



# cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

## Special Thanks!

THANK YOU! To **Housing Assistance Corporation** for the **THRIVE** program, providing monthly rental subsidies and financial goal-setting for households of early childhood educators and individuals working with the developmentally disabled. For information contact HAC at 508-771-5400 or [haconcapecod.org/thrive/](http://haconcapecod.org/thrive/) ....THANK YOU! To the **Mollie Hirshberg Fund** and all our generous repeat funders who have continued to support our programs and services through the years despite Covid and other challenges... THANK YOU to **Leadership Cape Cod** for selecting Cape Cod Children's Place for their project this year; learn more at [leadershipcapecod.org/](http://leadershipcapecod.org/) and [capecodchildrensplace.com/5-protective-factors/](http://capecodchildrensplace.com/5-protective-factors/) ....THANK YOU! To our **Families First Ambassadors: Claudia Berbeo, Daniela Schwartzman, and Kelly Sommers** for their work on our Community Impact Project, **Cape Cod For All**, with support from the Mass. Dept. of Early Education and Care and Families First. Look for their report on our website at [capecodchildrensplace.com/cape-cod-for-all/](http://capecodchildrensplace.com/cape-cod-for-all/)

## Expectations and Disappointments

I have a friend whose parents, when she and her siblings were young, would sometimes plan a family excursion to some favorite destination. At the last minute her parents would pretend to discover the place was closed or the trip wasn't possible. They did this to give their children opportunities to adapt to disappointment, after raising their expectations.

For many of us this season is one of hope and expectations, some of which may lead to disappointments. As parents we are hoping the new school year is a positive one for our children; they, in turn, are often looking forward to seeing familiar friends and re-discovering routines that were set aside during the summer as they move forward. Whatever the ages of our children, September brings changes and sometimes challenges.

When my children were young, I clung to an unacknowledged and unrealistic belief in "happily ever after" --- a magical future time when all problems would be solved and we would all be happy in our lives. That time never came because it only exists in fairy tales. I had to learn to adjust my expectations as a parent, just as my children learned to adjust theirs.

Perhaps one of the best gifts we can give our children is to help them adapt

when reality doesn't live up to their expectations. Life doesn't always give us what we want and we have a role to play in preparing children for challenges that lie ahead. It starts with listening. We can encourage them to share their hopes and fears and feelings, not so we can tell them "everything will be all right" but so we can help them figure out how to cope. When they deal successfully with the challenge of the moment, they can gain confidence and perspective to manage future challenges.

We can also help by modeling ways to deal with our own disappointments. When we show major frustration at minor setbacks, or cling to unrealistic expectations without acknowledging changed circumstances, we aren't helping our children develop their own problem-solving skills.

Being ready to adapt doesn't mean we always need to expect the worst. Positive anticipation has its own value; the time my friend and her siblings spent looking forward to a special family trip wasn't wasted, it was an important part of the whole experience. Even if we never get to "happily ever after" there's always room for hope along the way.

Happy fall!

*Elizabeth Aldred*

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# Grants & Early Childhood Councils



## Grant Funding 2023 Fiscal Year (YTD)

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### Multi-Year Government Grant Contracts

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

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

Massachusetts Department of Public Health's FIRST (Families In Recovery Support) Steps Together provides 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.

### Foundation Grants

Cape and Islands United Way  
Cape Cod Foundation, Mollie Hirshberg Fund  
Lyndon Paul Lorusso Charitable Foundation

### Town Human Service Committees

Bourne, Brewster, Dennis, Eastham,  
Falmouth, Harwich, Orleans,  
Provincetown, Truro and Wellfleet

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

For more information or to give a donation,  
visit [www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)  
call 508-240-3310  
email [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)

## Community Engagement

Throughout the school year, we host eight community networking groups that provide a forum for us to stay connected to the needs of the families we serve. These important meetings help shape our programs, services and supports. Join us to learn about our collective community impact, to stay informed, and to get involved. Below is our 2022-2023 meeting line-up, which is also

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

For more information email contacts listed below.

### Cape Cod Regional 11-Town

#### Early Childhood Advisory Council

Quarterly, 3rd Wednesday, 6-7:30 pm virtual

9/21/22, 12/21/22, 3/15/23, 6/21/23

Patty Watson [pwatson@capecodchildrensplace.com](mailto:pwatson@capecodchildrensplace.com)

#### Barnstable Early Childhood Council

Quarterly, 3rd Monday, 5-6 pm

9/19/22, 12/19/22; 3/20/23, 6/21/23

Kelly Sommers [cfcbarstable@gmail.com](mailto:cfcbarstable@gmail.com)

#### Dennis-Yarmouth Early Childhood Council

Quarterly, 3rd Tuesday 6-7 pm

9/20/22, 12/20/22, 3/14/23, 6/20/23

Sue Gubbins [dycfce@gmail.com](mailto:dycfce@gmail.com)

#### Monomoy Early Childhood Council

Monthly, 6-7 pm; 9/15/22, 10/6/22, 11/3/22 (no Dec. mtg)

Hybrid at Harwich Community Ctr., 100 Oak St.

Lucy Gilmore [lgilmore@monomoy.edu](mailto:lgilmore@monomoy.edu)

#### Parent Advisory Council

Monthly, 1st Wednesday, mtg. times/locations vary

9/7/22, 10/5/22, 11/9/22, 12/7/22

Carol Biondi [cbiondi@capecodchildrensplace.com](mailto:cbiondi@capecodchildrensplace.com)

#### Cape & Islands Early Learning Network

Alternate months, 2nd Wednesday, 1-2:30 pm

Hybrid at Cape Cod Family Resource Ctr., Hyannis

Cindy Horgan [chorgan@capecodchildrensplace.com](mailto:chorgan@capecodchildrensplace.com)

Patty Watson [pwatson@capecodchildrensplace.com](mailto:pwatson@capecodchildrensplace.com)

#### Cape & Islands Maternal Depression Task Force

Monthly, 3rd Thursday, 10-11 am, online

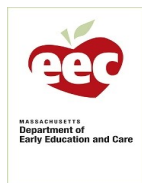
9/15/22, 10/20/22, 11/17/22, 12/15/22

Kerry McCarthy [Kerry.mccarthy.miller@gmail.com](mailto:Kerry.mccarthy.miller@gmail.com)

#### Cape Cod Fathers & Family Network

Occasional Mondays, 11:30-2 pm, hybrid, Hyannis

Paul Melville [pmelville@familynurturing.org](mailto:pmelville@familynurturing.org)



# Family Activities



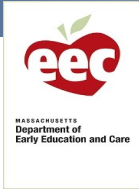
Cape Cod Children's Place provides Early Childhood Education and Care in the licensed, accredited classrooms at our Eastham Center. We also administer many grant-funded programs serving children and families at different locations. The list below includes no-cost family activities; most are in person unless health protocols change. Call us at 508-240-3310 for updates.

**Pre-registration is required for all Family Activities on this page and Family Education & Support Programs on the next page; call 508-240-3310 to register and for more information.**

Look on the Cape Cod Children's Place News page of this newsletter for staff members to contact about all our programs and services.

## Fall Family Activities

- Mondays:** **Baby's First Year**, 11 am-noon; weekly 9/12-June; Snow Library, Orleans with Ali Burns  
**Stroller Walk & Storytime**, 9:30-10:30 am; 9/12-10/24 (skip 10/10); W. Barnstable location with Ellen Hyde  
**Truro Playground Playgroup**, 9:30-10:15 am; 10/3-10/31 (skip 10/10); Truro with Daniela Schwartzman  
**Tykes Creative Movement**, 9:30-10:15 am; 11/7-11/28; Truro Community Ctr with Daniela Schwartzman  
**Tykes Creative Movement**, 11-12; 10/3-11/28 (skip 10/10); Wellfleet Preservation Hall with Daniela S.  
**Dad & Me: Evenings on the Bay**, 5:30-6:30 pm, 9/12-10/3; Brewster beach locations with Haley Lindahl  
**Music & Movement**, 1:30-2:30 pm, monthly 9/19, 10/17, 11/14, 12/12; Hyannis Library with Ellen Hyde
- Tuesdays:** **Little Naturalists**, 1:30-2:30 pm; 9/13-11/1, ages 3-5; Long Pasture Audubon Sanctuary with Ellen Hyde  
**Pre-K Art Series**, 10-11 am; 9/20-10/25; Harwich Port location with Alex Roberts  
**Science Arts**, 10:30-11:30 am; 10/4-10/25; Chatham Community Center with Lucy Gilmore  
**Raising Helpful, Cooperative Kids**, 4-5 pm; 10/11-11/15; D-Y locations with Sue; includes parent night 10/27  
**Pajama Playgroup**, 5:30-6:30 pm; 11/8-12/13; Harwich Community Center with Lucy Gilmore
- Wednesdays:** **Mindfulness in Nature**, 9:30-10:15 am; 10/26-12/19, Brewster location with Daniela Schwartzman  
**Puppet Playgroup**, 10-11 am, 10/5-10/26; in Dennis with Mary Wilson  
**Puppet Playgroup**, 10-11 am, 11/2-11/30 (skip 11/23); in Yarmouth with Mary Wilson  
**Kind Kids**, 11:15 am-12:15 pm; 2 sessions: 9/28-10/26 & 11/2-12/7; Hyannis Public Library with Daniela S.  
**Kids Movement Jamboree**, 10-11 am; 9/21-11/9; South Dennis location with Britt Burbank  
**Eastham Read & Play**, 10:30-11:30 am; 9/28-12/21 (skip 11/23); Eastham Public Library with Lucy Gilmore  
**Tyke Hikes**, 12:30-1:30 pm; 9/21-11/9; Wellfleet Audubon Sanctuary with Lucy Gilmore  
**Book & Cook**, 5:30-6 pm, two sessions: 9/14-10/19 & 11/9-12/21; **virtual** with Tomas Tolentino
- Thursdays:** **Outdoor Nature Story & Craft**, 10-11 am; 9/15-11/17 (skip 11/11); South Dennis location with Jill Silva  
**Harwich Open Gym**, 10-11 am; 10/6-12/15; Harwich Community center with Lucy Gilmore  
**Harwich Circle Time**, 11 am-12:15 pm; 10/6-12/15; Harwich Community Center  
**Kids Movement Jamboree**, 10-11 am; 9/15-10/20; Whelden Library, W. Barnstable with Britt Burbank
- Fridays:** **Pre-K Explorers**, 10:30-11:30 am; 10/7-11/4; Harwich Conservation trails with Lucy G. and Andrea, naturalist  
**Intergenerational Music & Movement**, 10-11 am; 9/16-11/4; Yarmouth location with Mary Wilson
- Saturdays:** **Muddy Buddies**, 10-11 am; 10/1-10/22, ages 2-6; Brewster location with Haley Lindahl  
**Little Brazilians**, 10-11 am; 11/12-12/10; Health Ministry, Hyannis with Vanessa Rendeiro  
**Lego Time with Dad**, 10:30-11:30 am; 10/15-11/5, ages 3-6; Snow Library, Orleans with Justin Kennington  
**Pre-K Art Series**, 10:30-11:30 am; 10/15, 10/22, 10/29, 11/5; D-Y locations with Katie O'Connor  
**Dad & Me**, 12-1 pm; monthly 9/17, 10/15, 11/19; different locations with Tomas Tolentino  
**STEM Storytime**, 2-3 pm; monthly 9/17, 10/15, 11/19, 12/17; Hyannis Public Library with Lynn Belfiore



## Family Education & Support



Cape Cod Children's Place provides Family Education and Support programs at no cost; see the list below. We also offer free family support consultations. For information call 508-240-3310; email [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com) visit [www.capecodchildrensplace.com](http://www.capecodchildrensplace.com) Facebook *Cape Cod Children's Place* Instagram *@capecodchildrensplace*

In addition to the programs listed, we offer **Parent Child+**, a no-cost program in English, Spanish or Portuguese for families with a child 18-30 months old. Families receive free educational books and toys, virtual home visits and video calls on flexible schedules, and services from a trained early learning specialist. Enrolling now for fall; email Marly Pereda [mpereda@capecodchildrensplace.com](mailto:mpereda@capecodchildrensplace.com)

### Family Education, Workshops & Support

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#### Family Education Series

**Raising Healthy Families:** 6-7:30 pm, Weds 9/28-11/2

6-week series with Cindy Horgan

**Positive Discipline:** in English, 10-11:30 am, Tues 10/18-11/22

6-week series with Ali Burns and Carol Biondi

**Positive Discipline:** in Portuguese, 6-7:30 pm, Weds 10/19-11/30

6-week series (skip 11/23) with Marcelli Lima and Marly Pereda

**Speech & Language:** 5:30-6:30 pm, 10/10-10/24

3-week series with Jennifer Watson, speech language pathologist

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#### Workshops

**Raising Healthy Boys:** 6-7:30 pm, 10/25 with Cindy Horgan

**Technicool: Keeping Kids Safe on the Internet:** 6-7:30 pm, 10/4 with Children's Trust trainer Tammy Bernardi

**Toilet Training 101:** 6-7:30 pm, 10/20 with Carol Biondi

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#### Support Groups

**Dads' Talk:** 6:30-7:30 pm, monthly 2nd Tuesday

9/13, 10/11, 11/8, 12/13 with Paul Melville

**Dads in Recovery:** 6 pm, Tuesdays; meet with Danny Rodrigues on 2nd & 4th Tues, join peer support group on 1st & 3rd Tues.

Register [CapeDadsGroups@gmail.com](mailto:CapeDadsGroups@gmail.com) or 774-722-3305

**Sensational Chats:** 6:30-7:30 pm, monthly 3rd Tuesday

9/20, 10/18, 11/15, 12/20 with Melissa Alves, pediatric OT

**The Road Less Traveled:** 7-8 pm, monthly 3rd Tuesday 9/27, 10/25, 11/15, 12/13; support for families of children with complex medical diagnoses, with Mary Wilson and Laura Will

### FIRST Steps Together

These programs provide support for families impacted by substance use.

Contact Christina Russell [crussell@capecodchildrensplace.com](mailto:crussell@capecodchildrensplace.com) for information about:

#### WRAP (Wellness, Recovery & Assistance in Parenting)

9:30 am Mondays

#### Rise

6-7 pm Mondays

Women's empowerment meeting focused on the recovery journey

#### Mindful Parenting

9:30 am Wednesdays

strategies to incorporate mindfulness in your parenting

#### Dads in Recovery Support

6 pm Tuesdays

Contact email above or [CapeDadsGroup@gmail.com](mailto:CapeDadsGroup@gmail.com)

#### Just Breathe:

6-7 pm Thursdays

virtual group using basic yoga tools to help build a strong recovery foundation.

Led by Diane Ogunlade; [mrsogun777@icloud.com](mailto:mrsogun777@icloud.com)





## News You Can Use

### Children's Trust

The mission of Children's Trust is to stop child abuse in Massachusetts. Look for parenting resources at <https://childrenstrustma.org/our-programs/one-tough-job> or at <https://childrenstrustma.org/our-programs/all-babies-cry>. Visit [childrenstrustma.findhelp.com](http://childrenstrustma.findhelp.com) to connect with services in your region.

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### Mobile Dental Hygiene Services

will be available by appointment on **October 27** at Cape Cod Children's Place. Mass. Health and private pay accepted. Cleanings, fluoride treatments, sealants, x-rays, periodontal cleanings. Call **508-240-3310** or email [smiles@mobiledentalhygiene.com](mailto:smiles@mobiledentalhygiene.com)

### Outer Cape WIC

Outer Cape WIC provides free healthy food, breastfeeding support and nutrition information to eligible families at Cape Cod Children's Place on 2nd and 4th Wednesdays of the month. Call **508-240-0853** or **508-240-3310** for appointments and information.

### Family Pantry of Cape Cod

Call Karen at **508-240-3310** to get on the list for monthly food pick-ups at Cape Cod Children's Place. Visit [thefamilypantry.com](http://thefamilypantry.com) or call **508-432-6519** for information and hours to get food and clothing at Family Pantry of Cape Cod in Harwich.

### Lower Cape Outreach Council

Lower Cape Outreach Council in Orleans operates food pantries at locations in each of the 8 Lower and Outer Cape towns. Call 508-240-0694 or visit [lcoutreach.com](http://lcoutreach.com) for schedules and information about emergency financial aid, clothing and other resources.

### TUITION AID

Help in paying early childhood education & care fees is available to families from various sources, including:

**Bailey Boyd subsidies** serve families in Brewster, Dennis, Eastham, Provincetown, Truro and Wellfleet. Email [cbergen@baileyboyd.com](mailto:cbergen@baileyboyd.com) for information.

**Cape Cod Children's Place** 508-240-3310 or [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com). Several resources available, including Eastham and Wellfleet Human Services scholarships and the Lower Cape Emergency Child Care Fund.

### Chatham Subsidy Program

Chatham residents can apply to the Dr. Florence Seldin Family Support Program for help to pay preschool fees for their 3- and 4-year-old children. Visit [chatham-ma.gov](http://chatham-ma.gov) or call ChathamTown Hall at 508-945-5100 for information and applications.

### Monomoy Early Childhood Council

Help for Chatham and Harwich families; [lgilmore@monomoy.edu](mailto:lgilmore@monomoy.edu).

### Child Care Network

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

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### OTHER RESOURCES

#### Early Intervention

508-418-5540 or [kdc.org/early-intervention](http://kdc.org/early-intervention). Developmental supports for ages 0-3.

#### Immigration Resource Center

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

#### Monomoy Community Services

508-945-1501 or [Monomoy.org](http://Monomoy.org). Serving the Chatham community with childcare for working families, counseling referral services, financial assistance, and community special events.

### Helping Our Women Expands

HOW is opening an office in Eastham at 3 Main Street Mercantile on Rte. 6, in addition to its Provincetown office.

Call 508-487-4357 or visit [helpingourwomen.org](http://helpingourwomen.org) for information about HOW services and transportation for Outer Cape women living with illness and disabilities.

### CDP Moves to Orleans

The Community Development Partnership will move its office at the end of September to 260 Rte. 6A in Orleans. Call 508-240-0873 or visit [capecdp.org](http://capecdp.org) for information about the CDP's programs to support stable, affordable housing and strong local businesses.

### Homeless Prevention Council

508-255-9667 or [hpccapecod.org](http://hpccapecod.org). Help for Lower/Outer Cape residents to find, keep, pay for housing.

### WE CAN

508-430-8111 or [wecancenter.org](http://wecancenter.org). Programs, supports and services to foster independence and create lasting, positive change for women going through life transitions.

### Children's Cove

508-375-0410 or [childrenscove.org](http://childrenscove.org). Child advocacy center providing services for child victims of sexual abuse.

### A Baby Center

508-771-8157 or [ababycenter.org](http://ababycenter.org). High chairs, strollers, bathtubs, bouncy seats, clothing, diapers, wipes, formula and other baby needs.

### Healthy Families

508-540-2968. Family support for first-time parents through age 26.

### Foster Closet

508-514-7125 or [capecodfostercloset.org](http://capecodfostercloset.org). Clothing, supplies & more for local foster, adoptive and relative caregiver families.



# Fall Calendar

**Your VOTE counts! Remember to vote this fall!**

**September 6: State Primary and November 8: State Election**

The winners will be making decisions that affect your life, and the lives of your children. Don't let other people make those decisions for you. Call your Town Hall for voting hours & poll locations.

## Intergenerational Picnic

*Thursday, September 22, 5-7 pm*

*Elks' Club, Rte. 6A, Eastham*

*Food & entertainment provided!*

All families and all generations are invited to this free, fun, fabulous event hosted by Cape Cod Children's Place and the Eastham Council on Aging. Call 508-240-3310 to tell us you're coming!

## Celebrate Our Waters in Orleans!

**September 16, 17, 18**

Join Lucy Gilmore from 10 am-1 pm

Saturday, September 17 in the Family Activity Tent at Rock Harbor and enjoy

a scavenger hunt, science projects, arts & crafts.

A full schedule of the weekend's activities is at

<https://www.orleanspondcoalition.org/>

This annual festival is hosted by the Orleans Pond Coalition and the Town of Orleans.

More than 20 free events are featured for all ages, interests and activity levels, including:

kayak tours, morning yoga class, guided bird walks, pond trail hikes, bike rides, cranberry bog visit

Bring blankets, chairs & picnics for a Saturday night bonfire at Nauset Beach with music by DJ Tuttle

## Don't Forget the Libraries...

Barnstable: [barnstable.k12.ma.us](http://barnstable.k12.ma.us)

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

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

Dennis: [town.dennis.ma.us/libraries](http://town.dennis.ma.us/libraries)

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

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

Hyannis: [hyannislibrary.org](http://hyannislibrary.org)

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

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

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

Yarmouth: [yarmouthlibraries.org](http://yarmouthlibraries.org)

Wellfleet: [wellfleetlibrary.org](http://wellfleetlibrary.org)

## Weekly Fall Early Childhood Program

*Wednesdays, Sept. 14-Nov. 16, 9-11:30 am; ages 3-5.*

The Cape Cod Museum of Natural History, 869 Main St./Rte. 6A in Brewster, offers a weekly play-based drop-off program.

Outdoor and indoor activities will include walks, hands-on science, art-making, music, movement and sensory exploration.

Register at 508-896-3867; \$175 per child; scholarships available.

## Fall Clothing Swap

*October 1, 9-11:30 am at Eastham Methodist Church, Route 6*

Sponsored by Cape Cod Children's Place. Free fall and winter children's clothing.

Look on Facebook for drop-off and pick-up details. Call Karen at 508-240-3310 for information.

## *Cape Cod Children's Place News*



### ***Fall is Here!***

Fall is an exciting and busy time of year for families and for all of us at Cape Cod Children's Place. This newsletter includes information about the programs and activities we provide throughout the region, as well as other services available in our communities. Contact staff members below with specific questions:

**Early Learning Center of CCCP:** Director, Liz Stapleton [liz@capecodchildrensplace.com](mailto:liz@capecodchildrensplace.com). Enrollment and questions concerning our classrooms for ages 2 months-5 years at our Eastham center.

**FIRST Steps Together:** Director, Christina Russell [crussell@capecodchildrensplace.com](mailto:crussell@capecodchildrensplace.com). Support for families impacted by substance use.

**Family activities and groups:** Coordinator, Carol Biondi [cbiondi@capecodchildrensplace.com](mailto:cbiondi@capecodchildrensplace.com).

**Parent Child+ :** Marly Pereda [mpereda@capecodchildrensplace.com](mailto:mpereda@capecodchildrensplace.com). This free program for parents with a child 18-30 months old is offered in English, Spanish and Portuguese. Enrolling now for fall.

For a complete list of all our staff and our programs, visit [www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)

This fall we welcome two new coordinators of our Family Activities: Sue Gubbins in Dennis-Yarmouth and Kelly Sommers in Barnstable. Sue has lived for 27 years in Dennis where she raised her four children; she has worked as an Early Education Special Education Teacher for 32 years. Kelly grew up and currently lives in Barnstable; she is a mother of a young child, a Licensed Clinical Social Worker, and has two decades of experience caring for children.

The website also includes extensive information about our community partners, our grants and other funding sources, and about multiple resources on the Cape & Islands that support families and promote the Five Protective Factors: Parent & Child Development, Parental Resilience, Social & Emotional Competence, Social Connections, and Support in Times of Need.

This year we are continuing and expanding our services to the Cape's Portuguese- and Spanish-speaking populations. Through the SAFE Child Communities initiative funded by Children's Trust, and in collaboration with Health Ministry in Hyannis, we provide newsletters, outreach materials and programs in both languages. Contact Marly Pereda at [mpereda@capecodchildrensplace.com](mailto:mpereda@capecodchildrensplace.com) for more information.

***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](http://www.capecodchildrensplace.com); [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)**

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

*Visit our website [capecodchildrensplace.com](http://capecodchildrensplace.com), find us on Facebook and Instagram.*

*Email [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com) for more information.*



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[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)  
 Check out this newsletter "in color"  
 on-line at our website.



**HELPFUL FAMILY CONTACTS & RESOURCES**



*Our Family Resource Guides are available online at [www.capecodchildrensplace.com](http://www.capecodchildrensplace.com) in English, Spanish and Portuguese. Call Cape Cod Children's Place at 508-240-3310 to request a printed copy.*

|  |                  |  |
|--|------------------|--|
| <b>A Baby Center</b>                               | 508.771.8157     | Basic items for infants and toddlers up to age three living on Cape Cod and Islands            |
| <b>Al-anon /Alateen</b>                            | 508.394.4555     | Offering support for friends, families and teens with problem drinkers in their lives          |
| <b>Cape Cod Family Resource Center</b>             | 508-815-5100     | Support for all families: groups, activities, classes, events.                                 |
| <b>Cape &amp; Island Breast Feeding Warm Line</b>  | 888.890.2229     | Lactation services and classes are available to local Cape and Islands mothers                 |
| <b>Child Support Enforcement-Mass DOR</b>          | 508.771.2414 x 3 | Assistance in enforcing the financial responsibilities of parenthood                           |
| <b>Consumer Credit Counseling</b>                  | 800.208.2227     | Budgeting and debt consolidation assistance  |
| <b>Dept. of Transitional Assistance</b>            | 508.862.6600     | Services and resources for low-income families and individuals.                                |
| <b>Early Intervention</b>                          | 508-418-5540     | Family-centered support for children with developmental delays.                                |
| <b>Fuel Assistance Program</b>                     | 508.746.6707     | Emergency fuel/heating help  |
| <b>Healthy Connections</b>                         | 508.255-1903     | Referrals for free/low cost health insurance   |
| <b>Homeless Prevention Council</b>                 | 508.255.9667     | Counseling, advocacy, resources and referral services  |
| <b>Independence House</b>                          | 508.771.6507     | Cape Cod's Resource Center for Victims & Survivors of Domestic Violence & Sexual Assault.      |
| <b>Legal Services for Cape Cod &amp; Islands</b>   | 510-775-7020     | Non-profit legal aid   |
| <b>Lower Cape Outreach Council</b>                 | 508.240.0694     | Providing short-term emergency assistance to Lower Cape families and individuals               |
| <b>Mass APEAL</b>                                  | 508.349.1173     | Free clothing as well as information on Serve New England Program                              |
| <b>Monomoy Family Resource Center</b>              | 508.430.7216     | Ext. 4044: Information, support, diapers, clothing, food for Chatham and Harwich families.     |
| <b>Outer Cape Health Services:</b>                 | 800-667-5356     | Providing high quality primary healthcare in the 8 Lower/Outer Cape towns.                     |
| <b>Women, Infants and Children's (WIC) Program</b> | 508-771-7896     | Healthy food options, community referrals, nutrition education and breastfeeding support.      |
| <b>Parental Stress Line</b>                        | 800.632.8188     | A free, confidential, and anonymous 24-hour parent helpline for parental support               |
| <b>Provincetown Family Resource Center</b>         | 800.871.9535     | Providing support, referrals, and financial aid through the John A. Henry Trust.               |
| <b>SNAP Supplemental Nutrition Assistance</b>      | 877-382-2363     | Applications and assistance with food stamp program.   |
| <b>WE CAN</b>                                      | 508.430.8111     | Assisting Cape Cod women through divorce, career change /growth, job loss, illness, retirement |