



cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

Savoring Spring

CLASSROOM NEWS

On February 18 and 19, we had Professional Development days for our teaching staff. ... **Thank you to Kim Concra** for her training on food health and safety, including best practices for cleaning and sanitizing.... **Thank you to Jason Parrent** for his training on Mandated Reporting.... We are planning another **Family Gardening Day** in May; more details coming soon!.... **Thank you to the Eastham Cultural Council** for a grant that will allow us to partner with a local artist affiliated with **The Cordial Eye**, to bring a program of visual arts exploration to the children at our Early Learning Center this spring.

THANKS & GIVING

Thank you to our friends at the Cape & Islands Early Intervention for hosting our first hybrid series of Raising Healthy Families.

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It has been a long, hard winter and we're ready to celebrate spring. Sometimes in the dark, cold days and nights of January and February, it felt as though we'd never get here. But we made it. All around us, birds and plants and living creatures are telling us spring is here. Let's take the time to savor it.

Spring is a busy season. Look for Town Meeting and Election dates in this newsletter, and make your needs and wishes known to your elected representatives. Your voice matters.

We're also busy here at Cape Cod Children's Place, as we embark on a celebration of our 30th anniversary. After an official opening ceremony in June of 1995, our classrooms opened in September of that year after a lengthy planning process and months of outreach to involve parents and other community members.

Since then we have worked hard. Hundreds of children have come through our classrooms, thousands of families have participated in our parent/caregiver education programs, our family activities, our support groups. We have engaged with our

many community partners to advocate for the future of our children, our families and our region. And our work continues.

During those early years we navigated setbacks, and felt a sense of accomplishment when we successfully overcame obstacles. Children moved into kindergarten, grew up and started families of their own. Through it all, we remained true to our vision, serving as a regional resource to support families in the important journey of raising their children.

As we take in renewed energy from this season of beginnings and growth, we invite you to join us in celebrating our 30 years of building strong families for a brighter future in this special place we call home. We hope you will share your own memories of Cape Cod Children's Place, as a former student, a parent, a member of the community.

Please look inside this newsletter for upcoming events and opportunities to become involved, or just stop by and say hello. We welcome you.

Happy spring!

Elizabeth Aldred



Grants & Community Councils



Grant Funding 2025 Fiscal Year July 1, 2024 - June 30, 2025

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Thank you to our current funders, our partners in strengthening families on the Cape and Islands!

Barnstable County American Rescue Plan Act (ARPA),

Cape & Islands United Way, Cape Cod Commission

Cape Cod Healthcare Foundation, Children's Trust:

Cooperative Bank of Cape Cod Charitable Foundation Trust

District Attorney Cape & Islands, Federated Church of Orleans

Edward Bangs Kelley and Elza Kelley Foundation, Hawk Foundation

Lyndon Paul Lorusso Charitable Foundation, MA Department of Early

Education and Care:, MA Department of Public Health:

Michael H. Cole Charitable Giving Fund of the Cape Cod Foundation

RIZE MA Foundation, Roessner Family Foundation

Spark Foundation, Tower Foundation

Towns of Brewster, Chatham, Dennis, Eastham, Harwich, Orleans,

Provincetown, Truro, and Wellfleet

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As always, thank you to Seamen's Bank for your decades of support!

Early Childhood Councils & Community Engagement

For information about our early childhood councils and other community groups listed below look on our website and social media, or email info@capecodchildrensplace.com

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Lower-Outer Cape

Early Childhood Advisory Council

(Brewster to Provincetown; meets quarterly)

April 28, June 23; 6-7 pm

Monomoy Early Childhood Council

(Harwich and Chatham)

April 3; 6-7 pm

Mid-Cape Early Childhood Council

(Barnstable, Yarmouth, Dennis)

May 19; 6-7 pm

Cape & Islands Early Learning Network

(Cape Cod, Nantucket, Martha's Vineyard meets in alternating months)

May 22; 1-2:30

Early Childhood Screening Opportunity

Screening young children is an effective, efficient way for professionals to take a look at a child's development, help parents celebrate their child's milestones, know what to look for next, and support parents as their child's first teacher. Screening is also an essential first step toward identifying children with delays or disorders in the critical early years, before they start school. Cape Cod Children's Place offers families an opportunity to meet individually with our ASQ (Ages & Stages Questionnaire) Coordinator and complete the ASQ screening. Call us at 508-240-3310 to schedule an appointment.





Family Activities



Call 508-240-3310 or visit capecodchildrensplace.com for information about our grant-funded activities for children and families. The programs listed below and our family education and support programs listed on the next page are all provided at no cost to participating families.

Spring 2025 Program Calendar

Registration is required for all programs; call CCCP at 508-240-3310.

We expect participants to attend every session of the group they've registered for.

- Mondays:** **Baby's First Year**, 10:30-11:30 am; 4/7-6/9; Snow Library, Orleans; ages birth-15 months
Get Outside DY #1, 10-11 am; 4/7-4/28; trails in Dennis/Yarmouth; ages 1-5 years old
Get Outside DY #2, 10-11 am; 6/2-6/16; trails in Dennis/Yarmouth; ages 1-5 years old
Toddler Yoga on the Farm, 10:30-11:30 am; 4/28-6/2; Taylor-Bray Farm; ages 1-2 years old
Music & Movement with Siobhan, 10:30-11:30 am; 4/28-5/19; Eastham Library; ages 2-5 years old
- Tuesdays:** **Story & Project #1**, 10-11 am; 4/8-5/6; Dennis Public Library; ages 2-5 years old
Story & Project #2, 10-11 am; 5/20-6/10; Dennis Public Library; ages 2-5 years old
Nature Art, 10-11 am; 5/20-6/10; Meetinghouse Farm; ages 3-6 years old
Baby and Me Bonding, 10:30-11:30 am; Centerville Library; ages birth-1 year old
Eldredge Park Playgroup, 10-11 am; 5/20-6/10; Eldredge Park, Orleans; ages 1-6 years old
Puppet Playgroup, 10-11 am; 4/22-5/13; Eldredge Library, Chatham; ages 2-5 years old
- Wednesdays:** **Ready-Set-Go**, 10:30-11:30 am; 4/30-6/4; South Yarmouth Library; ages 18 months-5 years old
Kids Movement Jamboree, 10-11 am; 4/9-6/4; Johnny Kelley Park, Dennis; ages 1-5 years old
Brooks Park Playgroup, 10:30-11:30 am; 5/28-6/18; Brooks Park, Harwich; ages 1-6 years old
Music & Movement with Ginger, 1-2 pm; 5/7-6/11; Dennis Center for Active Living; ages 1-5 years old
Little Naturalist, 2-3 pm; 4/30-5/28; Long Pastures, Barnstable; ages 2-6 years old
Explore the National Seashore, 4-5 pm; 4/16 & 4/30; Salt Pond Visitor Ctr., Eastham; ages 3-7 years old
- Thursdays:** **Cuties in Carriers**, 9-10 am; 5/1-6/5; Harwich Conservation Trust; ages birth-1 year old
Pre-K Explorers, 10:30-11:30 am; 5/1-6/5; Harwich Conservation Trust; ages 3-5 years old
Get Ready for Summer, 10-11 am; 5/29-6/12; playgrounds in Dennis/Yarmouth; ages 1-3 years old
Afternoon Oceanographers, 1:30-2:30 pm; 5/1-5/29; beaches in Dennis/Yarmouth; ages 3-6 years old
Mud Kitchen, 11 am-12 noon; 5/1-6/5; Toy Library Outdoor Play Oasis; ages 3-7 years old
Busy Bees, 10-11 am; 5/1-5/29; Whelden Memorial Library; ages 8 months-2 years old
- Fridays:** **Get Outside Fridays**, 1-2 pm; 5/9-6/6; various locations; ages 2-6 years old
Sensory Playgroup, 10:30-11:30 am; 4/11-5/23; Eastham Library; ages 2-5 years old
Little Scientists, 10-11 am; 5/2-6/6; Flax Pond Recreation Area; ages 2-6 years old
Molly's Tuxedo Storytime Extravaganza, 10-11 am; 6/13; Brewster Ladies' Library; ages 2-6 years old

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Other Community Events

- Family Fun Fair**, 10 am-12 noon; Sat, 5/3; Flax Pond Recreation, S. Yarmouth; includes special activities
 see details on p.6 of this newsletter
- Screen Free Week**, 4:30-5:30 pm; 5/5-5/9; various locations
- Countdown to Kindergarten**, 4:30-6:30 pm; Tuesday 6/10; Cape Cod Museum of Natural History, Brewster



MASSACHUSETTS
Department of
Early Education and Care

Family Education & Support



Cape Cod Children's Place provides Family Education and Support programs at no cost, and free family support consultations. Call 508-240-3310. Website www.capecodchildrensplace.com; also on Facebook and Instagram.

ParentChild+ is a home visiting early learning education, no-cost program provided in English, Spanish, or Portuguese. For information about future enrollment email Marly Pereda at mpereda@capecodchildrensplace.com.

Family Education, Workshops & Support

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Parenting Education Series

Raising Healthy Families #1, Thursdays, 3/27-5/8, 3/27-5/8, 5:30-7:30 pm, hybrid: in-person at Ezra H. Baker Innovation School or virtual on Zoom; with Cindy Horgan

Raising Healthy Families #2, Tuesdays, 5/20-6/24, 6-7:30 pm Virtual, with Cindy Horgan

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Workshops

Raising Healthy Boys, Wednesday, 5/22, 5:30-7:30 pm at First Congregational Church of Chatham with Cindy Horgan

Screen Smarts: Building Healthy Digital Habits, Wednesday, 4/30, 5:30-7:30 pm, at Kennedy-Donovan Ctr, W. Yarmouth, with Cindy Horgan and Tammy Bernardi

Feeding Fundamentals: A Practical Workshop on Nutrition Tuesday, 5/13, 6-7 pm, virtual, with Jen Watson SLP

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Support Groups

Dads' Talk: 6:30-7:30 pm, monthly, Tuesdays 4/8, 5/13, 6/3 virtual, with Paul Melville

Dads in Recovery: join our peer support group, weekly, Tuesdays at 6 pm, via Zoom. Register at crussell@capecodchildrensplace.com or call 774-722-3305

The Road Less Traveled: Tuesdays, monthly, 4/8, 5/20, 6/3 12-1 pm, virtual support for families of children with complex medical diagnoses; with Laura Will

Lower Cape Supporting Momma Group, Thursdays weekly, 11 am-12pm, at Cape Cod Children's Place I n Eastham, with Becky Fischer CLC

FIRST Steps Together

Families In Recovery Support

Office at 23G White's Path, Yarmouth

Contact **Christina Russell, LICSW**
Project Director 774-722-3305
crussell@capecodchildrensplace.com
for information about the following services or to make a referral:

Community-based home visiting program serving families impacted by substance use disorder who have young children (regardless of care and custody arrangements) or who are expecting a child

A team of staff with lived experience, covering all of Cape Cod.

Individualized parenting and recovery coaching

Live and virtual trauma-informed support groups and parenting classes

Support with the Department of Children and Families

Evidence-informed interventions to increase parental resilience, secure attachment, recovery support, developmental knowledge; and to form community connections
* * *

For more information on Massachusetts
FIRST Steps Together visit
<https://firststepstogetherma.org>



News You Can Use



Parents, Grandparents, Families: Call Cape Cod Children's Place 508-240-3310 with any questions: about your child's behavior, where to get financial help, and how to connect with a particular organization. We are here to help!

Children's Trust

Working to prevent child abuse and neglect. Learn about their programs at childrenstrustma.org. Visit childrenstrustma.findhelp.com to connect with services in your region.

A Baby Center

508-771-8157 or ababycenter.org. Providing basic baby needs to infants up to age five in income-eligible families living on Cape Cod and the Islands.

Early Intervention

508-418-5540 kdc.org/early-intervention. Developmental supports for ages birth-3.

Outer Cape WIC

508-240-0853 wic@outercape.org. Healthy food, breastfeeding support and nutrition information at Cape Cod Children's Place on Wednesdays Apr 9, 30; May 14, 28; Jun 11, 25. Call 508-240-0853 for appointments.

Healthy Families

508-540-2968 healthimperatives.org. Family support for first-time parents through age 26.

Cape Cod Foster Closet

508-514-7125 capecodfostercloset.org. Clothing and other items for local foster, adoptive and relative caregiver families, newborn to age 18.

Family Pantry of Cape Cod

508-432-6519 thefamilypantry.com. Call or visit website for information and hours to get food and clothing at Family Pantry in Harwich. Call 508-240-3310 to get on the list for monthly food pick-ups at Cape Cod Children's Place.

Immigration Resources

MA Immigration & Refugee Advocacy Coalition: 617-350-5480. Reliable, up-to-date information on immigrants and refugees in Massachusetts and all the services and resources you may need. <https://miracoalition.org/news/know-your-rights/>

Immigration Resource Center: 508 771-1727 located in MassHire Cape and Islands Career Ctr, 372 North St, Hyannis. <https://www.cacci.cc/programs/immigration-resource-center/>

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TUITION AID

Help in paying early childhood education & care fees is available to families from various sources, including:

Bailey Boyd subsidies: for families in the towns of Brewster, Dennis, Eastham, Harwich, Provincetown, Truro and Wellfleet. Applications at baileyboyd.com/childcare-programs-1.

Cape Cod Children's Place: Visit capecodchildrensplace.com or call 508-240-3310 for information and application forms for the Brewster Childcare Scholarship Program, the Wellfleet Childcare Subsidy Program, and the Lower Cape Emergency Child Care Fund. Some other Cape towns have subsidy programs with differing eligibility criteria for early education and care fees, including Chatham, Eastham, Harwich, Orleans, Truro.

Child Care Network: Contact cacci.cc. 888-540-2430 or 508-778-9470 for State-funded early childhood education & care vouchers.

Habitat for Humanity

508-362-3559 habitatcapecod.org. Habitat partners with families in need of an affordable home to build one of their own.

Housing Assistance

508-771-5400 hac@haconcapecod.org. Help with housing for Cape & Islands residents.

Homeless Prevention Council

508-255-9667 or hccapecod.org. for Lower/Outer Cape residents with housing and other needs.

WE CAN

508-430-8111 or wecancenter.org. Offices in Harwich Port and in Hyannis. Programs to create lasting, positive change for women going through life transitions. Supports and services include: workshops; legal services; mentoring and empowerment; work and career support; financial empowerment, and more.

Helping Our Women

508-487-4357 helpingourwomen.org. Offices at two locations: 34 Conwell St. in Provincetown and the Ann Maguire Women's Wellness Center at Main Street Mercantile, 3 Main Street in Eastham. Resource center for women living with chronic or serious health conditions in the Outer Cape towns from Eastham to Provincetown.

Lower Cape Outreach Council

508-240-0694 lcoutreach.org. Resources for Lower and Outer Cape residents, including: financial assistance, food pantries, Katy's Korner, micro-loan program, Wellfleet Shellfish Harvester Relief Fund.



Let your local, state and federal officials know your questions and concerns. They want to hear from you!

Federal:

Senator Elizabeth Warren 617-565-3170
 Senator Edward Markey 617-565-8519
 Congressman William Keating 508-717-6868

State:

Governor Maura Healey 888-870-7770
 Senator Julian Cyr 508-237-7001
 Senator Dylan Fernandes 617-722-1330
 Rep. Chris Flanagan 617-722-2080 x 7300
 Rep. Kip Diggs 617-722-2080
 David Vieira 508-548-8683
 Hadley Luddy 617-722-2800 x 7313
 Steven Xiarhos 617-722-2488
 Thomas Moakley 617-722-2800 x 7302

***www.mass.gov: information on state officials
 congress.gov: federal officials***

Spring Is Here!

Get outdoors, participate in your town, have fun with your family!

Free Family Fun Fair

Saturday, May 3; 10 am-12 noon

Flax Pond Recreation Area

31 Dupont Ave., S. Yarmouth

Special activities will include 2 mini-playgroups:

- ◆ Sensory Playgroup — with Emily Faherty
- ◆ Loose Parts — with Sue Gubbins



Also music by Natalia Bonfini, face painting, ice cream, and more
Free admission for all ages!

April 22 is Earth Day!

Make every day Earth Day and help your children take care of this planet we call home by showing them how to:

Reduce waste and plastic in our homes

Recycle and reuse everything we can

Plant a garden

Take a field trip together

Join in your town's Earth Day activities

Plan ways to reduce, reuse and recycle in your home

Cape Cod Town Meetings and Town Elections:

Town	Town meeting	Town election	Town	Town meeting	Town election
Barnstable:		Nov 2025	Mashpee	May 5	May 10
Bourne:	May 5	May 20	Orleans	May 12	May 20
Brewster	May 5	May 20	Provincetown	May 7	May 13
Chatham	May 10	May 15	Sandwich	May 5	May 8
Dennis	May 6	May 13	Truro	May 3	TBD
Eastham	May 5	May 20	Wellfleet	May 5	May 10
Falmouth	Apr 7	May 20	Yarmouth	Apr 29	May 20
Harwich	May 5	May 20			



Who are your anchors?

My husband and I moved back to my family home a few years ago to be with my aging yet healthy parents. Our old sea captain's house has always been a place of refuge, and during renovations, we embraced the anchor as a symbol of stability and hope. The captain who built our home salvaged lost anchors to make his living, and we love the idea that our home is a safe place for people to land.

As a parent or caregiver, you try your best to be an anchor for your child, to help them feel safe and loved. But who are your anchors? I encourage you to make a plan to care for yourself too. Maybe that means spending time outdoors, getting to bed earlier, or making plans to connect with a friend in person.

Cape Cod Children's Place can also be one of your anchors. Come to a play group, parent support group or ask for a visit (either in person or virtually) with one of our family support specialists. If you or a family member is struggling with substance use disorder, our recovery specialists can be a source of strength and stability. We can also connect you with our community partners that provide food and clothing if paychecks aren't stretching as far as they used to.

Now is a time to find your anchors – tie up and let's weather the storms together.

Erin Sullivan

Executive Director

Join Our Celebration!

We invite you to join us this year in celebrating our 30th anniversary!
Visit our website at <https://capecodchildrensplace.com/30years/> and you can also keep updated with our social media @capecodchildrensplace.

Send us your memories! Sign up to receive updates!

We're planning several exciting events during the year, starting with activities at our Family Fun Fair on May 3 at Flax Pond Recreation in S. Yarmouth, and including special festivities in the fall. We look forward to hearing from you!

**Our newsletter is available in English, Portuguese and Spanish on our website.
Contact us or sign up on the website to receive email or print version.**

Cape Cod Children's Place, P.O. Box 1935, N. Eastham, MA 02651
www.capecodchildrensplace.com; info@capecodchildrensplace.com

Tel: 508-240-3310; Fax: 508-240-2352; find us on FaceBook and Instagram

We welcome your donations at www.capecodchildrensplace.com/donate Thank you!



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 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



Our Family Resource Guides are available online at www.capecodchildrensplace.com in English, Spanish and Portuguese. Call Cape Cod Children's Place at 508-240-3310 to request a printed copy.

A Baby Center	508.771.8157	Basic items for infants and toddlers up to age three living on Cape Cod and Islands
Al-anon /Alateen	508.394.4555	Offering support for friends, families and teens with problem drinkers in their lives
Cape Cod Family Resource Center	508-815-5100	Support for all families: groups, activities, classes, events.
Cape & Island Breast Feeding Warm Line	888.890.2229	Lactation services and classes are available to local Cape and Islands mothers
Child Support Enforcement-Mass DOR	508.771.2414 x 3	Assistance in enforcing the financial responsibilities of parenthood
Consumer Credit Counseling	800.208.2227	Budgeting and debt consolidation assistance
Dept. of Transitional Assistance	508.862.6600	Services and resources for low-income families and individuals.
Early Intervention	508-418-5540	Family-centered support for children with developmental delays.
Fuel Assistance Program	508.746.6707	Emergency fuel/heating help
Healthy Connections	508.255-1903	Referrals for free/low cost health insurance
Homeless Prevention Council	508.255.9667	Counseling, advocacy, resources and referral services
Independence House	508.771.6507	Cape Cod's Resource Center for Victims & Survivors of Domestic Violence & Sexual Assault.
Legal Services for Cape Cod & Islands	510-775-7020	Non-profit legal aid
Lower Cape Outreach Council	508.240.0694	Providing short-term emergency assistance to Lower Cape families and individuals
Mass APEAL	508.349.1173	Free clothing as well as information on Serve New England Program
Monomoy Family Resource Center	508.430.7216	Ext. 4044: Information, support, diapers, clothing, food for Chatham and Harwich families.
Outer Cape Health Services:	800-667-5356	Providing high quality primary healthcare in the 8 Lower/Outer Cape towns.
Women, Infants and Children's (WIC) Program	800-942-1007	Healthy food options, community referrals, nutrition education and breastfeeding support.
Parental Stress Line	800.632.8188	A free, confidential, and anonymous 24-hour parent helpline for parental support
Provincetown Family Resource Center	800.871.9535	Providing support, referrals, and financial aid through the John A. Henry Trust.
SNAP Supplemental Nutrition Assistance	877-382-2363	Applications and assistance with food stamp program.
WE CAN	508.430.8111	Assisting Cape Cod women through divorce, career change /growth, job loss, illness, retirement