



*The Lower Cape*

*Family*

*Resource*

*Guide*



# The Lower Cape Family Resource Guide

Sponsored by the 10 Town Early Childhood Council

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Updated March 2021

## Early Childhood Licensed Education & Care

For information updates, subsidies, and vouchers, call:

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](http://www.capecodchildrensplace.com)

Childcare Network of the Cape & Islands  
372 North Street  
Hyannis, MA 02601  
508-778-9470  
888-530-2430  
[www.childcarenetwork.cc](http://www.childcarenetwork.cc)

Monomoy Family Resource Center  
Harwich Elementary School  
263 South Street  
Harwich, MA 02645  
508-430-7216 x 4044  
[lgilmore@monomoy.edu](mailto:lgilmore@monomoy.edu)

MA Dept. of Early Education and Care (EEC)  
51 Sleeper Street 4th floor  
Boston, MA 02210  
617-988-6600  
[www.mass.gov/orgs/department-of-early-education-and-care](http://www.mass.gov/orgs/department-of-early-education-and-care)

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

### **Brewster**

The Family Schools  
PO Box 1816  
Brewster, MA 02631  
508-896-6555  
[info@thefamilyschools.com](mailto:info@thefamilyschools.com)  
2 months - 5 years, Sept.-June  
2 months - 16 years - summer

The Laurel School  
1436 Long Pond Road  
Brewster, MA 03631  
508-896-4934  
[www.laurelschoolcapecod.org](http://www.laurelschoolcapecod.org)  
15 mos - 5th grade Sept - June  
15 mos. - 8th grade, summer

## Massachusetts State Legislators Lower Cape

Call Elizabeth Aldred at the Cape Cod Children's Place for updated information at 508-240-3310

State Rep. Sarah Peake  
[Sarah.Peake@mahouse.gov](mailto:Sarah.Peake@mahouse.gov)  
617-722-2040

State Rep. Tim Whelan  
[Timothy.Whelan@mahouse.gov](mailto:Timothy.Whelan@mahouse.gov)  
617-722-2488

State Senator Julian Cyr  
[julian.cyr@masenate.gov](mailto:julian.cyr@masenate.gov)  
617-722-1570

U.S. Rep. Bill Keating  
508-771-6868  
or 202-225-3111

U.S. Senator Ed Markey  
202-224-2742  
617-565-8519

U.S. Senator Elizabeth Warren  
202-224-4543  
617-565-3170

## 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.provincetownschoools.com	508-487-5040
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

Cape Cod Community College	508-362-2131	www.capecod.edu
Cape Cod Regional Technical High School	508-432-4500	www.capetech.us
Job Training & Employment Corp. (JTEC)	508-790-0400	jtecmeanscapecodjobs.com

YMCA Child Care  
Stony Brook Elementary School  
884 Underpass Road  
Brewster, MA 02631  
508-362-6500 ext. 145  
3 mos - 5 years, year-round  
[www.ymcapecod.org](http://www.ymcapecod.org)

#### **Chatham:**

Monomoy Regional School District Integrated Preschool at Chatham Elementary School  
147 Depot Road  
Chatham, MA 02669  
508-430-7216  
3 - 4 years, Sept - June  
[www.monomoy.edu](http://www.monomoy.edu)

Monomoy Community Services  
166 Depot Road  
Chatham, MA 02669  
508-945-1501 or 508-945-1117  
School Age/Summer  
[www.monomoy.org](http://www.monomoy.org)

Rocking Unicorn Preschool  
1762 Main Street, PO Box 1509  
West Chatham, MA 02669  
508-945-0611  
2.9 - 5 years, Sept. - June  
[www.rockingunicorn.com](http://www.rockingunicorn.com)

#### **Eastham:**

Cape Cod Children's Place  
10 Ballwic Road  
North Eastham, MA 02651  
508-240-3310 or 800-871-9535  
2 mo - 5 years year - round  
[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)

#### **Harwich:**

YMCA Cape Cod Harwich  
Cape Cod Reg. Tech School  
351 Pleasant Lake Ave.  
Harwich, MA 02645  
774-237-9081  
3 mo. - 5 years year-round  
[www.ymcapecod.org](http://www.ymcapecod.org)

YMCA Head Start  
Harwich Elementary School  
263 South Street  
Harwich, MA 02645  
508-246-0600  
3 - 5 years, Sept. - June  
Free for families who qualify  
[www.ymcapecod.org](http://www.ymcapecod.org)

YMCA Head Start  
Cape Cod Reg. Tech. School  
351 Pleasant Lake Ave.  
Harwich, MA 02645  
508-362-6500 ext. 146  
3 - 5 years, Sept - June  
Free for families who qualify  
[www.ymcapecod.org](http://www.ymcapecod.org)

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

508-430-7216  
3 - 4 years, Sept - June  
[www.monomoy.edu](http://www.monomoy.edu)

Children's Center  
115 Sisson Road  
Harwichport, MA 02646

508-432-0152  
2.9 - 5 years, year - round  
[www.hech.org](http://www.hech.org)

Three Harbors Preschool  
257 Main Street  
West Harwich, MA 02671

774-237-0193  
12 weeks - 5 years, year - round  
[www.threeharborspreschool.com](http://www.threeharborspreschool.com)

**Orleans:**

Learning Garden Preschool  
63 Hopkins Lane  
Orleans, MA 02653

508-255-7328  
2.9 - 5 years, Sept - June  
[www.thelearninggardenpreschool.org](http://www.thelearninggardenpreschool.org)

Meeting House Preschool  
162 Main Street  
East Orleans, MA 02643

508-255-8793  
2.9 - 5 years, Sept - June  
[www.meetinghousepreschool.org](http://www.meetinghousepreschool.org)

**Provincetown:**

Provincetown Early Education Center: Wee Care  
Mayflower Place  
Provincetown, MA 02667

508-487-5205  
2 mos. - 5 years, year - round  
[www.provincetown-ma.gov](http://www.provincetown-ma.gov)

**Truro:**

Truro Central School Preschool  
317 Rte. 6  
Truro, MA 02666

508-487-1558 ext. 228  
3 - 5 years, Sept. - June  
[www.truromass.org/preschool](http://www.truromass.org/preschool)

**Wellfleet:**

Wellfleet Montessori Preschool  
100 Lawrence Road  
Wellfleet, MA 02667

508-349-6252  
2.9 - 5 years, Sept - June  
[www.wellfleetmontessori.com](http://www.wellfleetmontessori.com)

## Thrift Shops

### Chatham

Barely Used Thrift Shop  
Old Queen Anne Rd.,  
Chatham Benefits Unitarian Universalist 508-945-2075

St. Christopher's Gift and Consignment  
637c Main St., Chatham 508-945-2211

### Wellfleet

AIM Thrift  
2305 Main St., Wellfleet  
Benefits Outer Cape Health Services and others 508-349-662

### Brewster

Thrift Store & Annex  
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 508-896-5377

Sea Captain's Thrift Shop  
66 Harwich Rd., Brewster  
Benefits Friends of Brewster Elders 508-896-8180

### 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  
49 Route 28, West Harwich 508-432-1312

Harwich United Methodist Thrift Shop  
1 Church St., East Harwich 508-432-3734

Holy Trinity Church Thrift Shop  
245 Main Street (Route 28), West Harwich 508-432-7625

Noah's Ark  
671 Rte. 28, Harwich Port  
Benefits Christ Episcopal Church 508-432-1787

Second Glance  
265 Main St. (Rte. 28), West Harwich  
Benefits The Family Pantry 508-432-0636

The Corner Thrift Shop  
697 Main St., Harwich  
Benefits First Congregational Church 508-432-1053

### Eastham

Thrift Shop Friends of the Eastham COA  
580 Massasoit Rd, Eastham 508-255-0264

### Orleans

Hope Chest  
56 Main St., Orleans  
Benefits Lower Cape Outreach Council 508-255-5565

St. Joan of Arc  
61 Canal Road, Orleans 508-255-4476

### Nauset Regional School District:

Brewster, Eastham, Orleans,  
Wellfleet

Nauset Integrated Preschools  
200 School House Road 508-255-2903  
Eastham, MA 02642 3 - 5 years old, Sept. - June

### Licensed Family Child Care Providers

Operate an early education program in their home. This list is subject to change.

### Brewster:

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

Lollie's Lullabies  
Ellen Brookhart 508-221-5718  
283 Bog Pond Road e\_brookhart@aol.com  
Brewster, MA 02631

Emma's Home Day Care  
Megan Colebourn 508-360-4982  
63 Captain Perry Road camenablefree@yahoo.com  
Brewster, MA 02631

Christina Beaulieu  
57 Katherine's Ln., 508-237-3074  
Brewster, MA 02631 mommabearsday-care@comcast.net

Chantel Holcomb  
72 Belmont Park Rd. 774-216-2314  
Brewster, MA 02631

**Harwich:**

Sharon Bunting  
271 Church Street  
Harwich, MA 02645

508-432-3048  
sharonbunting@aol.com

Janice Clarke  
Bright Beginnings  
10 Captain's Lane  
Harwich, MA 02645

508-237-2412  
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

Jacqueline Watson  
Cuddle Time  
1734 Orleans Rd.  
Harwich, MA 02645

508-432-4276  
jwdreams@comcast.net

**Wellfleet:**

My Little Island Preschool  
Patty Carreiro  
40 Lt. Island Road  
Wellfleet, MA 02667

508-349-0834  
www.mylittleislandpreschoolprog  
ram.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](http://www.poison.org)

**Smoking Cessation**

800-784-8669  
[www.makesmokinghistory.org](http://www.makesmokinghistory.org)

**Visiting Nurse Association (VNA)**

800-631-3900  
[www.vnapecod.org](http://www.vnapecod.org)

**GENERAL HELPLINES**

**Cape and Island Breastfeeding Warm Line**

508-862-7266

Cape Cod Hospital Warm Line

508-862-7266

**Child Support Enforcement- Mass DOR**

508-771-2414  
[www.mass.gov/dor/child-support](http://www.mass.gov/dor/child-support)

**National Suicide Prevention Lifeline**

1-800-273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Mass 2-1-1**

A free 24/7 resource to locate services

Dial: 211  
<https://mass211.org>

**Parents Helping Parents of Mass**

Stress hotline 24/7

1-800-632-8188  
[www.parentshelpingparents.org](http://www.parentshelpingparents.org)

**St. Vincent de Paul helpline**

Food, clothing, emergency funds

508-385-3242

**The Samaritans of Cape Cod and the Islands**

Provide support to those who are lonely, depressed or suicidal

[www.capesamaritans.org](http://www.capesamaritans.org) 508-548-8900 / 800-893-9900

**Crisis Text Line**

24 hour texting service for people in crisis who need someone to talk to without calling.

**Text:** 741741



## HEALTH MEDICAL AND DENTAL SERVICES

### Cape Cod Children's Place Family Support Program

Family Support resources, referrals

10 Ballwic Road Eastham, MA (satellite office in W. Yarmouth)

508-240-3310 / 800-871-9535

[www.capecodchildrensplace.com](http://www.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

774-330-4371

[www.capecod.edu/web/dental/clinic](http://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](http://www.hhsi.us)

### Healthy Connections

Information and enrollment in Mass Health and other programs and services

Harwich: 774-209-3212 Provincetown: 774-538-3321 Wellfleet: 508-905-2407

[www.outercape.org](http://www.outercape.org)

### Health Care for All

Help line for healthcare and insurance

800-272-4232

[www.hcfama.org](http://www.hcfama.org)

### MassHealth/ Medicare

Children's medical security plan; CommonwealthCare; Health Safety Net

800-841-2900

[www.mass.gov/orgs/masshealth](http://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](http://www.namicapecod.org)

### Outer Cape Health Services

Community health center, sliding fee scale

710 MA-28 Harwichport, MA

Rt 6 Wellfleet, MA

49 Harry Kemp Way Provincetown, MA

508-432-1400

508-349-3131

508-487-9395

## Playgroups and Activities

### For Playgroup information on the Lower and Outer Cape

Cape Cod Children's Place  
[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)

508-240-3310  
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 [www.clamsnet.org](http://www.clamsnet.org)

Brewster Ladies Library 508-896-3913  
1822 Main Street [www.brewsterladieslibrary.org](http://www.brewsterladieslibrary.org)

Chatham: Eldredge Library 508-945-5170  
564 Main Street [www.eldredgelibrary.org](http://www.eldredgelibrary.org)

Eastham Public Library 508-240-5950  
190 Samoset Road [www.easthamlibrary.org](http://www.easthamlibrary.org)

Harwich: Brooks Free Library 508-430-7562  
739 Main Street [www.brooksfreelibrary.org](http://www.brooksfreelibrary.org)

Orleans: Snow Library 508-240-3760  
67 Main Street [www.snowlibrary.org](http://www.snowlibrary.org)

Provincetown Public Library 508-487-7094  
356 Commercial Street [www.provincetownlibrary.org](http://www.provincetownlibrary.org)

Truro Public Library 508-487-1125  
5 Library Lane [www.trurolibrary.org](http://www.trurolibrary.org)

Wellfleet Public Library 508-349-0310  
55 West Main Street [www.wellfleetlibrary.org](http://www.wellfleetlibrary.org)

## Town Recreation Departments

Brewster	508-896-9430
Chatham	508-945-5175
Eastham	508-240-5974
Harwich	508-430-7553
Orleans	508-240-3790
Provincetown	508-487-7097
Truro	508-487-1632
Wellfleet	508-349-0314

## Transportation

Cape Cod Regional Transit Authority	800-352-7155
Hyannis Transportation Center	508-775-8504
215 Iyannough Road, Hyannis	<a href="http://www.capecodtransit.org">www.capecodtransit.org</a>
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](http://www.mass.gov/locations/cape-cod-rail-trail)

Helping Our Women 508-487-4357  
Transportation & Financial resources for women  
[www.helpingourwomen.org](http://www.helpingourwomen.org) Eastham-Provincetown

Plymouth & Brockton Bus Line 508-746-0378  
[www.p-b.com](http://www.p-b.com)

Peter Pan Bus Lines 800-343-9999  
[www.peterpanbus.com](http://www.peterpanbus.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](http://www.lcoutreach.org)

## Mass-APEAL

Free shop: clothing, toys, books  
2393 Cove Corner Wellfleet, MA 508-349-1173  
Tues—Sat 9-12 [www.capecodmassappealinc.com](http://www.capecodmassappealinc.com)

## 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](http://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](http://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](http://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  
774-209-3212  
[www.outercape.org](http://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](http://www.katelynns-closet.org)

## 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](http://www.ababycenter.org)

### Cape Cod Children's Place Family Support Program

Information on childcare funds, food, referrals, and more

10 Ballwic Road Eastham, MA

508-240-3310

[www.capecodchildrensplace.com](http://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](http://www.mass.gov/dta)

### Fuel Assistance Program—Emergency assistance for fuel/heat

20 Willow Ave Hyannis, Ma

508-746-6707

[www.sscac.org](http://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](http://www.thefamilypantry.com)

### Monomoy Family Resource Center

Offers food, diapers, clothing, books, resources for parents, and tuition subsidies

Harwich Elementary School, 263 South St Harwich, MA 508-430-430-7216

[lgilmore@monomoy.edu](mailto:lgilmore@monomoy.edu)

### Homeless 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](http://www.hpccapecod.org)

### Women of Fishing Families

Financial assistance for Cape Cod Fishing families

508-274-2092

[Karen@womenoffishingfamilies.org](mailto:Karen@womenoffishingfamilies.org)

## Nature & The Arts

### Brewster

Cape Cod Museum of Natural History

508-896-3867

Cape Rep Theatre

508-896-1888

TimberNook Cape Cod

508-681-5278

Town information:

[www.town.brewster.ma.us](http://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

Monomoy National Wildlife Refuge

508-945-0594

Town Information

[www.chatham-ma.gov](http://www.chatham-ma.gov)

### Eastham

CC National Seashore Salt Pond Visitor Center

508-255-3421

Town Information

[www.eastham-ma.gov](http://www.eastham-ma.gov)

### Harwich

Brooks Academy Museum

508-432-8089

Cape Cod Theatre Co/Harwich Jr. Theater

508-432 -2002

Dot to Dot Art Workshop

508-367-4479

Harwich Cultural Center

777-212-3482

Town Information:

[www.harwich-ma.gov](http://www.harwich-ma.gov)

### Orleans

Academy of Performing Arts

508-255-5510

Orleans Historical Society Museum

508-240-1329

Town Information

[www.town.orleans.ma.us](http://www.town.orleans.ma.us)

### Provincetown

Provincetown Art Association & Museum

508-487-1750

Province Lands Visitor Center

508-487-1256

Provincetown Monument

508-487-1310

Town information

[www.provincetown-ma.gov](http://www.provincetown-ma.gov)

## Truro

Castle Hill Center for the Arts 508-349-7511  
Payomet Performing Arts Center 508-349-2929  
Town information: [www.truro-ma.gov](http://www.truro-ma.gov)

## Wellfleet

Audubon Society Wellfleet Bay Sanctuary 508-349-2615  
Harbor Stage Company 508-514-1763  
Wellfleet Harbor Actors Theater (WHAT) 508-349-9428  
Town information [www.wellfleet-ma.gov](http://www.wellfleet-ma.gov)

### 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, Rt. 39 & Oak St. (2nd entrance for playground)

**Orleans:** Orleans Elementary School, Eldredge Park Way; Eldredge Park, Route 28 & Eldredge Park Way

**Provincetown:** East End Playground, Bradford & Howland Sts.; West End Playground, Bradford & Nickerson Sts.

**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](http://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.capecodchallenger.org](http://www.capecodchallenger.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](http://www.cordcapecod.org)

### Federation for Children with Special Needs

Information and referrals to services  
617-236-7210/800-331-0688  
[www.fcsn.org](http://www.fcsn.org)

### Kennedy Donovan Center - EI (Early Intervention)

Supports people with developmental delays, disabilities, or family challenges  
30 Ansal Hallet Rd. West Yarmouth, MA  
508-385-6019 [www.kdc.org](http://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](http://www.sightloss.org)

### Disability Law Center

800-872-9992  
[www.dlc-ma.org](http://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  
508-430-7216 #4044 [lgilmore@monomoy.edu](mailto:lgilmore@monomoy.edu)

### **Monomoy Community Services**

Services for Chatham residents, including childcare vouchers  
508-945-1501  
[www.monomoy.org](http://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](http://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](http://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](mailto:info@pflagcapecod.org) / [www.pflagcapecod.org](http://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. Resume services offered.  
783 MA-28 Harwich Port, MA  
508-430-8111  
[www.wecancenter.org](http://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	<a href="http://www.ececafterschool.com">www.ececafterschool.com</a>
Nauset Youth Alliance	508-896-7900
Brewster After School and summer program	<a href="http://www.nausetyouthalliance.org">www.nausetyouthalliance.org</a>
Cape Cod Sea Camps (Brewster)	508-896-3451
	<a href="http://www.capecodseacamps.com">www.capecodseacamps.com</a>
Monomoy Community Services (Chatham)	508-945-1501
After School and summer programs	<a href="http://www.monomoy.org">www.monomoy.org</a>
PARK After School Program (Chatham)	508-945-5175
	<a href="mailto:sstark@chatham-ma.gov">sstark@chatham-ma.gov</a>
YMCA Afterschool program at Harwich Elementary School	774-237-9081
	<a href="https://ymcacapecod.org">https://ymcacapecod.org</a>
Pilgrim Congregational Church (Harwichport)	508-395-9207
Drop-in care K-3 After School	<a href="mailto:learningfunfriendships@gmail.com">learningfunfriendships@gmail.com</a>
Harwich Rec After School Program	508-430-7553
Orleans After School Activities Program	508-255-0380 x 225
Provincetown After School Program	508-487-7097
Truro Central School After School Program	508-487-1558
Truro Recreation	508-487-1632
	<a href="http://www.truro-ma.gov/recreation">www.truro-ma.gov/recreation</a>
Wellfleet After School Child Care	508-349-3101
Harwich Community Center	508-430-7568
Chatham Community Center	508-945-5175
Provincetown Community Center	508-487-7080

## Family Support Services

### **Al-Anon and Alateen**

Support for the families and friends of alcoholics; information & meetings

508-366-0556

[ma-al-anon-alateen.org](http://ma-al-anon-alateen.org)

### **Alcoholics Anonymous**

Weekly 12-step meetings for individuals in recovery; peer support via various locations on Cape Cod; information and referrals pertaining to substance abuse treatment services.

396 Main Street, 2nd Floor Suite 5A; Hyannis, MA

508-775-7060 / 800-637-6273

[capecodaa.net](http://capecodaa.net)

### **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.bchumanservices.net](http://www.bchumanservices.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](http://capecodchildrensplace.com)

### **Catholic Social Services**

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.cssdioc.org](http://www.cssdioc.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](http://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](http://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](mailto:info@healthimperatives.org)

### **Hope Health**

Bereavement group, Kids Grieve Too, grief support, pediatric care

844-671-4673

[www.hopehealthco.org](http://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](http://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

[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)

### **LGBTQ Resource Library**

Books for children and adults

At Cape Cod Children's Place

508-240-3310

[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)



**Department of Children and Families**

This state department (DCF) works in partnership with families and communities to keep children safe from abuse and neglect.

500 Main St., Hyannis

<https://www.mass.gov/orgs/massachusetts-department-of-children-families>

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

[kdc.org/early-intervention.org](http://kdc.org/early-intervention.org)

508-418-5540

**Family Continuity Program**

Home-based and outpatient support services, including mental health.

29 Bassett Ln Hyannis, MA

[www.familycontinuity.org](http://www.familycontinuity.org)

508-862-0273

**FIRST (Families in Recovery Support) Steps Together**

Services for families on the Cape and Islands affected by substance abuse

Cape Cod Children's Place

[info@capecodchildrenspllace.com](mailto:info@capecodchildrenspllace.com)

508-240-3310

**Gosnold**

Inpatient and outpatient substance abuse treatment, and outpatient mental health treatment at Capewide locations.

[www.gosnold.org](http://www.gosnold.org)

800-444-1554 / 508-255-3584

**MA Commission on the Status of Grandparents Raising Grandchildren**

Support groups, financial and legal assistance

600 Washington Street Boston

<http://www.massgrg.com/massgrg>

617-748-2454

**Monomoy Family Resource Center**

Offers food, diapers, clothing, books, resources for parents, and tuition subsidies for Harwich and Chatham families

At Harwich Elementary School, 263 South St., Harwich, MA

[lgilmore@monomoy.edu](mailto:lgilmore@monomoy.edu)

508-430-7216 x 4044

**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

POB 2395, Teaticket, MA 02536

508-771-4336

[www.capecoalition.com](http://www.capecoalition.com)

**Child & Family Services of Cape Cod**

Counseling, therapy, and comprehensive services to individuals and families.

100 Independence Drive, Unit 8, Hyannis, MA

Lower Cape office: 466 Main St, Harwichport, MA

800-576-9444 / 508-778-1839

[www.child-familyservice.org](http://www.child-familyservice.org)

**Cape & Islands Gay & Straight Youth Alliance**

Community-based alliance of young people, ages 14 to 22, 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-led, adult-advised environment, free from judgment based on inherent differences.

56 Barnstable Rd Hyannis, MA

508-778-7744

[www.cigsya.com](http://www.cigsya.com)

**Child Care Network**

Child care resources, vouchers, and referrals

372 North St Hyannis, MA

508-778-9470 / 888-530-2430

[www.childcarenetwork.cc](http://www.childcarenetwork.cc)

**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](http://www.childrenscove.org)

**Cape Cod Community Resource Navigator Program**

Assists Lower & Outer Cape residents with unmet medical, behavioral health or human service needs through referrals and collaborations with local agencies, providers and community groups.

774-209-3222 <https://outercape.org/community-resource-navigator-program/>

**Department of Transitional Assistance**

Cash assistance, Supplemental Nutrition Assistance Program (SNAP, formerly called Food Stamps), SSI, employment support, access to other programs for eligible clients

508-862-6600

[www.mass.gov/dta](http://www.mass.gov/dta)