



cape cod children's place
a place where children and families learn and grow.

Mid-Cape Family Resource Directory

2024/2025

The Mid-Cape Resource Directory was compiled for families with small children, birth to 8 years of age. The reprinting of this directory was made possible by the Cape Regional Eleven Town Coordinated Family and Community Engagement (CFCE) grant of the Massachusetts Department of Early Education and Care.

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Worried about where you're going to sleep tonight? Concerned about your education or your child's?

Children and youth without a permanent place to live have the right to:

- **Go to school, including public preschool**
 - Where they live or where they last attended school if feasible.
 - Without records or Documentation
- **Obtain free lunch (and breakfast, if offered).**
- **Receive transportation to the school they attended last.**
- **Participate in school programs and receive support and services.** For more information contact (781-338-3700).

¿Sabes dónde dormirás esta noche?

¿Te preocupa tu educación o la de tus hijos?

Los niños y jóvenes que no tienen un sitio permanente donde vivir tienen derecho a:

- **Ir a la escuela, incluyendo la escuela preescolar pública**
 - En donde viven o en donde asistieron a la escuela más recientemente, cuando sea posible.
 - Sin expedientes o documentación
- **Recibir almuerzo gratuito (y el desayuno también, si se ofrece).**
- **Ser transportados a la escuela a la que asistieron más recientemente.**
- **Participar en programas escolares y recibir apoyo y servicios.**

Preocupa-se quanto a um lugar para dormir esta noite?

Preocupa-se com educação para si e para seus filhos?

Crianças e jovens que não tenham um lugar permanente para morar têm o direito a:

- **Freqüentar a escola, incluindo a pré-escola pública**
 - onde vivem ou a última escola que freqüentaram, se possível.
 - sem históricos ou documentação
- **Almoçar gratuitamente (e também tomar o café da manhã, se oferecido).**
- **Receber transporte para a última escola que freqüentaram.**
- **Participar de programas escolares e receber apoio e serviços.**



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**

Parenting & Family Support

Cape Cod Children’s Place.....508-240-3310
Family Support and Parent Education services. Programs from Barnstable to Provincetown.
www.capecodchildrensplace.com

Big Brothers/Big Sisters 508-771-5150
Matches children with adult role models
www.emassbig.org/cape-cod

Bridges Associates.....508-362-7692
Assessments and support of individuals with learning and developmental disorders
www.bridgesassociates.org

Cape Cod Council of Churches.....508-775-5073
Referral to church based childcare programs
www.capecodcouncilofchurches.org

Cape Cod Healthcare
www.capecodhealth.org
Human Services.....508-790-3360 / 800-894-2247
Provides individual, family, or group counseling.
Behavioral Health Center.....800-513-4728 / 508-862-5566
Acute care and urgent care.

Cape Cod & Islands Community Mental Health Center..... 508 564-9600
Support and referrals for individuals with mental or emotional crisis.

Cape Cod & Nantucket Family Resource Center..... 508-815-5100
Family support services, family partners, clinical assessments, referrals, and school support
www.capecodfamilyresourcecenter.org

Cape Cod Neighborhood Support Coalition508-771-4336
Free and confidential information and referral service for families on the Cape and Islands, including parent education and support.
www.capecoalition.com
Grandparents & Kinship Parenting.....508-771-4336

Cape & Islands Perinatal Wellness Alliance..... kerry.mccarthy.miller@gmail.com

Child & Family Services of Cape Cod.....508-778-1839
Home based mental health and counseling services to children, youth, parents, and families.
www.cfservices.org

Child Care Network.....508-778-9470
Resources and referrals services to help families access high quality, affordable early education, and out-of-school programs. Educational opportunities on a variety of topics for parents and early education professionals. Information on childcare tuition assistance.
www.cacci.cc/programs/child-care-network

Children’s Cove.....508-375-0410
Advocacy and support for families dealing with abuse.
www.childrenscove.org

- Community Action Committee**.....508-771-1727
Anti-poverty, human service-social action agency operating to empower and improve the lives of low-income residents. www.cacci.cc
- Safe Harbor**.....508-790-2933
Must be referred by Department of Transitional Assessment. Emergency assistance providing multi-service for battered women and their children.
- Dept. of Children & Families**800-792-5200 / 508-760-0200
Provides protection to children and strength to families through various services including adoption, counseling, emergency shelter and protective services.
www.mass.gov/orgs/massachusetts-department-of-children-families
- Dept. of Developmental Services**..... 508-771-2595
Services and support to MA citizens with intellectual and developmental disabilities.
www.mass.gov/orgs/departament-of-developmental-services
- Duffy Health Center**..... 508-771-9599
Mission is to prevent and reduce homelessness on Cape Cod through integrated services to persons who are homeless or at risk of homelessness. Services include medical care, mental health and substance abuse treatment, case management and housing services.
www.duffyhealthcenter.org
- Family Continuity Program**508-862-0600/866-219-3320
Home-based and outpatient support services, including mental health.
www.familycontinuity.org
- Family Ties**.....800-905-8437
Info and support network for families of children with disabilities, special healthcare needs or chronic illness.
www.massfamilyties.org
- Family Self Sufficiency (thru HAC)**508-771-5400
- Harbor Community Health Center**.....508-778-5420
Offers easy access to comprehensive family medicine and dental care. Financial counseling and staff can speak English, Spanish and Brazilian Portuguese.
www.hhsi.us
- Healthy Children’s Project, Inc.**508-888-8044
Breastfeeding support for mothers and babies on Cape and the Islands
Breastfeeding Warm Line.....508-888-7794
www.centerforbreastfeeding.org
- Health Imperatives WIC Nutrition Assistance**.....508-771-7896
- Hope Health**..... 844-671-4673
Bereavement program for surviving family members and primary caregivers. KIDS GRIEVE TOO! Bereavement program for children and adolescents
www.hopehealthco.org
- Independence House**.....508-771-6507/800-439-6507
Assists and supports survivors of domestic and sexual violence and their children.
www.independencehouse.org
- Kennedy Donovan Center EI**508-418-5540/774-352-1333
Serves eligible families of children from birth to 3 years old when there are concerns about development.
www.kdc.org

- Massachusetts Mentor**508-862-2639
 Helping children with emotional and behavioral challenges build independent lives.
www.ma-mentor.com
- National Alliance on Mental Illness (NAMI)**..... 508-778-4277
 Support & referrals for families of individuals with mental illness www.namicapecod.org
- Parents Helping Parents**.....617-926-5008
 free virtual support groups
www.parentshelpingparents.org
- Stress hotline**.....800-632-8188
 24 hours, 7 days a week. Confidential, anonymous. Listeners for parents, grandparents or friends who are concerned about children. Referrals also available.
- We Can**.....508-430-8111
 Assists Cape Cod women with transitions such as divorce, career change, job loss, illness, retirement, isolation, personal loss. Resources and referrals. www.wecancenter.org

Parenting Classes

- Cape Cod Children’s Place**508-240-3310
 Parent Education and support from Barnstable to Provincetown.
www.capecodchildrensplace.com
- Cape Cod Hospital / Childbirth Education**..... 508-862-5520
 Certified instruction for childbirth; group classes. www.capecodhealth.org/classes-events

Child & Family Counseling Services / Crisis Intervention

- Behavior Health Help Line**.....833-773-2445
 24/7 hotline to connect directly to clinical help if you or someone you know is in crisis.
www.masshelpline.com
- Bay Cove Health & Wellness Center**.....833-229-2683
 Routine and urgent behavioral health outpatient services + mobile crisis intervention for youth and adults
www.baycovecapecod.org
- Cape Cod & Islands Community Mental Health Center**.....508 564-9600
 Provides psychiatric intervention in crisis situations involving mentally ill adults and adolescents.

- Cape Cod Healthcare** www.capecodhealth.org
Human Services.....508-790-3360 / 800-894-2247
 Provides individual, family, or group counseling.
Cape Cod Hospital Psychiatric Center.....508-862-5566
 Acute care and urgent care.
Cape Cod Hospital Behavior Health Help 24/7.....800-513-4728
 Provides 24-hour crisis intervention, evaluation, stabilization, and referral to treatment and/ or services as needed.
- Cape and Islands United Way Hotline**.....Dial 211
 24/7 human services help line to direct you to the services in your area to meet your needs.
www.capeandislandsuw.org
- Child and Family Services of Cape Cod**..... 508-778-1839
 Home based mental health counseling services for children, youth, parents, and families.
www.cfservices.org
- Child-at-Risk Hotline**.....800-792-5200
- Children’s Cove**.....508-375-0410
 Advocacy and support for families dealing with abuse.
www.childrenscove.org
- Community Action Committee**.....508-771-1727
 Anti-poverty, human service-social action agency operating to empower and improve the lives of low-income residents.
www.cacci.cc
- Safe Harbor Shelter**.....508-790-2933
 Emergency assistance providing multi-services for battered women and their children. Must be referred.
- Dept. of Children & Families**800-792-5200 / 508-760-0200
 Provides protection to children and strength to families through various services including adoption, counseling, emergency shelter and protective services.
www.mass.gov/orgs/massachusetts-department-of-children-families
- Dept. of Developmental Services**..... 508-771-2595
 Services and support to MA citizens with intellectual and developmental disabilities.
www.mass.gov/orgs/departement-of-developmental-services
- Disabled Persons Protection Commission**..... 800-426-9009
 24 hr. report abuse to disabled individual commission.
www.mass.gov/orgs/disabled-persons-protection-commission
- Family Continuity Program**.....508-862-0600
 Short-term psychiatric services for children and adolescents Individual, family, and group treatment. School based services and psychological testing.
www.familycontinuity.org
- Good Grief Cape Cod**774-392-8150
 Help for children & families coping with death, tragedy, or loss. www.goodgriefcapecod.org
- Gosnold Behavioral Health**.....800-444-1554
 Counselors for children and psychiatrists are available to provide child medication management
www.gosnold.org

- Hope Health**..... **844-671-4673**
 Bereavement program for surviving family members and primary caregivers. KIDS GRIEVE TOO! Bereavement program for children and adolescents www.hopehealthco.org
- Independence House**..... **508-771-6507**
 Individual and group counseling for children empowerment. Assists and supports battered women and their children. www.independencehouse.org
- Rape Crisis Center**.....**800-439-6507**
 24 hr. hotline, free, confidential, certified rape counselors.
- National Alliance on Mental Illness (NAMI)**..... **508-778-4277**
 Peer led support groups for the family and consumer of mental health. www.namipecod.org
- Northeast Health Services**.....**508-418-3928/781-874-7628**
 Assists children ages 3 - 19 and their families. Our therapists understand the unique problems confronting children and young adults. www.nehs.transformationsnetwork.com
- Parental Stress Hotline**.....**800-632-8188**
 24 hours, 7 days a week. Confidential, anonymous. Listeners for parents, grandparents or friends who are concerned about children. Referrals also available. www.parentshelpingparents.org
- Poison Control**.....**800-222-1222**
www.poison.org
- The Compassionate Friends**.....**508-221-2113**
 Provides friendship and understanding to families grieving the death of a child at any age. www.compassionatefriends.org
- The Samaritans on Cape Cod and the Islands**.....**508-548-7999**
Suicide Prevention Hotline.....**508-548-8900 or 988 (call/text)**
 24-hour counseling for any caller who needs human contact and a compassionate listener www.capesamaritans.org

To search for more resources, visit:

Barnstable County Human Services Directory:
<https://barnstable.ma.networkofcare.org/ph/index.aspx>

FindHelp:
<https://childrenstrustma.findhelp.com>

Teen Services

Ala-Teen Service Center..... 508-366-0556
Self-help support group for teens dealing with alcoholism. www.alanonma.org

BHI - Behavior Health Innovators.....info@bhinnov.org
Continuum of programs from prevention to recovery for youth and young adults living with substance use disorder and related mental health conditions. Referrals needed for programs. No cost. www.bhinnov.org

Cape Cod Human Services508-790-3360
Provides comprehensive mental health/family services including counseling on various issues including teen pregnancy. www.capecodhealth.org

Health Imperatives Cape Codwww.healthimperatives.org

Healthy Families 508 540-2968
A home visiting program for pregnant and parenting teens.

Family Planning 508-771-8010
Provides affordable reproduction health care + counseling.

Fuel / Utility Assistance

Fuel Assistance.....508-746-6707 / 508-778-0870

Electric Assistance..... 800-592-2000

Gas Assistance..... 800-548-8000

Cape Light Compact's Energy Efficiency Program.....800-797-6699
Supports regional energy efficiency and renewable power development. Depending on income level and household size, residents may qualify for fuel assistance, reduced utility rates, or free weatherization and energy efficiency services. www.capelightcompact.org

Citizens Energy Corporation866-427-9918 /
.....617-338-6300 / 877-563-4645
Helps Massachusetts residents struggling to pay their natural gas heating bills. Open to low-income families and individuals ineligible to receive federal fuel assistance but cannot afford their heating bills. Citizens Energy also delivers home heating oil to those in need. www.citizensenergy.com

Good Neighbor Energy Fund.....800-334-3047
Fuel assistance available to eligible families during the heating season. www.magoodneighbor.org

HAC Energy Efficiency Programs508-771-5400
Housing Assistance offers affordable energy efficiency programs to low-income Cape Cod households. www.haconcapecod.org/program-services/energy-efficiency

Mass Save..... 866-527-7283

Residential Arrearage Management Programs877-886-6160
Financial assistance programs for low-income customers with overdue utility bills.

Self Reliance..... 508-563-6633
Membership organization that offers oil co-op, auto insurance discount, long distance telephone services at low flat rates. www.selfreliancefuelcoop.org

Financial Assistance

American Red Cross (Disaster)508-775-1540
Disaster relief: Clothing, food, housing & household goods. www.redcross.org

Cape Cod Times Neighbors Fund800-422-1446 / 508-778-5661
Provides temporary financial assistance to residents for basic needs. www.neighborsfund.org

Hands of Hope Outreach Center508-432-1312
Offers food and financial assistance to prevent evictions and homelessness. www.capecodcouncilofchurches.org/hands-of-hope-food-pantry-outreach.html

Department of Transitional Assistance - Hyannis 508-862-6600
Provides financial aid to persons in need.

Salvation Army (Food, Clothing, FEMA) Cape Cod.....508-775-0364
Provides emergency assistance such as food, clothing, and limited household furnishings. www.easternusa.salvationarmy.org/massachusetts/hyannis

St. Vincent dePaul Society..... 508-775-3073
Provides vouchers for rent, mortgage & food www.ourladyofthecape.org

Social Security Administration.....800-772-1213
Financial assistance for eligible children and adults with disabilities www.ssa.gov

Veterans' Benefits.....800-827-1000
www.benefits.va.gov

Legal Services

- Barnstable County Bar Advocates, Inc.**..... 508-432-8866
Provides court-appointed legal defense for the needy.
- Catholic Social Services** 508-771-6771
Offers legal advocacy and education using workshops and individual contact for immigrants.
www.ccfrdioc.org
- Consumer Product Commission** 800-638-2772
Protects consumers from unreasonable risks of injury and death associated with products used in the home.
www.cpsc.gov
- Consumer Credit Counseling Service** 800-282-6196
Advises on budgeting and credit issues and negotiates reduced payment arrangements with creditors. Assists homeowners and renters in addressing housing concerns.
- Consumer Assistance Council**.....508-771-0700
Consumer education and local complaint process for Attorney General’s office, dealing with auto, landlord/tenant contracts, goods and services, mail or phone order, credit card and business complaints.
www.consumercouncil.com
- Dial-A-Lawyer**.....617-338-0610
- Mass. Office of Disability** 800-322-2020
Monitors delivery of services to people with disabilities, promotes their legal and human rights.
- Harvard Legal Aid Bureau**..... 617-495-4408
Free legal services regarding housing, benefits, and family law. www.harvardlegalaids.org
- Legal Services of Cape Cod**.....800-742-4107/508-775-7020
Civil/Legal representation, advice to low-income individuals and families on issues of gov. benefits, family law, housing, homelessness, disability and consumer protection, elder law, domestic violence.
www.sccls.org
- Massachusetts Bar Association**..... 866-627-7577
Referrals to legal aid programs and services. www.massbar.org
- Massachusetts Child Support Enforcement**..... 800-332-2733
Information on child support laws, filing claims and help with a specific case.
- Massachusetts Legal Assistance Corp.** 617-367-8544
Legal services for income eligible people. www.mlac.org
- Volunteer Lawyers Projects**.....617-423-0648
Help with Supplemental Security Income appeals and other cases. www.vlpnet.org

Transportation

Peter Pan.....	800-343-9999
B-Bus/Sealine/H2O	800-352-7155
Plymouth & Brockton Street Railway.....	508-746-0378
Red Cross Medical Transportation.....	508-775-1540

Food

Council of Churches.....	508-775-5073/508-432-1312
Family Faith Kitchen. Food pantries and emergency food parcels	
	www.capecodcouncilofchurches.org
Department of Transitional Assistance (SNAP)	508-862-6600
Provides food subsidies to qualifying persons.	
	www.mass.gov/dta
Family Table Collaborative.....	508-348-9777
Distributes prepared meals directly to individuals and families.	
	www.familytablecollaborative.org
Project Bread.....	800-645-8333
Operates Food Source Hotline. Information about food stamps and other free or low-cost food resources.	
	www.projectbread.org
Salvation Army.....	508-775-0364
Provides emergency food parcels to qualifying persons.	
	www.easternusa.salvationarmy.org/massachusetts/hyannis
St. Vincent de Paul Society Food Pantry	508-775-3073
Provides food for residents of Hyannis & West Yarmouth.	
	www.ourladyofthecape.org
Women Infants & Children (WIC)..	800-942-1007/Hyannis 508-771 -7896
Provides free food and nutrition information to help keep pregnant women, infants, and children under 5 healthy and strong.	
	www.healthimperatives.org/nutrition-assistance-wic

Clothing

A Baby Center.....	508-771-8157
Clothing for infants and children at no cost to qualifying families	
	www.ababycenter.org
Cape Cod Council of Churches.....	508-775-5073
Operates Thrift Shop where items are sold at nominal cost or given to those in need.	
	www.capecodcouncilofchurches.org
Goodwill Thrift Store.....	508-790-0046
Operates a thrift store offering clothing and household goods at low cost.	
Salvation Army Thrift Store.....	508-775-0364

Housing

- Community Action Committee of Cape Cod.....508-771-1727**
Advocates for housing subsidies and transitional housing for homeless as well as for issues that impact low-income families. www.cacci.cc
- Habitat for Humanity 508-362-3559**
Building and renovating houses; housing repair www.habitatcapecod.org
- Harwich Ecumenical Council for Housing 508-432-0015**
Housing for homeless families. Mentor counseling. Preventive program for those at risk of homelessness www.hech.org
- Housing Assistance Corporation of Cape Cod 508-771-5400**
Emergency prevention funds for mortgages and rents. "Section 8" rental assistance programs. Homeless shelters. First time home buyers' program. Weather proofing and home rehab program www.haconcapecod.org
- H.U.D. Hotline 800-955-2232**
- Housing Authorities**
Provides subsidized public housing resources to low- and moderate-income households.
- Barnstable.....508-295-5151**
 - Dennis.....508-394-3120**
 - Yarmouth.....508-398-2920**

Health

- A.I.D.S Support Group of Cape Cod.....508-778-1954**
www.asgcc.org
- American Academy of Pediatrics/Mass. Chapter.....781-895-9852**
Information about public and promotes health and social wellbeing. www.mcaap.org
- American Cancer Society..... 800-227-2345**
www.cancer.org
- American Heart Association 781-373-4500**
www.heart.org
- Barnstable County Health and Environment Dept.....508-375-6600**
Protects public health and promotes health and social wellbeing. www.capecod.gov
- Barnstable County Human Services Department508-375-6628**
Examines availability, delivery, and coordination of health services.www.capecod.gov
- Harbor Community Health Center - Hyannis.....508-778-0300**
Family medicine, dental services, clinical and retail pharmacy. Assistance applying for Mass Health, Commonwealth Care and Health Safety Net (free care).
- Ellen Jones Community Dental Center-Harwich... 508-771-8010**
Division of Harbor Health - free and sliding scale dentistry www.hhsi.us

- Health Care for All** **800-272-4232**
 Help line for answers to insurance and health care access. www.hcfama.org
- Health Imperatives Family Planning** **508-771-8010**
 Provides affordable reproductive health care and counseling. www.healthimperatives.org
- Helping Our Women** **508-487-4357**
 Services for women with chronic, life threatening or disabling conditions. Support groups, case management, transportation. www.helpingourwomen.org
- Lead Poisoning Information**.....**800-424-LEAD (5323)**
- Mass. Center for SIDS Hotline**.....**617-414-7437**
- Mass. Dental Society****800-342-8747**
 Dentistry-for-all program, partial fee reduction at participating offices. www.massdental.org
- Mass. Health**.....**800-242-1340**
 Low cost or no cost medical insurance www.mass.gov/orgs/masshealth
- Massachusetts League of Community Health Centers**.....**800-475-8455**
 Referrals to local health care centers and information about free or reduced-cost health care. www.massleague.org
- Nursing Mothers' Council**..... **617-244-5102**
 Breastfeeding counseling and rental of breast-feeding accessories, child- birth education. www.bace-nmc.org
- Poison Control**.....**800-222-1222**
- SAMHSA National Helpline**.....**800-662-4357**
 SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. www.samsha.gov
- Smoke Quit Line** **800-784-8669**
- United Way of Cape Cod Hotline** **211**
 24/7 human services help line to direct you to the services in your area to meet your needs. www.capeandislandsuw.org
- Visiting Nurse Association (VNA) of Cape Cod**..... **508-957-7400**
 Wide range of services and programs serving the community. Serves the insured and uninsured. www.capecodhealth.org/medical-services/visiting-nurse-association

Disability Services

ARC of Cape Cod508-732-9252
Provides services and advocacy to individuals with disabilities. www.plymouthcapearc.org

Cape Organization for Rights of the Disabled (CORD).....508-775-8300
An advocacy group and independent living center for all persons with disabilities
www.cordcapecod.org

Community Connections.....508-362-1140
Day habilitation, life skills, employment services, community-based supports, and more
www.communityconnectionsinc.org

Early Intervention (EI).....508-418-5540
A program for children birth to three years old who have developmental delays or are at risk of a developmental delay. Developmental evaluations; free services. A Kennedy-Donovan Center Program
www.kdc.org/early-intervention

Early Intervention Parent Leadership Project.....877-353-4757
Supports parents whose children receive early intervention services. www.eiplp.org

Easterseals MA and Technology Loan Program..... 800-244-2756
Provides rehabilitation services to people with physical disabilities regardless of age.
www.easterseals.com

FCSN.....617-236-7210/800-331-0688
The Federation for Children with Special Needs provides advocacy and service referrals for children with special needs and their parents or guardians.
www.fcsn.org

Family Ties.....800-905-8437
Family TIES provides information and referral services, emotional support, and training to parents of children with special needs.
www.massfamilyties.org

Mass. Advocates for Children helpline.....617-357-8431x3224
Advocacy for children needing special education services. www.massadvocates.org

Mass. Commission for the Blind..... 617-727-5550
Access to legal rights and benefits, counseling, training and advocacy.
www.mass.gov/orgs/massachusetts-commission-for-the-blind

Mass. Commission for the Deaf and Hard of Hearing.....413-788-6427
www.mass.gov/orgs/massachusetts-commission-for-the-deaf-and-hard-of-hearing

Mass. Dept. of Developmental Services Cape Cod office.....508-771-2595
www.mass.gov/orgs/department-of-developmental-services

**Massachusetts Division for Children & Youth with Special Needs
Community Support Line**.....800-882-1435
Support to help parents of children with special health care needs get services from public and private agencies.
www.mass.gov/community-support-line

Mass. Office on Disability.....800-322-2020/617-727-7440
www.mass.gov/orgs/massachusetts-office-on-disability

Mass. Rehabilitation Commission.....508-775-6173/617-204-3600
Vocational assessment/guidance, career planning, skills/job training, job-seeking assistance
for individuals with disabilities www.mass.gov/orgs/massachusetts-rehabilitation-commission

The SHARE Foundation.....774-992-0674
Evaluation, equipment, and services for people with physical disabilities.
www.thesharefoundation.org

Recreation & Family Outings

Mid-Cape Libraries

- Centerville Library 508-790-6220
www.centervillelibrary.org
- Cotuit Library508-428-8141
www.cotuitlibrary.org
- Dennis Memorial Library508-385-2255
www.dennismemoriallibrary.org
- Dennis Public Library.....508-760-6219
www.dennispubliclibrary.org
- Jacob Sears Memorial Library..... 508-385-8151
www.jacobsearslibrary.org
- Hyannis Public Library 508-775-2280
www.hyannislibrary.org
- Marstons Mills Public Library 508-428-5175
www.marstonsmillslibrary.iimdo.com
- Osterville Village Library 508-428-5757
www.ostervillefreelibrary.org
- South Dennis Free Public Library508-394-8954
www.southdennislibrary.org
- Sturgis Library..... 508-362-6636
www.sturgislibrary.org
- West Dennis Public Library 508-398-2050
www.westdennislibrary.org

Whelden Memorial Library.....	508-362-2262	www.wheldenlibrary.org
Yarmouth Libraries		www.yarmouthlibraries.org
West Yarmouth Library.....	508-775-5206	
South Yarmouth Library.....	508-760-4820	
Yarmouth Port Library.....	508-362-3717	www.yarmouthportlibrary.org

All Libraries offer Children’s Programming
 Call or log on to www.clamsnet.org for Story Hour Information
 and other programming for all age groups.

Recreation Departments

Barnstable Town Recreation Division	508-790-6345	www.town.barnstable.ma.us/departments/Recreation
Dennis Recreation.....	508-760-6159	https://dennisrecreation.activityreg.com/ClientPage_t2.wcs
Yarmouth Recreation	508-398-2231x1520	https://yarmouth.activityreg.com/ClientPage_t2.wcs

Outings Across the Cape

Upper Cape

Aptucxet Trading Post Museum	508-759- 8167	www.bournehistoricalsociety.org/museumsataptucxet
Cape Cod Children’s Museum	508-539-8788	www.capecodchildrensmuseum.org
Green Briar Nature Center.....	508-888-6870	www.thorntonburgess.org
Heritage Museums & Gardens.....	508-888-3300	www.heritagemuseumsandgardens.org
Museums on the Green.....	508-548-4857	www.museumsonthegreen.org
National Marine Animal Life Center.....	508-743-9888	www.nmlc.org

- Ryan Family Amusements Buzzards Bay.....508-759-9892
www.ryanfamily.com
- Waquoit Bay National Estuarine Reserve..... 508-457-0495
www.waquoitbayreserve.org
- Woods Hole Ocean Science Discovery Center.....508-289-2663 • MS# 36
www.whoi.edu/who-we-are/visit-whoiocean-science-discovery-center
- Woods Hole Science Aquarium.....508-495-2001
www.fisheries.noaa.gov/new-england-mid-atlantic/outreach-and-education/woods-hole-science-aquarium

Mid Cape Area

- Cape Cod Railroad.....888-797-7245
www.capetrain.com
- Cape Cod Toy Library/Outdoor Play Oasis..... 508-648-3227
www.capecodtoylibrary.org
- Hy-Line Harbor Cruises..... 800-492-8082
www.hylinecruises.com
- JFK Museum.....508-790-3077
<https://jfkhyannismuseum.org/>
- Mass Audubon Long Pasture Wildlife Center.....508-362-7475
www.massaudubon.org/places-to-explore/wildlife-sanctuaries/long-pasture
- Ryan Family Amusements South Yarmouth 508-394-5644
www.ryanfamily.com
- Ryan’s Ten Pin and Eatery @ Cape Cod Mall..... 508-771-2100
www.ryanfamily.com
- Wicked Waves Cape Cod.....508-771-6060
www.wickedwavescapecod.com
- Whydah Pirate Museum.....508-534-9571
www.discoverpirates.com

Lower/Outer Cape

- Atlantic White Shark Conservancy..... 508-348-5901
www.atlanticwhiteshark.org
- Cape Cod Museum of Natural History.....508-896-3867
www.ccmnh.org
- Cape Cod National Seashore.....508-255-3421
www.nps.gov/caco
- Chatham Railroad Museum.....508-945-5780
www.chathamrailroadmuseum.com

Nickerson State Park.....	508-896-349	www.mass.gov/locations/nickerson-state-park
Pilgrim Monument & Provincetown Museum.....	508-487-1310	www.pilgrim-monument.org
Salt Pond Visitor Center.....	508-255-3421	www.nps.gov/caco/playourvisit/visitorcenters.htm
Stony Brook Gristmill & Museum.....	508-896-3701x1100	www.brewster-ma.gov/stony-brook-mill-sites-committee/pages/stony-brook-gristmill-and-museum
Wellfleet Bay Wildlife Sanctuary.....	508-349-2615	www.massaudubon.org/places-to-explore/wildlife-sanctuaries/wellfleet-bay

Public Schools

www.barnstable.k12.ma.us

Barnstable School System

Barnstable School Administration	508-862-4953
Barnstable High School	508-790-6445
Barnstable Intermediate School	508-790-6460
Barnstable United Elementary School (Grades 4-5)	508-420-2272
Special Education Services (Grades 6-12)	508-862-4953 x 1730
Pre-K - 5	508-862-4953 x 1740

Elementary Schools

Barnstable-West Barnstable	508-362-4949
Barnstable Community Innovation School	508-790-6485
Centerville Elementary	508-790-9890
Hyannis West Elementary	508-790-9844
West Villages Elementary	508-420-1100

Dennis-Yarmouth School System

www.dy-regional.k12.ma.us

D-Y Administration Office	508-398-7600
D-Y Early Education Program	508-778-7975
D-Y Intermediate School	508-398-7695
D-Y Middle School	508-778-7979
D-Y Regional High School	508-398-7630
D-Y Student Services Office	508-398-7624
Ezra Baker Elementary School	508-398-7690
Marguerite E. Small Elementary School	508-778-7975
Station Ave Elementary School	508-760-5600

Higher Education

Bridgewater State University, BSU Cape Cod	508-531-1844 www.bridgew.edu/ccs/bsu-cape-cod
Cape Cod Community College	508-362-2131 / 877-846-3672 www.capecod.edu
Stonehill on Cape Cod (M.Ed. in Special Ed. Program)	508-565-1049 www.stonehill.edu/programs/stonehill-on-cape-cod

Employment / Job Training / Adult Education

Barnstable Community Innovation School	508-790-6485
	www.barnstable.k12.ma.us/Domain/12
Cape Cod Community College	508-362-2131
	www.capecod.edu
Cape Cod Cooperative Extension	508-375-6690
	www.capecod.gov/departments/cooperative-extension
Cape Cod Regional Technical High School	508-432-4500
	www.capetech.us
GED/HiSet (Hyannis Adult Education Center)	508-375-5000
	www.capecod.edu/aec
JTEC (Job Training & Employment Corporation)	508-790-0400
	www.jtecmeanscapecodjobs.com
Mass Hire Cape and Islands Career Center	508-771-5627
	www.masshire-capeandislands.com
Massachusetts Rehab Commission	508-775-6173
	www.mass.gov/locations/mrc-cape-and-islands
Upper Cape Regional Vocational School	508-759-7711
	www.uppercapetech.com
Wampanoag Indian Tribal Council	508-477-0208
	www.mashpeewampanoagtribe-nsn.gov/council-members

Childcare Centers, Family Daycare Providers, Preschools & Head Start

Choosing Childcare

Choosing the right childcare program for your child is an important task. There are many choices for parents and guardians and the process of making that decision can be involved. The choices include family day care, center based childcare and parent co-ops. These various providers may be large or small, profit or non-profit.

As each childcare program is different so is each family seeking childcare. When choosing a childcare program, each family should consider their individual needs. A visit to several childcare programs can help in the decision-making process. Be sure to ask a variety of questions at each visit. A good fit can help build a strong foundation for your child. Please note that there are many licensed center-based childcare providers in the Mid-Cape region offering childcare for infants, preschoolers and school-age children.

For a complete list please call Child Care Network at 508-778-9470.

Some questions to keep in mind when choosing your daycare provider include:

- Hours of operation
- Policy for Holidays/Vacation
 - Food/Meals Provided
 - Nap time policies
- Schedule of the activities
- How the center or provider will communicate with the parents or guardians.
- Safety and Medical Policies
- Cost and Payment Policies

While your child is attending a program be sure to communicate with your provider regularly. Be sure to let them know how your child is doing at home and how they are transitioning to their new program. If you have any questions or concerns, be sure to address them sooner than later. Your childcare provider wants to be aware of any concerns you may have. Also, be sure to praise your child-care providers, it is always a good feeling to know when you are doing a great job!

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



YMCA Cape Cod Hyannis Village Marketplace Early Education Center

261 Stevens Street Unit E
Hyannis, MA 02601
508-362-6500 x 1905
7:00 am - 5:30 pm

www.ymcacapecod.org/programs/childcare/earlyeducation/HVM_eec

- Open M-F 7:00 am-5:30 pm
- Serving children 3 months - 5 years of age
- Vouchers accepted, financial aid and scholarships offered
- Serving two healthy snacks per day

YMCA Cape Cod Cotuit Early Education Center

4978 Falmouth Road
Cotuit, MA 02635
508-362-6500 x 2005

www.ymcacapecod.org/programs/childcare/earlyeducation/cotuit-eec

Program Highlights:

- Infants through 5 years
- Open 7:00 am - 5:30 pm
- Serving two healthy snacks per day
- Vouchers accepted, financial aid and scholarships offered
- Age appropriate, comprehensive learning curriculum facilitated by our passionate and professional early educators

YMCA Cape Cod

Lyndon P. Lorusso Early Education Center

2245 Iyannough Road, West Barnstable, MA 02668
508-362-6500 x1205

www.ymcapecod.org/programs/childcare/earlyeducation/lpl_eec

- Open Monday-Friday 7:30am-5:30pm year round
- Serves: 3 months-5 years
- Vouchers Accepted, financial aid and scholarships offered

The center provides for the holistic development of each child. Educators create an environment that is safe, nurturing, and non-sexist where children can reach out, explore, grow and share. This philosophy holds true for all ages - infants, toddlers and preschoolers. The YMCA's long held mission is building strong families and communities.

South Shore Early Education

508-746-0333

Full Day, Full Year Programs 7:30- 5:30pm

Children ages 2.9 -12 years old

Preschool Location: Dennis Port (508) 927-5776

Preschool & School Age Locations:

Hyannis (508) 927-5771 West Yarmouth (508) 927-5776

www.sscac.org

South Shore Early Education is designed to create an ideal atmosphere for children ages 2.9-12years old that encourages self-confidence, school readiness, independence and intellectual curiosity.

Offer:

- Highly Trained & Dedicated Teaching Staff
- Nutritious Meals at all locations
- Nurse on-site
- Transportation from Designated Bus Stops for select locations.

We accept Childcare Network vouchers, have contracted fee-based scale slots, and private pay.

Enoch Cobb Early Learning Center

50 Old Craigville Road, Hyannis, MA 02601

Main Number: 508-790-6493

www.barnstable.k12.ma.us/ipp

- Open Monday - Friday, half-day (2.5 hr) sessions, varied student schedules, modified school calendar
- Serves 3 - 5-year-olds.
- Tuition free for all students

The Enoch Cobb Early Learning Center is the home of Barnstable Public Schools' Inclusive Preschool. We educate children ages 3-5 with disabilities alongside their typically developing peers. We believe that every child in our school is a valued, participating member of the community and that children with and without disabilities benefit when they learn, work, and play side by side.

Cape Symphony Preschool Program

2235 Route 132, Iyannough Road, West Barnstable, MA 02668

508-362-2772

www.capesymphony.org/education/preschool

- Open: 9 am – 1 pm – September-June
- T/Th 2.9 - 4 years old, M/W/F 4 - 5 years old
- MA State Frameworks for Early Education Curriculum
- Music and Arts Enriched Preschool Program

The preschool takes a “hands on” active learning approach. The curriculum includes visits by the conservatory dance, art and music faculty, including Suzuki-inspired violin instruction for students ages 4 & 5.

Kiddie Kollege Early Learning Center

154 Bearses Way, Hyannis, MA 02601

508-775-1830

www.kkelc.com

- Open Monday-Friday 7:30am-5:00pm year round
- Serves children 2.9 - 5-year-old.
- NAEYC Accredited
- Vouchers Accepted

Kiddie Kollege has been offering quality childcare and kindergarten experiences since 1973. Multiple classrooms for infants, toddlers, preschoolers, and kindergarteners. An outdoor playground with developmentally appropriate equipment completes our facility.

Our World United Preschool

3055 Main Street, Barnstable 02630

508-774-7036

www.owupreschool.com

- Ages 2.9 - 5 years old
- School hours: 8:30a - 4:30p
- Full time: 5 days a week Part time: 2 days T TH or 3 days MWF
- Accept MA state vouchers & preschool family support grants
- 5% first responder and military discount

Whiz Kids

593 Flint Street, Marstons Mills, MA 02648

508-428-0188

www.whizkidschildrenscenter.com

- Monday-Friday, 8:30am-5:00pm, full year
- Serves 6 weeks-14 years
- State Vouchers Accepted
- Transportation provided to and from West Villages Elementary, Centerville Elementary and both Charter schools.

Helping children develop a positive healthy self-concept promoting the development of independence and self-reliance in each child.

Building Blocks Child Care Center

546 Phinneys Lane, Centerville, MA 02632

508-778-8200

www.buildingblocksofbarnstable.com

- Open Monday-Friday 6:45am-5:30pm year round
- Serves infants 2-15 months, toddlers 15 months to 2.9 years & preschool 2.9 - 8-year-old children

In operation since 2006. The center has 5 classrooms, an indoor playroom, and 3 playgrounds. The daily structure allows for children to engage in curriculum that is hands-on. The property also includes an acre field used for nature walks, peer games to encourage cooperation between classmates as well as tending the school garden. Healthy snacks offered twice daily.

Cotuit Nursery School

40 School Street, Cotuit, MA 02635

508-428-1470

www.CotuitNurserySchool.org

- Open Monday-Friday, 9am-12pm
- Part day - Part Year Program (Sept-May)
- Serves 2.9 years to 5 Years
- M/W/F 4 - 5-year-olds, T/Th 3 - 4-year-olds

Each child is an individual with his/her own rate and style of learning. We strive to have your child learn comfortably within a group without losing his/her own individuality. We work on kindergarten readiness using games and hands-on activities. We nurture your child in a happy, loving atmosphere.

West Parish Family School

2049 Meetinghouse Way, West Barnstable, MA
508-362-4967

www.westparishfamilyschool.org

- School Day 9am-3pm Monday-Friday, optional Early Care: 7:30am-9am, optional Late Care: 3pm-5:30pm
- Operating during the school year - Feb & April optional vacation week - 8-week Summer Program
- Serves 15 months through 6 years old
- State & Tribal Vouchers Accepted
- Scholarships available

Our experienced staff promotes active learning through play. Children acquire math, science, literacy, and social skills in our safe nurturing environment. Over 30 years in the community. Low staff turnover. Excellent child/staff ratio. Free enrichment activities.

Bright Promises

57 Pond Street, Osterville, MA 02655
508-428-5010

www.brightpromisespreschool.com

- Three half day programs. Tuesdays-Thursday, 9-1pm (3-year-olds); Monday, Wednesday, Friday, 9-1pm older three-year-olds, Monday-Thursday, 9-1 pm (4-5-Year-olds)
- Operating September-Mid June
- Serves 2.9-5 years old

We believe that every child holds a bright promise for the future. It is our goal to provide a warm, nurturing environment that encourages the development of the whole child. In meeting this responsibility, experiences will be planned to encourage all children to develop a healthy self-concept and positive self-esteem. This program recognizes the uniqueness of each child and provides positive encouragement for the child's continued growth and development.

Scargo School

218 Main St., S. Dennis, MA 02660
508-394-4104

www.scargoschool.org

- Open Monday-Friday, 7:30am-5pm - School Year Only
- Serves 2.9-5 years old
- Summer Program
- Grants are available

“We believe in the value of providing opportunities for children to creatively and joyously express themselves. We provide a safe and caring environment, in which children can experience, experiment and explore.”

Windmill Children’s Center

109 Rt. 28 #7, West Dennis, MA 02670
508-398-6363

windmillchildrenscenter@gmail.com

- Monday - Friday, 7:30 am - 5:30 pm, Year Round
- Serves 2.9 - 5 years old
- State Vouchers Accepted

An academic program following NAEYC and MA DOE Standards.

Sunshine and Rainbows Early Learning Center

585 Main Street
Route 6A Dennis, MA 02638
508-385-2948

www.sunshineandrainbowscapecod.com

- Open Monday-Friday (Sept-June) 8am - 4pm
- Serves 3 months-6 years old.

Sunshine & Rainbows provides social, emotional, physical and cognitive growth for young children in an atmosphere of loving guidance.

Little Stars Learning Center

434 Route 134, Unit E & F, South Dennis, MA 02660

508-760-2772

www.starpreschools.com

- Open Monday-Friday 7:30am-5:00pm Year Round
- Serves 6 weeks-6 years
- State Vouchers Accepted
- NAEYC Accredited
- Camera surveillance throughout

Experience exceptional early childhood education and care where your child is the star of our preschool. A devoted team of professionals creating fun learning environments, peace of mind, and flexibility for our families.... because we care.

North Side Nursery School

165 Main St. 6A, Yarmouth Port, MA 02675

508-362-9742

Est. in 1970, 2 classrooms, big backyard, full or half day programs, younger children T/TH, older children M/W/F, 5 days offered.

Hours 8:30am-4pm

Serves 2.9-5 years old.

Summer program 9a - 4p T, W, TH for 6 weeks

Home/Family Childcare Providers – Licensed

To find licensed family childcare providers in the Mid-Cape region offering childcare for infants, preschoolers and school-age children, please call the Child Care Network at 508-778-9470, contact the Department of Early Education and Care website:

<https://eecweb.eec.state.ma.us/ChildCareSearch/ChildCareSystem.aspx>

Community Playgroups

Playgroups, Family Support and Parent Education Programs for families with children up to 8 years old.

For more information about playgroups, please call Cape Cod Children's Place at 508-240-3310 or visit our website:

www.capecodchildrensplace.com/program-offerings/

We also provide

Free Developmental Screenings

For children between 1 month and 5 years old

Do you have questions about how your child is doing?

Do you wonder if there are ways you can help your child's development?

We will work with you to:

- Determine if your child is learning and gaining skills well.
- Share ideas to help you be your child's first teacher.
- Connect with programs and resources if you and your child need extra help.

Call your regional playgroup contact person for more information and to request a Free Developmental Screening.

Services Assisting Bilingual Families

Cape Cod Healthcare..... 508-862-7880
Health Care Access Line (Multilingual) 800-531-2229
Women, Infants & Children (WIC)
Multilingual services-food & nutrition 800-942-2445

Servicos Assistindo Familias Bilingues

Cape Cod Healthcare..... 508-862-7880
Health Care Access Line (Multilingue) 800-531-2229
Women, Infants & Children (WIC)
Servicos-comida and nutricao em varias linguas800-942-2445

Play Dough Recipe

1 cup flour
1 Tbsp cream of tartar
1/2 cup salt
1 cup water
2Tbsp oil
food coloring

Mix all ingredients together, and cook over medium heat, stirring constantly. When the dough forms and pulls away from the sides of the pan and is no longer “shiny”, remove from heat. Knead the dough until it’s smooth. Add different herbs, baking scents (vanilla, peppermint, coconut), spices, sand or cornmeal for texture, different things for the children to “build” with or create sculptures with.

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This material does not necessarily reflect the views or policies of the Massachusetts Department of Early Education and Care or the federal government.

