



Summer Program Calendar July - August 2022

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

Parent/Child Activities

Mondays:

STEM Night: Fun with Music: 6:00 -7:00 pm, 7/25, Ages Birth-8 yrs, Dennis Memorial Library, Dennis

Tuesdays:

Sensory Hikes: 10:00-11:00 am, 7/5, 7/12, 7/19, 7/26, 8/2, and 8/9, Ages Birth-5 yrs, in Dennis-Yarmouth

Luke's Love Playground Group: 9:00-10:00 am. 7/12, 7/19, 7/26, 8/2, 8/9, and 8/16, Ages 0-8 yrs, with Ellen

Wednesdays:

Fun on the Farm: 10-11:00 am, 7/6, 7/13, 7/20, 7/27, 8/3, and 8/10, a Yarmouth Port location with Emily

Thursdays:

Kindergarten Readiness: 10:45-11:30 am, 7/7, 7/14, 7/21, 7/28, Harwich Community Center with Lucy
With an Activity Kit provided, Lucy will lead you through activities you can do this summer to prepare your child.

Fridays:

Sensory Movement Group: 10:00-11:00 am, 7/8, 7/15, 7/22, 7/29, Ages Birth-8 yrs, D-Y school playgrounds

School Readiness Programs: August "Read Alouds" with D-Y Principals at the libraries!
See library website for dates and more details.



Parent Education, Workshops & Support (all virtual)

Parent Education

Raising Healthy Families: 6 week series; 6-7:30 pm, 7/27-8/31, with Cindy Horgan and Carol Biondi

Parent Workshops

Cooking on a Budget: 6-7:00 pm, 6/29 with Kim Concra, LDL, nutrition educator, Cape Cod Cooperative Extension

Parent Support

Sensational Chats: 6:30-7:30 pm, monthly, 3rd Tuesdays, 7/19, (skip August) with Melissa Alves, OT

Dads' Talk: 6:30-7:30 pm, monthly, 2nd Tuesday, 7/12, 8/9 with Paul Melville

Dads in Recovery Support: 6 pm, weekly on Tuesdays; To register email crussell@capecodchildrensplace.com or CapeDadsGroup@gmail.com

The Road Less Traveled: 7-8 pm, monthly, resumes in September. 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

www.capecodchildrensplace.com

