The Lower Cape

Family

Resource

Guide
Cape Cod Children’s Place
10 Ballwic Rd, PO Box 1935
N. Eastham, MA 02651
508-240-3310 or 800-871-9535
www.capecodchildrensplace.com

Childcare Network of the Cape & Islands
372 North Street
Hyannis, MA 02601
508-778-508 ext. 223
888-530-2430
www.childcarenetwork.com

Monomoy Family Resource Center
Harwich Elementary School
263 South Street
Harwich, MA 02645
508-430-1692
lgilmore@monomoy.edu

MA Dept. of Early Education and Care (EEC)
51 Sleeper Street 4th floor
Boston, MA 02210
617-430-1692
www.mass.gov/edu/birth-grade12/early-education-and-care

EEC Regional Office
1 Washington Street, Suite 20
Taunton, MA 02780
508-828-5025

Brewster
The Family Schools
3570 Main Street
Brewster, MA 02631
508-896-6555
www.thefamilyschools.com
2 months - 5 years, Sept.-June
2 months - 13 years - summer

The Laurel School
1436 Long Pond Road
Brewster, MA 03631
508-896-4934
www.laurel-school.org
15 months - 5 years, Sept - June
15 months - 13 years, summer

State Rep. Sarah Peake
617-722-2040
Sarah.Peake@mahouse.gov

State Rep. Tim Whelan
617-722-2014
Timothy.Whelan@mahouse.gov

State Senator Julian Cyr
617-722-1570
julian.cyr@masenate.gov

508-771-6868
or 202-225-3111

U.S. Senator Ed Markey
202-224-2742

U.S. Senator Elizabeth Warren
202-224-4543

Massachusetts State Legislators
Lower Cape
Call Elizabeth Aldred at the Cape Cod Children’s Place for updated information at 508-240-3310

For information updated, subsidies, and vouchers, call:

508-896-6555
www.thefamilyschools.com
2 months - 5 years, Sept.-June
2 months - 13 years - summer

508-896-4934
www.laurel-school.org
15 months - 5 years, Sept - June
15 months - 13 years, summer
Education

Local Public Elementary Schools

Brewster* www.nausetschools.org
Stony Brook Elementary: (pre K—grade 2) 508-896-4545
Eddy Elementary (grades 3-5) 508-896-4531
Chatham Elementary ** www.monomoy.edu 508-945-5135
Eastham Elementary* www.nausetschools.org 508-255-0808
Harwich Elementary** www.monomoy.edu 508-430-7216
Orleans Elementary* www.nausetschools.org 508-255-0380
Provincetown Schools www.provincetownschools.com 508-487-5020
Truro Central School www.truromass.org 508-487-1558
Wellfleet Elementary www.nausetschools.org 508-349-3101

*Brewster, Eastham, Orleans, & Wellfleet form the Nauset Regional District

**Chatham & Harwich form the Monomoy Regional District

Adult Education and Training

ACCCcess (at CCCC) 508-362-2131
Adult Collaborative of Cape Cod www.capecod.edu/web/access
for Education and support Services
Cape Cod Community College 508-362-2131
www.capecod.edu
Cape Cod Regional Technical High School 508-432-8701
www.capetech.us
Job Training & Employment Corp. 508-771-5627
508-240-1900
www.capejobs.com

YMCA Child Care
Stony Brook Elementary School
884 Underpass Road
Brewster, MA 02631

Head Start, CDI
Stony Brook Elementary School
884 Underpass Road
Brewster, MA 02631

Chatham:
Monomoy Regional School District Chatham Integrated Preschool
147 Depot Road
Chatham, MA 02669

Head Start, CDI
Chatham Elementary School
147 Depot Road

Monomoy Community Services
166 Depot Road
Chatham, MA 02669

Monomoy Regional School District, Harwich Integrated Preschool, 263 South Street
Harwich, MA 02645

Make Way for Kids Preschool
Harwich Elementary School
3 to 5 yrs old Sept.—June
508-362-6500 ext. 135
774-323-3286
1 mo. - 5 years, year-round
www.ymcacapecod.org

508-355-3136
3 - 5 years, Sept. - June
Free for families who qualify

508-945-5135 ext. 220
3 - 5 years, Sept - June
www.monomoy.edu

508-355-3136
3 - 5 years, Sept - June
Free for families who qualify

508-945-3737 or 508-945-1117
Toddler Occasional Care
www.monomoy.org

508-945-0611
2.9 - 5 years, Sept. - June
www.therockingunicorn.com

508-240-3310 or 800-871-9535
8 weeks - 5 years year - round
www.capecodchildrensplace.com

508-430-7216
3 - 5 years old Sept - June
www.monomoy.edu

508-430-7216
mlevy@monomoy.edu
5 week summer program
YMCA Child Care
Harwich Technical Regional School
351 Pleasant Lake Avenue
Harwich, MA 02645

YMCA Child Care
Harwich Elementary School
263 South Street
Harwich, MA 02645

Children’s Center
115 Sisson Road
Harwichport, MA 02646

Three Harbors Preschool
257 Main Street
West Harwich, MA 02671

Nauset Regional School District:
Nauset Integrated Preschools (classrooms at several schools)
200 School Street Road
Eastham, MA 02642

Orleans:
Learning Garden Preschool
63 Hopkins Lane
Orleans, MA 02653

Meeting House Preschool
162 Main Street
East Orleans, MA 02643

The Partnership School of Cape Cod
17 Nell’s Way
Orleans, MA 02653

508-362-6500 ext. 146
3 months—5 years
jwhelan@ymcacapecod.org

508-432-0152
2.9 - 5 years, year - round
www.hech.org

508-255-7328
2.9 - 5 years, Sept - June
www.thelearninggardenpreschool.org

508-255-8793
2.9 - 5 years, Sept - June
www.fedchurchorleans.org/preschool

774-801-2287
2.9 - 5 years, Sept. - June
www.thepartnershipschool.org

Thrift Shops

St. Joan of Arc Hours: 10 a.m. to 4 p.m. Monday-Friday, 10 a.m. to 1 p.m. Saturday
61 Canal Road, Orleans 508-255-4476

Chatham
Bearly Used Hours: 10 a.m. to 3 p.m. Monday-Friday
819 Main St., Chatham Benefits Unitarian Universalist 508-945-2075

St. Christopher’s Gift and Consignment Hours: 10 a.m. to 4 p.m. Monday-Saturday
637c Main St., Chatham 508-945-2211

Wellfleet
AIM Thrift Hours: 10 a.m. to 4 p.m. Tuesday-Saturday, closed February
305 Main St., Wellfleet Benefits Outer Cape Health Services and others 508-349-6622

Brewster
Brewster Thrift Store Hours: 10 a.m. to 4 p.m. Monday-Saturday
1960 Rte. 6A, Brewster Benefits Unitarian Universalist Church 508-896-8744

Our Lady of the Cape Thrift Store Luke’s Liquor Plaza Rte. 6A, Brewster Hours: 10 a.m. to 4 p.m. Monday-Friday, 10 a.m. to 3 p.m. Saturday 508-896-5377

Sea Captain’s Thrift Shop Hours: 10 a.m. to 3 p.m. Tuesday-Saturday
1673 Main Street (Rte. 6A), Brewster Benefits Friends of Brewster Elders

Provincetown
Provincetown United Methodist Church Hours: 10 a.m. to 2 p.m. Monday-Saturday 20 Shankpainter Rd., Provincetown Benefits local nonprofits 508-487-0584

Ruthie’s Boutique Hours: 10 a.m. to 4 p.m. Tuesday-Saturday
14 Center St., Provincetown Benefits local nonprofits 508-487-3820
Thrift Shops

Harwich
Cape Cod Council of Churches Hands of Hope Outreach Center
Hours: 10 a.m. to 4 p.m. Monday-Thursday, 10 a.m. to 3 p.m. Friday,
10 a.m. to 1 p.m. Saturday
49 Route 28, West Harwich 508-432-1312

Harwich United Methodist Thrift Shop Hours: 10 a.m. to 2 p.m. Monday,
Friday, Saturday, 10 a.m. to 4 p.m. Tuesday, Wednesday, Thursday
1 Church St., East Harwich 508-432-3734

Holy Trinity Church Thrift Shop The hours are: 12-3 Monday, 9:30-3
Tuesday–Friday and 11-3 on Saturday
245 Main Street (Route 28), West Harwich 508-432-7625

Noah’s Ark Hours: 11 a.m. to 3 p.m. Tuesday-Saturday
671 Rte. 28, Harwich Port
Benefits Christ Episcopal Church 508-432-1787

Second Glance Hours: 10 a.m. to 5 p.m. Monday-Saturday
265 Main St. (Rte. 28), West Harwich
Benefits The Family Pantry 508-432-0636

The Corner Thrift Shop Hours: 10 a.m. to 2:30 p.m. Wednesday-Saturday
697 Main St., Harwich
Benefits First Congregational Church 508-432-1053

Eastham
Thrift Shop Friends of the Eastham COA
580 Massasoit Rd, Eastham Hours: 10 a.m. to 3 p.m. Monday, Tuesday-Saturday
Benefits Eastham COA 508-255-0264

Orleans
Hope Chest Hours: 10 a.m. to 4 p.m. Monday-Saturday
7 Brewster Cross Rd., Orleans Benefits Lower Cape Outreach Council
508-255-5565

Orleans Community Exchange Hours: 10 a.m. to 4 p.m. Monday-Saturday
64 Main St., Orleans
Benefits Scholarships for Nauset, Cape Tech 508-237-4794

Wellfleet:
Wellfleet Montessori Preschool
100 Lawrence Road
Wellfleet, MA 02667
508-349-6252
2.9 - 5 years, Sept - June
www.wellfleetmontessori.com

Cape Cod Children’s Place Sea Babies @Wellfleet C.O.A.
715 Old King’s Highway
Wellfleet, MA 02667
508-349-3052 or 508-240-3310
1 month - 3 years, year - round
www.capecodchildrensplace.com

Truro:
Truro Central School Preschool
317 Rte. 6
PO Box 2029
Truro, MA 02666
508-487-1558
3 - 5 years, Sept. - June
www.truromass.org

Provincetown:
Provincetown Early Education Center
Mayflower Place
Provincetown, MA 02667
508-487-5260
2 mos. - 5 years, year - round
www.provincetown-ma.gov

Licensed Family Child Care Providers
Operate an early education program in their home. This list is subject to change.

Brewster:
Curious Kids
Kristine Taylor
18 Ebenezer Lane
Brewster, MA 02631
508-896-6549
ktebenezar@gmail.com

Lollie’s Lullabies
Ellen Brookhart
283 Bog Pond Road
Brewster, MA 02631
508-221-5718
e_brookhart@aol.com

Emma’s Home Day Care
Megan Colebourn
63 Captain Perry Road
Brewster, MA 02631
508-360-4982
camenablefree@yahoo.com
Harwich:
Sharon Bunting
271 Church Street
Harwich, MA 02645
508-432-3048 sharbunting@aol.com

Janice Clark
Bright Beginnings
10 Captain’s Lane
Harwich, MA 02645
508-432-1678 Janiceclarke1@gmail.com

Jenn Gould
Monkey Business
40 Bell’s Neck Road
W. Harwich, MA 02647
508-432-8776 monkey.biz@comcast.net

Roberta Laffey
Watch Me Grow
16 Elliott Way
E. Harwich, MA 02646
774-368-0802 rlaffey10@comcast.net

Jackie Watson
Cuddle Time
1734 Orleans Rd.
Harwich, MA 02645
508-432-4276 jwdreams@comcast.net

Orleans:
Dawn Davis
21 Tonset Road
Orleans, MA 02653
508-240-0102 508-237-4030

Wellfleet:
My Little Island Preschool
Patty Carreiro
40 Lt. Island Road
Wellfleet, MA 02667
508-349-0834 www.mylittleislandpreschoolprogram.com

Truro:
Earthstar Play School
Nola Glatzel
2 Adams Way
Truro, MA 02666
774-722-2876 nolaglatzel@gmail.com

Poison Control
800-222-1222 www.poison.org

Smoking Cessation
800-784-8669 www.makesmokinghistory.org

Visiting Nurse Association (VNA)
800-631-3900 www.vnacapecod.org

GENERAL HELPLINES

Cape and Island Breastfeeding Warm line
508-888-7794 Child Support Enforcement- Mass DOR
508-771-2414 ext 3 800-332-2733 www.mass.gov/dor/child-support

National Suicide Prevention Lifeline
1-800-273-8255 www.suicidepreventionlifeline.org

Mass 2-1-1
A free 24/7 resource to locate services
Dial: 211

Parents Helping Parents Group
Stress hotline
1-800-632-8188 www.parentshelpingparents.org

St. Vincent de Paul helpline
Food, clothing, emergency funds
508-255-8080

The Samaritans of Cape Cod and the Islands
Provide support to those who are lonely, depressed or suicidal
508-548-8900 / 800-893-9900
HEALTH MEDICAL AND DENTAL SERVICES

Cape Cod Children’s Place Family Support Program
Maternal depression resources, referrals
10 Ballwic Road Eastham, MA (satellite offices in Hyannis, Dennis and Harwich).
508-240-3310 / 800-871-9535 Capecodchildrensplace.com

Cape Cod Healthcare
Cape Cod Hospital- 27 Park St Hyannis, MA 508-771-1800
Referrals- 877-227-3263

Dental Hygiene Clinic
At Cape Cod Community College, 2240 Iyannough Rd West Barnstable, MA
508-362-2131 ext 4371
774-338-4371 www.capecod.edu/web/dental/clinic

Ellen Jones Community Dental Care
Division of Harbor Health- free and sliding scale dentistry
508-778-5400 www.hhsi.us

Healthy Connections
Information and enrollment in Mass Health and other programs and services
508-255-1903 www.outercape.org

Health Care for All
Help line for healthcare and insurance
800-272-4232 www.hcfama.org

MassHealth/ Medicare
Children’s medical security plan; CommonwealthCare; Health Safety Net
800-841-2900 www.mass.gov/orgs/masshealth

Cape and Islands NAMI - National Alliance on Mental Health
Support groups, education and referrals
508-778-4277 www.namicapecod.org

Outer Cape Health Services
Community health center, sliding fee scale
710 MA-28 Harwichport, MA 508-432-1400
Rt 6 Wellfleet, MA 508-349-3131
49 Harry Kemp Way Provincetown, MA 508-487-9395

---

Playgroups and Activities
For Playgroup information on the Lower and Outer Cape
Cape Cod Children’s Place
Www.capecodchildrensplace.com
Find us on Facebook
Connect on Facebook for these sites:
Cape Cod Moms, Cape Cod Activities/Events for children
Cape Cod Parents & Caregivers (Playgroups & events calendar)
The Bumps, Homeschool Cape Cod, Holistic Families, Cape Cod Breastfeeding Support

Town Libraries
Call for information on story hours and other children’s activities
Cape Libraries Automated Materials
Sharing
Brewster Ladies Library
1822 Main Street
508-896-3913 www.brewsterladieslibrary.org
Chatham: Eldredge Library
564 Main Street
508-945-5170 www.eldredgelibrary.org
Eastham Public Library
190 Samoset Road
508-240-5950 www.easthamlibrary.org
Harwich: Brooks Free Library
739 Main Street
508-430-7562 www.brooksfreelibrary.org
Orleans: Snow Library
67 Main Street
508-240-3760 www.snowlibrary.org
Provincetown Public Library
356 Commercial Street
508-487-7094 www.provincetownlibrary.org
Truro Public Library
5 Library Lane
508-487-1125 www.trurolibrary.org
Wellfleet Public Library
55 West Main Street
508-349-0310 www.wellfleetlibrary.org
Town Recreation Departments

<table>
<thead>
<tr>
<th>Town</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brewster</td>
<td>508-896-9430</td>
</tr>
<tr>
<td>Chatham</td>
<td>508-945-5175</td>
</tr>
<tr>
<td>Eastham</td>
<td>508-240-5974</td>
</tr>
<tr>
<td>Harwich</td>
<td>508-430-7553</td>
</tr>
<tr>
<td>Orleans</td>
<td>508-240-3790</td>
</tr>
<tr>
<td>Provincetown</td>
<td>508-487-7097</td>
</tr>
<tr>
<td>Truro</td>
<td>508-487-1632</td>
</tr>
<tr>
<td>Wellfleet</td>
<td>508-349-0314</td>
</tr>
</tbody>
</table>

ext 3104

Transportation

Cape Cod Regional Transit Authority 1-800-352-7155

Hyannis Transportation Center

www.capecodtransit.org

DART (Dial a Ride Transportation)

Flex Bus (Lower/Outer Cape)

PT 1 transport (Mass Health)

Service to Boston Hospitals

Seasonal Shuttle Service

Cape Cod Rail Trail

Bicycle Path www.mass.gov/locations/cape-cod-rail-trail

Helping Our Women 508-487-4357

Transportation & Financial resources for women www.helpingourwomen.org Eastham-Provincetown

Plymouth & Brockton Bus Line 508-746-0378

www.b-b.com

Legal Services for Cape And Islands

Legal advice to low-income people

information@usattorneylegalservices.com

www.usattorneylegalservices.com

Lower Cape Outreach Council

Financial assistance for emergency needs; food pantry, Katy’s Corner free shop

19 Brewster Cross Rd Orleans, MA 508-240-0694

www.lcoutreach.org

Mass-APEAL

Free shop: clothing, toys, books

2393 Cove Corner Wellfleet, MA 508-349-1173

Mustard Seed Kitchen

Meals prepared and delivered to Outer Cape

155 Hopkins Dr Wellfleet, MA 508-349-2049

Soup Kitchen in Provincetown (SKIP)

Provides a hot and nourishing lunch to Outer Cape residence; November to April Monday-Friday

10 Shankpainter Rd Provincetown, MA 508-487-8331

www.skipfood.org

South Coastal Counties Legal Service

Legal assistance Monday-Friday 9am-1pm

460 W. Main st Hyannis, Ma 508-775-7020

1-800-742-4107 www.sccls.org

Sustainable CAPE (Center for agricultural preservation and education)

Truro Agricultural Fair, Children’s community gardens, Farmer in the School Programs, Cape Farmers’ Market Coalition

www.sustainablecape.org

WIC (Women, Infants, and Children)

Program for healthcare and nutrition for low-income pregnant or breastfeeding women and infants and children under the age of 5

Appointments available in Harwich, Orleans, and Provincetown

508-240-0853 800-675-1188 www.outercape.org

Katelynn’s Closet

Katelynn’s Closet serves children ages 4-18 who are in need and live on Cape Cod and the Islands. All orders for children in need must be placed by a social service agent or school nurse. All emails must be sent through a verifiable agency/school email. We also serve fire victims per request coming from the fire department.

508-367-2587 www.katelynns-closet.org
FOOD, CLOTHING, AND EMERGENCY FUNDS

Food, clothing, and emergency funds

**A Baby Center**
Basic items—clothing, toys, food and formula, shoes, and diapers
81 Willow Ave Hyannis, MA
A Baby Center phone- 508-771-8157
Council Office- 508-775-5073
www.ababycenter.org

**Cape Cod Children’s Place Family Support Program**
Information on childcare funds, food, referrals, and more
10 Ballwic Road Eastham, MA (satellite offices in Hyannis, Dennis and Harwich).
508-240-3310 / 800-871-9535
www.capecodchildrensplace.com

**Department of Transitional Assistance AND Supplemental Nutrition Assistance Program (SNAP)**
Cash assistance, Supplemental Nutrition Assistance Program (SNAP—provide nutrition benefits to supplement the food budget of families in need) SSI, employment support
508-862-6600
www.mass.gov/dta

**Fuel Assistance Program**—Emergency assistance for fuel/heat
20 Willow Ave Hyannis, Ma
508-778-0870
www.sscac.org

**The Family Food Pantry**—Emergency food assistance for families in need
133 Queen Anne Rd Harwich, MA
508-432-6519
www.thefamilypantry.com

**Monadoy Family Resource Center**
Offers food, diapers, clothing, books, resources for parents, and tuition subsidies
Harwich Elementary School, 263 South St Harwich, MA
508-430-1692
lgilmore@monomoy.edu

**Homelss Prevention Council**
Comprehensive case management, professional counseling and guidance to those at risk of becoming homeless. Our client services include advocacy and access to housing programs and funding, and budgeting and negotiation for rent and mortgage payments. In addition, our case managers assist clients in assessing their ability to earn a living and, if appropriate, encourage them to pursue further job training and/or education.
14 Old Tote rd Orleans, MA
508-255-9667
www.hpccapecod.org

**Women of Fishing Families**
Financial assistance for Cape Cod Fishing families
508-274-2092
Karen@womenoffishingfamilies.org

Nature & The Arts

**Brewster**
Cape Cod Museum of Natural History 508-896-3867
Cape Repertory Theater 508-896-1888
Timbernoonk Nature’s Playground 508-681-5278
naturesplaygroundkids@gmail.com

Town information: www.town.brewster.ma.us

**Chatham**
Atwood Museum 508-945-2493
Creative Arts Center 508-945-3583
Chatham Drama Guild 508-945-0510
Chatham Marconi Maritime Center 508-945-8889

Town Information: www.town.chatham.ma.us

**Eastham**
Salt Pond Visitor’s Center/CC National Seashore 508-255-3421

Town Information: www.eastham-ma.gov

**Harwich**
Brooks Academy Museum 508-432-8089
Cape Cod Theater Co/Harwich Jr. Theater 508-432-2002
Dot to Dot Art Workshop 508-367-4479
alex@dottodotartworkshop.com

Town Information: www.harwichma.com

**Orleans**
Academy of Performing Arts 508-255-5510
Orleans Historical Society Museum 508-240-1329

Town Information: www.town.orleans.ma.us

**Provincetown**
Provincelands Visitor Ctr 508-487-1256
Provincetown Monument 508-487-1310
Town information: www.town.provincetown.ma.us

**Nature & The Arts**

**Brewster**
Cape Cod Museum of Natural History 508-896-3867
Cape Repertory Theater 508-896-1888
Timbernoonk Nature’s Playground 508-681-5278
naturesplaygroundkids@gmail.com

Town information: www.town.brewster.ma.us

**Chatham**
Atwood Museum 508-945-2493
Creative Arts Center 508-945-3583
Chatham Drama Guild 508-945-0510
Chatham Marconi Maritime Center 508-945-8889

Town Information: www.town.chatham.ma.us

**Eastham**
Salt Pond Visitor’s Center/CC National Seashore 508-255-3421

Town Information: www.eastham-ma.gov

**Harwich**
Brooks Academy Museum 508-432-8089
Cape Cod Theater Co/Harwich Jr. Theater 508-432-2002
Dot to Dot Art Workshop 508-367-4479
alex@dottodotartworkshop.com

Town Information: www.harwichma.com

**Orleans**
Academy of Performing Arts 508-255-5510
Orleans Historical Society Museum 508-240-1329

Town Information: www.town.orleans.ma.us

**Provincetown**
Provincelands Visitor Ctr 508-487-1256
Provincetown Monument 508-487-1310
Town information: www.town.provincetown.ma.us
Truro
Castle Hill Center for the Arts 508-349-7511
Payomet Performing Arts Center 508-487-5400
Town information: www.truro-ma.gov

Wellfleet
Audubon Society 508-349-2615
Wellfleet Harbor Actors Theater (WHAT) 508-349-9428
Town information www.town.wellfleet.ma.us

Cape Cod Museum information: www.capecodmuseumtrail.com

Playgrounds:
Brewster: Drummer Boy Park, Rte 6A; Eddy Elementary School, 2298 Main St.; Stony Brook Elementary School, Underpass Rd.

Chatham: Chatham Playground, Depot Rd.; Chatham Volunteer Park, Sam Ryder Road (skateboard park)

Eastham: Eastham Elementary School, Schoolhouse Rd.; Wiley Park, Herringbrook Rd.; Field of Dreams Rt. 6 Town Hall

Harwich: Harwich Elementary School, South St.; Brooks Park Playground.; Make Way for Kids. Harwich Elementary School

Orleans: Orleans Elementary School, Eldredge Pkwy; Eldredge Park, Route 28 & Eldredge Pkwy


Truro: Puma Park, Library Ln off Rt 6

Wellfleet: Baker’s Field Playground, Kendrick Ave.; Wellfleet COA, 715 Old Kings Hwy.

DISABILITIES RESOURCES

National Alliance on Mental Illness (NAMI)
The National Alliance on Mental Illness (NAMI) Cape Cod is a grass-roots non-profit organization serving the families and friends of people with mental illness, as well as the individuals who have a mental illness themselves on Cape Cod and The Islands. Programs and Services are provided through Support, Education and Advocacy. We are an affiliate of both NAMI Massachusetts and NAMI National in Washington D.C.
5 Mark Ln Unit 3 Hyannis, Ma 508-778-4277 www.namicapecod.org

Cape Cod Challengers
For children and adults with physical and/or developmental disabilities
418 Bumps River rd Osterville, MA 508-420-6950
www.capecodchallengers.org

Cape Organization for the Rights of the Disabled
Advocacy group for the disabled; free services for all types of disabilities
106 Bassett Ln Hyannis, Ma 508-775-8300 800-541-0280 www.cordcapecod.org

Federation for Children with Special Needs
Information and referrals to services
617-236-7210/800-331-0688 www.fcsn.org

Kennedy Donovan Center
Supports people with developmental delays, disabilities, or family challenges
30 Ansal Hallet rd West Yarmouth, MA 508-385-6019 www.kdc.org

Sight Loss Services
Information, referrals, adaptive aids, outreach, support groups
900 MA-134 South Dennis, MA 508-394-3904 www.sightloss.org

Disability Law Center
800-872-9992 www.dlc-ma.org
Monomoy Family Resource Center
Offers food, diapers, clothing, books, resources for parents, and tuition subsidies for Harwich and Chatham families
Harwich Elementary School 263 South St Harwich, MA
508-430-1692 / lgilmore@monomoy.edu

Monomoy Community Services
Services for Chatham residents, including childcare vouchers
508-945-1501
www.monomoy.org

Outer Cape Health Services Community Resource Navigator Program
Helps with unmet medical, behavioral health, and human service needs
774-209-3222

Parenting on the Other Side
Support for families and caregivers impacted by trauma
508-240-3310
capecodchildrensplace.com

Parent Professional Advocacy League
Provide hope for children with mental health needs and their families through education, advocacy, outreach, and support
Toll free- 866-815-8122
www.ppal.net

PFLAG of Cape Cod
Providing support, education, and advocacy to parents, families, friends, allies, and members of the LGBTQ community
info@pflagcapecod.org / www.pflagcapecod.org

Provincetown Family Resource
Provincetown families with children 0-18 years
800-871-9535
508-240-3310

We Can
Services for women in transition, legal clinics, mentoring, and divorce support
783 MA-28 Harwich Port, MA
508-430-8111
www.wecancenter.org

After School Child Care, Enrichment & Summer Programs
Ages 5 and up
(Additional summer programs are also listed with Licensed Childcare Providers)

Eastham Committee on Early Childhood 508-240-6900
Eastham After School & summer program
www.ececafterschool.com

Nauset Youth Alliance 508-896-7900
Brewster After School and summer program
www.nausetyouthalliance.org

Cape Cod Sea Camps, Summer Program 508-896-3541
www.capecodseacamps.com

Monomoy Community Services (Chatham) 508-945-1501 &
508-945-1117
After School and summer programs www.monomoy.org

PARK After School Program (Chatham) 508-945-5175
sstark@chatham-ma.gov

YMCA @ Harwich Elementary School 774-237-9081
Afterschool program

Pilgrim Congregational Church (Harwichport) 508-395-9207
Drop-in care K-3 After School
learningfunfriendships@gmail.com

Harwich Rec After School Program 508-430-7553
Orleans After School Activities Program 508-240-1546
Provincetown After School Program 508-487-7097
Truro Central School After School 508-487-1558
Truro Recreation 508-487-1632
www.truro-ma.gov/recreation

Wellfleet ASCC 508-349-3101
Harwich Community Center 508-430-7568
Chatham Community Center 508-945-5175
Provincetown Community Center 508-487-7080
Family Support Services

Alanon and Alateen
A program of support for the families and friends of alcoholics; Information service center (pamphlet center)
Westborough, MA 508-366-0556
https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/

Alcohol Anonymous
Holds weekly 12 Step meetings for individuals in recovery, and offers peer support via various locations on Cape Cod. Provides information and referrals pertaining to substance abuse treatment services.
396 Main Street Hyannis, MA (9am - 1pm)
508-775-7060 / 800-637-6273

Barnstable County Human Services
Develops programs and coordinates regional committees, services and funding support for Cape Cod’s most pressing health and human service issues.
3195 Main Street Barnstable, MA
508-375-6628
www.bchumanservice.net

Cape Cod Children’s Place Family Support Program
Parent education and support groups. Free consultations, references and information
10 Ballwic Road Eastham, MA
508-240-3310
capecodchildrensplace.com

Catholic Social Service
Provides basic and emergency support to families and individuals in need of food, utility, and rental assistance, and as needed financial assistance. CSS also acts as a mediator between clients and utility or credit card companies.
261 South St Hyannis, MA
508-771-6771
www.cssdoc.org

Cape Cod Family Resource Center
Family support services, family partners, clinical assessments, referrals and school support
29 Bassett Ln Hyannis, MA
508-815-5100
www.capecodfamilyresourcecenter.org

Healthy Children’s Project, Inc.
Breastfeeding support for mothers and babies on Cape and the Islands
327 Quaker Meeting House Rd East Sandwich, MA
508-888-8044
WARM LINE- 508-888-7794
www.centerforbreastfeeding.org

Healthy Families
Parent program for Teen Parents (up to age 21)
1019 Iyanough Rd Hyannis, Ma
508-540-2968
info@healthimperatives.org

Hope Health
Bereavement group, Kids Grieve Too, grief support, pediatric care
844-671-4673
www.hopehealthco.org

Independence House
Cape Cod’s resource, support and advocacy center for victims and survivors of domestic violence and sexual assault; shelter assistance 160 Bassett Ln Hyannis, Ma
508-771-6507/800-439-6507
www.independencehouse.org

Institute for Health and Recovery
Provides a comprehensive continuum of care for families, individuals, youth and pregnant and parenting women affected by alcohol, tobacco and other drug use, violence/trauma, mental health challenges and other health issues.
617-661-3991 - Boston
Southeast Massachusetts—IHR Fall River
275 Martine Street, Suite 203 (Box B11)
Fall River, MA 02723
Tel: 1-866-705-2807
http://www.healthrecovery.org/

John A. Henry Trust Services
For Provincetown families with children ages 0-18 years
508-240-3310
Capecodchildrensplace.com

LGBTQ Resource Library
Books for children and adults
At Cape Cod Children’s Place
508-945-1501
www.monomoy.org
Department of Children and Families
The MA Department of Children and Families (DCF) works in partnership with families and communities to keep children safe from abuse and neglect.
508-760-0200/800-792-5200

Early Intervention (EI)
A program for children birth to three years old who have developmental delays or are at risk of a developmental delay
Kennedy Donovan Cape and Islands Early Intervention program
508-775-6340

Family Continuity Program
Family and Community based support services, including outpatient mental health services.
29 Bassett Ln Hyannis, MA
Toll free- 1-866-219-3320
508-862-0273
www.familycontinuity.org

First Steps (Families in Recovery Support) Together
Home Visiting Program for Families in Recovery
Cape Cod Children’s Place
508-240-3310

Gosnold
Inpatient and outpatient substance abuse treatment, and outpatient mental health treatment at cape wide locations.
Admissions- 800-444-1554
General info- 508-540-6550
www.gosnold.org

MA Commission on the Status of Grandparents Raising Grandchildren
Support groups, financial and legal assistance
600 Washington Street Boston
617-748-2454
colleen.pritoni@state.ma.us

Harwich Family Resource Center
Offers food, diapers, clothing, books, resources for parents, and tuition subsidies for Harwich and Chatham families
263 South St Harwich, MA
508-430-1692

Harwich Youth and Family Services
Free therapeutic counselling and support for Harwich youth ages 11 - 24 years old.
Sheila House, MS
The Albro House 728 Main Street Harwich, MA
508-430-7836

Cape Cod Neighborhood Support Coalition
Free confidential information about resources, referrals to health and human services including parenting education and support
56 Barnstable Rd Hyannis, MA
508-771-4336
www.capecoalition.com

Child and Family Services of Cape Cod
Counseling, therapy, and comprehensive services to individuals and families.
100 Independence Way Unit 8 Hyannis, MA
800-576-9444
www.childfamilyservice.org

Cape and Island Gay and Straight Youth Alliance
CIGSYA (The Cape & Islands Gay & Straight Youth Alliance) is a community-based alliance of young people from fourteen to twenty-two that exists to improve the lives of LGBTIQQS (lesbian, gay, bisexual, transgender, intersex, queer, questioning and straight) youth on Cape Cod and the Islands. The CIGSYA House is a place where young people can enjoy meetings, drop in times and special events where there is camaraderie and support, in a peer lead, adult advised environment, free from judgment based on inherent differences.
56 Barnstable Rd Hyannis, MA
508-778-7744
www.cigsya.com

Child Care Network
Child care resources, vouchers, and referrals
372 North St Hyannis, MA
508-778-9470/800-530-2430
www.childcarenetwork.com

Children’s Cove
Child Advocacy Center that works in partnerships to provide a comprehensive multidisciplinary response to child sexual abuse cases.
508-375-0410/888-863-1900
www.childrenscove.org

Cape Cod Community Resource Navigator Program
Assists residents with unmet medical, behavioral health or human service needs through referrals and collaboration with local agencies, providers and community groups.
774-209-3222
crnavigator@outercape.org

Department of Transitional Assistance AND Supplemental Nutrition Assistance Program (SNAP)
Cash assistance, Supplemental Nutrition Assistance Program (SNAP- provide nutrition benefits to supplement the food budget of families in need), SSI, employment support
508-862-6600
www.mass.gov/dta