



Winter Program Calendar - January to March 2022

Parent Child Activities

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

Mondays

- Monday Fun Day!** 10:30-11:30 am, 1/3-3/28, Brewster outdoor location with Miss Lucy
Playground Playgroup 10-11 am, 1/3-3/14, Whelden Library, W Barnstable with Miss Ellen
Baby Yoga 9:15-10 am, 1/10- 3/28, Snow Library, Orleans with Miss Daniela
Tykes Creative Movement 11-11:45 am, 1/10-2/28, Wellfleet Preservation Hall with Miss Daniela

Tuesdays

- Toddler Town** 10:30-11:30 am, 1/4-3/29, Brewster outdoor location with Miss Lucy
Little Naturalists 1-2 pm, 1/4-3/15, Long Pasture Audubon Wildlife Sanctuary, Barnstable with Miss Ellen
PJ Storytime: 6-6:30 pm **virtual** 1/4-2/1, with Activity Kits and Miss Mary
Let's Speak Spanish! 10- 10:45 am, 3/1-4/5 in Harwich location with Miss Claudia
Let's Speak Spanish! 4-5 pm, **virtual** 1/11- 2/15 with Miss Claudia, ages 4-8, siblings welcome

Wednesdays

- Baby's First Year** 10-11 am, Snow Library, indoors weekly with Miss Ali
Baby Yoga 11 am-11:15 am, 1/5- 2/16, Dennis Public Library, indoors with Miss Daniela
Hike, Build, Play - Having Fun Outdoors 9:30 am-10:15 am, 1/5- 2/16 , Dennis location with Miss Daniela
Hike, Build, Play - Having Fun Outdoors 9:30-10:15 am, 3/2- 5/4, Brewster location with Miss Daniela
Muddy Buddies 11 am - 12 pm, 3/30- 5/4, Brewster location with Miss Haley
Science Arts! 10:30-11:30 am or 3:30-4:30 pm, **virtual**,1/19-3/23,English/Spanish with Lucy and Claudia

Thursdays:

- Story & Craft** 10-11 am, 1/6-3/17, Dennis Public Library, indoors with Activity Kits and Miss Jill
Book & Cook 5:30-6 pm, 1/6- 2/3, **virtual** with Activity Kits and Mr Tomas
Tyke Hike at Wellfleet Audubon Wildlife Sanctuary! 10-11am, 3/3- 4/28 with Miss Lucy and Jessica
Art Start 11:30-12:15 pm, **virtual**, Two 4 wk series, 1/27-2/17 and 3/3-3/24 with Alex Roberts

Fridays:

- Chicka Chicka Zoom Zoom** 10:30-11am, **virtual**, 1/7-3/25 with Activity Kits, ages 2-3 with Miss Lucy
Oaks and Acorns: Intergenerational Nature Group, 10-11 am, 1/7-1/28, Dennis location with Miss Mary
Hike & Seek: Scavenger Hunt Tyke Hike 11am-12pm, 1/7-3/18 various Mid Cape locations with Miss Ellen

Saturdays:

- Lego Time with Dad** 10-11 am, 3/26, 4/2, 4/9, 4/16 with Mr Justin, location TBD
STEM Saturday 2-3:30 pm, monthly, **virtual**, 1/15, 2/26, 3/19, Little Chemist with Miss Mary
Dad & Me 11 am-12 pm, monthly, 1/15, 2/26, 3/19, Kit pick up at Hyannis Library with Mr Tomas

Parent Education, Workshops & Support (all virtual)

Parent Education

Nurturing Fathers Parenting Series, 6-8 pm, Tues, 13 week series, 1/11-4/5

Raising Healthy Families, Ongoing 6 week series; Tues am starts 1/18, Weds pm starts 1/12, Thurs pm starts 3/10

Positive Discipline, English 10-11:30 am, Thurs, 2/3-3/17, 6 week series with Carol and Ali

Positive Discipline, Spanish 6-7:30 pm, Weds, 3/24-4/28, 6 week series with Marly and Cindy

Parent Workshops

The Amazing Power of Speech, 5:30-6:30 pm, Series- 2/1, 2/8, 2/15, Ms Watson, speech language pathologist

Sensational Talks, Two series: 1-2 pm 1/26, 2/2, 2/9 & 6:30-7:30 pm 2/28, 3/7, 3/14 with Melissa Alves, OT

Parent Support

Sensational Chats, 6:30-7:30 pm, monthly, 3rd Tues, 1/18, 2/15, 3/15 with Melissa Alves, OT

Dads' Talk, 5:30-6:30 pm, monthly, Tues, 1/11, 2/8, 3/1 with Paul Melville

Dads in Recovery Support, 6 pm, weekly on Tues; To register email CapeDadsGroup@gmail.com

The Road Less Traveled, 7-8 pm, monthly 1/18, 2/22, 3/22 Parent support for families with complex medical diagnoses, with Mary Wilson/Laura Will

Parent Cafés, 8-9 pm, monthly, 2nd Thurs, 1/13, 2/10, 3/10 for Spanish speaking parents with Claudia and Monica

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

