



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 June 2022

Early Childhood Licensed Education & Care

For information updates, subsidies, and vouchers, call:

Cape Cod Children's Place 508-240-3310 or 800-871-9535
10 Ballwic Rd, PO Box 1935 www.capecodchildrensplace.com
N. Eastham, MA 02651

Childcare Network of the Cape & Islands 508-778-9470
888-530-2430
372 North Street www.childcarenetwork.cc
Hyannis, MA 02601

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

MA Dept. of Early Education and Care (EEC) 617-988-6600
50 Milk St., 14th Floor, www.mass.gov/orgs/department-of-early-education-and-care
Boston, MA 02210

EEC Regional Office 508-828-5025
100 Myles Standish Boulevard,
Suite 100, Taunton, MA 02780

Brewster

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

The Laurel School 508-896-4934
1436 Long Pond Road www.laurelschoolcapecod.org
Brewster, MA 02631 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 617-722-2040
Sarah.Peake@mahouse.gov

State Rep. Tim Whelan 617-722-2488
Timothy.Whelan@mahouse.gov

State Senator Julian Cyr 617-722-1570
julian.cyr@masenate.gov

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

Find resources near to you today!

Free or reduce cost help for you and your family

Go to www.findhelp.org

Enter your zip to search and connect to local resources like childcare, financial assistance, food pantries, medical care, parent support, housing and more.

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
384 Underpass Road
Brewster, MA 02631
508-362-6500 ext. 1705
3 mos - 5 years, year-round
www.ymcacapecod.org

Chatham:

Monomoy Regional School District Integrated Preschool at Chatham Elementary School
147 Depot Road
Chatham, MA 02633
508-945-5135
3 - 4 years, Sept - June
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

Rocking Unicorn Preschool
1762 Main Street, PO Box 1509
West Chatham, MA 02633
508-945-0611
2.9 - 5 years, Sept. - June
www.therockingunicorn.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

Harwich:

YMCA Cape Cod Harwich
Cape Cod Reg. Tech School
351 Pleasant Lake Ave.
Harwich, MA 02645
508-362-6500 Ext 1005
3 mo. - 5 years year-round
Free for families who qualify
www.ymcacapecod.org

YMCA Head Start
Harwich Elementary School
263 South Street
Harwich, MA 02645
508-362-6500 Ext 1805
3 - 5 years, Sept. - June
Free for families who qualify
www.ymcacapecod.org

YMCA Head Start
Harwich Elementary School
263 South Street
Harwich, MA 02645
508-362-6500 ext. 1305
3 - 5 years, Sept - June
Free for families who qualify
www.ymcacapecod.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

Children's Center
115 Sisson Road
Harwichport, MA 02646

508-432-0152
2.9 - 5 years, year - round
www.hech.org/childrens-center

Three Harbors Preschool
257 Main Street
West Harwich, MA 02671

774-237-0193
12 weeks - 5 years, year - round
www.threeharborspreschool.com

Orleans:

Learning Garden Preschool
63 Hopkins Lane
Orleans, MA 02653

508-255-7328
3 - 5 years, Sept - June
www.thelearninggardenpreschool.org

Meeting House Preschool
162 Main Street
East Orleans, MA 02643

508-255-8793
2.9 - 5 years, Sept - June
www.orleansmeetinghousepreschool.com

Provincetown:

Provincetown Early Education Center: Wee Care
Mayflower Place
Provincetown, MA 02657

508-487-5205
2 mos. - 5 years, year - round
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

Wellfleet:

Wellfleet Montessori Preschool
100 Lawrence Road
Wellfleet, MA 02667

508-349-6252
2.9 - 5 years, Sept - June

Thrift Shops

Chatham

Barely Used Thrift Shop 508-945-2075
819 Main Street, Chatham
Benefits Unitarian Universalist

Uncommon Thrift at St. Christopher's 508-945-2211
637c Main St., Chatham

Wellfleet

AIM Thrift 508-349-6622
305 Main St., Wellfleet
Benefits Outer Cape Health Services and others

Brewster

Thrift Store & Annex 508-896-8744
1960 Rte. 6A, Brewster Benefits Unitarian Universalist Church

Our Lady of the Cape Thrift Store 508-896-5377
Luke's Liquor Plaza Rte. 6A, Brewster

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

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

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

Nauset Regional School District:

Brewster, Eastham, Orleans,
Wellfleet

Nauset Integrated Preschools
78 Eldredge Park Way 508-255-8800
Orleans, MA 02653 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:

508-896-6549

Curious Kids
Kristine Taylor
18 Ebenezer Lane
Brewster, MA 02631

ktebenazar@gmail.com

Christina Beaulieu
57 Katherine's Ln.,
Brewster, MA 02631

508-237-3074
mommabearsday-
care@comcast.net

Chantel Holcomb
72 Belmont Park Rd.
Brewster, MA 02631

774-216-2314

Harwich:

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 02645

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
1 Depot Road
Truro, MA 02666

774-722-2876
nolapglatzel@gmail.com

Poison Control

800-222-1222
www.poison.org

Smoking Cessation

800-784-8669
www.makesmokinghistory.org

Visiting Nurse Association (VNA)

800-631-3900
www.vnacapecod.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

National Suicide Prevention Lifeline

1-800-273-8255
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

St. Vincent de Paul helpline

Food, clothing, emergency funds

508-385-3252

The Samaritans of Cape Cod and the Islands

Provide support to those who are lonely, depressed or suicidal

www.capesamaritans.org 508-548-8900 / 800-893-9900

Crisis Text Line

Text: 741741

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

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

Cape Cod Healthcare

Cape Cod Hospital- 27 Park St Hyannis, MA 508-771-1800
Referrals- 844-275-2242

Dental Hygiene Clinic

At Cape Cod Community College, 2240 Iyannough Rd West Barnstable, MA
www.capecod.edu/dentalclinic 774-330-4371

Ellen Jones Community Dental Care

Division of Harbor Health- free and sliding scale dentistry 508-778-5400
www.hhsi.us

Mobile Dental Hygiene Services

smiles@mobiledentalhygiene.com 508-827-6725
www.mobiledentalhygiene.com

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

Health Care for All

Help line for healthcare and insurance 800-272-4232
www.hcfama.org

MassHealth/ Medicare

Children's medical security plan; CommonwealthCare; Health Safety Net
800-841-2900
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

Outer Cape Health Services

Community health center, sliding fee scale
710 MA-28 Harwichport, MA 508-432-1400
Rt 6 Wellfleet, MA 508-349-3131
49 Harry Kemp Way Provincetown, MA 508-487-9395

Playgroups and Activities

For Playgroup information on the Lower and Outer Cape

Cape Cod Children's Place 508-240-3310
www.capecodchildrensplace.com 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 508-240-3310
Sharing www.clamsnet.org

Brewster Ladies Library 508-896-3913
1822 Main Street www.brewsterladieslibrary.org

Chatham: Eldredge Library 508-945-5170
564 Main Street www.eldredgelibrary.org

Eastham Public Library 508-240-5950
190 Samoset Road www.easthamlibrary.org

Harwich: Brooks Free Library 508-430-7562
739 Main Street www.brooksfreelibrary.org

Orleans: Snow Library 508-240-3760
67 Main Street www.snowlibrary.org

Provincetown Public Library 508-487-7094
356 Commercial Street www.provincetownlibrary.org

Truro Public Library 508-487-1125
5 Library Lane www.trurolibrary.org

Wellfleet Public Library 508-349-0310
55 West Main Street 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	www.capecodrta.org
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
Helping Our Women	508-487-4357
Transportation & Financial resources for women	
www.helpingourwomen.org	Eastham-Provincetown
Plymouth & Brockton Bus Line	508-746-0378
www.p-b.com	
Peter Pan Bus Lines	800-343-9999
www.peterpanbus.com	

Lower Cape Outreach Council

Financial assistance for emergency needs; food pantry, Katy's Korner free shop
19 Brewster Cross Rd Orleans, MA 508-240-0694
www.lcoutreach.org

MASS-APPEAL

Free shop: clothing, toys, books
2393 State Highway Route 6, Wellfleet, MA 508-349-1173
Tues—Sat 9-12 www.ccmassappeal.org

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

South Coastal Counties Legal Service

Legal assistance Monday-Friday 9am-1pm
460 W. Main St. Hyannis, Ma 508-775-7020
1-800-224-9023 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

WIC (Women, Infants, and Children)

Program for healthcare and nutrition for low-income pregnant or breast-feeding women and infants and children under the age of 5
Appointments available in Harwich, Orleans, and Provincetown 774-209-3212
www.outercapewic.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

508-258-0581
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

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

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

Fuel Assistance Program—Emergency assistance for fuel/heat

20 Willow Ave Hyannis, Ma

508-746-6707

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

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

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

Women of Fishing Families

Financial assistance for Cape Cod Fishing families

508-274-2092

www.womenoffishingfamilies.squarespace.com

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

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

Eastham

CC National Seashore Salt Pond Visitor Center

508-255-3421

Town Information

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

Orleans

Academy of Performing Arts

508-202-1952

Orleans Historical Society Museum

508-240-1329

Town Information

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

Truro

Castle Hill Center for the Arts 508-349-7511
Payomet Performing Arts Center 508-487-5400
Town information: 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

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

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

Cape Organization for the Rights of the Disabled

Advocacy group for the disabled; free services for all types of disabilities
765 Attucks Lane, Hyannis, MA
508-775-8300
800-541-0282
www.cordcapecod.org

Federation for Children with Special Needs

Information and referrals to services
617-236-7210/800-331-0688
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
508-418-5540 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

Disability Law Center

800-872-9992
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

Monomoy Community Services

Services for Chatham residents, including childcare vouchers
508-945-1501
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

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

PFLAG of Cape Cod

Providing support, education, and advocacy to parents, families, friends, allies, and members of the LGBTQ community
info@pflagcapecod.org / 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

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	www.ececafterschool.com
Nauset Youth Alliance	508-896-7900
Brewster After School and summer program	www.nausetyouthalliance.org
Cape Cod Sea Camps (Brewster)	508-896-3451
	www.capecodseacamps.com
Monomoy Community Services (Chatham)	508-945-1501
After School and summer programs	www.monomoy.org
PARK After School Program (Chatham)	508-945-5175
	sstark@chatham-ma.gov
YMCA Afterschool program at Harwich Elementary School	508-362-6500
	https://ymcacapecod.org
Pilgrim Congregational Church (Harwichport)	508-432-1668
Drop-in care K-3 After School	learningfunfriendships@gmail.com
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
	www.truro-ma.gov/recreation
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

www.alanonma.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.

745 Falmouth Road, Hyannis, MA

508-775-7060

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

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

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

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

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

Healthy Families

Parent program for Teen Parents (up to age 21)

1019 Iyanough Rd Hyannis, Ma

508-771-8010

info@healthimperatives.org

Hope Health

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

844-671-4673

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

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

www.healthrecovery.org

John A. Henry Trust Services

For Provincetown families with children ages 0-18 years

508-240-3310

www.capecodchildrensplace.com

LGBTQ Resource Library

Books for children and adults

At Cape Cod Children's Place

508-240-3310

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

www.kdc.org/early-intervention

508-418-5540

Family Continuity Program

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

29 Bassett Ln Hyannis, MA

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

508-240-3310

Gosnold

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

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

www.massgrg.com

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

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

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-familyservices.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.org

Child Care Network

Child care resources, vouchers, and referrals

372 North St Hyannis, MA

508-778-9470 / 888-530-2430

www.cacci.cc/programs/child-care-network

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

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/services/community-based-services>

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