



*The Lower Cape*

*Family*

*Resource*

*Guide*



# The Lower Cape

## Family Resource Guide

Sponsored by the 10 Town Early Childhood Council

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Updated June 2024

## 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](http://www.capecodchildrensplace.com)

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

888-530-2430  
[www.cacci.cc](http://www.cacci.cc)

Monomoy Family Resource  
Center  
Harwich Elementary School  
263 South Street, Door 3  
Harwich, MA 02645

508-430-7216 x 3044  
[lgilmore@monomoy.edu](mailto:lgilmore@monomoy.edu)

MA Dept. of Early Education  
and Care (EEC)  
50 Milk St., 14t 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  
1 Washington St, Suite 20  
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](http://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](http://www.laurelschoolcapecod.org)  
15 mos – 5<sup>th</sup> grade Sept - June  
15 mos – 8<sup>th</sup> 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](http://www.monomoy.edu)

Monomoy Community Services  
166 Depot Road  
Chatham, MA

508-945-1501 or 508-945-1117  
School Age/Summer  
[www.monomoy.org](http://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](http://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.capecodchildrensplace.com](http://www.capecodchildrensplace.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](http://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](http://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](http://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](http://www.threeharborspreschool.com)  
[contact@threeharborspreschool.com](mailto: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](http://www.thelearninggardenpreschool.org)

Meetinghouse Preschool  
162 Main Street  
East Orleans, MA 02643

508-255-8793  
2.9 - 5 years, Sept - June  
[www.meetinghousepreschool.com](http://www.meetinghousepreschool.com)

**Provincetown:**

Provincetown Early Learning Center  
12 Winslow Street  
Provincetown, MA 02657

[www.provincetownschools.com/early-learning-center](http://www.provincetownschools.com/early-learning-center)

508-487-5201  
8 weeks – 5 years, year-round

**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](http://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](http://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  
sharonbunting@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](http://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](http://www.clamsnet.org)

Brewster Ladies' Library  
1822 Main Street

508-896-3913

[www.brewsterladieslibrary.org](http://www.brewsterladieslibrary.org)

Chatham: Eldredge Library  
564 Main Street

508-945-5170

[www.eldredgelibrary.org](http://www.eldredgelibrary.org)

Eastham Public Library  
190 Samoset Road

508-240-5950

[www.easthamlibrary.org](http://www.easthamlibrary.org)

Harwich: Brooks Free Library  
739 Main Street

508-430-7562

[www.brooksfreelibrary.org](http://www.brooksfreelibrary.org)

Orleans: Snow Library  
67 Main Street

508-240-3760

[www.snowlibrary.org](http://www.snowlibrary.org)

Provincetown Public Library  
356 Commercial Street

508-487-7094

[www.provincetownlibrary.org](http://www.provincetownlibrary.org)

Truro Public Library  
5 Library Lane

508-487-1125

[www.trurolibrary.org](http://www.trurolibrary.org)

Wellfleet Public Library  
55 West Main Street

508-349-0310

[www.wellfleetlibrary.org](http://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	<a href="http://www.capecodrta.org">www.capecodrta.org</a>
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	<a href="http://www.mass.gov/locations/cape-cod-rail-trail">www.mass.gov/locations/cape-cod-rail-trail</a>

Helping Our Women	508-487-4357
Transportation & Financial resources for women	
<a href="http://www.helpingourwomen.org">www.helpingourwomen.org</a>	Eastham-Provincetown

Plymouth & Brockton Bus Line	508-746-0378
<a href="http://www.p-b.com">www.p-b.com</a>	

Peter Pan Bus Lines	800-343-9999
<a href="http://www.peterpanbus.com">www.peterpanbus.com</a>	

## 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](http://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](http://www.chatham-ma.gov)

### Eastham

CC National Seashore Salt Pond Visitor Center 508-255-3421  
Town Information: [www.eastham-ma.gov](http://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](http://www.harwich-ma.gov)

### Orleans

Academy of Performing Arts 508-255-1963  
Orleans Historical Society Museum 508-240-1329  
Town Information: [www.town.orleans.ma.us](http://www.town.orleans.ma.us)

### Provincetown

Provincetown Art Association & Museum 508-487-1750  
Province Lands Visitor Center 508-487-1256  
Provincetown Monument 508-487-1310  
Town Information [www.provincetown-ma.gov](http://www.provincetown-ma.gov)

**Truro**

Castle Hill Center for the Arts 508-349-7511  
Payomet Performing Arts Center 508-487-5400  
Town Information: [www.truro-ma.gov](http://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](http://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. (2<sup>nd</sup> 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
Nauset Youth Alliance Brewster After School & Summer Program	508-896-7900 <a href="http://www.nausetyouthalliance.org">www.nausetyouthalliance.org</a>
Monomoy Community Services (Chatham) After School & Summer Program	508-945-1501 <a href="http://www.monomoy.org">www.monomoy.org</a>
PARK After School Program (Chatham)	508-945-5175 <a href="mailto:sstark@chatham-ma.gov">sstark@chatham-ma.gov</a>
YMCA Afterschool Program at Harwich Elementary School	508-362-6500 <a href="http://www.ymcacapecod.org">www.ymcacapecod.org</a>
Pilgrim Congregational Church (Harwichport) Drop-in care K-3 After School	508-432-1668 <a href="mailto:learningfunfriendships@gmail.com">learningfunfriendships@gmail.com</a>
Harwich Rec After School Program	508-430-7553
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 <a href="http://www.truro-ma.gov/recreation">www.truro-ma.gov/recreation</a>
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](http://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](http://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](http://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](http://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.ccfrcdioc.org](http://www.ccfrcdioc.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](http://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](http://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](http://www.cfservices.org)

### **Cape & Islands Gay & Straight Youth Alliance**

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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.kdc.org/early-intervention)

### **Family Continuity Program**

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

29 Bassett Ln, Hyannis MA

866-219-3320

[www.familycontinuity.org](http://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](mailto: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](http://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](http://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](mailto: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](http://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](http://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](http://www.healthimperatives.org)

### **Hope Health**

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

844-671-4673

[www.hopehealthco.org](http://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](http://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](http://www.healthrecovery.org)

Southeast Massachusetts – IHR Fall River

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

866-705-2807

**John A. Henry Trust Services**

For Provincetown families with children ages 0-18 years

508-240-3310

[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)

**LGBTQ Resource Library**

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

508-240-3310

[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)

**Monomoy Community Services**

Services for Chatham residents, including childcare vouchers.

508-945-1501

[www.monomoy.org](http://www.monomoy.org)

**Parenting on the Other Side**

Support for families and caregivers impacted by trauma.

508-240-3310

[www.capecodchildrensplace.com](http://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](http://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](mailto:info@pflagcapecod.org)

/

[www.pflagcapecod.org](http://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](http://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.

5 Mark Ln Unit 3, Hyannis MA

508-778-4277

[www.namicapecod.org](http://www.namicapecod.org)

### **Cape Cod Challengers**

For children and adults with physical and/or developmental disabilities

418 Bumps River Rd, Osterville MA

508-420-6950

[www.capecodchallenger.org](http://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](http://www.cordcapecod.org)

### **Federation for Children with Special Needs**

Information and referrals to services

617-236-7210 / 800-331-0688

[www.fcsn.org](http://www.fcsn.org)

### **Kennedy Donovan Center – EI (Early Intervention)**

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

30 Ansal Hallet Rd, West Yarmouth MA

508-385-6019

[www.kdc.org](http://www.kdc.org)

### **Sight Loss Services**

Information, referrals, adaptive aids, outreach, support groups

900 MA-134, South Dennis MA

508-394-3904

[www.sightloss.org](http://www.sightloss.org)

### **Disability Law Center**

800-872-9992

[www.dlc-ma.org](http://www.dlc-ma.org)

## Food, Clothing, and Emergency Funds

### **A Baby Center**

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

81 Willow Ave, Hyannis MA

Council Office: 508-775-5073

A Baby Center phone: 508-771-8157

[www.ababycenter.org](http://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](http://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

Tues. 9-11am; Wed. 2-4pm

508-514-7125

[www.capecodfostercloset.org](http://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](http://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](http://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](http://www.familytablecollaborative.org)

### **Fuel Assistance Program - Emergency assistance for fuel/heat.**

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

508-778-0870

Plymouth office: 508-746-6707

[www.sscac.org](http://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](http://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.

508-364-3927

[www.katelynns-closet.org](http://www.katelynns-closet.org)

## **Lasagna Love**

Volunteers cook lasagna and deliver it to families in need.

[www.lasagnalove.org](http://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](http://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](http://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](mailto:lgilmore@monomoy.edu)

## **Mustard Seed Kitchen**

Meals prepared and delivered to Outer Cape

155 Hopkins Dr, 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](http://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](http://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  
8 Truro Center Rd, Truro MA [www.sustainablecape.org](http://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](http://www.wellfleet246.org)  
246 Main St. Wellfleet, MA

### **Truro Community Kitchen**

Free community dinners in Truro. [www.trurocommunitykitchen.com](http://www.trurocommunitykitchen.com)  
27 Shore Rd, Truro MA  
973-868-7526

### **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](http://www.outercape.org)

### **Women of Fishing Families**

Financial assistance for Cape Cod fishing families  
508-274-2092 [www.womenoffishingfamilies.squarespace.com](http://www.womenoffishingfamilies.squarespace.com)

To search for more resources, visit:

<https://barnstable.ma.networkofcare.org/ph/index.aspx>

<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](http://www.capecodchildrensplace.com)

### **Cape Cod Healthcare**

Cape Cod Hospital - 27 Park St, Hyannis MA

508-771-1800

Referrals:

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](http://www.capecod.edu/dental-clinic)

### **Ellen Jones Community Dental Care**

Division of Harbor Health – free and sliding scale dentistry

508-778-5400

[www.hhsi.us](http://www.hhsi.us)

### **Healthy Connections**

Information and enrollment in MassHealth and other programs/services

Harwich: 508-432-1400

Provincetown: 508-478-9395

Wellfleet: 508-349-3131

[www.outercape.org](http://www.outercape.org)

### **Health Care for All**

Help line for healthcare and insurance.

800-272-4232

[www.hcfama.org](http://www.hcfama.org)

### **MassHealth/Medicare**

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

800-841-2900

[www.mass.gov/orgs/masshealth](http://www.mass.gov/orgs/masshealth)

### **Mobile Dental Hygiene Services**

508-827-6725

[smiles@mobiledentalhygiene.com](mailto:smiles@mobiledentalhygiene.com)

[www.mobiledentalhygiene.com](http://www.mobiledentalhygiene.com)

### **Cape and Islands NAMI – National Alliance on Mental Illness**

Support groups, education, and referrals.

508-778-4277

[www.namicapecod.org](http://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](http://www.poison.org)

**Smoking Cessation**

800-784-8669

[www.makesmokinghistory.org](http://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](http://www.mass.gov/dor/child-support)

**National Suicide Prevention Lifeline**

call or text: 998

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Mass 2-1-1**

A free 24/7 resource to locate services

Dial: 211

[www.mass211.org](http://www.mass211.org)

**Parents helping Parents of Mass**

Stress hotline 24/7

800-632-8188

[www.parentshelpingparents.org](http://www.parentshelpingparents.org)

**The Samaritans of Cape Cod and the Islands**

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

508-548-8900

[www.capesamaritans.org](http://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](http://www.holytrinitycapecod.org/thrift-shop)

Noah's Ark  
671 Rt. 28, Harwich Port 508-432-1787  
Benefits Christ Episcopal Church

Second Glance  
265 Main St. (Rt. 28), West Harwich 508-432-0636  
Benefits the Family Pantry [www.thefamilypantry.com/Thrift-Shop](http://www.thefamilypantry.com/Thrift-Shop)

The Corner Thrift Shop  
697 Main St, Harwich 508-432-1053  
Benefits First Congregational Church  
[www.firstchurchofharwich.org/thrift-shop](http://www.firstchurchofharwich.org/thrift-shop)

## Eastham

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

## Orleans

St. Joan of Arc  
61 Canal Rd, Orleans 508-255-4476  
[www.joanarc.org/thrift-shop](http://www.joanarc.org/thrift-shop)

## Chatham

Bear-ly Used Thrift Shop 508-945-2075  
819 Main St, Chatham [www.uumh.net/thrift-shop](http://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](http://www.stchristopherschatham.org/uncommonthrift)

## Brewster

Thrift Store & Annex 508-896-8744  
1960 Rt. 6A, Brewster [www.fpbuu.org/about-us/thrift-store-and-annex](http://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](http://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](http://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](http://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*	<a href="http://www.nausetschools.org">www.nausetschools.org</a>	
Stony Brook Elementary: (pre-K—grade 2)		508-896-4545
Eddy Elementary (grades 3-5)		508-896-4531
Chatham Elementary **	<a href="http://www.monomoy.edu">www.monomoy.edu</a>	508-945-5135
Eastham Elementary *	<a href="http://www.nausetschools.org">www.nausetschools.org</a>	508-255-0808
Harwich Elementary**	<a href="http://www.monomoy.edu">www.monomoy.edu</a>	508-430-7216
Orleans Elementary*	<a href="http://www.nausetschools.org">www.nausetschools.org</a>	508-255-0380
Provincetown Schools	<a href="http://www.provincetownschools.com">www.provincetownschools.com</a>	508-487-5020
Truro Central School	<a href="http://www.truromass.org">www.truromass.org</a>	508-487-1558
Wellfleet Elementary*	<a href="http://www.nausetschools.org">www.nausetschools.org</a>	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 <a href="http://www.capecod.edu">www.capecod.edu</a>
Cape Cod Regional Technical High School	508-432-4500 <a href="http://www.capetech.us">www.capetech.us</a>
Job Training & Employment Corp. (JTEC)	508-790-0400 <a href="http://www.jtecmeanscapecodjobs.com">www.jtecmeanscapecodjobs.com</a>

## Massachusetts State Legislators

### Lower Cape

Call Elizabeth Aldred at Cape Cod Children's Place for updated information at 508-240-3310.

State Rep. Sarah Peake <a href="mailto:sarah.peake@mahouse.gov">sarah.peake@mahouse.gov</a>	617-722-2040
State Rep. Christopher Richard Flanagan <a href="mailto:christopher.flanagan@mahouse.gov">christopher.flanagan@mahouse.gov</a>	617-722-2080
State Senator Julian Cyr <a href="mailto:julian.cyr@masenate.gov">julian.cyr@masenate.gov</a>	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**



  @capecodchildrensplace  
capecodchildrensplace.com



