



cape cod children's place FAMILY NEWSLETTER

*for families and caregivers of children living
on the Lower and Outer Cape and beyond*

Special Thanks!

THANK YOU! To the dedicated Committee that has worked hard to plan our 25th Anniversary Campaign: **Lee Adams, Sally Digges, Kathie Grenon, Kate Macaulay, Tia Scalcione, Anne Sigsbee...** THANK YOU! To the **Masons** for donating food bags every month that get distributed to families in our communities when they are going through challenging times... THANK YOU! To **Emily Campbell** for representing the Lower and Outer Cape on the CACCI (Community Action Committee of the Cape & Islands) Advisory Board... THANK YOU! To the town **Cultural Councils** for supporting so many programs for children and families: **Chatham** for funding the Creative Explorers series; **Harwich** for funding eight visits by Audubon staff to preschool programs in Chatham and Harwich; **Orleans** for funding the Move & Groove series at Snow Library and entertainment at the Family Fun Fair; **Wellfleet** for funding Denya LeVine's music programs at Sea Babies... THANK YOU! To the **Sand Pond Foundation** for a donation to the Monomoy Early Childhood Council to buy playgroup materials.

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We All Have A Role

Some years ago one of our grants at Cape Cod Children's Place was cut in the middle of the school year because of state budget shortfalls. The grant helped many local working parents pay preschool fees so we held a meeting in January to explain to parents why they were losing that important subsidy at a critical time of year and with such short notice. At the end of the meeting we gave out a list of local state legislators with their contact information, so the parents could tell them directly about the harm caused by those unexpected budget cuts.

One young single mother at the meeting asked some questions. Afterwards she apologized for not being informed, and explained, "No one in my family ever voted." We answered her questions and gave her information and encouragement. She took an important step that day towards advocating for herself and her children – an achievement that was all the more impressive because she hadn't grown up with role models to show her that path.

It can be overwhelming in this time of town meetings and elections at every level to find the time, energy and will to participate. It's even more challenging if voting hasn't been a habit in our lives. It's easy to find reasons not to bother: "How do I find time to vote? I don't know enough about

the issues and the candidates. What difference will it make to me and does one vote really matter?"

We don't have a good record in this country of participating in our democracy. In 2018 the U.S. ranked 26th out of 32 countries in voter turnout based on most recent elections. In 2016 only 56% of our voting-age population cast ballots and in 2018 that percentage was slightly lower. But each vote *does* make a difference and it *does* matter who wins in town elections, whose voice gets heard, who makes the decisions that affect all our lives and those of our children.

That mother showed courage in coming to a meeting to find out why her child's preschool subsidy was being cut. She took an important step towards becoming a more informed advocate for her child and herself. We all have a role to play in the decision-making process and if each of us does our part, our family and our community will benefit.

Look on page 9 of this newsletter under "News You Can Use" to find contact information for your state and federal legislators, town hall phone numbers, dates of Town Meetings and Town Elections, and join our Parent Advisory Council!

*Elizabeth Aldred
Cape Cod Children's Place staff*



Get Involved, Stay Informed!

Early Childhood Council News

Cape Cod Children's Place administers a Coordinated Family and Community Engagement (CFCE) grant that serves hundreds of families in the following 11 towns: Provincetown, Truro, Wellfleet, Eastham, Orleans, Brewster, Chatham, Harwich, Dennis, Yarmouth and Barnstable. We also administer the new SAFE Child Communities (SCC) grant.

These grants fund free programs and activities that support and strengthen children and families in our region. They are awarded to Cape Cod Children's Place by the Massachusetts Department of Early Education and Care and the Children's Trust.

For general information about the grant programs and the Councils that help to implement these programs call 508-240-3310.

Monomoy Early Childhood Council

Meets **March 5 and April 2**, 6-7:30 pm at the Harwich Community Center, 100 Oak Street. This Council welcomes parents, grandparents and guardians of young children in Chatham and Harwich. Meetings are held the first Thursday of the month. Contact Lucy Gilmore at 508-430-1692 or lgilmore@monomoy.edu.



NEW! Parent Advisory Council

Wednesday, March 25; 5:30 - 7 pm

Snow Library, 67 Main Street, Orleans

Parents are invited to join this new group, which will meet quarterly in 2020. Come and help us plan playgroups, activities, and family-friendly services that help to strengthen families through community collaborations and partnerships. Learn what it means to be an active part of Massachusetts' first **SAFE Child Community** grant and have a voice to lead the way across the state. Free dinner and child care provided with pre-registration: 508-240-3310 or cbiondi@capecodchildrensplace.com.

Cape Cod Regional 11-Town Early Childhood Council

This Council meets 4 times a year and welcomes everyone. The last meeting was in February and the next meeting will be on **May 20**. These quarterly meetings are held on a Wednesday from 6-7:30 pm at Snow Library, 67 Main Street, Orleans.

Parents, early childhood educators, childcare providers, people working with families and young children, grandparents, aunts and uncles, and community members committed to supporting families—we invite you to join us. We are a fun, welcoming group of people committed to supporting the success of all families with young children in our 11-town region (Barnstable, Brewster, Chatham, Dennis, Eastham, Harwich, Orleans, Provincetown, Truro, Wellfleet and Yarmouth.) Join our new **Parent Advisory Council** and help to shape CCCP programming while connecting with other parents. For information about both Councils call 508-240-3310 or email cbiondi@capecodchildrensplace.com

Dennis-Yarmouth Early Childhood Council

This Council meets quarterly at the ME Small Elementary School, 440 Higgins Crowell Rd., W. Yarmouth. Next meeting will be on **May 13**, 6-7 pm. This council focuses on activities and needs specific to Dennis and Yarmouth. All are welcome. For information call 508-778-7988 x 4.



Services at Cape Cod Children's Place!

Cape Cod Children's Place recognizes that by eliminating obstacles to obtaining services, we are strengthening families. Below is information about services that are regularly scheduled at Cape Cod Children's Place, available to all community members; call the number provided to schedule appointments. If you identify a service that is needed and could use space at our center, please call us at 508-240-3310.

CACCI/Child Care Network

Child Care Network will schedule child care voucher appointments at Cape Cod Children's Place on **April 6, 9 am-5 pm**. Call Child Care Network **508-778-9470 x 203 or 888-540-2430** to schedule an appointment or get information. (Appointments are generally *first Monday* of every month.)

Food & Clothing

Cape Cod Children's Place has food and clothing at no cost from various sources available to people in the community who need these items. We can also refer to other resources and organizations. Call us at 508-240-3310.



Healthy Foods Program

Lower Cape Outreach Council provides free recipes, food samples & a bag of fresh fruits & vegetables on the following dates at Cape Cod Children's Place:

March 3 & 17 and

April 7 & 17, 2:45-4:45 pm.

(Note schedule change; this service is generally provided on the *first and third Tuesdays* of every month.)

Outer Cape WIC

Outer Cape WIC will be at Cape Cod Children's Place the *second and fourth Wednesdays* of each month. WIC provides free healthy food, breastfeeding support and nutrition information to eligible families.

Hours will be **March 11 & 25 and April 8 & 29** (note schedule change), **9 am-4:30 pm**. Call **508-240-0853** or **508-240-3310**.

Mobile Dental Hygiene Services

Mobile Dental Hygiene Services provides preventive oral health care at Cape Cod Children's Place. Mass. Health and private pay accepted, no other insurance plans. Services include cleanings, fluoride treatments, sealants, x-rays, periodontal cleanings. Call Cape Cod Children's Place at **508-240-3310** to schedule an appointment on

Tuesday, **March 17, 12-5 pm**.

Parent Information Network

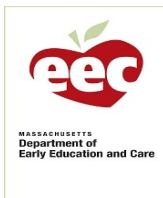
The free PIN program will be at Cape Cod Children's Place on **March 31 and April 28, 10:30 am-1:30 pm**, to help families of children and young adults aged 5-25 with serious emotional, behavioral and/or mental health challenges. Contact **508-947-8779** or visit **www.pin.bamsi.org**.

Community Health Navigator

The Outer Cape Health Services Community Health Navigator will be at Cape Cod Children's Place the *second Thursday* of each month. Call **774-209-3222** or email **CRNavigator@outercape.org** for appointments on **March 12 or April 9, 11 am-2 pm**.

Helping Our Women

Helping Our Women is available to meet with clients at Cape Cod Children's Place **Mondays from 8:30-9:30 am**. HOW serves women from Eastham to Provincetown with chronic or disabling illness. Contact HOW at **508-487-4357** or **info@helpingourwomen.org**, or call Cape Cod Children's Place at **508-240-3310** for information and appointments.



Important Resources

Parenting on the Other Side

Wednesdays, March 4, 11, 18, 25 ; 5:30-7:30 pm

Cape Cod Children's Place, 10 Ballwic Rd. (off Nauset Rd.), N. Eastham

Facilitator Christina Russell is a Family Support Specialist at Cape Cod Children's Place. The focus of this group is to supply parents and caregivers with information regarding how trauma (substance use disorder, recovery, domestic violence, partner difficulties, etc.) can affect how we parent, and what skills can be used to increase confidence and competence in parenting. The group will provide education about adult developmental process, trauma, self care, triggers, and what it means to be a family in recovery.

Free dinner and child care are included and pre-registration is required; call 508-240-3310.

Please indicate if you will need transportation.

Funding support for this program is provided by grants from Cape and Islands United Way, Cape Cod Healthcare, Kelley Foundation, Roessner Foundation, Cape & Islands District Attorney's Office and FIRST Steps Together, administered by Cape Cod Children's Place.

Sensory Processing 101

Tuesday, March 31; 5:00*- 7:30 pm
Eastham Library, 190 Samoset Rd.

Join pediatric occupational therapist Melissa Alves for a discussion about the ways sensory processing affects how a child behaves and interprets daily experiences. Participants will have a chance to ask questions, share ideas and go home with resource materials.

Free dinner and child care included; pre-registration required. Call 508-240-3310.

*Dinner at 5, workshop starts at 5:30.

Funded by grants from Cape and Islands United Way and Eastern Bank.

Grandparents Raising Grandchildren Support Group

March 19 & April 16 and 3rd Thursday of every month
5:30-7 pm at Cape Cod Children's Place
10 Ballwic Rd., North Eastham

Join Christina Russell, LICSW and Family Support Specialist for Cape Cod Children's Place, at this free monthly group providing resources and support for grandparents raising grandchildren.

Dinner and child care provided; pre-registration required. Call 508-240-3310; indicate if you will need transportation.

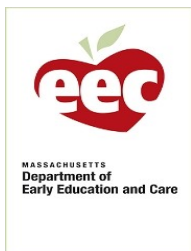
Funding for this program is provided by a grant from the Cape and Islands United Way, administered by Cape Cod Children's Place

FIRST Steps Together

Cape Cod Children's Place provides programs for families on the Cape & Islands affected by substance use. Services include specialized home visiting and community-based recovery and parenting support.

For more information contact Christina Russell at Cape Cod Children's Place:
508-240-3310 or crussell@capecodchildrensplace.com.

This project comes through the Mass. Department of Public Health's FIRST (Families In Recovery Support) Steps Together home visiting program, in the Bureau of Family Health and Nutrition's Division of Pregnancy, Infancy and Early Childhood, with funding through SAMHSA's State Opioid Response grant to Massachusetts, administered through the Bureau of Substance Addictions Services.



Parenting News

Parent Cafes

Thursdays, 5:30-7:30 pm

March 12: Brewster Ladies Library, 1822 Main St.

April 9: Cape Cod Children's Place, 10 Ballwic Rd., Eastham

Meet with other parents and experienced parent educators in a small group setting to share ideas and solutions about areas of childrearing and aspects of parenting that are challenging to you.

Pizza and childcare will be provided.

Space is limited and pre-registration is required.

Call 508-240-3310.

Positive Discipline

Wednesdays April 1, 8, 15, 29 & May 6, 13, 20, 27

5:30-7:30 pm at First Parish Brewster

1969 Main Street/Route 6A, Brewster

Facilitated by Cindy Horgan, Executive Director and Family Support Coordinator at Cape Cod Children's Place. Topics will include developmental issues, effective communication, understanding temperament, working through power struggles, sibling rivalries, coping with stress, and more!

Free child care and pizza dinner with pre-registration; call 508-240-3310. Tell us if you need transportation.

Dads' Group

Wednesdays, February 26 and March 4, 11, 18, 25

5:30-7:30 pm

Harwich Elementary School, 263 South Street

This free series for dads and other father figures is facilitated by Cindy Horgan, Executive Director and Family Support Coordinator at Cape Cod Children's Place, and Adam Pettengill, Early Childhood Professional and Dad. Join us to hear other dads' experiences and share your own. Learn skills for handling challenging behaviors, effective communication and positive discipline.

Free pizza dinner and child care are provided and pre-registration is required; transportation help is available on request. Call 508-240-3310.

Grandparents Raising Grandchildren Non-Therapeutic Support Group

Tuesdays, March 31 and April 28

9:30-10:30 am in the Family Resource Center

Harwich Elementary School, 263 South Street

This group meets the last Tuesday of each month and provides confidential support and resources for grandparents raising their grandchildren.

Call 508-430-1692 for information. Facilitators:
Kerry McCarthy & Lucy Gilmore.

What Our Boys Need

Thursday, March 26; 5:30-7:30 pm

Truro Community Center

7 Standish Way, N. Truro

Join Cindy Horgan, Executive Director and Family Support Coordinator at Cape Cod Children's Place, and discover the unique needs of boys as they grow and develop.

Learn skills to promote their healthy development and recognize the influence of media, culture and technology on boys as they grow up.

Free pizza dinner and child care provided.

Pre-registration is required; transportation help is available on request.

Call 508-240-3310.

Toilet Training 101

Thursday, April 2; 5:30-7:30 pm

Cape Cod Children's Place

10 Ballwic Road, Eastham

Join Cindy Horgan, Executive Director and Family Support Coordinator at Cape Cod Children's Place, for a workshop that covers signs of toilet training readiness, individual child temperaments, and how to support your child through the potty training process. Free pizza dinner and child care provided.

Pre-registration required; call 508-240-3310.

The programs on this page are supported
by grants from the Children's Trust and the
MA Department of Early Education and
Care administered by Cape Cod Children's
Place.



Playgroups: March 2020

Playgroups are drop-in unless otherwise noted; call 508-240-3310 for information.



MONDAYS: March 2, 9, 16, 23, 30 unless otherwise noted.

- Baby's 1st Year with Ali; 10:30 am-noon; Snow Library, 67 Main St. **Orleans**
- Truro Playgroup with Maggie; 9-11 am; Truro Public Library, 7 Standish Way, **Truro**
- Provincetown Playgroup with Daniela; 10:30 am-noon; Provincetown Community Center, 2 Mayflower St., **Provincetown**
- Wee Play afternoons: 12:15-1:45 pm; Snow Library (Crane Rm.), 67 Main St., **Orleans**
- Move and Groove with Acqua; no program March 30; 3:30-4:40 pm; Snow Library, **Orleans**
- Story & Craft with Miss Jill; March 2, 9 & 16, 10-11:30 am; Swan Pond Village Community Center, **Yarmouth**; pre-registration required, call 508-778-7988 x 4.



TUESDAYS: March 3, 10, 17, 24, 31 unless otherwise noted

- Harwich Open Gym with Daniela; 9-10:30 am; no open gym March 3; Harwich Community Center, 100 Oak St., **Harwich**
- Harwich Playroom Playgroup with Daniela; 10:30 am-noon; Harwich Community Center, 100 Oak St., **Harwich**
- Run, Jump & Move with Miss Hilary; March 3 & 17, 10-11 am; Dennis Graded Schoolhouse, 67 School St., **W. Dennis**; pre-registration required, call 508-778-7988 x 4.
- Play, Learn & Grow with Miss Lori; March 3 & 17, 3:45-4:45 pm; Flax Pond Recreation Bldg, N. Main St., **Yarmouth**; pre-registration required, call 508-778-7988 x 4.

WEDNESDAYS: March 4, 11, 18, 25 unless otherwise noted

- Read and Play with Lucy; 10:30 am-noon; **Eastham** Public Library, 190 Samoset Rd.
- Intergenerational Music & Movement with Miss Jill; March 4, 11, 18; 9:45-10:45 am; Mayflower Nursing & Rehab, 579 Buck Island Rd., **W. Yarmouth**; pre-registration required call 508-778-7988 x 4.

THURSDAYS: March 5, 12, 19, 26 unless otherwise noted

- Little Artists Create & Play; 10:30-11:45 am; PAAM, 460 Commercial St., **Provincetown**; pre-registration requested, call 508-487-1750.
- Toddler Town with Lucy; 10-11:30 am; **Brewster** Ladies' Library, 100 Main St.
- Audubon Tyke Hikes; March 19, 26; 11 am-noon; Wellfleet Audubon, Rt. 6, **Wellfleet**.
- Multicultural Playgroup with Miss Mercy; March 5, 12, 19; 10-11:30 am; Northside Methodist Church, 701 Airline Rd., **Dennis**; pre-registration required, 778-7988 x 4.

FRIDAYS: March 6, 13, 20, 27 unless otherwise noted

- Open Gym with Jamie; 11 am-12:30 pm; **Chatham** Community Center, 702 Main St.
- Provincetown Playgroup with Ronda; March 20 & 27; 10:30-noon; Provincetown Community Ctr., 2 Mayflower St., **Provincetown**
- Terrific Toddlers with Miss Mary; March 6, 13, 20; 10-11 am; Dennis Public Library, 5 Hall St., **Dennisport**; pre-registration required, call 508-778-7988 x 4.



Playgroups: April 2020



Playgroups are drop-in unless otherwise noted; call 508-240-3310 for information.

New sessions of playgroups in Dennis and Yarmouth will start in April. The schedule will be available at the end of March. For information and to register for any groups, call 508-778-7988 x 4.



MONDAYS: April 6, 13, 27; no programs April 20, school vacation week.

- Baby's 1st Year with Ali: 10:30 am-noon; Snow Library, 67 Main St. **Orleans**
- Truro Playgroup with Maggie: 9-11 am; **Truro** Public Library, 7 Standish Way
- Provincetown Playgroup with Daniela: April 6 and 13, 10:30 am-noon; Provincetown Community Center, 2 Mayflower St., **Provincetown**

TUESDAYS: April 7, 14, 28; no programs April 21, school vacation week.

- Open Gym with Daniela: 9-10:30 am; **Harwich** Community Center, 100 Oak St.
- Playroom Playgroup with Daniela: 10:30 am-noon: Harwich Community Center, 100 Oak St., **Harwich**

WEDNESDAYS: April 1, 8, 15, 29; no programs April 22, school vacation week.

- Read and Play with Lucy; 10:30 am-noon; **Eastham** Public Library, 190 Samoset Rd.,

THURSDAYS: April 2, 9, 16, 30; no programs April 23, school vacation week

- Audubon Tyke Hikes; 11 am-noon; Wellfleet Audubon Sanctuary, Rt. 6, **Wellfleet**.

FRIDAYS: April 3, 10, 17

- Open Gym with Jamie; 11 am-12:30 pm; no program April 24, school vacation week; Chatham Community Center, 702 Main St., **Chatham**
- Provincetown Playgroup with Ronda; 10:30-noon; also meets April 24; Provincetown Community Ctr., 2 Mayflower St., **Provincetown**



Look what's happening in Dennis and Yarmouth!

These programs require pre-registration. Call 508-778-7988 x 4

Book & Cook: Cooking with Kids

*Thursdays March 5, 12, 19, 26 and April 2, 9
5:30-6:30 pm at ME Small Elementary School
440 Higgins Crowell Road, West Yarmouth*

This free 6-week series is facilitated by Tomas Tolentino and Mary Wilson for parents with their children aged 3-8 years. Using a story as inspiration, adults and children will use fresh ingredients and cooking tools to create child-friendly meals they will love making and eating. Come cook and learn with us! Pre-registration required ; call Jody Almonte at 508-778-7988 x 4



Munch & Move

*Wednesday, March 4; 5-6:30 pm
(snow date March 11)
Northside Methodist Church
701 Airline Rd., Brewster*

This free program for parents with their children aged birth-8 years is facilitated by Bridget Delaney-Messana, child care specialist. Join us for some fun cooking, eating and movement activities that the whole family will enjoy.

Pre-registration required; call Jody Almonte 508-778-7988 x4

Creation Station: Loose Parts

*Tuesday, April 21, 2-3:30-pm
South Yarmouth Library
312 Old Main Street*

Join Mary Wilson to celebrate the Week of the Young Child as we create some cool things from your imagination, using loose parts, bits and bobs of unique and inspiring materials.

For parents with their children ages 3-10 yrs.
Call 508-778-7988 x 4 to sign up.

Me and My Dad Activities for all Guys Raising Children

Join veteran dad Tomas Tolentino for
Building with Dad

*Saturday, March 14: 11 am - 12 noon
Yarmouth Police Department
340 Higgins Crowell Road
West Yarmouth*

Free -- All ages welcome!

**All programs on this page
require pre-registration.**

Call Jody Almonte 508-778-7988 x 4

The programs described above are funded by the Massachusetts Department of Early Education and Care through the Cape Cod Regional 11-Town Coordinated Family and Community Engagement (CFCE) Grant administered by Cape Cod Children's Place



News You Can Use



MASSACHUSETTS
Department of
Early Education and Care

VOTER INFORMATION

*

They Represent YOU!

When you have issues on your mind, let your legislators know. And put the dates of Town Meeting and Town Elections on your calendar now!

State Representatives:

Sarah Peake 617-722-2040
sarah.peake@mahouse.gov

Tim Whelan 617-722-2488
timothy.whelan@mahouse.gov

State Senator

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

U.S. Congress

Bill Keating 508-771-6868 or
202-225-3111;
www.keating.house.gov

U.S. Senate

Ed Markey 202-224-2742 or
617-565-8519
www.markey.senate.gov
Elizabeth Warren 202-224-4543
or 617-565-3170
www.warren.senate.gov

*

Town Meetings/Elections

Brewster May 4/May 19
Chatham May 11/May 14
Eastham May 4/May 19
Harwich May 4/May 19
Orleans May 11/May 19
Provincetown April 6/May 12
Truro April 28/May 12
Wellfleet April 27/May 4

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Town Halls

Brewster 508-896-3701
Chatham 508-945-5100
Eastham 508-240-5900
Harwich 508-430-7514
Orleans 508-240-3700
Provincetown 508-487-7000
Truro 508-349-7004
Wellfleet 508-349-0300

*

'Community Café'

Tuesday, March 10; 6-7 pm
Eastham Public Library
190 Samoset Rd

Jose DaCunha of the U.S. Census Bureau will explain why the census happening this spring is important and why we ALL benefit and need to participate. Free dinner and child care will be provided and pre-registration is required; call 508-240-3310.

*

Free Legal Advice

Through the generosity of Cape attorneys who donate their time, WE CAN offers free and confidential 30-minute legal consultations the 2nd Friday of each month from 9-11 am at rotating sites on the Outer Cape in the areas of Family Law, Landlord/Tenant Law, Real Estate, Wills & Estates and Probate on a rotating schedule. (Please note: this is not legal representation.) Upcoming dates:
March 13: Wellfleet Council on Aging, 715 Old Kings Hwy
April 10: Cape Cod Children's Place, 10 Ballwic Rd., N. Eastham.

Appointments: 508-430-8111.

*

Dads Talk

March 4 & April 1; 6 pm
Harwich Community Center
100 Oak Street

Informal group for dads and all men with children in their lives, meets first Wednesday of every month. Free child care and pizza dinner. Pre-registration required by the Friday before the group will meet. Email beverly@capecoalition.com.

*

Happiest Baby on the Block

Mondays, March 9 & April 27
This class meets at 11:30 am at Harwich Port WIC, 710 Route 28. Call 508-240-0853 for information.

Veterans' Support

March 30 & April 27
6:30 pm at the Veterans Ctr.
474 West Main St., Hyannis
A support group for military service veterans who are parents meets the last Monday of each month. Info at 508-778-0124.

*

NAMI

Tuesday, March 3; 6-8:30 pm
Harwich Community Center
NAMI (National Alliance on Mental Illness) of Cape Cod & the Islands presents a free 8-week course in Harwich for families and friends of persons managing a mental health issue. Call 508-778-4277 or email klemmon@nami-capecod.org for information on location and sign-up.

*

Kindergarten Registration

It's time to register for kindergarten. Call each school for information about forms, online pre-registration & other info:
Brewster: March 4, 5; 9-11 am
508-896-4545; pre-reg. online
Chatham: March 3, 4; 9am-1pm
508-945-5135; call for schedule
Eastham: March 11, 12;
508-255-0808; call for hours
Harwich: March 3, 4; 9-11 am
508-430-7216; call for schedule
Orleans: March 26; 8:30-10:30
and 3:30-5:30; 508-255-0380.
Provincetown: call 508-487-4205
Truro: call 508-487-1558
Wellfleet: call 508-349-3101

*

'Shape Your Cape'

April 9, 9am-4:30 pm
Sea Crest Beach Hotel
350 Quaker Rd. N. Falmouth
Sponsored by Cape Cod Young Professionals. Visit www.capecodyoungprofessionals.org/summit for tickets and information.



Family Fun!



MASSACHUSETTS
Department of
Early Education and Care

Family Fun Fair

*Saturday, March 28
Orleans Elementary School
46 Eldredge Park Way, Orleans*

This free annual family event is back!

Come and enjoy games, arts & crafts, STEM activities

Get useful information about resources

Enter to win a door prize

All generations are welcome!

10 am-noon: activities in the gym

10:30 am: Puppets, Paul & Mary in the cafeteria

12 noon: Toe Jam Puppet Band in the cafeteria

Refreshments will be on sale benefiting Orleans PTO.

Entertainment funded by the Orleans Cultural Council

*This event is presented by the Cape Cod 11-Town Early
Childhood Council*

*Call Cape Cod Children's Place 508-240-3310 or email
cbiondi@capecodchildrensplace.com to participate with an
activity or to get more information.*

Creative Explorers:

A Literary & Artistic Adventure

*Wednesdays, March 3, 11, 18, 25
10-11 am*

*Chatham Community Center
702 Main Street, Chatham*

Join Kate Doody, professional artist and teacher, for this series of literary-inspired art classes for children aged 3-5 with a participating parent/grandparent/caregiver.

Each class will begin with a story time and activities, followed by art projects using clay, paper and other materials.

Pre-registration is required and participants will return each week, as some projects will carry over.

Call 508-240-3310.

*Presented by Cape Cod Children's
Place with funding support from
the Chatham Cultural Council*

Whole Foods Eating in a Fast Food World

Thursday, March 12 and Wednesday, April 8

5:30-7 pm; Cape Cod Children's Place; 10 Ballwic Road, Eastham

Bring your children and Join Kim Concra, Cape Cod Cooperative Extension Nutritionist, in a fun evening of preparing food and engaging in activities to prepare for spring. Get some new ideas for using more whole foods in your family meals. Plastic cookie cutters are welcome!

Limit 12 adults with their children, pre-registration required; 508-240-3310



Community Family Dance

Friday, March 20; 6-7 pm

Harwich Community Center, 100 Oak Street

Admission \$3 or \$10 per family

All ages welcome. Music by DJ Tom Tuttle

Prizes, face painting, refreshments

Fundraiser for the Monomoy Early Childhood
Council's Emergency Tuition Fund



Monomoy STEAM Night

Wednesday, April 29; 5-6:15 pm

*Harwich Elementary School
263 South Street*

All Chatham and Harwich families with preschool-age children 3-5 years old are invited to join Lucy Gilmore for an evening of fun, learning and discovery at STEAM stations. For information call 508-430-1692.

Cape Cod Children's Place News



Important News!

Cape Cod Children's Place has been awarded a grant from the Children's Trust to serve as the sole pilot site in Massachusetts for a new initiative: **Stop Abuse For Every (SAFE) Child Communities**.

The official launch of this exciting program will be held on March 6 at 10 am by invitation.

The SAFE Child Communities initiative builds on the infrastructure of the Children's Trust Family Center model. Cape Cod Children's Place operated as a Family Center starting in 2005, and before that served as a Massachusetts Family Network site starting in 1998. Cape Cod Children's Place opened in 1995 and currently also administers a state Coordinated Family and Community

Engagement grant serving the eleven towns from Barnstable to Provincetown.

The new SAFE Child Communities grant will enable Cape Cod Children's Place to expand programs, extend outreach and enhance community collaborations to increase parental well-being, provide knowledge of successful parenting strategies, reduce parental stress, and improve family functioning and support systems. The following new staff will be joining us in this important and exciting work:

Carol Biondi, SAFE Child Communities Groups Coordinator

Marly Pereda, SAFE Child Communities Collaborations Coordinator

Patty Watson, Director of Grants and Development

As we move forward into an exciting new chapter, we offer our thanks and gratitude to two staff who have moved on: **Meghan Kemp** for her excellent work as our Director of Grants and Development, and **Leah Dower** for her work on our Family Support team. Best wishes to you both!

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

capecodchildrensplace.com

Tel: 508-240-3310

Fax: 508-240-2352

info@capecodchildrensplace.com

Our 25th Anniversary Campaign

This year we are celebrating our 25th Anniversary. In honor of this occasion we are conducting a fundraising campaign that ends April 30. We invite you to join us by sending a donation (see the box on the left).

Please send us stories about your own experiences with Cape Cod Children's Place over the years. Did your children attend our classrooms? Did you attend our playgroups or our parenting workshops? Did you receive support at a difficult time? How has CCCP positively affected your children, your family, your community? Please contact

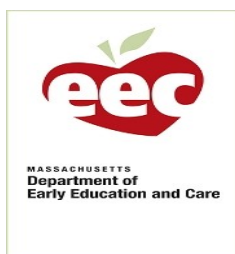
sarah@capecodchildrensplace.com Tell us your story!

Save these dates! Join us for our Annual Meeting on **Tuesday, March 24** at **Eastham Public Library** and our annual fundraising extravaganza on **Saturday, July 25** at **Truro Vineyards**. Info 508-240-3310.



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508.240.3310 telephone
800.871.9535 toll free
508.240.2352 fax
info@capecodchildrensplace.com
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 or request a copy at 508.240.3310.



A Baby Center	508.771.8157	Basic items for infants and toddlers up to age three living on Cape Cod and Islands
Al-anon /Alateen	508.394.4555	Offering support for friends, families and teens with problem drinkers in their lives
Cape & Island Breast Feeding Warm Line	888.890.2229	Lactation services and classes are available to local Cape and Islands mothers
Child Support Enforcement-Mass DOR	508.771.2414 x 3	Assistance in enforcing the financial responsibilities of parenthood
Consumer Credit Counseling	800.208.2227	Budgeting and debt consolidation assistance
Dept. of Transitional Assistance	508.862.6600	Services and resources for low-income families and individuals.
Fuel Assistance Program	508.746.6707	Emergency fuel/heating help
Healthy Connections	508.255-1903	Referrals for free/low cost health insurance
Homeless Prevention Council	508.255.9667	Counseling, advocacy, resources and referral services
Independence House	508.771.6507	Cape Cod's Resource Center for Victims & Survivors of Domestic Violence & Sexual Assault.
Legal Services for Cape Cod & Islands	510-775-7020	Non-profit legal aid
Lower Cape Outreach Council	508.240.0694	Providing short-term emergency assistance to Lower Cape families and individuals
Mass APEAL	508.349.1173	Free clothing as well as information on Serve New England Program
Monomoy Family Resource Center	508.430.1692	Information, support, diapers, clothing, food for Chatham and Harwich families.
Outer Cape Health Services: Provincetown, Wellfleet 349-3131 & Harwich 432-1400	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
Outer Cape Women, Infants and Children's (WIC) Nutrition Program	508.240.0853	Supplemental food and nutrition program offering healthy food options, community referrals, nutrition education and breastfeeding support.
Parental Stress Line	800.632.8188	A free, confidential, and anonymous 24-hour parent helpline for parental support
Provincetown Family Resource Center	800.871.9535 or	Providing support, referrals, and financial aid through the John A. Henry Trust.
SNAP Supplemental Nutrition Assistance	877-382-2363	Applications and assistance with food stamp program.
WE CAN	866.430.8111	Assisting Cape Cod women through divorce, career change /growth, job loss, illness, retirement