



cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

Special Thanks!

THANK YOU! To **Mid Cape Home Centers** for selecting Cape Cod Children's Place as their beneficiary in the 5th annual E.J.Jaxtimer Charter Cup Fishing Tournament; 15 businesses participated, each sponsoring a different local non-profit... THANK YOU! to all eight **Lower and Outer Cape Cod Elementary Schools**, to **Dennis-Yarmouth School District** Director of Early Learning Services **Carole Eichner**, to **Mary-Jo Burke Kelly** at West Yarmouth Library, and to **Kathi Amato**, **Barnstable School District** administrator, for their collaboration in distributing the **Get Ready for Kindergarten!** kits to all rising Kindergarten families....THANK YOU! to **Whelden Memorial Library** for hosting groups. ... THANK YOU! to **Cape and Islands United Way** for letting us be part of their Annual Community Baby Shower on July 27-29. THANK YOU! to **Steve Koppel of (EDI) Expressive Digital Imagery** for loaning iPADS to the First Steps program THANK YOU! to all the places that are hosting programs on our very full fall schedule --- see inside!

Maintaining Our Balance

We thought we were through the worst of it. Six months ago we were lining up to get the vaccine and looking forward to putting our masks away. As infection rates went down, we figured Covid would soon be in the rear view mirror.

We were wrong.

Now, as we head into fall, we seem to be facing even more questions than we did last September. Instead of the calm start to an almost-normal school year that we were hoping for, we are dealing with uncertainty on many fronts. What kind of mask mandates and health protections will be in place to protect our children? When will they be able to get the vaccine? Will we get sick with a breakthrough infection even though we've been vaccinated? What about the people who are refusing to get vaccinated, are we at risk from them?

Last year felt scary, but in some ways our choices felt simpler. We tried to stay informed, take precautions, and follow the best advice available. Now, with less statewide guidance, we need to figure things out for ourselves: schools, masks, socializing, staying safe.

It's time to take a deep breath and be realistic about what we do have control over, what our choices really are. The best place to start is with accurate information: what policies our child's school actually has in place, not what the latest rumor is; how the delta variant actually gets trans-

mitted, not the latest alarmist social media post; why it is important to get vaccinated and wear a mask, in order to be responsible members of our family and our community.

These are not easy times. As we focus on the latest Covid developments we are also coping with other challenges. Climate change is bringing new threats to this fragile peninsula. Shifts in the economy are affecting jobs and livelihoods. The rapidly escalating cost of housing and shortage of rentals are making it harder to live here.

Faced with important decisions and changes, it sometimes feels as if we're walking on a tightrope and the wrong choice could make us lose our balance and fall. We can only do our best, and follow our instincts with kindness towards our loved ones and civility towards those with whom we disagree.

There's so much we don't know, and we will continue to have questions in the months ahead. A Provincetown performer was quoted earlier this summer, when her town was plunged into a sudden lockdown because of an extreme Covid outbreak. She said: "We only know what we know today, and we may know other things tomorrow." At this time that is truer than ever, and while we stay tuned to what may come next, let's maintain our balance and make the best decisions and choices we can, based on what we know today.

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Grants & Early Childhood Councils



Councils

Cape Cod Children's Place administers multiple grants serving children and families on Cape Cod and the Islands. See the complete list on this page. The following Early Childhood Councils meet during the school year and serve as advisory groups to plan and implement grant-funded programs. Fall meeting dates are as listed:

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Cape Cod Regional 11-Town Early Education Council

September 15, 6-7 pm, virtual
December 15, 6-7 pm, Snow Library

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Barnstable Early Childhood Council

September 20, 5:30-6:30 pm, virtual

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Dennis-Yarmouth Early Childhood Council

September 22, 6-7 pm, virtual

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Monomoy Early Childhood Council

Thursdays 6-7 pm, virtual
Sept. 9, Oct. 7, Nov. 4, Dec. 2

*

Parent Advisory Council

Sept. 22, Oct. 27, Nov. 17, Dec. 15

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Parents and community members are welcome to attend any of the Councils. Call 508-240-3310 or email info@capecodchildrensplace.com for more information and a full schedule of Council meetings.

The following grants fund our services and programs:

Multi-Year Government Grant Contracts

Thank you!

MA Children's Trust SAFE (Stop Abuse For Every) Child Communities works to stop child abuse and neglect: free programs, support and services from Provincetown to Yarmouth;

MA Department of Early Education and Care's Coordinated Family and Community Engagement (CFCE) and Parent Child Plus (PC+): free programs, support and services from Provincetown to Barnstable;

Massachusetts Department of Public Health's FIRST (Families In Recovery Support) Steps Together: free home visiting services for families impacted by substance use on Cape Cod, Nantucket and Martha's Vineyard;

Massachusetts Department of Public Health's State Opioid Response Prevention in Early Childhood for Barnstable County.

The many funders who allowed us to be there for families in the 2021 fiscal year. Thank you!

Bilezikian Family Foundation, Brzezicki Family Foundation, Cape and Islands District Attorney's Office, Cape and Islands United Way, Cape Cod Five Foundation, Cape Cod Foundation (MA COVID Relief, Helides, Hirshberg, Gardening for Food), Cape Cod Healthcare Foundation, Cooperative Bank of Cape Cod's Charitable Foundation, Ingeborg Foundation, League Club of Cape Cod, Nordblom Family Foundation, Roessner Family Foundation, and the Women's Club of Chatham.

Town Cultural Councils: Brewster, Chatham, Dennis, Eastham, Harwich, Orleans, Truro, and Wellfleet

Town Human Service Committees: Brewster, Eastham, Falmouth, Orleans, Provincetown, Truro, and Wellfleet

A special thank you for the unprecedented support from the **Cape Cod Foundation's** administering of the MA COVID Relief Fund.

As always, thank you to Seamen's Bank for its decades of support.



Our Programs & Services



Cape Cod Children's Place administers grants that provide no-cost programs to engage children and families. Pre-registration is required for all programs listed below: call 508-240-3310. Information on our website www.capecodchildrensplace.com; Facebook *Cape Cod Children's Place*; Instagram *@capecodchildrensplace*.

Parent Child Activities (look on page 6 for weekend activities!)

Programs are in person unless otherwise noted; space is limited due to health guidelines

- Mondays:** **Let's Speak Spanish!** 9:30-10:30 am, Harwich location; 9/27-11/8 with Claudia
Nature Hike Warriors, 9:30-10:15 am, Wellfleet Cultural Council; 10/25-11/15 with Daniela
Baby Stroller Walks, 9:30-10:15 am, Truro Cultural Council; 9/20-10/18 with Daniela
Tyke Pre-K Creative Movement, 11 am-noon, Wellfleet Preservation Hall; 9/20-11/15
Music & Movement, 1:30-2:30 pm, Hyannis Library; 9/20, 10/18, 11/15 with Ellen
- Tuesdays:** **Toddler Town**, 10:30-11:30 am, Brewster Baptist Church outdoors; weekly 9/14 on with Lucy
Tasty Tuesday: Cooking with Puppets, 10:30-11 am; virtual, 9/14-11/16 with Mary
Tyke Pre-K Creative Movement, 11-11:45 am, Orleans; 9/14-11/2 with Daniela
Mindfulness in Nature, 9:30-10:15 am, Brewster Cultural Council; 9/28-10/19 with Daniela
Little Naturalists, 1-2 pm, Long Pasture Audubon Sanctuary; 9/14-11/16 with Ellen
Kindergarten Play & Share! 3:30-4:30 pm, virtual with kit; 9/21-11/16 with Lucy
- Wednesdays:** **Baby's First Year**, 10-11 am, Snow Library (outdoors), Orleans; weekly with Ali
Kids' Movement Jamboree, 10-11 am, Johnny Kelley Park, S. Dennis; 9/15-11/3 with Britt
Read & Play, 10:30-11:30 am, Eastham Library (outdoors); 9/15-11/17 with Lucy
- Thursdays:** **Nature Story & Craft**, 10-11 am, Johnny Kelley Park, S. Dennis; 9/16-11/18 with Jill
Kids' Movement Jamboree, 10-11 am, Whelden Library, W. Barnstable; 9/16-11/4 with Britt
Kindergarten Play & Share! 10:30-11:30 am, virtual with kit; 9/23-11/18 with Lucy
Tyke Hikes, 12:45-1:45 pm, Wellfleet Audubon Sanctuary; 9/16-11/4 with Lucy
- Fridays:** **Chicka Chicka Zoom Zoom**, 11-11:30 am, virtual; 11/5-12/17 with Lucy

Parent Education & Support (virtual unless otherwise noted)

- Dads' Talk:** 5:30-6:30 pm, monthly 2nd Tuesday (9/14, 10/12, 11/9); with Paul Melville
Dads in Recovery: 6 pm, 2nd and 4th Tuesday; *to register email CapeDadsGroup@gmail.com*
Sensational Chats: 6:30-7:30 pm, monthly 3rd Tuesday (9/21, 10/19, 11/16, 12/21); with Melissa Alves
The Road Less Traveled: 7-8 pm, monthly 3rd Tuesday; children w/complex medical diagnoses; with Mary & Laura
Parent Café: 10-11 am, 10/25 in person, Orleans location; with Cindy and Carol
Positive Discipline: 6-7:30 pm, 6-week series, in **Spanish**; Wednesdays 10/20-12/1; with Marly and Cindy
Raising Healthy Families: 6-7:30 pm, 6-week series, Thursdays, 10/21-12/9; with Cindy
Speech & Language: 5:30-6:30 pm, 3-week series, Tuesdays, 9/28-10/12; with Jennifer Watson
Raising Healthy Boys: 6-7:30 pm, workshop 10/26 and 12/15; Snow Library, in person & virtual; with Cindy
Toilet Training 101: 6-7 pm, workshop 11/1; with Carol
Grief Workshop 6-7:30 pm, 11/2; in person at Snow Library; with Ali
Nurturing Fathers: 13-week series starts in November

* The following groups are for **FIRST Steps Together** program participants. Call 508-240-3310 for information

***WRAP (Wellness, Recovery & Assistance in Parenting):** 9:30 am Mondays

***Rise:** 6-7 pm Mondays, Peer Support Group for women affected by substance use disorders

***Mindful Parenting:** 9:30 am Wednesdays; strategies to incorporate mindfulness in your parenting



Our Center and our Community Partners



Cape Cod Children's Place provides Early Childhood Education and Care in our licensed, accredited classrooms at our Eastham Center. We also provide space at our center for other agencies, organizations, schools and other providers serving local families and individuals. Our community partners and other services that were available pre-COVID-19 on a regular schedule at our building are starting to return: see below. Call us at 508-240-3310 between 8 am and 4 pm, Monday-Friday; email us at info@capecodchildrensplace.com; or visit www.capecodchildrensplace.com for information.

For details about the following programs which we offer, contact:

- Early Child Education and Care:** Classrooms and enrollment, Liz Stapleton liz@capecodchildrensplace.com
- Parent-child activities and parent education:** Carol Biondi cbiondi@capecodchildrensplace.com
- Support for families with current or past opioid/stimulant use:** Christina Russell crussell@capecodchildrensplace.com
- Parent Child+ :** Marly Pereda mpereda@capecodchildrensplace.com. This free program for parents with a child 18-30 months old provides free educational books and toys, virtual home visits and video calls on flexible schedules, and a trained early learning specialist. The program promotes cognitive and social-emotional skills while children learn through play. Offered in English, Spanish and Portuguese. Enrolling now; call 508-240-3310.

The following services are available at Cape Cod Children's Place to members of the community by appointment:

Mobile Dental Hygiene Services September 16

Email smiles@mobiledentahygiene.com or call 508-827-6725 to schedule an appointment with the mobile dental clinic at Cape Cod Children's Place. Preventive oral health care for all ages. Only Mass. Health and private pay accepted. Reduced payment options available for those with no dental insurance.

Outer Cape WIC September 22; October 14 & 28

Call 508-240-0853 or 774-801-8448 to schedule a WIC appointment at Cape Cod Children's Place on one of the dates above. WIC provides free healthy food, breastfeeding support and nutrition information to eligible families

The Family Pantry of Cape Cod

Call Karen at 508-240-3310 to get on the list for monthly pick-up of food at Cape Cod Children's Place. Call the Family Pantry at 508-432-6519 or visit thefamilypantry.com for information about food and clothing at their Harwich site and other locations.

We look forward to welcoming the following services back to our center when it is safe:

Child Care Network

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

Early Intervention

508-418-5540 or kdc.org/early-intervention
Developmental supports for children 0-3.

Immigration Resource Center

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

Community Health Navigator

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

Lower Cape Outreach Council

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

Helping Our Women

Call 508-487-4357 or email info@helpingourwomen.org for services and transportation for Outer Cape women with illness and disabilities.



News You Can Use

Children's Trust

The Children's Trust is on a mission to stop child abuse in Massachusetts. Look for parenting resources at <https://childrenstrustma.org/our-programs/one-tough-job-or-https://childrenstrustma.org/our-programs/all-babies-cry>

*

Community Café

September 27, 2-3:30pm

Join community agencies and organizations virtually to discuss Aunt Bertha, a social care network being implemented on Cape Cod. Learn how to make it easy for people to get the help they need and how your organization can join this initiative. Call Cape Cod Children's Place 508-240-3310 to register.

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Tuition Aid

Following are some resources to help families pay early childhood education & care fees:

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

Bailey Boyd subsidies serve families in Brewster, Dennis, Eastham, Provincetown, Truro, Wellfleet. Email cbergen@baileyboyd.com for information and applications.

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

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Children's Cove

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

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Foster Closet

Call 508-514-7125 or email sharon@capecodfostercloset.org for information about resources to help anyone raising someone else's child: foster parents, relative caregivers (grandparent, aunt, uncle, etc.), pre-adoptive parents.

*

Healthy Families

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

*

Monomoy Community Services

Serving the Chatham community with childcare for working families, counseling referral services, financial assistance, and community special events. 508-945-1501 or Monomoy.org.

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NAMI

NAMI (National Alliance on Mental Illness) Cape Cod & The Islands will offer a free 8-week Family-to-Family program in Eastham starting October 12, 6-8:30 pm. This series is for family members, partners, friends and significant others of adults living with mental illness. Call 508-778-4277 or email klemmon@namicapecod.org for information on support groups and other programs offered by NAMI.

*

Homeless Prevention Council

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

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Cape Cod Head Start

Call YMCA at 508-362-6500.

WE CAN

Call 508-430-8111 or visit wecan-center.org. Legal services, work and career support, financial counseling, advice for business owners, support for women going through divorce or separation, workshops, mentoring.

*

Monomoy Family Resource

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

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Grandparents Raising Grandchildren

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

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A Baby Center

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

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Cape Cod Family Resource Center

508-815-5100 or capecodfamilyresourcecenter.org

Various family support services.

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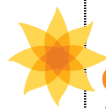
Staying Safe

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

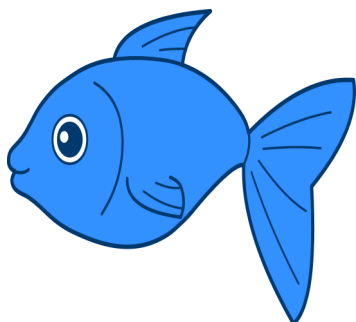
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Postpartum Doula Program

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



**children's
trust**



Weekend fun this fall!

Celebrate our Waters

*Free Family Fun at Rock Harbor, Orleans
Saturday, September 18; 10 am-3 pm*

Explore a Live Pond Life Lab 10 am-1 pm in the
Family Tent!

This annual festival takes place September 17-19
with activities at different locations in Orleans.

Call 508-240-3310 to register for programs below:

Saturday activities

Dad & Me

9/25, 10/16, 11/13; 12-1 pm
with Tomas Tolentino; various locations

STEM Saturdays

9/25, 10/16, 11/13, 12/4; 2-3 pm
with Mary; outdoors at Hyannis Library

Loose Parts

9/18, 9/25, 10/2; 10-11 am
with Sue; Orleans Cultural Council program

Lego Time with Dad

4-week virtual series 10/9-10/29; 10-11 am
with Justin

Start the weekend early with Friday Fun Outdoors!

Fun on the Farm

9/17-11/5; 11 am-noon, with Ellen
Various locations

Muddy Buddies

9/17-11/8; 9:30-10:30 am, Dennis
Cultural Council program; with Haley

Terrific Toddlers

9/17-11/19; 10-11 am, Dennis Public
Library (outdoors); with Mary

And don't forget **the Libraries!**

Brewster Ladies' Library, 1822 Main St. 508-896-3913 brewsterladieslibrary.org

Brooks Free Library, 739 Main St. Harwich Ctr. 508-430-7562 brooksfreelibrary.org

Dennis Public Library, 5 Hall St. Dennisport 508-760-6219 dennispubliclibrary.org

Eastham Public Library, 190 Samoset Rd. 508-240-5950 easthamlibrary.org

Eldredge Public Library, 564 Main St. Chatham 508-945-5170 eldredgelibrary.org

Hyannis Public Library, 401 Main St. 508-775-2280 hyannislibrary.org

Provincetown Public Library, 356 Commercial St. 508-487-7094 provincetownlibrary.org

Snow Library, 67 Main St. Orleans 508-240-3760 snowlibrary.org

Truro Public Library, 5 Library Ln. 508-487-1125 trurolibrary.org

Wellfleet Public Library, 55 West Main St. 508-349-0310 wellfleetlibrary.org

Yarmouth Port Library, 297 Main St. 508-362-3717 yarmouthportlibrary.org

Cape Cod Children's Place News



Twenty-six years ago we opened the doors to our first preschool class. In that fall of 1995 we were laying the foundation for our future, forming groups to work on issues of concern to families in the community. Those focus groups were led by parents and addressed topics they had identified, including support for single parents, the lack of licensed early education and care programs, peer support for teen parents, parenting premature infants, parenting children with ADD, and many more.

From those earliest years, Cape Cod Children's Place has been by, of and for the community. And as we have continued to grow and evolve, many children and adults have joined and then moved on from our CCCP family. Children in our first preschool classroom are now 30 years old, many with families of their own. Some are earning their living here where they grew up; others have left the Cape.

Many people have also come and gone from our staff in those 26 years, contributing their talents and passion to our organization and leaving us with great memories. This summer

Bindy Johnston and Sarah Nitsch moved on to new chapters in their lives; Bindy was a longtime and loved teacher in our classrooms and Sarah worked tirelessly on our fundraising and social media campaigns. We thank them for their years with us, we wish them well as they embark on new adventures and we look forward to staying in touch.

Our Board of Directors

Scotti Finnegan, President; Kristen Apgar, Vice President;
Kim Condra, Secretary; Nancy Crowley, Treasurer.

Members: Matt Bober, Trina Brown, Carol Counihan, Sally
Digges, Stephanie Jepsen, Vikki Morris and Kara Risk.

We are grateful to Mid Cape Home Centers for selecting Cape Cod Children's Place as their beneficiary in the 5th annual E.J.Jaxtimer Charter Cup Fishing Tournament, held on July 14.

We welcome monetary donations of any size. Please call us for ways to give.

Contact us at:

Cape Cod Children's Place, P.O. Box 1935, N. Eastham, MA 02651
www.capecodchildrensplace.com; info@capecodchildrensplace.com

Tel: 508-240-3310; Fax: 508-240-2352

Visit our website capecodchildrensplace.com, find us on FaceBook and Instagram.

Email info@capecodchildrensplace.com for more information.



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www.capecodchildrensplace.com
 Check out this newsletter "in color"
 on-line at our website.



HELPFUL FAMILY CONTACTS & RESOURCES

For a more comprehensive list of resources and services check out The Lower Cape Family Resource Guide on-line at www.capecodchildrensplace.com or request a copy at 508.240.3310.



A Baby Center	508.771.8157	Basic items for infants and toddlers up to age three living on Cape Cod and Islands
Al-anon /Alateen	508.394.4555	Offering support for friends, families and teens with problem drinkers in their lives
Cape & Island Breast Feeding Warm Line	888.890.2229	Lactation services and classes are available to local Cape and Islands mothers
Child Support Enforcement-Mass DOR	508.771.2414 x 3	Assistance in enforcing the financial responsibilities of parenthood
Consumer Credit Counseling	800.208.2227	Budgeting and debt consolidation assistance
Dept. of Transitional Assistance	508.862.6600	Services and resources for low-income families and individuals.
Fuel Assistance Program	508.746.6707	Emergency fuel/heating help
Healthy Connections	508.255-1903	Referrals for free/low cost health insurance
Homeless Prevention Council	508.255.9667	Counseling, advocacy, resources and referral services
Independence House	508.771.6507	Cape Cod's Resource Center for Victims & Survivors of Domestic Violence & Sexual Assault.
Legal Services for Cape Cod & Islands	510-775-7020	Non-profit legal aid
Lower Cape Outreach Council	508.240.0694	Providing short-term emergency assistance to Lower Cape families and individuals
Mass APEAL	508.349.1173	Free clothing as well as information on Serve New England Program
Monomoy Family Resource Center	508.430.7216	Ext. 4044: Information, support, diapers, clothing, food for Chatham and Harwich families.
Outer Cape Health Services: Provincetown, Wellfleet 349-3131 & Harwich 432-1400	508.487. 9395	Providing high quality primary healthcare to those living in or visiting the 8 Lower/Outer Cape towns, regardless of their financial situation
Outer Cape Women, Infants and Children's (WIC) Nutrition Program	508.240.0853	Supplemental food and nutrition program offering healthy food options, community referrals, nutrition education and breastfeeding support.
Parental Stress Line	800.632.8188	A free, confidential, and anonymous 24-hour parent helpline for parental support
Provincetown Family Resource Center	800.871.9535 or	Providing support, referrals, and financial aid through the John A. Henry Trust.
SNAP Supplemental Nutrition Assistance	877-382-2363	Applications and assistance with food stamp program.
WE CAN	866.430.8111	Assisting Cape Cod women through divorce, career change /growth, job loss, illness, retirement