



cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

Special Thanks!

A HUGE THANK YOU! To all the individuals and businesses that contributed to the success of our Spring Thaw: **Montano's, Hole-In-One, Truro Vineyards, PB Boulangerie, Roderick's Payroll, Seamen's Bank, Gustare Olive Oil, Cosmos Catering, Mozelle Androlot & Mike Flanagan...** A big THANK YOU also to **Brewster Baptist Church, Cape Associates, Cape Cod Foundation** and the many other organizations and individuals that have generously donated funds to help families pay early education fees, food bills and other household expenses during this period... THANK YOU to **Cathy Driscoll** and the volunteers at the **Hands of Hope Food Pantry**. ... THANK YOU to **Andrea Marczyly**, Barnstable County Extension food distribution coordinator.... THANK YOU to **Kate Gabri**, Monomoy High School student volunteer and to **Susan Lellis**, Monomoy Early Childhood Council member, for their help in the Monomoy Family Resource Center.

Inside this issue:

Grants and Councils	2
Programs and Services	3
Community Partners, Resources	4
More Resources	5
Family Activities	6
Cape Cod Children's Place News	7

Seeds of Hope

One year later, how are we doing and what does the future look like?

Last March our lives changed overnight when Covid burst on the scene. Everything shut down, jobs were put on hold, paychecks and plans vanished. We thought at first it was a short-term disruption, but we were wrong.

Some families have been hit harder than others. Some have lost loved ones and livelihoods and endured major trauma. Others have faced difficult challenges but no crises. We all have had to learn to live with uncertainty and that is likely to overshadow our lives for a long time. So how have we coped, and how will we manage going forward? What attitudes and perspectives will help us to stay focused, grounded, grateful as we step into spring and look ahead to summer?

Despite the arrival of the vaccine and the hope of a return to pre-Covid routines, our lives are still filled with questions and the anxieties of the past year have taken a toll. A recent survey found parents all over the country were "stressed, burned out, unraveling at the seams." One mother said "I can-

not remember the last time I did not spend my day worrying about so much stuff. I just want to wake up and go through my day and not worry, not wonder what the future holds. I'm so sick of this." All that accumulated worry and anxiety can spill out at home, like a pot boiling over.

We need to move past that stage. For the sake of our children, our partners, the rest of our family, let's help ourselves to feel better and look for sunshine in our days. Small gestures and kind words can make a big difference. Help a child draw a picture for an isolated grandparent and make both of them feel good. Call a friend or neighbor who is struggling when you have a few spare minutes. And be good to yourself. Ask for help when you need it.

We've been living with Covid for many months and we've done our best to cope. We've made it so far and discovered we're stronger than we knew. Now we need to keep going and move forward with courage and optimism.

Birds are singing, flowers and plants are ready to bloom, seeds of hope are everywhere. Happy Spring!



Grants & Early Childhood Councils

Grants

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

- ♦ **MA Children's Trust SAFE (Stop Abuse For Every) Child Communities**, working to stop child abuse and neglect;
- ♦ **MA Department of Early Education and Care Coordinated Family and Community Engagement (CFCE) and Parent Child Plus (PC+)** grants, supporting children and families in the 11 towns from Provincetown to Barnstable;
- ♦ **MA Department of Public Health's FIRST (Families In Recovery Support) Steps Together**, providing home visiting services for families in recovery.

We are grateful for grants received from: **Cape and Islands United Way, Cape Cod Foundation, Bilezikian Family Foundation, Cape Cod Five Foundation, Nordblom Family Foundation, Roessner Family Foundation**; and for human service grants from the towns of **Provincetown, Truro, Wellfleet, Eastham, Orleans, and Brewster!**

We are also grateful for new grants received this spring from **Cape Cod Healthcare Foundation, Cape Cod Foundation's MA Covid Relief Basic Needs Fund, Cooperative Bank of Cape Cod's Charitable Foundation, League Club of Cape Cod**, and the town **Cultural Councils of Brewster, Chatham, Dennis, Eastham, Harwich, Orleans, Truro, Wellfleet.**

As always, thank you to **Seamen's Bank** for its many years of consistent support.

For detailed program information visit www.capecodchildrensplace.com and our FaceBook page, or email info@capecodchildrensplace.com.

Cape Cod Children's Place administers multiple grants listed on this page, 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 links to the Council meetings call 508-240-3310 or email the contact given.

Cape Cod Regional 11-Town Early Childhood Council: Next meeting is **June 16**. Members represent the 11 towns from Barnstable to Provincetown. For link & information email cbiondi@capecodchildrensplace.com

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Parent Advisory Council: Meets the 4th Wednesday of each month. Next meeting is April 28. For link and information email cbiondi@capecodchildrensplace.com

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Barnstable Early Childhood Council: Next meeting is **May 10**. Email barnstablecfce123@gmail.com for Zoom link and information.

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Dennis-Yarmouth Early Childhood Council: Next meeting is **May 12**. For Zoom link and information email wilsonm@dy-regional.k12.ma.us.

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Monomoy Early Childhood Council: Meeting dates will be **April 1 and May 6, 6-7 pm** on Zoom. Updates about programs and services for families and children in Chatham and Harwich.

Email lgilmore@monomoy.edu to receive the Zoom link to attend.



Our Programs & Services

Cape Cod Children's Place administers grants that provide no-cost programs, basic needs, resources and services to engage children and families, while building strong connections. **All programs listed below require pre-registration** by calling 508-240-3310 for detailed information.

Parent Child Activities

Tykes/Pre-K Creative Movement: Mon, outdoors with Daniela, Eastham 9:30 am; Truro 11 am; ages 2-5
Virtual Tide Flats Tyke Hike: Tues in May, 3:30-4 pm on Zoom by Wellfleet Audubon staff
Tyke Hike & Baby/Toddler Hike: In-person, Dennis-Yarmouth & Barnstable only; 8-week series, limited space
Baby's First Year: Wed, 11 am-noon with Ali; Stroller Trail walks; ages birth-1 year
PJ Songs & Stories: Tues, 5-5:45 pm with Miss Mary, ages 2-6; 6 weeks, starts 4/6
Get Ready for Kindergarten: Wed & Thur, 11:30 & 3:30 options; two 4-week series
Nature Explorers Family Activity Kits: Discovering Spring; Wed, 10:30-11 am, ages 3-8; 10 weeks
Baby Sign Language: Thurs, 4-4:30 pm with EI Specialist Mary-Jo Burke Kelly, starts 5/6
Little Artists at PAAM outdoor studio: Thurs, 10-11:15 pm in Provincetown, ages 18 mos-3 years; 4/29-6/3
Story & Craft: Thurs, 10:30-11 am, ages 3-8; 10 weeks; kits included; starts 4/8
Babies in Backpacks: in Barnstable, babies must be in carriers; Fri, 11 am-noon; birth-1; starts 4/9
Chicka Chicka Zoom Zoom! Fri, 11-11:45 am with Lucy & Ann of Brooks Library; ages 2-3; starts 4/16
Lego Time with Dad: Sat, 10-11 am with Justin; receive a weekly challenge, with Zoom Show & Tell
Little Language Learners: Sat, 10:30-11:15 am, ages 3-8; with Miss Claudia; starts 5/1

Parent Education & Support *(see page 5 for more Support Groups)*

Parent Café: 4th Mon, 5:30-6:30 pm; discuss parenting topics; monthly, begins 4/26
Taming Toddlers Talk Time: Tues, 1-1:30 pm; with Mary Wilson; 8-week series starts 4/13; ages 2-5
Positive Discipline: Tues, 10:30 am-noon; with Ali Burns & Carol Biondi; 6-week series begins 4/13
Raising Healthy Families: Thurs, 6-7:30 pm; with Cindy Horgan; ongoing 6-week series begins 4/15
Sensational Talks: Thurs, 6-7 pm; with Melissa Alves, pediatric OT; 3-part Sensory Series in May
Sensational Kids Support Group: 3rd Tues, 6:30-7:30 pm; with Melissa Alves; monthly, begins 4/20
Dads' Talk Group: 2nd Tues, 6:30-7:30 pm; with Paul Melville & Family Continuity
Speech/Language Development: 3-part series Tues, 5:30-7 pm; with Jennifer Watson; 4/6, 4/27, 5/4
Potty Training 101: May 3, 6-7 pm; with Carol Biondi
Dads in Recovery: 4th Tues, 6 pm; monthly; email capedadsgroup@gmail.com
Nurturing Fathers Program: spring & fall, 13-week series; collaboration between CCCP & Family Resource Ctr
Rise & Shine: Women's recovery group: Mon, 9:30 am; email cconnell@capecodchildrensplace.com

FIRST Steps Together: Families In Recovery Support

This no-cost program of Cape Cod Children's Place offers support for moms and dads with current or past opioid and/or stimulant use: Groups, referrals, connections to other services, help accessing support for basic needs, and help coordinating other services parents are already receiving.

Parents or expecting parents may qualify if they have at least one child age 5 or under, even if that child doesn't live with them, and they have used opioids and/or stimulants. Participants are matched with a family recovery specialist who is a person in recovery. For information and to join this supportive community of people parenting in recovery, call

Christina Russell 508-240-3310 or email crussell@capecodchildrensplace.com



Community Partners & Resources



Cape Cod Children's Place collaborates with all agencies, organizations, schools and other providers serving local families and individuals. Our community partners and other services that were available pre-Covid on a regular schedule are not yet permitted to return to our building, but they are all available to serve the community. See a list of resources below. Call our resource center at 508-240-3310 between 8 am and 4 pm, Monday-Friday or email info@capecodchildrensplace.com to ask about programs and community resources. Visit www.capecodchildrensplace.com and our Facebook page for updates.

We look forward to the time when these services will return safely to our center:

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Child Care Network

508-778-9470 x 203 or 888-540-2430. State-funded early education & care vouchers.

Community Health Navigator

774-209-3222 or CRNavigator@outercape.org. Connects Outer Cape residents with resources.

Family Pantry

508-432-6519 or thefamilypantry.com. Food available at Harwich site, at our center and at other Cape locations.

Helping Our Women

508-487-4357 or info@helpingourwomen.org. Services & transportation for women for Outer Cape with illness & disabilities.

Immigration Resource Center

508-771-1727 x 140. Free information & confidential advice on immigration issues.

Mobile Dental Hygiene Services

emailsmiles@mobiledentalhygiene.com. Preventive oral health care. Only Mass. Health and private pay accepted.

Outer Cape WIC

774-801-8448 or mass.gov/wic. Breastfeeding & nutrition support.

Parent Information Network

508-947-8779 or www.pin.bamsi.org. Support for families of children and young adults aged 5-25 with serious emotional, behavioral and/or mental health challenges.

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

A Baby Center

508-771-8157. Baby gear items including high chairs, strollers, bathtubs, bouncy seats as well as clothing, diapers, wipes, formula and other baby needs.

Children's Cove

508-375-0410 or childrenscove.org. Child advocacy center providing services for child victims of sexual abuse.

Community Development Partnership

508-240-7873 or capecdp.org. Programs to strengthen local businesses and support affordable housing initiatives.

Healthy Families

508-540-2968. Home-based family support for first-time parents through age 26 from Provincetown to Yarmouth.

Homeless Prevention Council

508-255-9667 or hpccapecod.org. Services and resources to help Lower/Outer Cape residents find, keep, pay for housing.

Lower Cape Outreach Council

508-240-0694 or lcoutreach.org. Short-term emergency food, clothing, financial assistance to Lower/Outer Cape residents.

Monomoy Family Resource

508-430-7216 x 4044 or lgilmore@monomoy.edu. Satellite family support office of Cape Cod Children's Place located in the Harwich Elementary School. Has diapers, clothing, food, financial assistance for Chatham and Harwich families.

WE CAN

508-430-8111 or wecancenter.org. Legal consultations, career support, financial counseling, advice for business owners, support for women going through divorce or separation.



Tuition Aid

These sources

are available to help families pay early childhood education fees:

Cape Cod Children's Place 508-240-3310 or info@capecodchildrensplace.com. Several funds are available for different towns, ages, time periods.

Bailey Boyd subsidies will serve families in Brewster, Dennis, Eastham, Provincetown, Truro, Wellfleet. New families can visit baileyboyd.com to get a pre-application; families already getting this subsidy will be notified when they can apply.

Monomoy Early Childhood Council accepts applications from Chatham and Harwich families for financial help to pay fees for children ages 3-5.

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Family Covid Relief Fund

Call Cape Cod Children's Place 508-240-3310 before June 10 for help with early education tuition fees or grocery cards or free individual family consultations. Funded by Cape Cod Foundation Strategic Emergency Response Fund.

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Town Meetings & Elections

Call your Town Hall to find out dates of your Town Meetings and Elections:

Barnstable 508-862-4956
Brewster 508-896-3701
Chatham 508-945-5100
Dennis 508-394-8300
Eastham 508-240-5900
Harwich 508-430-7514
Orleans 508-240-3700
Provincetown 508-487-7000
Truro 508-349-7004
Wellfleet 508-349-0300
Yarmouth 508-398-2231

More Resources

Support Groups

The following cost-free groups are available to support parents and other family members and caregivers:

Rise & Shine

Virtual Women's Recovery Group meets Mondays 9:30 am. Peer-led, trauma-informed support group for all women seeking recovery from substance abuse disorder. Send name & email address to cconnell@capecodchildrensplace.com to receive private Zoom link.

Mindful Parenting

Meets Wednesdays 10 am via Microsoft Teams, hosted by the First Steps Together program through Cape Cod Children's Place. For information about the group and how to join the meeting, email billie@capecodchildrensplace.com.

Dads in Recovery

Meets virtually 4th Tuesday of each month at 6 pm with Danny Rodrigues & Adam Schwamb. Connect with other dads in recovery, explore strengths & challenges, build a support network. Email to receive Zoom link: CapeDadsGroup@gmail.com

Dads Talk

Meets virtually 2nd Tuesday of each month, 6:30-7:30 pm with Paul Melville. All dads and father figures welcome. Call 508-240-3310 to receive the Zoom link.

Grandparents Raising Grandchildren

Meets 3rd Wednesday of every month with Kerry Bickford. Registration required; call 508-815-5100 to receive Zoom link.

Single Parenting Support Group

Meets 3rd Tuesday of every month 5:30-6:30 pm. Registration required; call 508-815-5100.

Al-Anon/Alateen

For info & groups call 508-366-4663.

Family & Friends of People with Mental Illness

Call 508-778-4277 or email klemmon@namicapecod.org for information on groups offered by NAMI.

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Provincetown Housing

Application deadline is May 3 for an affordable home ownership opportunity in Provincetown at 36 Nelson Ave., Unit #3. Selection will be by lottery. View the property April 10, 1-3 pm (rain date April 11). Information & applications at 508-487-7087 or mjarusiewicz@provincetown-ma.gov.

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Truro Community Kitchen

Call 973-868-7526 or visit trurocommunitykitchen.com to find out about free meals available to be delivered to Truro residents in need.

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Postpartum Doula Program

Families who give birth at Cape Cod hospital are eligible for up to 3 no-cost home visits from a postpartum doula. Call Krista Sullivan at 508-289-1185 or email monumentalbeginningsdoula@gmail.com for information.

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Breastfeeding Group

A virtual breastfeeding group meets Mondays 10-11 am facilitated by Susan Scharr. Email sdscharr@gmail.com for information and Zoom link.

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ASD-Autism Spectrum Disorder

Chat Room 2nd and 4th Wednesdays of each month, 4-4:45 pm with John Read; email jread@KDC.org

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Staying Safe

Safe Kids Thrive is a new initiative offering guidance and resources to help organizations prevent child sexual abuse. Visit www.safekidsthive.org.

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Special Family Activities



2021 Family Fun Fair!

Saturday, April 10, 10 am - 12 pm
Free drive-by event at Monomoy High School
75 Oak Street, Harwich

*Presented by the Cape Cod 11-Town Early Childhood
Council and Cape Cod Children's Place*

Join us safely from your car. Community partners and businesses will be ready to greet you and give out

Toys, take-home activities, books
**Summer camp resources, programs for children
and families**

Toe Jam Puppet Band virtual performance at 4 pm
on CCCP Facebook Live; no registration necessary
*Made possible by a collaboration of partners, grants & community
support*

STEM Saturday Story Times
Monthly activity
with Mary Wilson and the Hyannis Public
Library
Kits, books, activities

**Loose Parts/
Virtual Engineering**
April 22, 10-11 am
School Vacation Week fun on Zoom!
Pick up kits in advance
Call 508-240-3310 to register.

Kindergarten Readiness

May 25 -- Monomoy Regional District (Chatham & Harwich)
June 1 -- Nauset towns (Brewster, Eastham, Orleans, Wellfleet)
June 8 -- D-Y & Barnstable (Barnstable, Dennis, Yarmouth)
6-7 pm; Q&A format

Be ready for the big day! Join educational specialists, district teachers and other families. Learn ways to prepare your child and yourself for this important transition. Attend one or all of these virtual sessions. Call 508-240-3310 to register.

Cape Cod Children's Place News



We are very grateful to every business, every organization, every individual who has supported our efforts to help families come through the past year. Every contribution of time, money and talent has made a difference to this community we call home. Thank you.

While we experienced many challenges, we have also made some discoveries. One mother found the months of Covid restrictions provided opportunities to “slow down, see what’s important, get more involved on issues and the community.”

Other families faced unexpected obstacles in adapting to the limitations on daily life. A mother whose child had recently been diagnosed with autism last March was set to begin her new education program when everything shut down. Listing all the normal social and educational activities her daughter missed out on, this mother described the year as “unbelievably difficult.”

We invite you to join us in our commitment to helping all families move forward with encouragement and support, whatever stumbling blocks we may encounter.

And may we all welcome spring with hope for an easier summer than the last one!

Board News & Annual Meeting

Our virtual Annual Meeting will take place on April 26; call 508-240-3310 for information and email info@capecodchildrensplace for the Zoom link.

At that meeting the Board of Directors will thank the following departing Members for their service: Samantha Brintnall, Paula Cardaleen, Michael Flores, Deb Martin, Jamie Seldorff.

The Board will welcome new Members Matt Bober, Carol Counihan, Nancy Crowley, Stephanie Jepsen. The following Board Officers will be installed: Scotti Finnegan, President; Kristen Apgar, Vice President; Kim Concra, Secretary; Nancy Crowley, Treasurer. Continuing Board Members are Trina Brown, Sally Digges, Vikki Morris and Kara Risk.

Thank you to all those who helped to make our recent Spring Thaw fundraiser a success: Montano's, Hole-In-One, Truro Vineyards, PB Boulangerie, Roderick's Payroll, Seamen's Bank, Gustare Olive Oil, Cosmos Catering, Mozelle Andrulot & Mike Flanagan.

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; info@capecodchildrensplace.com
Tel: 508-240-3310; Fax: 508-240-2352



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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	508.430.7216	Ext. 4044: 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