



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

**Big Brothers/Big Sisters ..... 508-771-5150**  
Matches children with adult role models  
[www.emassbig.org/cape-cod](http://www.emassbig.org/cape-cod)

**Bridges Associates.....508-362-7692**  
Assessments and support of individuals with learning and developmental disorders  
[www.bridgesassociates.org](http://www.bridgesassociates.org)

**Cape Cod Council of Churches.....508-775-5073**  
Referral to church based childcare programs  
[www.capecodcouncilofchurches.org](http://www.capecodcouncilofchurches.org)

**Cape Cod Healthcare**  
[www.capecodhealth.org](http://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](http://www.capecodfamilyresourcecenter.org)

**Cape Cod Neighborhood Support Coalition .....508-771-4336**  
Free and confidential information and referral service for families on the Cape and Islands, including parent education and support.  
[www.capecoalition.com](http://www.capecoalition.com)  
**Grandparents & Kinship Parenting.....508-771-4336**

**Cape & Islands Perinatal Wellness Alliance..... [kerry.mccarthy.miller@gmail.com](mailto: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](http://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](http://www.cacci.cc/programs/child-care-network)

**Children’s Cove.....508-375-0410**  
Advocacy and support for families dealing with abuse.  
[www.childrenscove.org](http://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](http://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](http://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](http://www.mass.gov/orgs/departement-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](http://www.duffyhealthcenter.org)
- Family Continuity Program .....508-862-0600/866-219-3320**  
 Home-based and outpatient support services, including mental health.  
[www.familycontinuity.org](http://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](http://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](http://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](http://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](http://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](http://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](http://www.kdc.org)

- Massachusetts Mentor** .....508-862-2639  
 Helping children with emotional and behavioral challenges build independent lives.  
[www.ma-mentor.com](http://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](http://www.namicapecod.org)
- Parents Helping Parents**.....617-926-5008  
 free virtual support groups  
[www.parentshelpingparents.org](http://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](http://www.wecancenter.org)

## Parenting Classes

- Cape Cod Children’s Place** .....508-240-3310  
 Parent Education and support from Barnstable to Provincetown.  
[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)
- Cape Cod Hospital / Childbirth Education**..... 508-862-5520  
 Certified instruction for childbirth; group classes. [www.capecodhealth.org/classes-events](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.familycontinuity.org)
- Good Grief Cape Cod** .....774-392-8150  
 Help for children & families coping with death, tragedy, or loss. [www.goodgriefcapecod.org](http://www.goodgriefcapecod.org)
- Gosnold Behavioral Health**.....800-444-1554  
 Counselors for children and psychiatrists are available to provide child medication management  
[www.gosnold.org](http://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](http://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](http://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](http://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](http://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](http://www.parentshelpingparents.org)
- Poison Control**.....**800-222-1222**  
[www.poison.org](http://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](http://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](http://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](http://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](http://www.bhinnov.org)

**Cape Cod Human Services .....508-790-3360**  
Provides comprehensive mental health/family services including counseling on various issues including teen pregnancy. [www.capecodhealth.org](http://www.capecodhealth.org)

**Health Imperatives Cape Cod** [www.healthimperatives.org](http://www.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](http://www.capelightcompact.org)

**Citizens Energy Corporation .....866-427-9918 /  
.....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](http://www.citizensenergy.com)

**Good Neighbor Energy Fund.....800-334-3047**  
Fuel assistance available to eligible families during the heating season. [www.magoodneighbor.org](http://www.magoodneighbor.org)

**HAC Energy Efficiency Programs .....508-771-5400**  
Housing Assistance offers affordable energy efficiency programs to low-income Cape Cod households. [www.haconcapecod.org/program-services/energy-efficiency](http://www.haconcapecod.org/program-services/energy-efficiency)

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

**Residential Arrearage Management Programs** .....877-886-6160  
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](http://www.selfreliancefuelcoop.org)

## Financial Assistance

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

**Cape Cod Times Neighbors Fund** .....800-422-1446 / 508-778-5661  
Provides temporary financial assistance to residents for basic needs. [www.neighborsfund.org](http://www.neighborsfund.org)

**Hands of Hope Outreach Center** .....508-432-1312  
Offers food and financial assistance to prevent evictions and homelessness. [www.capecodcouncilofchurches.org/hands-of-hope-food-pantry-outreach.html](http://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](http://www.easternusa.salvationarmy.org/massachusetts/hyannis)

**St. Vincent dePaul Society**..... 508-775-3073  
Provides vouchers for rent, mortgage & food [www.ourladyofthecape.org](http://www.ourladyofthecape.org)

**Social Security Administration**.....800-772-1213  
Financial assistance for eligible children and adults with disabilities [www.ssa.gov](http://www.ssa.gov)

**Veterans' Benefits**.....800-827-1000  
[www.benefits.va.gov](http://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](http://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](http://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](http://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](http://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](http://www.sccls.org)
- Massachusetts Bar Association**..... 866-627-7577  
Referrals to legal aid programs and services. [www.massbar.org](http://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](http://www.mlac.org)
- Volunteer Lawyers Projects**.....617-423-0648  
Help with Supplemental Security Income appeals and other cases. [www.vlpnet.org](http://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

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

# Clothing

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

# 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](http://www.cacci.cc)
- Habitat for Humanity ..... 508-362-3559**  
Building and renovating houses; housing repair [www.habitatcapecod.org](http://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](http://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](http://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](http://www.asgcc.org)
- American Academy of Pediatrics/Mass. Chapter.....781-895-9852**  
Information about public and promotes health and social wellbeing. [www.mcaap.org](http://www.mcaap.org)
- American Cancer Society..... 800-227-2345**  
[www.cancer.org](http://www.cancer.org)
- American Heart Association ..... 781-373-4500**  
[www.heart.org](http://www.heart.org)
- Barnstable County Health and Environment Dept.....508-375-6600**  
Protects public health and promotes health and social wellbeing. [www.capecod.gov](http://www.capecod.gov)
- Barnstable County Human Services Department .....508-375-6628**  
Examines availability, delivery, and coordination of health services. ....[www.capecod.gov](http://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](http://www.hhsi.us)

- Health Care for All** ..... **800-272-4232**  
 Help line for answers to insurance and health care access. [www.hcfama.org](http://www.hcfama.org)
- Health Imperatives Family Planning** ..... **508-771-8010**  
 Provides affordable reproductive health care and counseling. [www.healthimperatives.org](http://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](http://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](http://www.massdental.org)
- Mass. Health**.....**800-242-1340**  
 Low cost or no cost medical insurance [www.mass.gov/orgs/masshealth](http://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](http://www.massleague.org)
- Nursing Mothers' Council**..... **617-244-5102**  
 Breastfeeding counseling and rental of breast-feeding accessories, child- birth education. [www.bace-nmc.org](http://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](http://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](http://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](http://www.capecodhealth.org/medical-services/visiting-nurse-association)



# Disability Services

**ARC of Cape Cod** .....508-732-9252  
Provides services and advocacy to individuals with disabilities. [www.plymouthcapearc.org](http://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](http://www.cordcapecod.org)

**Community Connections**.....508-362-1140  
Day habilitation, life skills, employment services, community-based supports, and more  
[www.communityconnectionsinc.org](http://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](http://www.kdc.org/early-intervention)

**Early Intervention Parent Leadership Project**.....877-353-4757  
Supports parents whose children receive early intervention services. [www.eiplp.org](http://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](http://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](http://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](http://www.massfamilyties.org)

**Mass. Advocates for Children helpline**.....617-357-8431x3224  
Advocacy for children needing special education services. [www.massadvocates.org](http://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](http://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](http://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/departament-of-developmental-services](http://www.mass.gov/orgs/departament-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](http://www.mass.gov/community-support-line)

**Mass. Office on Disability**.....800-322-2020/617-727-7440  
[www.mass.gov/orgs/massachusetts-office-on-disability](http://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](http://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](http://www.thesharefoundation.org)

# ***Recreation & Family Outings***

## **Mid-Cape Libraries**

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

Whelden Memorial Library.....	508-362-2262	<a href="http://www.wheldenlibrary.org">www.wheldenlibrary.org</a>
Yarmouth Libraries		<a href="http://www.yarmouthlibraries.org">www.yarmouthlibraries.org</a>
West Yarmouth Library.....	508-775-5206	
South Yarmouth Library.....	508-760-4820	
Yarmouth Port Library.....	508-362-3717	<a href="http://www.yarmouthportlibrary.org">www.yarmouthportlibrary.org</a>

All Libraries offer Children’s Programming  
 Call or log on to [www.clamsnet.org](http://www.clamsnet.org) for Story Hour Information  
 and other programming for all age groups.

## Recreation Departments

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

## Outings Across the Cape

### Upper Cape

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

- Ryan Family Amusements Buzzards Bay.....508-759-9892  
[www.ryanfamily.com](http://www.ryanfamily.com)
- Waquoit Bay National Estuarine Reserve..... 508-457-0495  
[www.waquoitbayreserve.org](http://www.waquoitbayreserve.org)
- Woods Hole Ocean Science Discovery Center.....508-289-2663 • MS# 36  
[www.whoi.edu/who-we-are/visit-whoi/ocean-science-discovery-center](http://www.whoi.edu/who-we-are/visit-whoi/ocean-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](http://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](http://www.capetrain.com)
- Cape Cod Toy Library/Outdoor Play Oasis..... 508-648-3227  
[www.capecodtoylibrary.org](http://www.capecodtoylibrary.org)
- Hy-Line Harbor Cruises..... 800-492-8082  
[www.hylinecruises.com](http://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](http://www.massaudubon.org/places-to-explore/wildlife-sanctuaries/long-pasture)
- Ryan Family Amusements South Yarmouth ..... 508-394-5644  
[www.ryanfamily.com](http://www.ryanfamily.com)
- Ryan’s Ten Pin and Eatery @ Cape Cod Mall..... 508-771-2100  
[www.ryanfamily.com](http://www.ryanfamily.com)
- Wicked Waves Cape Cod.....508-771-6060  
[www.wickedwavescapecod.com](http://www.wickedwavescapecod.com)
- Whydah Pirate Museum.....508-534-9571  
[www.discoverpirates.com](http://www.discoverpirates.com)

## Lower/Outer Cape

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

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

# Public Schools

[www.barnstable.k12.ma.us](http://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](http://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 <a href="http://www.bridgew.edu/ccs/bsu-cape-cod">www.bridgew.edu/ccs/bsu-cape-cod</a>
Cape Cod Community College .....	508-362-2131 / 877-846-3672 <a href="http://www.capecod.edu">www.capecod.edu</a>
Stonehill on Cape Cod (M.Ed. in Special Ed. Program) .....	508-565-1049 <a href="http://www.stonehill.edu/programs/stonehill-on-cape-cod">www.stonehill.edu/programs/stonehill-on-cape-cod</a>

# Employment / Job Training / Adult Education

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

# 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!



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](http://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-eeec](http://www.ymcacapecod.org/programs/childcare/earlyeducation/cotuit-eeec)

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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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/](http://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 linguas .....800-942-2445

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### 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.

**2024-2025 Mid-Cape Family Resource Directory made possible by the Cape Regional Eleven Town Coordinated Family and Community Engagement (CFCE) grant of the Massachusetts Department of Early Education and Care.**

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



