



cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

Special Thanks!

THANK YOU! to **Joanne Maldacher** for organizing and holding our spring Clothing Swap in April.... THANK YOU! to the **families at Cape Cod Children's Place** who donated food items during **Teacher Appreciation week** (May 6-10) and those who donated plants and their time for our **Family Gardening Day**, which took place on May 4th.....THANK YOU! to **Terry Lewis** from the **Cape Cod Quilters Guild** and to **all the artists** who donated their work to our **Art Grab** fundraiser in June.... THANK YOU! To those who have donated **Bombas socks** to us, to give out to the community.... THANK YOU! to **Cape Cinema** and the **Cape Cod Museum of Art** for hosting our showing of the film "No Small Matter in April.... THANK YOU! to **Orleans Elementary School** for hosting our **Family Fun Fair** in April, including the custodial and other staff who helped out.... THANK YOU! to the **CCCPC Board of Directors** for hosting our **Staff Appreciation** lunch in April..... THANK YOU! to all the businesses and volunteers who made the **Monomoy Early Childhood Council Book Drive** in June a success.

Summer Is a Special Time

For people who live and work elsewhere, the words "summer on Cape Cod" may evoke images of relaxing, of children playing on the beach, of vacations and a welcome break from busy schedules.

For those of us who live and raise our families here, however, summer is likely to bring additional challenges and responsibilities as we attempt to balance work with parenting. It can require a lot of juggling and planning to meet different needs within the household.

School is out, and children need to be safe while enjoying time outside a classroom. Working parents are trying to keep everyone happy: their employers who are coping with staff shortages, their children who are needing rides to activities and programs, their friends and family who are wanting to visit.

Crowded stores and congested roads don't make life any easier.

When it all feels too much, take a breath and let go of some of the pressures. We think of summer as a special time of year, and we often place high

demands on ourselves. We may have high expectations of everything we will do and accomplish. If those expectations are unrealistic it just creates stress, for ourselves and our family.

When we are trying to fit too many events into the day, the pleasure of the season gets lost. Making the most of summer starts to feel like a burden, another responsibility.

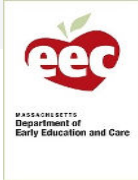
One year when I had a job that was difficult for me, I found that I was arriving at work anticipating in advance all the things that might go wrong that day. I realized this attitude was making my job harder, not easier, and I came up with a plan. Every day when I started work, I told myself: "I will do my best, and it will be good enough." The job didn't get any easier, but I was more accepting of my own efforts.

As we move through this busy season, we can try to cut ourselves some slack. If one of our plans isn't working out, it's OK to let it go. We're all doing our best, and that is good enough. It's time to enjoy this summer.

Elizabeth Aldred

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Grants & Community Councils



Early Childhood Councils & Community Engagement

Our early childhood councils and other community groups keep us connected to the needs of the families that we serve. Information and upcoming meeting dates for the groups below will be available in September on our website and social media. For more information, email info@capecodchildrensplace.com

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Lower-Outer Cape

Early Childhood Advisory Council

(Brewster to Provincetown)

Meets quarterly

Monomoy Early Childhood Council

(Harwich and Chatham)

Meets monthly

Mid-Cape Early Childhood Council

(Barnstable, Yarmouth, Dennis)

Meets quarterly

Cape & Islands Early Learning Network

(Cape Cod, Nantucket, Martha's Vineyard)

Meets in alternating months

Cape & Islands Perinatal Wellness Alliance

(Cape Cod, Nantucket, Martha's Vineyard)

Contact Kerry McCarthy

kerry.mccarthy.miller@gmail.com

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!

Cape Cod Healthcare Foundation

Cape & Islands United Way

Hawk Foundation

Federated Church of Orleans

Fred J. Brotherton Charitable Foundation

Lyndon Paul Lorusso Charitable Foundation

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

Nordblom Family Foundation

Spark Foundation

Cooperative Bank of Cape Cod Foundation

Towns of Bourne, Brewster, Chatham, Dennis, Eastham, Falmouth, Harwich, Orleans, Provincetown, Truro, Wellfleet

Children's Trust:

Strengthening All Families Everywhere (SAFE)

MA Department of Early Education and Care:
Coordinated Family and Community Engagement (CFCE)
Parent Child Plus (PC+)

Child Stabilization Fund for Early Learning Centers

Early Education and Out of School Time

Children's Investment Fund

MA Department of Public Health:

FIRST (Families In Recovery Support) Together
State Opioid Response Prevention in Early Childhood

Barnstable County American Rescue Plan Act (ARPA)

MA Attorney General's Maternal Health Equity grant

District Attorney Cape & Islands

MA Grand Chapter of

Widows Sons.

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



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. Our schedule of family activities is lighter in the summer because most parents are busy with work. Look for our full schedule to resume in September.

Summer 2024 Calendar

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

Mondays:

Kids Movement Jamboree, 1-2 pm; 8/12, 8/19, 8/26; Centerville Library; ages 2-5 years old

Tuesdays:

Baby Yoga, 10-11 am; 8/13, 8/20, 8/27; Whelden Library lawn; ages birth-1 year old

Wednesdays:

Ready-Set-Go, 10:30-11:30 am; 7/31-8/21; South Yarmouth Library; ages 1-5 years old

Fun on the Farm, 9:30-10:30 am; 7/24-8/14; Taylor Bray Farm, Yarmouth Port; ages 2-5 years old

Dirt Made My Lunch! 10-11 am; 7/10 Dennis Conservation Trust; ages 3-8 years old

When you need a change of scene or it's raining

Don't Forget the Libraries...

Check websites for story hours and other family programs:



Barnstable: wheldenlibrary.org; sturgislibrary.org

Brewster: brewsterladieslibrary.org

Centerville: centervillelibrary.org

Chatham: eldredgelibrary.org

Dennis: dennispubliclibrary.org

Eastham: easthamlibrary.org

Falmouth: falmouthpubliclibrary.org

Harwich: brooksfreelibrary.org

Hyannis: hyannislibrary.org

Mashpee: mashpeepubliclibrary.org

Orleans: snowlibrary.org

Provincetown: provincetownlibrary.org

Sandwich: sandwichpubliclibrary.com

Truro: trurolibrary.org

Yarmouth: yarmouthlibraries.org

Wellfleet: wellfleetlibrary.org



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.

For families with a child 18-30 months old, the Parentchild+ no-cost program is now opening enrollment to start in September 2024. PC+ provides free educational books and toys, home visits one hour/once a week on flexible schedules, and services from a trained early learning specialist in English, Spanish, and Portuguese languages. Email Marly Pereda mpereda@capecodchildrensplace.com for further information.

Family Education & Support

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Parenting Education Series

Raising Healthy Families: 6-7:30 pm, 6-week series
Wednesdays 7/10-8/21, virtual, with Cindy Horgan
Call 508-240-3310 to register

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Support Groups

Dads' Talk: 6:30-7:30 pm; Tuesday, 7/9, virtual
with Paul Melville, for information and to register
Call Cape Cod Family Resource Center 508-815-5100

Dads in Recovery: 6 pm; Tuesdays
1st & 3rd peer support; 2nd & 4th meet w/Danny Rodrigues
Register CapeDadsGroups@gmail.com or 774-722-3305

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Mobile Dental Clinic

Thursday, August 8 at C.C. Children's Place

To make an appointment call 508-827-6725 or email smiles@mobiledentalhygiene.com to make an appointment with Mobile Dental Hygiene Services for preventative dental care including dental cleanings, fluoride treatments, and sealants for children. Masshealth is accepted for pediatric patients.

Outer Cape WIC

Wednesdays, July 10 & 24; August 14 & 28 at CCCP

Outer Cape WIC provides free healthy food, breastfeeding support and nutrition information to eligible families at Cape Cod Children's Place on the 2nd and 4th Wednesdays of the month.

Call 508-240-0853 or 508-240-3310 for appointments and information.

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 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, Martha's Vineyard and Nantucket

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



News You Can Use



Children's Trust

The mission of Children's Trust is to stop child abuse in Massachusetts. Learn about their programs at childrenstrustma.org. Visit childrenstrustma.findhelp.com to connect with services in your region.

Early Intervention

508-418-5540 or kdc.org/early-intervention. Developmental supports for ages 0-3.

Immigration Resource Center

508-771-1727 x 140. Free information & confidential advice on immigration.

A Baby Center

508-771-8157 or ababycenter.org. High chairs, strollers, bathtubs, bouncy seats, clothing, diapers, wipes, formula and other baby needs.

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 Karen at 508-240-3310 to get on the list for monthly food pick-ups at Cape Cod

Homeless Prevention Council

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

Cape Cod Foster Closet

508-514-7125 or capecodfostercloset.org. Clothing, shoes, baby gear, school supplies & more for local foster, adoptive and relative caregiver families, newborn through age 18.

Attention: Breastfeeding Moms

Inflammatory Breast Cancer (IBC) is a rare but quickly spreading type of breast cancer. See your primary care doctor or gynecologist right away if you have swelling, redness, retracted nipples, and tenderness, pain or itchiness in the breast. If you have any of these symptoms, don't ignore them. If you are pregnant or breastfeeding, they may be signs of IBC, or they may indicate a breast infection.

If your symptoms don't get better quickly, ask to see a breast specialist and be persistent. Early detection of IBC is essential and can save your life. For information about this fast-moving cancer, visit marniesarmy.org to learn about a young Cape Cod mother who didn't find out in time that she had this aggressive cancer.

New Women's Wellness Center

508-487-4357 helpingourwomen.org. Helping Our Women (HOW) has opened the Ann Maguire Women's Wellness Center at Main Street Mercantile, 3 Main Street in Eastham. For information about services at HOW's Provincetown and Eastham locations

Perinatal Wellness Alliance

The Cape & Islands Perinatal Wellness Alliance meets virtually once a quarter to address issues surrounding perinatal mental health. Email kerry@pwsupportcenter.org for information and to join.

Outer Cape New Moms

Reimbursement of up to \$150 for services or products to support breastfeeding is available to new moms in Provincetown, Truro and Wellfleet. Contact the Provincetown Health Dept. at 508-487-7020 for information on how to apply.

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: Email info@capecodchildrensplace.com or call 508-240-3310 for information about the Lower Cape Emergency Child Care Fund. Lower and Outer Cape towns have various subsidy programs with differing eligibility criteria for early education and care fees. Call your town hall for information about what resources are available to you.

Monomoy Early Childhood Council Support for Chatham and Harwich families; lgilmore@monomoy.edu.

Child Care Network

508-778-9470 x 203 or 888-540-2430. State-funded early childhood education & care vouchers.

OTHER RESOURCES

Immigration Resource Center

508-771-1727 x 140. Free information & confidential advice on immigration.

Healthy Families

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

WE CAN

508-430-8111 or wecancenter.org. Offices in Harwich Port and in Hyannis. WE CAN offers 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.



Summer Fun!

Some Outdoor Places to Visit

Wellfleet Bay Wildlife Sanctuary:
508-349-2615 wellfleet@massaudubon.org
Trails, nature camp, nature center

Cape Cod Museum of Natural History:
Brewster; 508-896-3867 info@ccmnh.org
Activities, family walks, events

Green Briar Nature Center: East Sandwich
508-888-6870 info@thorntonburgess.org
Summer programs, story hours, bird walks

Taylor-Bray Farm: Yarmouth Port
774-251-1869 taylorbrayfarm.org
Cattle, goats, donkeys, sheep, chickens

Long Pasture Audubon Wildlife Sanctuary
Barnstable; 508-362-7475
longpasture@massaudubon.org
Farm animals, trails, beaches, activities

Cape Cod National Seashore:
508-255-3421; nps.gov/caco//index.htm
Beaches, trails, programs, visitor centers
Eastham, Wellfleet, Truro, Provincetown

Visit a Farmers' Market

*More information and directions at
capedays.com/cape-cod-farmers-markets*

- Monday: Truro, 8 am-noon
- Tuesday: Chatham, 3-6 pm
Sandwich/Bourne, 10 am-1 pm
- Wednesday: Wellfleet, 8 am-noon
- Thursday: S. Yarmouth, 9 am-1 pm
Falmouth, noon-5 pm
- Friday: Osterville, 9 am-1 pm
- Saturday: Orleans, 8 am-noon
Provincetown, 9 am-1 pm

Circus Smirkus

*Wednesday, July 17; shows at 1 pm & 6 pm
Thursday, July 18; shows at 1 pm & 6 pm
Harwich Community Center
100 Oak St.*

The Circus is coming to town!

Sponsored by the non-profit Harwich Children's Fund
Contact Kathie Smith ponddog1@gmail.com
for tickets and information.

CIRCUS SMIRKUS is a non-profit, award-winning, international youth circus that has been performing throughout New England since 1987. The stars of this 70-member touring company are youth ranging in age from 10-18 years old.

All profits from this July's two-day event will go to the Harwich Children's Fund

Discounted group rates are available for groups of 15+. Groups will have reserved pre-seating; regular admission tickets are first-come first-serve seating.

Cape Rep Outdoor Theatre

3299 Rt. 6A, Brewster
508-896-1888 contact@caperep.org

*Mondays & Wednesdays, 10 am
June 24-August 28*
Maya Mouse's Madcap House of
Music, Movies & Mayhem

*Tuesdays, 10 am
June 25-August 27*
Puppets, Paul & Mary Show:
Puppets Pay it Forward



Cape Cod Children's Place News



More Than Fun and Games

Much of our work at Cape Cod Children's Place is about creating safe spaces for all families, those created by choice, chance, or circumstance, to connect, to have fun, to learn, to be together. This newsletter provides information about family hikes, puppet shows, baby yoga, and much more. And our work is about more than fun and games: we also provide parent/caregiver education and support, home visiting, coaching, and early education and care. All these programs are essential for families to grow strong.

We are also committed to bringing about the meaningful change that children and families in our community deserve. We refuse to accept the status quo. Together, we aim to create a resilient, thriving community where every family has the opportunity to flourish.

Our staff are deeply passionate and committed to this transformative work, and we are constantly seeking opportunities to enhance our services. In April we welcomed Oana Andris (Teacher Assistant) and Andra Walford (Teacher) to our team, and as of June our infant room is now open 5 days a week. We look forward to keeping our community informed as we continue to move forward.

Erin

Erin Sullivan, Executive Director

Thank you!

We are grateful to the **Michael H. Cole Charitable Giving Foundation Golf Tournament and Fund Raising Day**, held May 6 and sponsored by Cape Associates and the Cape Cod Cooperative Bank. By partnering with them and obtaining auction and raffle items, we were the recipient of a percentage of the monies brought in by those items.

Thank you to everyone who helped to make our third annual **Evening of Art** on June 18 a success: our host, Chequessett Yacht and Country Club in Wellfleet; the artists who donated their works; Sumptuous Catering for the food; musician Jordan Renzi; and our Resource Development Committee with special thanks to Diana Garey for her role in planning and organizing the event. We are grateful to the sponsors of the evening: Seamen's Bank, Chequessett Club, Cape Associates, Roderick's Payroll & Bookkeeping, La Tanzi Spaulding & Landreth, Kerry Insurance, and The Cooperative Bank of Cape Cod.

Find our newsletter on our website; or contact us 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



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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	508-771-7896	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