



# cape cod children's place FAMILY NEWSLETTER

*for families and caregivers of children*

## Special Thanks!

A HUGE THANK YOU! To our **teachers** and **families** at Cape Cod Children's Place for their commitment to early education and to each other.... THANK YOU! To the many kind and compassionate community members who have continued to send in donations that provide much-needed assistance to local families in this time of great need.

Another huge THANK YOU! to the many people who helped make it possible for us to reopen our classrooms on August 31: **Anne Sigsbee M.D.** gave us guidance and volunteered her time to help us with screening children as they arrived; **Kate Macaulay** and **Scotti Finnegan** provided support with the endless list of reopening tasks; **Sally Digges** and the rest of our wonderful **Board Members** donated items and helped us gather the necessary PPE, with aid from **Lee Adams**... THANK YOU! to **Collin Horgan** for his help in moving our **Sea Babies** classroom to our Eastham center.

## A Positive Perspective

Fall is here and we're still living with uncertainty. Back in the spring we pictured settling into a "new normal," but that suggests some kind of predictable routine and everything is still evolving and adapting to change. We have been "pivoting" until we're dizzy. Every time we think we've figured something out the situation changes. School operations, daily routines, health news--- all keep shifting without warning.

So now what? How do we cope? As the weather turns colder and we begin to spend more time indoors, how do we take care of ourselves, our children, our family's physical and mental health? How do we find a positive perspective even when we may feel anxious about the unknowns that lie ahead?

We can remind ourselves of the important things. Be kind. Take care of ourselves so we can take care of our children. Let go of guilt and stop second-guessing our decisions. Accept that anxiety is normal and acknowledge it. Find small things to be thankful for. Ask for help when we need it. Look for inspiration wherever it presents itself. And look for the silver linings.

In southern Oregon during the September wildfires, a single dad barely managed to rescue his four children before fire destroyed the mobile home park where they

were living and burned everything they owned. "I'm going to start all over again," he said. "It's not easy, but it's not impossible, either. You have to be a little tough in situations like this." Courageous words from a parent in crisis.

We're fortunate not to have wildfires here on the Cape, fortunate to live in a caring community, fortunate to have resources to provide help when we need it. As parents, we've had plenty of practice coping with the unexpected and we've learned about our children's temperaments and our own personalities.

We know the value of routines. We understand the importance of feelings and emotions. Anxiety and fear gain power and become overwhelming when they are not acknowledged. We've learned that no one benefits when we transmit our own worries to our children. Their concerns may be completely different and we're better able to help them when we listen, ask questions instead of making statements and assumptions.

If we listen to each other, trust our judgment, stay kind and ask for help when we need it, our resilience will carry us through this.

Together, we can do this.

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## Grants, Staff, Early Childhood Councils

Cape Cod Children's Place administers multiple grants serving children and families on Cape Cod and the Islands. Early Childhood Councils serve as advisory groups to plan and implement programs and activities in different towns. Parents and community members are welcome to attend any of the Councils listed on this page. For information about our grant programs and the Councils that help to implement these programs call 508-240-3310 or email any of our staff listed on this page.

### Staff

Following are CCCP staff members working with our grants:

- Carol Biondi:** cbiondi@capecodchildrensplace.com  
SAFE Child Communities, Groups Coordinator
- Amy Brigham:** abrigam@capecodchildrensplace.com  
Family Support Specialist, FIRST Steps Together
- Alison Burns:** aburns@capecodchildrensplace.com  
Family Support Specialist & Parent Child+ Early Learning Specialist
- Cathy Connell:** cconnell@capecodchildrensplace.com  
Family Support Specialist, FIRST Steps Together
- Lucy Gilmore:** lgilmore@monomoy.edu  
CFCE Coordinator, Parent Child+, Monomoy Family Resource Coord.
- Mary Wilson:** CFCE Coordinator, D-Y and Barnstable  
wilsonm@dy-regional.k12.ma.us, barnstable123@gmail.com
- Marly Pereda:** mpereda@capecodchildrensplace.com  
SAFE Child Communities, Collaborations & Parent Child+ Coordinator
- Christina Russell:** crussell@capecodchildrensplace.com  
Program Director FIRST Steps Together
- Patty Watson:** pwatson@capecodchildrensplace.com  
Director of Grants & Development

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*Cape Cod Children's Place administers the following state grants:  
 CFCE: Coordinated Families and Community Engagement  
 FIRST (Families In Recovery Support) Steps Together  
 SAFE (Stop Abuse For Every) Child  
 Parent Child Plus  
 and other grants from Cape Cod and regional sources; see page 6.  
 For more information email info@capecodchildrensplace.com.*

### Monomoy Early Childhood Council

This Council meets via Zoom on the first Thursday of each month from 6-7 pm to share updates about programs and services for families and children in Chatham and Harwich.

Contact Lucy Gilmore at lgilmore@monomoy.edu to receive a Zoom link to attend.

### Cape Cod Regional 11-Town Early Childhood Council

This Council meets four times a year and welcomes everyone committed to supporting the success of all families with young children in the 11 towns from Barnstable to Provincetown. For link & information email cbiondi@capecodchildrensplace.com

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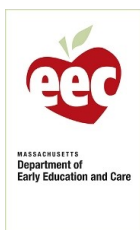
### Parent Advisory Council

This Council meets monthly to help shape our programming while giving parents opportunities to connect with each other and become leaders. For information or to join call 508-240-3310 or email cbiondi@capecodchildrensplace.com

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### Dennis-Yarmouth Early Childhood Council

This Council meets quarterly and focuses on activities and needs specific to Dennis and Yarmouth. All are welcome. For information email wilsonm@dy-regional.k12.ma.us





## Our Programs & Services



Cape Cod Children's Place administers grants that provide no-cost programs and services to engage children and families, while building strong connections. Most programs are happening virtually until further notice and require pre-registration; email the contact provided or [cbiondi@capecodchildrensplace.com](mailto:cbiondi@capecodchildrensplace.com). Call us at 508-240-3310 for information about free Family Support services, community resources, consultations and to learn more about our Parent Child+ programs.

Contact **Carol Biondi** [cbiondi@capecodchildrensplace.com](mailto:cbiondi@capecodchildrensplace.com) to register for the following programs:

### Parent Child Activities

- Tykes/Pre-K Yoga:** Mondays, 9:30-10:30 am with Daniela Schwartzman, ages 2-5
- Baby/Toddler Yoga:** Mondays, 10:30-11:30 am with Daniela Schwartzman, ages birth-2
- Baby's First Year:** Tuesdays, 11 am-12 noon with Ali Burns, ages birth-1
- ART stART/Creative Explorers:** Thursdays, 9:30-10:30 am with Alex Roberts, ages 3-5
- Circle Time:** Fridays, 9:30-10:30 am with Daniela Schwartzman, ages 3-5
- Spanish Storytime with Monica:** Weekly CCCP Facebook page posts in October

### Parent Education /Support

- Nurturing Skills for Families:** Wednesdays, Sept. 23 -Dec 16 (*full, call for waitlist*)
- Raising Healthy Families: Positive Discipline** -- ongoing; call for dates
- Understanding the IEP:** Tuesday, Oct. 6, 5:30-6:30 pm with Jennifer Watson, Speech-Language Pathologist
- Mindfulness Techniques for Adult Self Care:** Tuesday, 8:30-9:30 pm with Dan Schwartzman
- Virtual Dads' Group:** monthly 2nd Tues. starts Oct. 13, 6:30-7:30 pm with Paul Melville
- RISE:** For women in recovery. First Steps Together, meets weekly. [cconnell@capecodchildrensplace.com](mailto:cconnell@capecodchildrensplace.com)

### Home Learning Kits: Priority registration for Lower and Outer Cape families

**Little Engineers, Builders & Inventors:** Wed. Oct. 21-Dec.16, time TBD  
Two groups, one for Chatham & Harwich families; one for Brewster to Provincetown families  
Families will receive a kit with materials and an email to guide you.

**Little Sensory Explorers:** Fridays, Oct. 23-Dec. 18. Time TBD  
Two groups, one for Chatham & Harwich families; one for Brewster to Provincetown families  
Materials provided; focus on language, fine motor and problem-solving skills.

*Each of the above programs is limited to 24 participants.*

*These groups give priority to families in D-Y and Barnstable, before opening space to other community members. Pre-registration is required. Email to get information and space availability.*

**Baby Stroll & Sing:** Mon. Oct. 5-Dec. 14; 9-10am Barnstable; 11-12 Dennis-Yarmouth  
(this group meets in person, weather permitting)

**Puppet Playgroup:** Tues. Oct. 6-Dec. 15, 10:30-11; pick up kit with pre-registration

**Nature Explorers:** Wed. Oct. 7-Dec. 16; 10:30-11 am; pick up kit with pre-registration

**Story & Craft:** Thurs. Oct. 8-Dec. 17, 10:30-11; pick up kit with pre-registration

**Celebrating Our Cultures & Community:** Fri., Oct. 9-Dec. 18, 10:30-11:15 with Mercy Jackson  
*Other programs for D-Y and Barnstable families: Self-guided Family Hikes, STEM activities, more!*

Dennis-Yarmouth families email **Mary Wilson** at [wilsonm@dy-regional.k12.ma.us](mailto:wilsonm@dy-regional.k12.ma.us)  
Barnstable families email [barnstablecfce123@gmail.com](mailto:barnstablecfce123@gmail.com)



# Community Partners

Our community partners and resource services that were available on a regular schedule at Cape Cod Children's Place in our pre-Covid life are not yet permitted to return to our building but they are all available to serve the community; see information below. In addition, Cape Cod Children's Place has joined in collaboration with six other non-profit organizations to serve the unique needs of our Lower and Outer Cape communities more effectively. Below is information about how to contact each of these community partners. Our staff members are also available to help you find the resource you need and our center is open for calls from 8 am to 4 pm, Monday - Friday at 508-240-3310. Visit our website at [www.capecodchildrensplace.com](http://www.capecodchildrensplace.com) and Facebook page for updates.

### Our Lower Cape Collaborations

Cape Cod Children's Place works in collaboration with the following non-profits on the Lower and Outer Cape to remove barriers to service delivery for residents in our region: Community Development Partnership, Family Pantry of Cape Cod, Helping Our Women, Homeless Prevention Council, Lower Cape Outreach Council, WE CAN. Contact information for these organizations is on the next page.



### Food

Call Cape Cod Children's Place at **508-240-3310** for access to food deliveries through The Family Pantry of Cape Cod, supermarket gift cards and information about other food resources. More food information on "Resources" page in this newsletter.

### Child Care Network

Child Care Network administers state-funded child care vouchers and other financial resources. For information and appointments call **508-778-9470 x 203** or **888-540-2430**.

### Outer Cape WIC

Outer Cape WIC is providing appointments and benefits over the phone. Call or text **774-801-8448** or go to [mass.gov/wic](http://mass.gov/wic) for information about breastfeeding support, and other WIC services.

### Immigration Resource Center

The Immigration Resource Center offers free and confidential legal counsel about all immigration issues, including: immigration options; work visas; citizenship classes; green cards; public benefits; immigration lawyers; and more. For information call **508-771-1727 x 140**.

### Mobile Dental Hygiene Services

Mobile Dental Hygiene Services provides preventive oral health care. Mass. Health and private pay accepted, no other insurance plans. For info email [smiles@mobiledentalhygiene.com](mailto:smiles@mobiledentalhygiene.com).

### Parent Information Network

The free PIN program helps families of children and young adults aged 5-25 with serious emotional, behavioral and/or mental health challenges. Contact **508-947-8779** or visit [www.pin.bamsi.org](http://www.pin.bamsi.org).

### Helping Our Women

Helping Our Women serves women from Eastham to Provincetown with chronic or disabling illness. Call **508-487-4357** or email [info@helpingourwomen.org](mailto:info@helpingourwomen.org).

### Community Health Navigator

The Outer Cape Health Services Community Health Navigator is available to help residents connect with resources by calling **774-209-3222** or emailing [CRNavigator@outercape.org](mailto:CRNavigator@outercape.org).

**Parenting resources** are available at <https://childrenstrustma.org/our-programs/one-tough-job>





## Resources



### VOTE

The General Election is on  
**Tuesday, November 3**

**Your vote is important!**

You have 3 choices for voting  
this fall:

- Get a ballot mailed to you and return it by mail or in person
- Vote early at your town hall during set days/hours
  - Vote on election day

Contact your town hall for help  
& specific information:

**Barnstable** 508-862-4000  
town.barnstable.ma.us

**Brewster** 508-896-3701  
brewster-ma.gov

**Chatham** 508-945-5100  
chatham-ma.gov

**Dennis** 508-398-0246  
town.dennis.ma.us

**Eastham** 508-240-5900  
eastham-ma.gov

**Harwich** 508-430-7514  
harwich-ma.gov

**Orleans** 508-240-3700  
town.orleans.ma.us

**Provincetown** 508-487-7000  
provincetown-ma.gov

**Truro** 508-349-7004  
truro-ma.gov

**Yarmouth** 508-398-2231  
yarmouth.ma.us

**Wellfleet** 508-349-0300  
Wellfleet-ma.gov

You can also google "Mass elec-  
tion day 2020" for information  
or <https://www.voteamerica.com/>

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### Family Pantry

The Family Pantry of Cape Cod at 133 Queen Anne Road in Harwich is open for curbside pick-up on Tuesdays & Thursdays 10-3:30; Wednesdays & Saturdays 10-12; Thursdays 5-7. A family of 4 will leave with 6-8 bags of groceries that include 30% fresh fruits and vegetables, grocery staples, bread, dairy, and meat products. Call 508-432-6519 for more information.

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### Homeless Prevention Council

Call the Homeless Prevention Council at 508-255-9667 for information about services and resources to help Lower and Outer Cape residents keep, find and pay for housing. Information at [hccapecod.org](http://hccapecod.org).

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### Community Development Partnership

Call the Community Development Partnership at 508-240-7873 to find out about their programs to strengthen local businesses and support affordable housing initiatives. Information at [capecdp.org](http://capecdp.org)

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### Lower Cape Outreach Council

Call Lower Cape Outreach Council at 508-240-0694 to find out about their programs to provide short-term emergency food, clothing and financial assistance to residents of the 8 Lower/Outer Cape towns. Information at [lcoutreach.org](http://lcoutreach.org).

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### WE CAN

Call WE CAN at 508-430-8111 to learn about their services for women on Cape Cod, including: legal consultations, career support, financial counseling, advice for business owners, support for women going through divorce or separation, and more. Information at [wecancenter.org](http://wecancenter.org).

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### Clothing Swap

Call Karen at 508-240-3310 for information about the fall clothing swap organized through Cape Cod Children's Place.

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### Monomoy Family Resource

The Monomoy Family Resource, a satellite family support office of Cape Cod Children's Place located in the Harwich Elementary School, has diapers, clothing, food and financial assistance to help pay childcare tuition fees for Chatham and Harwich families. They also accept donations of gently used clothing, toys, books and baby equipment. Email Lucy Gilmore at [lgilmore@monomoy.edu](mailto:lgilmore@monomoy.edu) or call her at 508-430-7216 x 4044.

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### Healthy Families

Healthy Families of Health Imperatives -Cape Cod provides home-based family support for first-time parents. Partnering with Cape Cod Children's Place SAFE Child Communities Program, Healthy Families now serves parents through age 26 in towns from Provincetown to Yarmouth. Call 508-540-2968 to find out about services, referrals, and help with transportation to appointments.

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### A Baby Center

Call A Baby Center 508-771-8157 for information and access to baby gear items including high chairs, strollers, bathtubs, bouncy seats as well as clothing, diapers, wipes, formula and other baby needs. Call Cape Cod Children's Place 508-240-3310 for other resources for infants.

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### Winter's Coming

Call Cape Cod Children's Place at 508-240-3310 for information about winter clothing and holiday baskets.



# ***We Couldn't Do It Without You!***



Cape Cod Children's Place is able to provide the programs and services described in this newsletter because of the following grants:

The **SAFE (Stop Abuse For Every) Child Communities** initiative, a pilot program through the **MA Children's Trust**; working to stop child abuse and neglect on Cape Cod.

A **Coordinated Family and Community Engagement (CFCE)** grant funded by the Mass. Department of Early Education and Care; supporting children and families in the 11 towns from Provincetown to Barnstable.

A **First Steps Together** grant from the Mass. Department of Public Health; a peer coaching and parenting support program for families in recovery.

Grants from the **Cape and Islands United Way**, **Cape Cod Foundation**, the **Bilezikian Family Foundation**, the **Early Childhood Alliance** and other generous donors.

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In addition, we are very grateful to **Seamen's Bank** for its many years of support for Cape Cod Children's Place, our Sea Babies program, and our annual Wish Upon A Star fundraiser at Truro Vineyards that had to be canceled this year. We thank Seamen's Bank and its staff for all the many ways they have worked with us to make our community stronger.

### ***New Website!***

*We are working hard to put the final touches on our new website. With everything that continues to change in our world, that task is a work in progress. We invite you to check it out at [capecodchildrensplace.com](http://capecodchildrensplace.com)*

### ***SAFE Child Communities Partners***

In addition to our other community partners, we appreciate the following agencies working with us through the Children's Trust grant:

Fathers & Family Network; Cape Cod Family Resource Center; Kennedy Donovan Early Intervention Program & DDS Family Support Center; Health Imperatives Healthy Families Home Visiting Program; CDI Head Start; Independence House; Women, Infants, Children (WIC); Children's Cove; Child and Family Services; Community Development Partnership; Homeless Prevention Council.

### **Monomoy Council**

The Harwich Early Childhood Advisory Council (aka Monomoy Early Childhood Council) is grateful for a grant from the Cape Cod Foundation's Chatham and Harwich Funds that paid for the creation of home learning kits for children of preschool age in those towns. Email Lucy Gilmore [lgilmore@monomoy.edu](mailto:lgilmore@monomoy.edu) to register for one if these kits.

The Council also offered kits to every child entering kindergarten in those towns, regardless of their choice for in-school, remote or homeschool learning. This project was a collaborative effort by the Friends of the Harwich Early Childhood Council, the Children's Trust SAFE Child Community grant, and the MA Dept. of Early Education and Care CFCE grant administered by Cape Cod Children's Place.

***THANK YOU!***

## Cape Cod Children's Place News



### We Miss You

In so many ways, we have been missing our community interactions in the months since all our lives were upended by the coronavirus pandemic.

We missed you when we canceled our annual summer fundraiser Wish Upon A Star at Truro Vineyards. We miss connecting in person with our parents and children at local playgroups and through our home visiting programs, and when they used to stop at the front desk as they dropped off and picked up their children at our early education programs.

We miss our conversations with people who used to come to our Eastham center to get information and assistance from one of the service providers who had a regular presence at our center.

But here's the good news.

Our classrooms reopened at the end of August, following strict protocols to keep children, teachers and families healthy. Our staff has worked non-stop since mid-March to reach out to families, answer their requests for help, and meet their needs from food deliveries to children's activity kits, financial assistance to inspiration and encouragement. We continued providing weekly playgroups, parent support groups, and parent education virtually since April 1. Daily inspirational Facebook posts by Cindy Horgan helped families remain connected and feel supported. And our community continues to stay engaged, and committed to caring for each other. We don't know what lies ahead but we'll all face it together.

*We welcome donations of any size at any time. Contact us at:*  
**Cape Cod Children's Place**  
**P.O. Box 1935**  
**N. Eastham, MA 02651**  
**[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)**  
**Tel: 508-240-3310**  
**Fax: 508-240-2352**  
**[info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)**

### Help us meet the challenges

We invite you to help us continue to meet the extraordinary challenges our families are facing.

Although our Wish Upon A Star event had to be canceled this year, **Seamen's Bank** is serving once again as our presenting sponsor, as we seek to raise the funds that event would have contributed to our budget. **Truro Vineyards** has continued to support our work, and for that we are grateful.

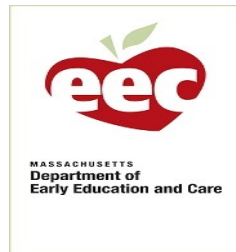
Our classrooms are incurring extra expenses to meet state health protocols, while complying with enrollment limits. Our families are facing financial stress from lost income. All these needs continue to grow. If you are able to help our families, our community, our organization stay strong as we weather this pandemic, please consider making a donation.

See information to the left.



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cape cod children's place  
 P.O. Box 1935  
 10 Ballwic Road, off Nauset Road  
 N. Eastham, MA 02651  
 508.240.3310 telephone  
 800.871.9535 toll free  
 508.240.2352 fax  
[info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)  
[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)  
 Check out this newsletter "in color"  
 on-line at our website.



**HELPFUL FAMILY CONTACTS & RESOURCES**

*For a more comprehensive list of resources and services check out The Lower Cape Family Resource Guide on-line at [www.capecodchildrensplace.com](http://www.capecodchildrensplace.com) or request a copy at 508.240.3310.*



<b>A Baby Center</b>	508.771.8157	Basic items for infants and toddlers up to age three living on Cape Cod and Islands
<b>Al-anon /Alateen</b>	508.394.4555	Offering support for friends, families and teens with problem drinkers in their lives
<b>Cape &amp; Island Breast Feeding Warm Line</b>	888.890.2229	Lactation services and classes are available to local Cape and Islands mothers
<b>Child Support Enforcement-Mass DOR</b>	508.771.2414 x 3	Assistance in enforcing the financial responsibilities of parenthood
<b>Consumer Credit Counseling</b>	800.208.2227	Budgeting and debt consolidation assistance
<b>Dept. of Transitional Assistance</b>	508.862.6600	Services and resources for low-income families and individuals.
<b>Fuel Assistance Program</b>	508.746.6707	Emergency fuel/heating help
<b>Healthy Connections</b>	508.255-1903	Referrals for free/low cost health insurance
<b>Homeless Prevention Council</b>	508.255.9667	Counseling, advocacy, resources and referral services
<b>Independence House</b>	508.771.6507	Cape Cod's Resource Center for Victims & Survivors of Domestic Violence & Sexual Assault.
<b>Legal Services for Cape Cod &amp; Islands</b>	510-775-7020	Non-profit legal aid
<b>Lower Cape Outreach Council</b>	508.240.0694	Providing short-term emergency assistance to Lower Cape families and individuals
<b>Mass APEAL</b>	508.349.1173	Free clothing as well as information on Serve New England Program
<b>Monomoy Family Resource Center</b>	508.430.7216	Ext. 4044: Information, support, diapers, clothing, food for Chatham and Harwich families.
<b>Outer Cape Health Services: Provincetown, Wellfleet 349-3131 &amp; Harwich 432-1400</b>	508.487. 9395	Providing high quality primary healthcare to those living in or visiting the 8 Lower/Outer Cape towns, regardless of their financial situation
<b>Outer Cape Women, Infants and Children's (WIC) Nutrition Program</b>	508.240.0853	Supplemental food and nutrition program offering healthy food options, community referrals, nutrition education and breastfeeding support.
<b>Parental Stress Line</b>	800.632.8188	A free, confidential, and anonymous 24-hour parent helpline for parental support
<b>Provincetown Family Resource Center</b>	800.871.9535 or	Providing support, referrals, and financial aid through the John A. Henry Trust.
<b>SNAP Supplemental Nutrition Assistance</b>	877-382-2363	Applications and assistance with food stamp program.
<b>WE CAN</b>	866.430.8111	Assisting Cape Cod women through divorce, career change /growth, job loss, illness, retirement