508-349-0300

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 in May but you don’t have to wait for a meeting to get involved. Come to our Council’s Family Fun Fair on Saturday, April 6, 10 am-1 pm at Orleans Elementary School; see page 10 of this newsletter for details. You can offer a free children’s activity and give out information about an organization or program for families, or just bring your children and have fun.

Parents, early childhood educators, childcare providers, people working with families and young children, grandparents, aunts and uncles, and community members committed to supporting families—we invite you to join us, get involved, share your ideas.

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.)

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

Dennis-Yarmouth Early Childhood Council

Meets quarterly at the ME Small Elementary School, 440 Higgins Crowell Rd., W. Yarmouth. The next meeting will be in May. This council focuses on activities and needs specific to Dennis and Yarmouth. All are welcome. For information call 508-778-7988 x 4.

Get Involved, Stay Informed!
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.

**Services at Cape Cod Children’s Place!**

**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 March 4 or April 1, 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 Wed. March 6 or Thurs. April 4, 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 March 20 and April 17, 9 am-5 pm. Call Cape Cod Children’s Place 508-240-3310 for information.

**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 March 5 & 19 and April 2 & 16, 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 March 14 or April 11, 11 am-2 pm.

**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, March 21, 12-5 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.

**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 March 13 & 27, and April 10 & 24, 9 am-4:30 pm. Call 508-240-0853 or 508-240-3310 for information.
**Meeting the Needs of Grandparents**

**Raising Grandchildren**

March 21, April 17
and 3rd Thursday of every month, 5:30-7 pm
at 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 is required. Call 508-240-3310. Please indicate if you will need transportation.

Funding for this program is provided by grants from the Cape and Islands United Way, Children’s Trust and the MA Dept. of Early Education and Care, administered by Cape Cod Children’s Place.

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**FIRST Steps Together**

Cape Cod Children's Place is now providing new programming to strengthen and support local families through the FIRST (Families In Recovery Support) Steps Together home visiting program. 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. For more information contact Christina Russell at Cape Cod Children’s Place: 508-240-3310 or crussell@capecodchildrensplace.com.

This new project comes through the Massachusetts Department of Public Health’s Bureau of Family Health and Nutrition’s Division of Pregnancy, Infancy, and Early Childhood, with funding 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 these program services to families on Cape Cod and the Islands.

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**Parenting on the Other Side**

**Wednesdays March 20, 27, April 3, 10**
5:30-7:30 pm
Cape Cod Children’s Place
10 Ballwic Rd., North Eastham
Free group focused on assisting parents to increase insight and support healing while strengthening parenting. Participants will gain information about how trauma can affect parents and what skills can increase confidence and competence. The group will provide education about the adult developmental process, trauma, self care, triggers, and emotional understanding of what it means to be a family in recovery.
Facilitated by Christina Russell, Family Support Specialist at Cape Cod Children’s Place. Free dinner and child care included. Call Cindy Horgan or Christina Russell at 508-240-3310 for information.

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**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 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. Go to this reliable website for your parenting research on the internet. Check out www.onetoughjob.org.
**Family Support & Parent Education**

**Grandparents Raising Grandchildren Social Support Group**
March 26 and April 30
9:30-10:30 am in the Family Resource Center
Harwich Elementary School, 263 South Street
Meets the last Tuesday of each month.
Call 508-430-1692 for information.
Facilitators: Kerry McCarthy & Lucy Gilmore

Call Cape Cod Children’s Place at 508-240-3310 for information about receiving home-based pre-literacy support to children of preschool age who are not attending a preschool program. Funded by Cape & Islands United Way.

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**Healthy Boys**
Thursday, April 4, 5:30-7:30 pm
Chatham Elementary School, 147 Depot Road, Chatham
Join Cindy Horgan, Executive Director & Family Support Coordinator at Cape Cod Children’s Place, and discover the unique needs of boys. Learn to promote skills that support their healthy emotional development and how to recognize the impact of media, culture and technology on boys as they make sense of the process of growing up.

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**Emotional Detox For Anxious Parents**
Tuesdays, April 23, 30 & May 7
5:30-7:30 pm
Cape Cod Children’s Place
10 Ballwic Rd., North Eastham
Sherianna Boyle, author of Emotional Detox, will lead this series designed to give you a deeper, clearer understanding of your emotions, tools for moving through them with more ease, and hands-on exercises to increase healthy communication and connection.

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**Dads Group**
Yes, you can still join!
Feb. 27 & Mar. 6, 13, 20, 27
5:30 - 7:30 pm
Harwich Elementary School
263 South Street
All dads and father figures welcome. Co-facilitated by Cindy Horgan and Adam Pettengill. Create your own “toolbox” for effective parenting. Share skills and experiences with other dads.

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**Toilet Training 101**
Thursday, April 25; 5:30 - 7:30 pm
Cape Cod Children’s Place, 10 Ballwic Road, North Eastham
Join Cindy Horgan for this popular workshop that covers signs of toilet training readiness, individual child temperaments, and how to support your child through the potty training process.

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**Positive Discipline**
Wednesdays, April 24 & May 1, 8, 15, 22, 29; 5:30—7:30 pm
Cape Cod Children’s Place, 10 Ballwic Road, Eastham
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. 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.
Playgroups: March 2019

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

Registration for the spring session of playgroups in Dennis and Yarmouth is being accepted starting March 18. The session begins on April 1. Look at the April calendar on the adjoining page to see what groups will be offered, and call 508-778-7988 x 4 for information and to sign up for these and other programs offered in Dennis and Yarmouth. Programs in other towns are drop-in unless otherwise noted.

MONDAYS: March 4, 11, 18, 25 unless otherwise noted
- 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., Chatham.
- Afternoon Wee Play with Lucy; 12:15-1:45 pm; Snow Library, 67 Main St., Orleans
- Preschool Family Yoga with Caroline; 2:30-3:30 pm; Chatham Community Center, 702 Main St., Chatham.

TUESDAYS: March 5, 12, 19, 26 unless otherwise noted
- Open Gym with Katie; 9-10:30 am; Harwich Community Center, 100 Oak St. Harwich.
- Playroom Playtime with Katie; 10:30 am-noon; Harwich Community Center, 100 Oak St., Harwich.
- Move & Groove with Acqua; 3:30-4:30 pm; Orleans Old Firehouse Community Center, 44 Main St., Orleans.

WEDNESDAYS: March 6, 13, 20, 27 unless otherwise noted
- Read & Play with Lucy; 10:30 am-noon; Eastham Public Library, 190 Samoset Rd. Eastham.

THURSDAYS: March 7, 14, 21, 28 unless otherwise noted
- Toddler Town: 10:00-11:30 am with Jen, March 7, 14; Brewster Ladies’ Library, 1822 Main St., Brewster.
- Playroom Playtime with Katie; 10-11:30 am; Harwich Community Center, 100 Oak St.
- Afternoon Tyke Hike with Leah; 3:30-4:30 pm; March 21, 28; Wellfleet Audubon, Rt. 6.

FRIDAYS: March 1, 8, 15, 22, 29 unless otherwise noted
- Play and Learn Playgroup with Becca 10:30 am-noon; Veterans Memorial Community Center, Rm. 75, 2 Mayflower Ln., Provincetown
- Dad and Me 5:30-7:30 pm, March 22, 29; Willy’s Gym, 4730 State Hwy/Rt. 6, N. Eastham.
Playgroups: April 2019

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

MONDAYS: April 1, 8, 22, 29 (No programs April 15; school vacation week)
- 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 x 4.

TUESDAYS: April 2, 9, 23, 30 (No programs April 16; school vacation week)
- Open Gym with Katie; 9-10:30 am; Harwich Community Center, 100 Oak St. Harwich
- Playroom Playtime with Katie; 10:30 am-noon; Harwich Community Center, 100 Oak St.
- Run, Jump & Move with Miss Amy; 10-11 am; Moose Lodge, S. Yarmouth; pre-registration required, call 508-778-7988 x 4.
- 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 x 4.

WEDNESDAYS: April 3, 10, 24 (No programs April 17; 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 4.

THURSDAYS: April 4, 11, 25 (No programs April 18; school vacation week)
- Playroom Playtime with Katie; 10-11:30 am; Harwich Community Center, 100 Oak St., Harwich.
- Afternoon Tyke Hike with Leah; 3:30-4:30 pm; 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 4.

FRIDAYS: April 5, 12, 26 unless otherwise noted (No programs April 19; school vacation week)
- Play and Learn Playgroup with Becca 10:30 am-noon; Veterans Memorial Community Center, Rm. 75, 2 Mayflower Ln., Provincetown.
- Family Fun Nights April 5, 12; 5:30-7:30 pm; Willy’s Gym, 4730 State Hwy/Rt. 6, N. Eastham.
- Terrific Toddlers with Miss Mary, for new walkers and children up to 2 yrs; 10-11 am; Dennis Public Library, 5 Hall St., Dennisport; pre-registration required, call 508-778-7988 x 4.
- 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 4.
Raising Healthy Families: Effective Positive Discipline
_Tuesdays April 23, 30 and May 7, 14_
_5:30 — 7:30 pm_
_ME Small Elementary School_
_440 Higgins Crowell Road, West Yarmouth_

Join Cindy Horgan, Executive Director and Family Support Coordinator at 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 4._
_Limited transportation available with pre-registration._

Creation Station: Loose Parts
_Thursday, April 18, 2019; 10-11:30 am_
_South Yarmouth Library, 312 Old Main Street_

Celebrate the Week of the Young Child!
Bring your children aged 3-10 years and create together some cool things from your imagination, using loose parts, bits and bobs of inspiring materials. Open-ended and self-directed use of materials will be encouraged and celebrated.

_Pre-registration required; call 508-778-7988 x 4_

Dad & Me
_Saturday, March 9; 11 am - 12 noon_
_Long Pasture Wildlife Center_
_345 Bone Hill Road, Barnstable_

Join veteran dad Tomas Tolentino and a professional naturalist for some fun hands-on activities. Free -- All ages welcome!
_Registration required_
_Call Jody 508-778-7988 x 4_

Munch & Move
_Wednesday, March 13 (snow date March 20) 5-6:30 pm_
_Northside Methodist Church_
_701 Airline Road, Brewster/Dennis town line_

For parents with children birth-8 years old. Join us for some fun cooking/eating and movement activities that the whole family will enjoy.
_Pre-registration required_
_call Jody Almonte at 508-778-7988 x 4_

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
New center opens
Three Harbors Preschool is opening soon at 257 Rt. 28, Harwich Port (former site of My School). Contact the school at 774-237-0193 or threeharpreschool@gmail.com for information. The school will serve ages birth through preschool and will accept vouchers and Bailey Boyd subsidies.

* Happiest Baby classes
March 25, April 22
10:30 am
Outer Cape WIC is now offering monthly Happiest Baby on the Block classes at Outer Cape Health Services, 710 Rt. 28, Harwich Port. This class demonstrates ways to soothe a crying baby in the first three months, swaddling, safe sleep practices, newborn infant feeding and breastfeeding. Pre-registration is encouraged, not required; call 508-240-0853.

* 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 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; Cape Cod Young Professionals Scholarship; Lower Cape Emergency Child Care Fund.

First-time Home Buyers
April 17, 22 and 24; 6-9 pm
A three-part workshop will be held for first-time home buyers at Community Development Partnership, 3 Main Street Mercantile, Unit 8, Rt. 6, Eastham. Cost is $50 per individual or $70 per household. More information and registration at www.capecdp.org or 508-240-7873 x 10.

* Habitat homes
March 7 at 6 pm
Info session-Brewster Library
Habitat for Humanity of Cape Cod has applications available through March 22, for eight homes to be built in Brewster and Wellfleet. Information and applications are available at habitatcapecod.org
Or call 508-394-6400.

* Eastham rental housing
A new affordable housing rental community with 65 units, The Village at Nauset Green, is being built in Eastham and will open in September. A lottery will be held for new residents. For information about the lottery, income guidelines and everything else to do with this project visit www.villageatnausetgreen.com

* NAMI
NAMI (National Alliance on Mental Illness) of Cape Cod & the Islands presents free support groups for families and friends of people with mental illness: at Wellfleet Preservation Hall, 4th Tuesday, 6-7:30 pm; St. Peter’s Lutheran Church, Harwich, 1st Thursday, 7-8:30 pm. Call NAMI 508-778-4277 or email klemmon@nami-capecod.org for information on all NAMI programs.

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

* Lower Cape Dads’ Talk
Wednesdays, March 6 & April 4
6:00—7:30 pm
Harwich Community Center
100 Oak St., Harwich
Monthly group for fathers, grandfathers, uncles, all men with children in their lives. Free pizza and childcare; registration required by the Friday preceding the meeting. Email beverly@capecoalition.com or call 508-771-4336.

* Legal consultations
WE CAN (Women’s Empowerment through Cape Area Networking) offers 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 on a rotating schedule. (Please note: this is not legal representation.) Dates are: March 8; Wellfleet Council on Aging, 715 Old Kings Highway; April 12; Cape Cod Children’s Place, 100 Ballwic Road, North Eastham.
For information and appointments call 508-430-8111.

* Veterans’ Group
March 25, April 29; 6-7:30 pm
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.
<table>
<thead>
<tr>
<th>Event</th>
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<th>Time</th>
<th>Location</th>
<th>Details</th>
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<tbody>
<tr>
<td>Free Family Fun Fair</td>
<td>Saturday, April 6</td>
<td>10 am-1 pm</td>
<td>Orleans Elementary School, 46 Eldredge Park Way</td>
<td>Games * Arts &amp; Crafts * Activities * Resources * Information * Door Prizes * STEM Activities * Food sales benefiting Orleans PTO. Entertainment made possible by a grant from the Orleans Cultural Council. Details coming soon! Presented by the Lower and Outer Cape Early Childhood Council. Contact Meghan <a href="mailto:mkemp@capecodchildrensplace.com">mkemp@capecodchildrensplace.com</a> to reserve a table. Call 508-240-3310 for information.</td>
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<td>Pins for Preschool</td>
<td>Sunday, March 10</td>
<td>10 am-1 pm</td>
<td>Orleans Bowling Center, 191 Rt. 6A, Orleans</td>
<td>Family Fun Fundraiser benefits Wellfleet Montessori Preschool. 50/50 Raffle. Children under 2 free. All proceeds go directly to support Wellfleet Montessori Preschool, established in 1976 as the Wellfleet Community Preschool and serving children aged 3 and 4.</td>
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<td>Ideas for April School Vacation</td>
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<td>• Check out programs April 15-19 for grades 1-8 at Harwich Junior Theatre 508-432-2002. Fun with the wonderful world of <em>Wicked</em>! • Call Cape Cod Children’s Place 508-240-3310 for information about free passes available starting in April, for 4 people to visit the Cape Cod Museum of Natural History or Wellfleet Audubon Sanctuary. • Call your local library for programs and activities. The Fit2BeKids program will run for 8 weeks starting March 11 at Spaulding Rehab, 65 Old Colony Way, Orleans; Mondays &amp; Wednesdays, 4-5:30 pm. Designed to improve health for children aged 6-14 at risk for health problems due excess weight and inactivity. Call 508-240-7203 for info.</td>
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<td>Monomoy Family Dance</td>
<td>Friday, March 29</td>
<td>5:30 - 7 pm</td>
<td>Harwich Community Center, multi-purpose room, 100 Oak Road</td>
<td>Bring the family and enjoy dancing, prizes, face painting, and music with DJ Tom Tuttle! Admission $3 per person or $10 per family. Refreshments available with a donation. Sponsored by the Monomoy Early Childhood Council. Fundraiser for emergency tuition assistance.</td>
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Spring is always a busy time as we all gather ourselves together and get ready for the summer ahead. Here at Cape Cod Children’s Place our schedule is filled with programs that promote 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.

Spring is also a time when we have opportunities to participate as citizens in decisions that affect us now and will make a difference in the lives of our children. It’s a time to pay attention to issues that are being decided at Town Meeting, learn about the candidates running for local office, and become informed about how the state budget choices being made at the State House in Boston may produce results in our schools, our towns, our own lives.

So while you are enjoying this season with your family, and taking advantage of activities you won’t have time for when summer comes, we invite you to ask questions, speak up about your concerns, and make yourself heard. Your voice matters!

**Wish Upon A Star**

Save The Date

July 19, 6 - 9 PM

This will be the 5th year that Truro Vineyards will host our annual fundraiser

You don’t want to miss this special evening!

Contact sarah@capecodchildrensplace.com for donation of auction items, sponsorships and more information about how you can be involved.
cape cod children's place
P.O. Box 1935
10 Ballwic Road, off Nauset Road
N. Eastham, MA  02651
508.240.3310 telephone
800.871.9535 toll free
508.240.2352 fax
info@capecodchildrensplace.com
www.capecodchildrensplace.com
Check out this newsletter “in color”
on-line at our website.

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>
<th>Phone Number</th>
<th>Description</th>
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<tbody>
<tr>
<td>A Baby Center</td>
<td>508.771.8157</td>
<td>Basic items for infants and toddlers up to age three living on Cape Cod and Islands</td>
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<tr>
<td>Al-anon</td>
<td>508.394.4555</td>
<td>Offering support for friends and families of problem drinkers</td>
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<tr>
<td>Cape &amp; Island Breast Feeding Warm Line</td>
<td>888.890.2229</td>
<td>Lactation services and classes are available to local Cape and Islands mothers</td>
</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 and Maternal Depression</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>
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<tr>
<td>Legal Services for Cape Cod &amp; Islands</td>
<td>510-775-7020</td>
<td>Non-profit legal aid</td>
</tr>
<tr>
<td>Lower Cape Outreach Council</td>
<td>508.240.0694</td>
<td>Providing short-term emergency assistance to Lower Cape families and individuals</td>
</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: Provincetown, Wellfleet &amp; Harwich offices</td>
<td>508.487.9395 508.349.3131 508-432-1400</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>508.240.0853</td>
<td>Supplemental food and nutrition program offering healthy food options, community referrals, nutrition education and breastfeeding support.</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 divorce, career change /growth, job loss, illness, retirement</td>
</tr>
</tbody>
</table>