



# cape cod children's place FAMILY NEWSLETTER

*for families and caregivers of children*

## THANKS & GIVING

We thank the Pettengill Family for sharing Adam with us, during the years when he co-facilitated our Dads' Group with Cindy. Adam was a special person and we are grateful that he shared his gifts with our families.

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Thank you to the families that participated and brought food to share at our Family Heritage Night potluck in November. It was a lovely event!

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Thank you to all the local groups, organizations and individuals who provided meals, winter clothing and other necessities for families needing assistance during the recent holiday season, and throughout the past year.

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Thank you to all the donors to our recent fund-raising appeal, and all the community members and funders who make it possible for us to serve families in our community.

## Kindness and Hope

We are in the dark season of the year. Daylight hours are short, holiday celebrations are behind us, and outdoor plants, birds and animals wait to be revived by the energy of spring. We can use these quiet months to make kindness and hope priorities in our lives.

The hubbub and frenzy of the fall election, and the preceding months of campaign rhetoric, were exhausting and stressful for many of us. Sometimes it seemed that kindness and hope were lost in the national focus on our disagreements rather than the things we have in common. And yet, in the weeks leading up to the election when Hurricane Helene caused devastating floods in North Carolina and hundreds of deaths across six states, Cape Cod residents came forward with mountains of donations for people they had never met, people who had lost everything – their homes, their possessions, their livelihoods. Nine Cape police departments served as collection sites and volunteer drivers delivered many giant truckloads of goods to the mountains of western North Carolina. No one asked what their politics were; they were people who needed help and we stepped forward.

Kindness and generosity are abun-

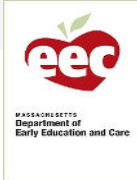
dant here, not just in times of crisis, and our community benefits in many ways. Our friends and neighbors regularly volunteer their time with Habitat for Humanity, to help build homes for people who couldn't otherwise afford to live and work here. Families who will be moving into new Habitat homes being built in Wellfleet include staff members at Homeless Prevention Council of Cape Cod, Duffy Health Center in Barnstable, and Child & Family Services of Hyannis. We need those new homeowners and the work they do. We need to keep their children in our local school districts. Other people volunteer in other ways: during the recent holiday season, local fire and police departments, organizations and individuals contributed gifts, money and time to provide kindness and hope where they were needed.

Lifelong activist Jane Goodall, who turned 90 last spring, once said she has four reasons for hope: the tremendous potential of the human brain, the surprising resilience of nature, the great creative energy possessed by young people, and the indomitable human spirit. May we give space and opportunity for those things to thrive in this new year.

*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. For information about the groups below look on our website and social media, or email [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)

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#### Lower-Outer Cape

##### Early Childhood Advisory Council

*(Brewster to Provincetown; meets quarterly)*

January 27, 6-7:30 pm

##### Monomoy Early Childhood Council

*(Harwich and Chatham; meets monthly)*

February 6

##### Mid-Cape Early Childhood Council

*(Barnstable, Yarmouth, Dennis meets quarterly)*

March 17, 6-7 pm

#### Cape & Islands Early Learning Network

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

January 23, March 27; 1-2:30

### 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 Healthcare Foundation

Children's Trust:

Cooperative Bank of Cape Cod Charitable Foundation Trust

District Attorney Cape & Islands

Federated Church of Orleans

Fred J. Brotherton Charitable 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!



# Family Activities



Call 508-240-3310 or visit [capecodchildrensplace.com](http://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.

## Winter Program Calendar

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

- Mondays:** **Baby's First Year**, 11 am-noon; 1/6-3/10; Snow Library, Orleans; ages birth-15 months  
**Infant Massage**, 10:30-11:30 am; 1/13-2/10; Cultural Center of Cape Cod; ages birth-1 year  
**Let's Make Dinner**, 4:30-5:30 pm; 2/24-3/10; Family Table Collaborative; ages -7 years  
**Baby Yoga**, 10:30-11:30 am; 3/3-/24; Cultural Center of Cape Cod; ages birth-18 months  
**Science Explorers**, 2-3 pm; 3/3-3/17; Cotuit Federated Church; ages 2-6 years
- Tuesdays:** **Story & Project #1**, 10-11 am; 1/7-1/28; Dennis Public Library; ages 2-5 years  
**Story & Project #2**, 10-11 am; 2/25-3/25; Dennis Public Library; ages 2-5 years  
**Puppet Playgroup**, 10-11 am; 1/7-1/28; Eldredge Library, Chatham; ages 2-5 years  
**Sensational Storytime**, 10-11 am; 2/4-3/11; Family Resource Center, Hyannis; ages 2-5 years
- Wednesdays:** **Ready-Set-Go**, 10:30-11:30 am; 1/15-3/5; South Yarmouth Library; ages 18 months-5 years  
**Kids Movement Jamboree**, 10-11 am; 1/15-2/12; Mattacheese Middle School band room; ages 2-5 years  
**Busy Bees**, 10:30-11:30 am; 1/15-2/12; Centerville Library; ages birth-2 years  
**Generations: Music & Movement**, 1-2 pm; 2/12-3/26; Dennis Center for Active Living; ages 1-5 years  
**Harwich Circle Time**, 10:30-11:30 am; 1/15-3/12; Harwich Community Center; ages 2-5 years
- Thursdays:** **Creative Construction Club**, 11 am-12 pm; 2/27-3/27; Toy Library Outdoor Play Oasis; ages 2-6 years  
**Open Gym**, 9:30-10:30 am; 1/9-2/13; Harwich Community Center; ages birth-5 years  
**Stories, Suds & Songs**, 1:30-2:30 pm; 2/6-2/27; STAR Laundromat, Dennisport; ages 2-6 years  
**ArtStart**, 1:30-2:30 pm; 1/23-2/13; Dot-to-Dot Workshop, Harwich; ages 3-6 years
- Fridays:** **Movers and Shakers**, 10:30-11:30 am; 1/31-2/28; Dennis Public Library; ages 1-2 years  
**Puppet Playgroup**, 3:30-4:30 pm; 1/17-2/14; Hyannis Public Library; ages 2-5 years  
**Sensory Playgroup**, 10:30-11:30 am; 1/17-2/28; Eastham Library; ages 2-5 years  
**Toddler Town**, 10-11 am; 3/7-3/28; Brewster Ladies' Library; ages 1-2.9 years



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](http://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](mailto:mpereda@capecodchildrensplace.com).

### Family Education, Workshops & Support

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#### Parenting Education Series

**Raising Healthy Families (winter sessions):** Wednesdays, 1/8-2/12, 5:30-7:30 pm, hybrid: in-person at Kennedy-Donovan Center or virtual on Zoom; with Cindy Horgan

**Raising Healthy Families (spring sessions):** Thursdays, 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 (Provincetown):** Mondays, 2/24-3/17, 4:30-6 pm, Veterans Memorial Community Center Provincetown

**Nurturing Fathers:** Thursdays, 1/16-3/20, 6-7:30 pm  
Virtual, with Cindy Horgan and Phillip Cash

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#### Workshops

**In the Interest of Every Child (in Spanish):** Thursday, 1/9 6-7:30 pm, virtual, with Cindy Horgan and Jacob Stapledon

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#### Support Groups

**Dads' Talk:** 6:30-7:30 pm, monthly, Tuesdays 1/14, 2/11, 3/11, virtual, with Paul Melville

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

**The Road Less Traveled:** Tuesdays, monthly, 12-1 pm 1/14, 2/11, 3/18; virtual support for families of children with complex medical diagnoses; with Laura Will and Mary Wilson

### FIRST Steps Together

#### Families In Recovery Support

Office at 23G White's Path, Yarmouth

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Contact **Christina Russell, LICSW**

Project Director 774-722-3305

[crussell@capecodchildrensplace.com](mailto:crussell@capecodchildrensplace.com)

for information about the following services or to make a referral:

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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

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

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Individualized parenting and recovery coaching

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Live and virtual trauma-informed support groups and parenting classes

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Support with the Department of Children and Families

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

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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](http://childrenstrustma.org). Visit [childrenstrustma.findhelp.com](http://childrenstrustma.findhelp.com) to connect with services in your region.

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### A Baby Center

508-771-8157 or [ababycenter.org](http://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 or [kdc.org/early-intervention](http://kdc.org/early-intervention). Developmental supports for ages birth-3.

### Outer Cape WIC

Outer Cape WIC provides free healthy food, breastfeeding support and nutrition information at Cape Cod Children's Place on the 2nd and 4th Wednesdays of the month. Call 508-240-0853 for appointments.

### Healthy Families

508-540-2968 [healthimperatives.org](http://healthimperatives.org) Family support for first-time parents through age 26.

### Cape Cod Foster Closet

508-514-7125 [capecodfostercloset.org](http://capecodfostercloset.org). Clothing and other items for local foster, adoptive and relative caregiver families, newborn through age 18. Resource list on the website.

### Perinatal Wellness Alliance

Meets virtually once a quarter to address issues surrounding perinatal mental health. Email [kerry@pwsupportcenter.org](mailto:kerry@pwsupportcenter.org) for information and to join.

### WE CAN

508-430-8111 or [wecancenter.org](http://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](http://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.

### Habitat for Humanity

508-362-3559 [habitatcapecod.org](http://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](mailto:hac@haconcapecod.org) Help with housing for Cape & Islands residents.

### Homeless Prevention Council

508-255-9667 or [hpccapecod.org](http://hpccapecod.org) for Lower/Outer Cape residents with housing and other needs.

### Family Pantry of Cape Cod

508-432-6519 [thefamilypantry.com](http://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.

### 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](http://baileyboyd.com/childcare-programs-1).

**Cape Cod Children's Place:** Visit [capecodchildrensplace.com](http://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](http://cacci.cc). 888-540-2430 or 508-778-9470 for State-funded early childhood education & care vouchers.

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### OTHER RESOURCES

**Immigration Resource Center** at Community Action Committee of Cape Cod & Islands; call 508-771-1727 for information, services and confidential advice on immigration.

**Lower Cape Outreach Council** 508-240-0694 [lcoutreach.org](http://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.



## Winter Activity Suggestions

When it's cold and gray outside, without any snow to play in, here are some ideas for ways that families can have fun without screens!

Visit online sites for suggestions, including:  
<https://gamequitters.com/best-screen-free-activities-by-age/>

<https://www.peacefulparenthappykids.com/read/screen-free-activities-kids>

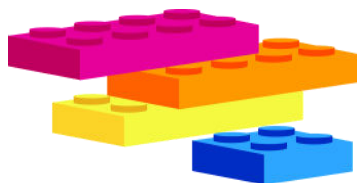
### Indoor activities for Toddlers

- Hide and seek with toys
- Indoor bowling
- Playdough fun
- Sock puppets show
- Musical dance party
- Color sorting
- Toy cars



### How Children can stay busy While you Work or Study

- Build a fort with blankets, boxes, chairs
- Build a paper airplane
- Put on a play
- Make their own book



### Activities to enjoy together

- \* Read books... do easy puzzles... build with blocks
- \* Create with Legos and other building toys
- \* Draw pictures... start a journal
- \* Make cards for upcoming birthdays & holidays

### Reminder

It's OK if your children feel bored. It helps them to grow their creativity, practice patience, and manage frustration. Check out the Cape Cod Children's Place Facebook page for suggestions and ideas.

### When you need a break and want to get out of the house, here are some options:

Libraries; each town has its own library, some have more than one. Check out what your library offers, and ask if your library has free passes to museums and attractions on and off Cape.

Walking trails; Cape Cod National Seashore, town conservation areas, Wellfleet Bay Audubon Wildlife Sanctuary

Cape Cod Children's Museum; 577 Great Neck Road South, Mashpee; 508-539-8788 [capecodchildrensmuseum.org](http://capecodchildrensmuseum.org)

Cape Cod Museum of Natural History; 869 Main Street, Brewster; 508-896-3867 [ccmnh.org](http://ccmnh.org)

Whydah Pirate Museum; 674 Rt. 28, W. Yarmouth; 508-534-9571 [discoverpirates.com](http://discoverpirates.com)

## *Cape Cod Children's Place News*



### **New Energy in a New Year**

It is hard to believe it has been a year since I joined Cape Cod Children's Place! We have experienced a renewed energy for achieving our mission as we've welcomed new faces into our agency including additional teachers, family support specialists, and new directors.

At Cape Cod Children's Place, we believe that when families are strong, communities are strong. We know that supporting children during their early years helps set the stage for a lifetime of success. When families are supported, children do better in school, they are healthier, and they are better equipped to navigate life's challenges. This creates a ripple effect—a stronger, more resilient community where everyone has the opportunity to flourish. That's why we're so dedicated to creating safe spaces where families can come together—to connect, learn, laugh, and grow.

As we look ahead, we pause to recognize and thank everyone who has contributed to our collective success. While some things may change our unwavering commitment to families remains. We will continue to reach out to the community, listen to your needs, and find new ways to grow stronger together.

With gratitude,

Erin Sullivan

We invite you to visit our website [www.capecodchildrensplace.com](http://www.capecodchildrensplace.com) for a complete picture of our organization: our programs, our staff members, our Board of Directors, and our 2024 Annual Report. In this new year we will continue to advocate for the Cape and Islands' future by building resilience, strengths, and skills in children and families that help them to dream big and flourish.

**Our newsletter is available in English 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](http://www.capecodchildrensplace.com); [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)  
Tel: 508-240-3310; Fax: 508-240-2352; find us on FaceBook and Instagram



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 508.240.3310 telephone  
 800.871.9535 toll free  
 508.240.2352 fax  
[info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)  
[www.capecodchildrensplace.com](http://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](http://www.capecodchildrensplace.com) in English, Spanish and Portuguese. Call Cape Cod Children's Place at 508-240-3310 to request a printed copy.*



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