



The Lower Cape

Family

Resource

Guide

The Lower Cape

Family Resource Guide

Sponsored by the 10 Town Early Childhood Council

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Early Childhood Licensed Education & Care

For information updates, subsidies, and vouchers, call:

Cape Cod Children's Place
10 Ballwic Rd, PO Box 1935
N. Eastham, MA 02651

508-240-3310
www.capecodchildrensplace.com

Childcare Network
508-778-9470
372 North Street
Hyannis, MA 02601

www.cacci.cc

Monomoy Family Resource
Center
Harwich Elementary School
263 South Street, Door 6A
Harwich, MA 02645

508-430-7216 x 3044
lgilmore@monomoy.edu

MA Dept. of Early Education
and Care (EEC)
50 Milk St., 14th floor
Boston, MA 02109

617-988-6600
[www.mass.gov/orgs/departement
-of-early-education-and-care](http://www.mass.gov/orgs/departement-of-early-education-and-care)

EEC Regional Office
100 Myles Standish Blvd, Suite 100
Taunton, MA 02780

508-828-5025

Brewster:

The Family Schools
PO Box 1816
3570 Main St
Brewster, MA 02631

508-896-6555
www.thefamilyschools.com
2 months - 5 years, Sept.-June
2 months - 16 years – summer

The Laurel School
1436 Long Pond Road
Brewster, MA 02631

508-896-4934
www.laurelschoolcapecod.org
15 mos – 5th grade Sept - June
15 mos – 8th grade, summer

Chatham:

Monomoy Regional School
District Integrated Preschool
147 Depot Rd
Chatham, MA 02663

508-945-5135
3 – 4 years, Sept – June
www.monomoy.edu

Monomoy Community Services
166 Depot Road
Chatham, MA

508-945-1501 or 508-945-1117
School Age/Summer
www.monomoy.org

Rocking Unicorn Preschool
1762 Main Street
PO Box 1509
West Chatham, MA 02669

508-945-0611
2.9 – 5 years, Sept - June
www.therockingunicorn.com

Eastham:

Cape Cod Children’s Place
10 Ballwic Road
North Eastham, MA 02651

508-240-3310
2 mos – 5 years, year-round
www.capecodchildrensplac.com

Harwich:

YMCA Early Education / Head Start
Harwich Elementary School
263 South Street
Harwich, MA 02645

508-362-6500 Ext 1805
3 months - 5 years, Sept - June
Free for families who qualify.
www.ymcacapecod.org

Monomoy Integrated Preschool
at Harwich Elementary School
263 South Street Harwich, MA 02645

508-430-7216
3 - 4 years, Sept - June
www.monomoy.edu

The Children’s Center
115 Sisson Rd
Harwich Port, MA 02646

508-432-0152
2.9 - 5 years, year - round
www.childrenscenterharwich.org

Three Harbors Preschool
257 Main Street
West Harwich, MA 02671

774-237-0193
12 weeks - 5 years, year - round
www.threeharborspreschool.com
contact@threeharborspreschool.com

Orleans:

The Learning Garden
63 Hopkins Lane
Orleans, MA 02653

508-255-7328
2.9 – 5 years old, Sept - June
www.thelearninggardenpreschool.org

Meetinghouse Preschool
162 Main Street
East Orleans, MA 02643

508-255-8793
2.9 - 5 years, Sept - June
www.meetinghousepreschool.com

Provincetown:

Provincetown Early Learning Center
12 Winslow Street
Provincetown, MA 02657

508-487-5201
8 weeks – 5 years, year-round
www.provincetownschools.com/page/early-learning-center

Truro:

Truro Central School Preschool
317 Rte. 6
PO Box 2029
Truro, MA 02666

508-487-1558
3 - 5 years, Sept. - June

www.truromass.org/apps/pages/index.jsp?uREC_ID=521805&type=d

Wellfleet:

Wellfleet Montessori Preschool
100 Lawrence Rd.
Wellfleet, MA 02667

508-349-6252
2.9 – 5 years, Sept. – June
www.wellfleetmontessori.com

Scan this QR code to visit the EEC online database for licensed childcare:



Nauset Regional School District:

Brewster, Eastham, Orleans, Wellfleet

Nauset Integrated Preschools
78 Eldredge Park
Orleans, MA 02653

508-255-8800
3 – 5 years, Sept. – June

Licensed Family Childcare Providers

Operate an early education program in their home. This list is subject to change.

Brewster:

Curious Kids
Kristine Taylor
18 Ebenezer Lane
Brewster, MA 02631

774-216-0719 / 508-896-6549
ktebenazar@gmail.com

Early Joy Daycare
Rebecca Lynn
75 Paul Hush Way
Brewster, MA 02631

774-216-1308
becca24lynn@yahoo.com

The Best Nest Family Home Childcare
Chantel Holcomb
72 Belmont Park Road
Brewster, MA 02631

774-216-2314
chantelholcomb@comcast.net

Harwich:

Cuddle Time Home Daycare
Jackie Watson
1734 Orleans Road
Harwich, MA 02645

508-432-4276
774-209-9589
jwdreams@comcast.net

Monkey Business Home Daycare/Preschool
Jen Gould
40 Bell's Neck Road
West Harwich, MA 02671

508-432-8776
monkey.biz@comcast.net

Sharon Bunting
271 Church Street
Harwich, MA 02645

508-432-3048
sharbunting@aol.com

WATCH-ME-GROW Day Care
Roberta Laffey
16 Elliott Way
East Harwich, MA 02645

774-368-0802
rlaffey10@comcast.net

Wellfleet:

My Little Island Family Home Daycare
Patti Carreiro
40 Lt. Island Road
Wellfleet, MA 02667

508-737-2142
mylittleislanddaycare@yahoo.com

Truro:

Earthstar Play School
Nola Glatzel
1 Depot Rd
Truro, MA 02666

774-722-2876
earthstarplayschool@gmail.com

Playgroups and Activities

For Playgroup Information on the Lower and Outer Cape

Cape Cod Children's Place
www.capecodchildrensplace.com

508-240-3310
find us on Facebook

Connect on Facebook for these sites:

Cape Cod Moms, Cape Cod Activities/Events for Children, Cape Cod Parents & Caregivers (playgroups & events calendar), The Bumps, Homeschool Cape Cod, Holistic Families, Cape Cod Breastfeeding Support

Town Libraries

Call for information on story hours and other children's activities

Cape Libraries Automated Materials
Sharing

www.clamsnet.org

Brewster Ladies' Library
1822 Main Street

508-896-3913

www.brewsterladieslibrary.org

Chatham: Eldredge Library
564 Main Street

508-945-5170

www.eldredgelibrary.org

Eastham Public Library
190 Samoset Road

508-240-5950

www.easthamlibrary.org

Harwich: Brooks Free Library
739 Main Street

508-430-7562

www.brooksfreelibrary.org

Orleans: Snow Library
67 Main Street

508-240-3760

www.snowlibrary.org

Provincetown Public Library
356 Commercial Street

508-487-7094

www.provincetownlibrary.org

Truro Public Library
7 Standish Lane

508-487-1125

www.trurolibrary.org

Wellfleet Public Library
55 West Main Street

508-349-0310

www.wellfleetlibrary.org

Town Recreation Departments

Brewster	508-896-9430
Chatham	508-945-5175
Eastham	508-240-5974
Harwich	508-430-7553
Orleans	508-240-3700 x 2333
Provincetown	508-487-7097
Truro	508-487-1632
Wellfleet	508-349-0314

Transportation

Cape Cod Regional Transit Authority	800-352-7155
Hyannis Transportation Center	508-775-8504
215 Iyannough Road, Hyannis	www.capecodrta.org
DART (Dial a Ride Transportation)	
Flex Bus (Lower/Outer Cape)	
PT 1 transport (Mass Health)	
Service to Boston Hospitals	
Seasonal Shuttle Service	

Cape Cod Rail Trail

Bicycle Path www.mass.gov/locations/cape-cod-rail-trail

Helping Our Women 508-487-4357

Transportation & Financial resources for women

www.helpingourwomen.org Eastham-Provincetown

Plymouth & Brockton Bus Line 508-746-0378

www.p-b.com

Peter Pan Bus Lines 800-343-9999

www.peterpanbus.com

Nature & The Arts

Brewster

Cape Cod Museum of Natural History	508-896-3867
Cape Rep Theatre	508-896-1888
Town Information:	www.brewster-ma.gov

Chatham

Atwood Museum	508-945-2493
Creative Arts Center	508-945-3583
Chatham Drama Guild	508-945-0510
Chatham Marconi Maritime Center	508-945-8889
Monomoy National Wildlife Refuge	508-945-0594
Town Information:	www.chatham-ma.gov

Eastham

CC National Seashore Salt Pond Visitor Center	508-255-3421
Town Information:	www.eastham-ma.gov

Harwich

Brooks Academy Museum	508-432-8089
Cape Cod Theatre Co/Harwich Jr. Theater	508-432-2002
Dot to Dot Art Workshop	508-367-4479
The 204 Cultural Arts Municipal Building	508-301-1913
Town Information:	www.harwich-ma.gov

Orleans

Academy of Performing Arts	508-255-1963
The Centers for Culture and History in Orleans	508-240-1329
Town Information:	www.town.orleans.ma.us

Provincetown

Provincetown Art Association & Museum	508-487-1750
Province Lands Visitor Center	508-487-1256
Pilgrim Monument and Provincetown Museum	508-487-1310
Town Information	www.provincetown-ma.gov

Truro

Truro Center for the Arts at Castle Hill 508-349-7511
Payomet Performing Arts Center 508-487-5400
Town Information: www.truro-ma.gov

Wellfleet:

Audubon Society Wellfleet Bay Sanctuary 508-349-2615
Harbor Stage Company 508-514-1763
Wellfleet Harbor Actors Theater (WHAT) 508-349-9428
Town Information: www.wellfleet-ma.gov

Playgrounds:

Brewster: Drummer Boy Park, Rt. 6A; Eddy Elementary School, 2298 Main St; Stony Brook Elementary School, Underpass Rd.

Chatham: Chatham Playground, Depot Rd; Chatham Volunteer Park, Sam Ryder Road (skateboard park)

Eastham: Eastham Elementary School, Schoolhouse Rd; Wiley Park, Herringbrook Rd; Field of Dreams Rt. 6 Town Hall

Harwich: Harwich Elementary School, South St; Brooks Park Playground, Rt. 39 & Oak St. (2nd entrance for playground)

Orleans: Orleans Elementary School, Eldredge Park Way; Eldredge Park, Rt. 28 & Eldredge Park Way

Provincetown: East End Playground, Bradford & Howland St; West End Playground, Bradford & Nickerson St.

Truro: Puma Park, Library Ln off Rt 6

Wellfleet: Baker’s Field Playground, Kendrick Ave; Wellfleet COA, 715 Old Kings Hwy.

After School Childcare, Enrichment & Summer Programs

Ages 5 and up

(additional summer programs are also listed with Licensed Childcare providers)

Eastham Committee on Early Childhood Eastham Summer Rec	508-240-6900 508-240-5974
Nauset Youth Alliance Brewster After School & Summer Program	508-896-7900 www.nausetyouthalliance.org
Monomoy Community Services (Chatham) After School & Summer Program	508-945-1501 www.monomoy.org
PARK After School Program (Chatham)	508-945-5175 sstark@chatham-ma.gov
YMCA Afterschool Program at Harwich Elementary School	508-362-6500 www.ymcapecod.org
Pilgrim Congregational Church (Harwichport) Drop-in care K-3 After School	508-395-9207 learningfunfriendships@gmail.com
Harwich Rec After School Program	508-737-9692
Orleans After School Activities	508-255-0380 x 3105
Provincetown After School Program	508-487-7097
Truro Central School After School Program	508-487-1558
Truro Recreation	508-487-1632 www.truro-ma.gov/recreation
Wellfleet After School Childcare	508-349-3101
Harwich Community Center	508-430-7568
Chatham Community Center	508-945-5175
Provincetown Recreation Department	508-487-7097

Family Support Services

Al-Anon and Alateen

Support for the families and friends of alcoholics; information & meetings
508-366-0556 www.alanonma.org

Alcoholics Anonymous

Weekly 12-step meetings for individuals in recovery; peer support via various locations on Cape Cod; information and referrals pertaining to substance abuse treatment services.

745 Falmouth Road, Hyannis MA

508-775-7060

www.capecodaa.net

Barnstable County Human Services

Develops programs and coordinates regional committees, services and funding support for Cape Cod's most pressing health and human service issues.

3195 Main Street, Barnstable MA

508-375-6628

www.capecod.gov/departments/human-services

Cape Cod Children's Place Family Support Program

Parent education and support groups. Free consultations, references, and information

10 Ballwic Road, Eastham MA

508-240-3310

www.capecodchildrensplace.com

Catholic Social Services

Provides basic and emergency support to families and individuals in need of food, utility, and rental assistance, and as needed financial assistance. CSS also acts as a mediator between clients and utility or credit card companies.

261 South Street, Hyannis MA

508-771-6771

www.ccfrdioc.org

Cape Cod Family Resource Center

Family support services, family partners, clinical assessments, referrals, and school support

29 Bassett Ln, Hyannis MA

508-815-5100

www.capecodfamilyresourcecenter.org

Cape Cod Neighborhood Support Coalition

Free confidential information about resources, referrals to health and human services including parenting education and support.

PO Box 2395 Teaticket, MA
508-771-4336

www.capecoalition.com

Child & Family Services of Cape Cod

Counseling, therapy, and comprehensive services to individuals and families.

100 Independence Drive, Unit 8, Hyannis MA
Lower Cape office: 466 Main St, Harwichport, MA
508-778-1839

www.cfservices.org

We Thrive

Community-based alliance of young people, ages 14 to 22, that exists to improve the lives of LGBTIQQS (lesbian, gay, bisexual, transgender, intersex, queer, questioning, and straight) youth on Cape Cod and the Islands. The CIGSYA House is a place where young people can enjoy meetings, drop-in times, and special events where there is camaraderie and support, in a peer-led, adult-advised environment, free from judgment based on inherent differences.

56 Barnstable Rd, Hyannis MA
508-778-7744

www.wethrive.us

Child Care Network

Childcare resources, vouchers, and referrals.

372 North St, Hyannis MA
508-778-9470

www.cacci.cc/programs/child-care-network

Children's Cove

Child Advocacy Center that works in partnerships to provide a comprehensive multidisciplinary response to child sexual abuse cases.

508-375-0410

www.childrenscove.org

Cape Cod Community Resource Navigator Program

Assists Lower & Outer Cape residents with unmet medical, behavioral health or human service needs through referrals and collaborations with local agencies, providers, and community groups.

774-209-3222

www.outercape.org/services/community-based-services

Department of Transitional Assistance

Cash assistance, Supplemental Nutrition Assistance Program (SNAP, formerly called Food Stamps), SSI, employment support, access to other programs for eligible clients.

508-862-6600

www.mass.gov/dta

Department of Children and Families

This state department (DCF) works in partnership with families and communities to keep children safe from abuse and neglect.

500 Main St, Hyannis MA

www.mass.gov/orgs/massachusetts-department-of-children-families

508-760-0200 / 800-792-5200

Early Intervention (EI)

A program for children birth to three years old who have developmental delays or are at risk of a developmental delay.

Kennedy Donovan Cape and Islands Early Intervention Program

508-418-5540

www.kdc.org/early-intervention

Advocates / Family Continuity

Home-based and outpatient support services, including mental health.

29 Bassett Ln, Hyannis MA

866-219-3320

www.familycontinuity.org

FIRST (Families in Recovery Support) Steps Together

Services for families on the Cape and Islands affected by substance abuse.

Cape Cod Children's Place

774-722-3305

crussell@capecodchildrensplace.com

Gosnold

Inpatient and outpatient substance abuse treatment, and outpatient mental health treatment at Cape wide locations.

800-444-1554

www.gosnold.org

MA Commission on the Status of Grandparents Raising Grandchildren

Support groups, financial and legal assistance.

600 Washington Street, Boston MA

617-748-2454

www.massgrg.com

Monomoy Family Resource Center

Offers food, diapers, clothing, books, resources for parents, and tuition subsidies for Harwich and Chatham families.

At Harwich Elementary School, 263 South St, Harwich MA

508-430-7216 x 3044

lgilmore@monomoy.edu

Harwich Youth and Family Services

Free therapeutic counseling and support for Harwich youth ages 11 - 21

The Albro House 728 Main St, Harwich MA

508-430-7836

www.harwich-ma.gov/youth-family-services

Healthy Children's Project, Inc.

Breastfeeding support for mothers and babies on Cape and the Islands

159 Long Pond Dr, Harwich MA

508-888-8044

WARM LINE – 508-888-7794

www.centerforbreastfeeding.org

Healthy Families

Parent program for Teen Parents (up to age 21)

1019 Iyannough Rd, Hyannis MA

508-771-8010

www.healthimperatives.org

Hope Health

Bereavement group, Kids Grieve too, grief support, pediatric care.

844-671-4673

www.hopehealthco.org

Independence House

Cape Cod's resource, support and advocacy center for victims and survivors of domestic violence and sexual assault; shelter assistance

160 Bassett Ln, Hyannis MA

508-771-6507/800-439-6507

www.independencehouse.org

Institute for Health and Recovery

Provides a comprehensive continuum of care for families, individuals, youth, and pregnant and parenting women affected by alcohol, tobacco & other drug use, violence/trauma, mental health challenges & other health issues.

617-661-3991 – Boston

www.healthrecovery.org

Southeast Massachusetts – IHR Fall River

275 Martine St, Suite 203 (Box B11), Fall River, MA 02723

866-705-2807 - Women & Family Referral Center

John A. Henry Trust Services

For Provincetown families with children ages 0-18 years

508-240-3310

www.capecodchildrensplace.com

LGBTQ Resource Library

Books for children and adults at Cape Cod Children's Place

508-240-3310

www.capecodchildrensplace.com

Monomoy Community Services

Services for Chatham residents, including childcare vouchers.

508-945-1501

www.monomoy.org

Parenting on the Other Side

Support for families and caregivers impacted by trauma.

508-240-3310

www.capecodchildrensplace.com

Parent Professional Advocacy League

Provide hope for children with mental health needs and their families through education, advocacy, outreach, and support.

Toll free: 866-815-8122

www.ppal.net

PFLAG of Cape Cod

Providing support, education and advocacy to parents, families, friends, allies, and members of the LGBTQ community.

info@pflagcapecod.org

/

www.pflagcapecod.org

We Can

Services for women in transition, legal clinics, mentoring, and divorce support. Resume services offered.

783 MA-28, Harwich Port, MA

508-430-8111

www.wecancenter.org

Disabilities Resources

National Alliance on Mental Illness (NAMI)

The National Alliance on Mental Illness (NAMI) Cape Cod is a grass-roots non-profit organization serving the families and friends of people with a mental illness, as well as the individuals who have a mental illness themselves on Cape Cod and the Islands. Programs and services are provided through support, education, and advocacy. We are an affiliate of both NAMI Massachusetts and NAMI National in Washington D.C.

248 Stevens Street, Hyannis MA

508-778-4277

www.namicapecod.org

Cape Cod Challenger Club

For children and adults with physical and/or developmental disabilities

418 Bumps River Rd, Osterville MA

508-420-6950

www.capecodchallenger.org

Cape Organization for the Rights of the Disabled

Advocacy group for the disabled; free services for all types of disabilities

765 Attucks Ln, Hyannis MA

508-775-8300 / 800-541-0282

www.cordcapecod.org

Federation for Children with Special Needs

Information and referrals to services

617-236-7210 / 800-331-0688

www.fcsn.org

Kennedy Donovan Center – EI (Early Intervention)

Supports people with developmental delays, disabilities, or family challenges.

30 Ansel Hallet Rd, West Yarmouth MA

508-385-6019

www.kdc.org

Sight Loss Services

Information, referrals, adaptive aids, outreach, support groups

900 MA-134, Building #3, Unit 3-25, South Dennis MA

508-394-3904

www.sightloss.org

Disability Law Center

800-872-9992

www.dlc-ma.org

Food, Clothing, and Emergency Funds

A Baby Center

Basic items – clothing, toys, food and formula, shoes, and diapers

232 Main St, Hyannis MA

A Baby Center phone: 508-771-8157

Council Office: 508-775-5073

www.ababycenter.org

Cape Cod Children's Place Family Support Program

Information on childcare funds, food, referrals, and more

10 Ballwic Rd, Eastham MA

508-240-3310

www.capecodchildrensplace.com

Cape Cod Foster Closet

Cape Cod Foster Closet serves foster, caregiver, pre-adoptive and kinship families, including grandparents raising their grandchildren. We provide free shoes, clothing, school supplies and more for infants through age 18.

195 Rte. 6A, Orleans MA

508-514-7125

Tues. 9am-2pm; Mon/Wed. 2-4pm

www.capecodfostercloset.org

Department of Transitional Assistance and SNAP

Cash assistance, Supplemental Nutrition Assistance Program (SNAP) – provide nutrition benefits to supplement the food budget of families in need, SSI, employment support.

877-382-2363

www.mass.gov/dta

The Family Food Pantry – Emergency food assistance for families in need

133 Queen Anne Rd, Harwich MA

508-432-6519

www.thefamilypantry.com

Family Table Collaborative

Distributes prepared meals directly to individuals and families.

1338 MA-28, South Yarmouth MA

508-348-9777

www.familytablecollaborative.org

Home Energy Assistance Program - Emergency assistance for fuel/heat.

133 Falmouth Rd, Building 1, Suite E, Mashpee MA

Plymouth office: 508-746-6707

508-778-0870

www.sscac.org

Homeless Prevention Council

Comprehensive case management, professional counseling, and guidance to those at risk of becoming homeless. Our client services include advocacy and access to housing programs and funding, and budgeting and negotiation for rent and mortgage payments. In addition, our case managers assist clients in assessing their ability to earn a living, and, if appropriate, encourage them to pursue further job training and education.

8 Main St, Orleans MA
508-255-9667

www.hpccapecod.org

Katelynn's Closet

Katelynn's Closet serves children ages 4-18 who are in need and live on Cape Cod and the Islands. All orders for children in need must be placed by a social service agent or school nurse. All emails must be sent through a verifiable agency/school email. We also serve fire victims per request coming from the fire department.

182B Old Townhouse Rd, South Yarmouth, MA
508-364-3927

www.katelynns-closet.org

Lasagna Love

Volunteers cook lasagna and deliver it to families in need.

www.lasagnalove.org

Lower Cape Outreach Council

Financial assistance for emergency needs; food pantry, Katy's Corner free shop
19 Brewster Cross Rd, Orleans MA

508-240-0694

www.lcoutreach.org

Mass Appeal

Free shop: clothing, toys, books

2393 Route 6, Wellfleet MA

508-349-1173

Tues – Sat 9-12

www.ccmassappeal.org

Monomoy Family Resource Center

Offers food, diapers, clothing, books, resources, and tuition subsidies.

At Harwich Elementary School, 263 South St, Harwich MA

508-430-7216 x 3044

lgilmore@monomoy.edu

Mustard Seed Kitchen

Meals prepared and delivered to Outer Cape

200 Main St, Wellfleet MA

508-349-2049

Soup Kitchen in Provincetown (SKIP)

Provides a hot and nourishing lunch to Outer Cape residence; November to April,
Monday – Friday 508-487-8331
20 Shank Painter Rd, Provincetown MA www.skipfood.org

South Coastal Counties Legal Service

Legal assistance Monday – Friday 9am – 1pm 508-775-7020
460 W. Main St, Hyannis MA www.sccls.org
800-244-9023

Sustainable CAPE (Center for agricultural preservation and education)

Truro Agricultural Fair, Children’s community gardens, Farmer in the School
Programs, Cape Farmers’ Market Coalition
314 Rt 6, Unit 3, Truro MA www.sustainablecape.org

The 246 Community Kitchen

Free, weekly, nourishing meal to Outer Cape Cod residents from late October
through April on Tuesday evenings. www.wellfleet246.org
246 Main St. Wellfleet, MA

Truro Community Kitchen

Free community dinners in Truro. www.trurocommunitykitchen.org
27 Shore Rd, Truro MA
508-514-1833

WIC (Women, Infants, and Children)

Program for healthcare and nutrition for low-income pregnant or breastfeeding
women and infants and children under the age of 5.
Appointments available in Harwich, Orleans, & Provincetown
508-240-8053 www.outercape.org

Women of Fishing Families

Financial assistance for Cape Cod fishing families
508-274-2092 www.fishingfamilies.org

To search for more resources, visit:

<https://outercapecommunitysolutions.org/resource-list-food-access-guide-for-the-outer-cape/>

Health, Medical and Dental Services

Cape Cod Children's Place Family Support Program

Family support resources, referrals

10 Ballwic Rd, Eastham MA (satellite office in West Yarmouth)

508-240-3310

www.capecodchildrensplace.com

Cape Cod Healthcare

Cape Cod Hospital - 27 Park St, Hyannis MA

508-771-1800

Access Line:

844-275-2242

Dental Hygiene Clinic

At Cape Cod Community College, 2240 Iyannough Rd, West Barnstable MA

774-330-4371

www.capecod.edu/dental-clinic

Ellen Jones Community Dental Care

Division of Harbor Health – free and sliding scale dentistry

Patriot Square, Rt 134, Dennis MA

508-778-5400

www.hhsi.us

Healthy Connections

Information and enrollment in MassHealth and other programs/services

Harwich: 774-209-3212

Provincetown: 774-538-3321

Wellfleet: 508-905-2407

www.outercape.org

Health Care for All

Help line for healthcare and insurance.

800-272-4232

www.hcfama.org

MassHealth/Medicare

Children's medical security plan; CommonwealthCare; Health Safety Net

800-841-2900

www.mass.gov/orgs/masshealth

Mobile Dental Hygiene Services

508-827-6725

smiles@mobiledentalhygiene.com

www.mobiledentalhygiene.com

Cape and Islands NAMI – National Alliance on Mental Illness

Support groups, education, and referrals.

508-778-4277

www.namicapecod.org

Outer Cape Health Services

Community health center, sliding fee scale

710 MA-28, Harwich Port, MA

3130 Rt. 6, Wellfleet, MA

49 Harry Kemp Way, Provincetown MA

508-432-1400

508-349-3131

508-487-9395

Poison Control

800-222-1222

www.poison.org

Smoking Cessation

800-784-8669

www.makesmokinghistory.org

Visiting Nurse Association (VNA)

800-631-3900

508-957-7400

General Helplines

Cape Cod Hospital Lactation Warm Line

508-862-7266

Child Support Enforcement – Mass DOR

800-332-2733

www.mass.gov/dor/child-support

National Suicide Prevention Lifeline

call or text: 998

www.988lifeline.org

Mass 2-1-1

A free 24/7 resource to locate services

Dial: 211

www.mass211.org

Parents helping Parents of Mass

Stress hotline 24/7

800-632-8188

www.parentshelpingparents.org

The Samaritans of Cape Cod and the Islands

Provide support to those who are lonely, desperate, or suicidal.

508-548-7999

www.capesamaritans.org

Crisis Text Line

24-hour texting service for people in crisis who need someone to talk to without calling

Text: 741741

Thrift Shops

Harwich

Cape Cod Council of Churches Hands of Hope Outreach Center 49 Route 28, West Harwich	508-432-1312
Harwich United Methodist Thrift Shop 1 Church St, East Harwich	508-432-7322
Holy Trinity Church Thrift Shop 245 Main St (Rt. 28), West Harwich	508-432-7625 www.holytrinitycapecod.org/thrift-shop
Noah's Ark 671 Rt. 28, Harwich Port Benefits Christ Episcopal Church	508-432-1787
Second Glance 265 Main St. (Rt. 28), West Harwich Benefits the Family Pantry	508-432-0636 www.thefamilypantry.com/Thrift-Shop
The Corner Thrift Shop 697 Main St, Harwich Benefits First Congregational Church	508-432-1053 www.firstchurchofharwich.org/thrift-shop

Eastham

Thrift Shop Friends of the Eastham COA 580 Massasoit Rd, Eastham	774-207-0160
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Orleans

St. Joan of Arc 61 Canal Rd, Orleans	508-255-4476 www.joanarc.org/thrift-shop
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Chatham

Bear-ly Used Thrift Shop 508-945-2075
819 Main St, Chatham www.uumh.net/thrift-shop
Benefits Unitarian Universalist

Uncommon Thrift at St. Christopher's 508-945-2211
637c Main St, Chatham www.stchristopherschatham.org/uncommonthrift

Brewster

Thrift Store & Annex 508-896-8744
1960 Rt. 6A, Brewster www.fpbuu.org/about-us/thrift-store-and-annex
Benefits Unitarian Universalist Church

Our Lady of the Cape Thrift Store 508-896-5377
11 Rt. 6A, Brewster www.ourladyofthecape.org/olc-thrift-shop

Sea Captain's Thrift Shop 508-896-8180
66 Harwich Rd, Brewster
Benefits Friends of Brewster Elders

Provincetown

Provincetown United Methodist Church 508-487-0584
20 Shank painter Rd, Provincetown
Benefits local nonprofits. Hours: 10am – 2pm, Mon-Sat
www.provincetownumc.org/the-thrift-shop

Ruthie's Boutique 508-487-3820
14 Center St, Provincetown
Benefits local nonprofits. Hours: 10am – 4pm, Tue-Sat
www.ruthiesboutique.org

Wellfleet

AIM Thrift 508-349-6622
305 Main St, Wellfleet
Benefits Outer Cape Health Services and others.

Education

Local Public Elementary Schools

Brewster*	www.nausetschools.org	
Stony Brook Elementary: (pre-K—grade 2)		508-896-4545
Eddy Elementary (grades 3-5)		508-896-4531
Chatham Elementary **	www.monomoy.edu	508-945-5135
Eastham Elementary *	www.nausetschools.org	508-255-0808
Harwich Elementary**	www.monomoy.edu	508-430-7216
Orleans Elementary*	www.nausetschools.org	508-255-0380
Provincetown Schools	www.provincetownschools.com	508-487-5020
Truro Central School	www.truromass.org	508-487-1558
Wellfleet Elementary*	www.nausetschools.org	508-349-3101

**Brewster, Eastham, Orleans, & Wellfleet form the Nauset Regional District*

***Chatham & Harwich form the Monomoy Regional District*

Adult Education and Training

Cape Cod Community College		508-362-2131 www.capecod.edu
Cape Cod Regional Technical High School		508-432-4500 www.capetech.us
Job Training & Employment Corp. (JTEC)		508-790-0400 www.jtecmeanscapecodjobs.com

Massachusetts State Legislators Lower Cape

State Rep. Hadley Luddy hadley.luddy@mahouse.gov	617-722-2040
State Rep. Christopher Richard Flanagan christopher.flanagan@mahouse.gov	617-722-2080
State Senator Julian Cyr julian.cyr@masenate.gov	617-722-1570
U.S. Rep. Bill Keating	508-771-6868 or 202-225-3111
U.S. Senator Ed Markey	202-224-2724 617-565-8619
U.S. Senator Elizabeth Warren	202-224-4543 617-565-3170



cape cod children's place

*advocating for Cape and Islands future by
building resilience, strengths and skills in children
and families*



**visit our website
for free programs
and family support**



**visit *findhelp*
to access local
resources**



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