



## Spring Program Calendar

April to June 2022

Parent / Child Activities

Programs are in person unless otherwise noted. Limited space due to health guidelines to assure safety. Registration required.

### Mondays:

- Baby's First Year** 11am-12pm, Snow Library, Orleans, weekly through June with Ali  
**Eldredge Park Playground** 10:30-11:30 am, 4/4-6/20 (skip 4/18, 5/30), Orleans, with Lucy  
**Playground Playgroup** 10-11am, 4/4-6/6, (skip 4/18, 5/23, 5/30), W Barnstable, with Ellen  
**Oaks & Acorns** 10-11am, 4/4-5/23, (skip 4/18), Flax Pond, Yarmouth with Mary  
**Baby Yoga** 10:15-11am, 4/25- 6/6, (skip 5/30), Snow Library, Orleans with Daniela  
**Tykes Creative Movement** 11am-12pm, 4/4, 4/11 at Wellfleet Preservation Hall with Daniela  
**Tykes Creative Movement** 9:30-10:30am, 4/4, 4/11 at Truro Community Center with Daniela

### Tuesdays:

- Brooks Park Playground** 10:30-11:30 am, 4/4-6/13, (skip 4/19 & 5/31), Harwich, with Lucy  
**Little Naturalists** 1-2 pm, 4/5-6/14, (skip 4/19), Long Pasture Audubon, Barnstable with Ellen & David  
**PJ Storytime:** 6-6:30 pm virtual, 4/5-5/17, includes a Family Activity Kit with Mary  
**Fun on the Farm** 10-11 am, 4/26-5/31, various locations with Ellen

### Wednesdays:

- Read and Play** 10:30-11:30 am, 4/6-5/4, (skip 4/20), Eastham Public Library indoors with Lucy  
**Baby Yoga** 11 am-12:00 pm, 4/6 & 4/13 at Dennis Public Library, indoors with Daniela  
**Hike, Build, Play** 9:30 am-10:15 am, 4/6- 5/4, Brewster location with Miss Daniela  
**Mindfulness in Nature** 11:15 am-12pm; 4/27- 6/8, Barnstable location with Daniela  
**Kids Movement Jamboree** 10am-11am, 4/6- 6/1, (skip 4/20), Johnny Kelley Park, Dennis with Britt

### Thursdays:

- Story & Craft** 10-11 am, 4/7- 6/9, (skip 4/21), Dennis Public Library, with Activity Kits and Jill  
**Book & Cook** 5:30-6 pm, 4/28- 6/2, virtual with Activity Kits, Mary and Tomas  
**Tyke Hikes** 10-11:15 am, 4/7-4/28 (skip 4/21) Wellfleet Audubon Sanctuary with Lucy and Jessica  
**Muddy Buddies** 10 am - 11am, 4/28-5/26, Brewster location, outdoors with Haley  
**Kids Movement Jamboree** 10am -11am, 4/7- 6/2, (skip 4/21), Whelden Memorial Library, WBarnstable with Britt  
**Kindergarten Readiness** 3:30-4:15 pm, 4/7- 5/19 (skip 4/21), TBD Harwich/Chatham location with Lucy  
**Preschool Explorers** 10am - 11:15 am, 5/5-6/9, Harwich Conservation Trust trails with Lucy & naturalist Andrea  
**Little Artists** 10-11 am, 4/7-5/19, (skip 4/21) Provincetown Art Assoc & Museum, with PAAM staff

### Fridays:

- Spanish Playgroup!** 10:30- 11:30 am, 4/8-5/20 (skip 4/22), Brooks Free Library, Harwich with Claudia  
**Babies and Backpacks** 11am-noon, 4/8-5/20, (skip 4/22), Long Pasture Audubon Sanctuary with Ellen  
**Music and Movement** 10-11 am, 4/29-5/27, Dennis Public Library with Mary

### Saturdays:

- Lego Time with Dad** 10-11 am, 3/26-4/16, Snow Library, Orleans with Justin  
**STEM Saturday** 2-3 pm, monthly, 4/9, 5/14, 6/18, Hyannis Library with Lynne Belfiore of Elements, Etc.  
**Dad & Me** 12- 1pm, monthly, 4/30, 5/21, 6/11, various locations with Tomas  
**Little Brazilians** 10-11 am, 4/9-5/14 (skip 4/23), Health Ministries, Hyannis in Portuguese with Vanessa  
**PreK Art Series** 10-11 am, 4/30-5/21, Cape Cod Art Museum, Dennis, with artists Sue, Jill & Alex  
**Loose Parts** 10-11 am, 5/7, 5/14, (5/21 will be in Portuguese), artistic expression with PreK teacher Sue

## ***Parent Education, Workshops & Support (all virtual)***

### **Parent Education**

**Raising Healthy Families:** 6 week series; 6-7:30 pm, Weds, 5/11-6/15, with Cindy

**Positive Discipline, English:** 6 week series; 10-11:30 am, Tues, 3/29-5/10, (skip 4/19), with Carol and Ali

**Positive Discipline, Spanish;** 6 week series; 6-7:30 pm, Weds, 3/23-4/27, with Marly and Cindy

### **Parent Workshops**

**Technicool: Keeping Kids Safe on the Internet;** 6-7:30 pm, 5/3, with Tammy Bernardi from Children's Trust

**Mindful Parenting: A three week course;** 6-7:30 pm, 5/31, 6/7, 6/14, Calmer Choice presentation

**Mindfulness & Stress;** 6-7:30 pm, 4/25, learn tools to integrate into daily life; A Calmer Choice presentation

**Starting Your Own Business or Side Hustle on Cape Cod;** 4/13, 6-7 pm with Community Development Partnership

### **Parent Support**

**Sensational Chats;** 6:30-7:30 pm, monthly, 3rd Tuesdays, (skip 4/19), 5/17, 6/21 with Melissa Alves, OT

**Dads' Talk;** 6:30-7:30 pm, monthly, Tuesdays, 4/12, 5/3, 6/14, with Paul Melville

**Dads in Recovery Support;** 6 pm, weekly on Tuesdays; To register email [CapeDadsGroup@gmail.com](mailto:CapeDadsGroup@gmail.com)

**The Road Less Traveled;** 7-8 pm, monthly, 4/26, 5/17, 6/21. Parent support for families with complex medical diagnoses, with Mary Wilson & Laura Will

### **Programs below are for First Steps Together participants**

\* **WRAP (Wellness Recovery & Assistance in Parenting),** 9:30 am Mondays

\* **Rise,** 6-7 pm, Mondays, Peer Support Group for women affected by substance use disorders

\* **Mindful Parenting,** 9:30 am Wednesdays; Strategies to incorporate mindfulness in your parenting

**Pre-registration required for all programs by calling 508-240-3310. Visit our website, IG, Facebook page**

