



cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

Special Thanks!

THANK YOU! To the **Federated Church of Orleans** and the **Cape Cod Times Needy Fund** for making it possible for our Lower Cape Emergency Child Care Fund to help local families pay summer program fees for their children.

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NEWS Flash!

THANK YOU! to **Joanne Maldacker** for organizing our fall clothing swap. See details below:

Cape Cod Children's Place fall
Clothing SWAP

Saturday, Sept. 30, 9 am to noon
Eastham United Methodist
Church, Rt. 6

Donations are already coming in! Clean out those closets of all fall and winter clothing items that no longer fit your kids. Drop them off at the Cape Cod Children's Place, at 10 Ballwic Road, between now and September 22. Drop bins will be available. Then join us at the SWAP to get free items for your your kids that fit! We're accepting fall and winter items in good condition, sizes infant through teen!

This is a community share event and not an event for consignors/sellers. Questions can be emailed to Joanne Maldacker at jm_remy@yahoo.com. Please use SWAP as subject.

Welcoming Fall

Fall is a season of change. Although our calendar transitions to a new year in winter, it is really the arrival of fall that brings change into our lives. A new school year begins, seasonal work schedules shift, and around us we see leaves changing color and birds flying south.

Change is not easy for all of us. Some children are eager for the start of a new school year, looking forward to seeing familiar friends and making new ones; others may be apprehensive about different routines and unfamiliar teachers. Parents may be looking forward to relief from summer's hectic work schedules juggling family and professional responsibilities; they may also have financial and other concerns about the months ahead.

As September gets under way, all those different feelings can make it a confusing time for all of us, children and adults alike. And if we hit an unexpected bump in the road, an obstacle that upsets the balance of our lives, it may feel overwhelming. When that happens, we can find support in our community. We don't have to solve our problems all alone.

Living here on the Cape we are fortunate. We are surrounded by

community; we find it when we greet our neighbors, exchange updates at the grocery store, interact with local businesses. Here at Cape Cod Children's Place, we are part of your community. We help parents and caregivers find answers to questions, and resources when they are needed, so that small obstacles don't become bigger. We celebrate successes, and offer support in meeting challenges. We work with many community partners to build resilience, strengths and skills in all families.

Early in the summer, local high school graduates were featured in the *Provincetown Independent*, talking about their experience growing up on the Cape and their plans for the future. One girl who grew up in Eastham and has lived here her whole life, said "I always knew I had a support system in the community, and I am so thankful for that. I have really come to appreciate the sense of community that the Cape has given me."

She's right, we have a lot to be grateful for. May we take that gratitude with us into this new fall season, with confidence that support will be there for us when we need it.

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Grants & Community Councils



Community Engagement Calendar

Our community networks allow us to stay connected to the needs of the families that we serve. The new meeting information will be emailed to our mailing lists and posted on our website and social media.

www.capecodchildrensplace.com.

For more information, email Patty Watson pwatson@capecodchildrensplace.com with "Community Networks" in the subject line.

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**Lower and Outer Cape
Early Childhood Advisory Council**
(Brewster to Provincetown)

Mid-Cape Early Childhood Council
(Barnstable, Yarmouth, Dennis)

Monomoy Early Childhood Council
(Harwich and Chatham)

Parent Advisory Council
(Barnstable to Provincetown)

**Cape & Islands Early Learning
Network**
(Cape Cod, Nantucket, Martha's Vineyard)

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**Cape & Islands Perinatal Wellness
Alliance**

*(formerly the Cape & Islands Maternal
Depression Task Force)*

Contact Kerry McCarthy

kerry.mccarthy.miller@gmail.com

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Cape Cod Fathers & Family Network

Contact Paul Melville

pmelville@familynurturing.org

Grant Funding 2024 Fiscal Year July 1, 2023 - June 30, 2024

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Multi-Year Government Grant Contracts

- Barnstable County American Rescue Plan Act (ARPA) grant funds our innovative "Creating a Culture of Resilience in Early Education and Care" Initiative;
- MA Attorney General's Maternal Health Equity grant funds perinatal professional development opportunities for mental health clinicians;
- MA Children's Trust SAFE (Strengthening All Families Everywhere) grant builds Protective Factors in our children and communities with free programs, support and services;
- MA Department of Early Education and Care's Coordinated Family and Community Engagement (CFCE) and Parent Child Plus (PC+) grants fund no-cost programs, support and services from Provincetown to Barnstable;
- MA Department of Early Education and Care's Early Education and Out of School Time funds and Children's Investment Fund for building renovations;
- MA 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, Martha's Vineyard; and
- MA Department of Public Health's State Opioid Response Prevention in Early Childhood for Barnstable County.

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FY24 Grant Awards following July 1, 2023
Foundations: Nordblom Family Foundation; Peter and Elizabeth Tower Foundation.

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Town Human Service Grants

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

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

Thank you!

For more information or to give a donation, visit capecodchildrensplace.com, call 508-240-3310 or email info@capecodchildrensplace.com.



Family Activities



Call 508-240-3310 or visit capecodchildrensplace.com for information about our grant-funded activities for children and families, including those listed below and our family education and support programs listed on the next page.

Fall Program Calendar

Registration is required for all programs; call CCCP at 508-240-3310.

- Mondays:** **Baby's First Year**, 11 am-noon; weekly September-June; Snow Library, Orleans; ages birth-1 year
Music & Movement, 1:30-2:30 pm; 9/25-10/30; Hyannis Play Oasis; all ages welcome
Loose Parts, 3:30-4:30 pm; 9/11-10/2; Eastham Library; ages 3-8 (due to small parts)
Peaceful Babes Yoga Playgroup, 10-11 am; 9/11-10/2; Wellfleet Preservation Hall; ages 2-5
Peaceful Babes Yoga Playgroup, 1:30-2:30 pm; 9/11-10/2; Snow Library, Orleans; ages 2-5
Puppet Playgroup, 10-11 am; 10/30-11/20; Chatham Community Center; ages 2-5
Little Scientists, 10-11 am; 9/11-10/23; Flax Pond, Yarmouth; ages 2-5
- Tuesdays:** **Stories, Suds & Song**, 10-11 am; monthly 10/3, 11/7, 12/5; Star Laundromat, Dennis (free laundry) ages 4-7
Nature Art with Mary, 10-11 am; 9/12-10/3; Meetinghouse Farm, Barnstable; ages 2-8
Pediatric Sleep 101, 10:30-11:30 am; 9/19-10/17; Centerville Library Children's Room; ages birth-12 mos.
Story & Project, 10-11 am; 2 sessions, 9/19-10/24 and 11/21-12/5; Dennis Public Library; ages 2-5
Eldredge Park Playgroup, 10:30-11:30 am; 9/12-10/24; drop-in Eldredge Park Playground, Orleans; ages 0-5
Little Naturalists, 1:30-2:30 pm; 9/12-10/17; Long Pasture Audubon, ages 2-8
Fun on the Farm, 10:30-11:30 am; 9/19-10/17; locations in and around Barnstable; all ages welcome
Raising Helpful Kids, 4-5 pm; 11/7-11/28; Dennis-Yarmouth community locations; ages 3-8
- Wednesdays:** **Wiley Park Playgroup**, 10:30-11:30 am; 9/13-10/25; drop-in Wiley Park Playground, Eastham; ages 0-5
Harwich Circle Time, 10:30-11:30 am; 10/4-12/13; Harwich Community Center; ages 2-5
Ready-Set-Go Playgroup, 10:30-11:30 am; 9/20-10/25; South Yarmouth Library; ages 2-5
Book & Cook, 5:30-6 pm; 10/11-11/18; **virtual**; ages 2-8
Kids Movement Jamboree, 10-11 am; 9/13-11/1; Johnny Kelley Park, Dennis; ages 2-5
- Thursdays:** **Harwich Open Gym**, 9:45-10:45 am; 10/5-12/21; Harwich Community Center; ages birth-5
Cuties in Carriers, 9-10 am; 10/5-10/26; local Conservation Districts; ages birth-1
Pre-K Explorers, 10:30-11:30 am; 10/5-10/26; local Conservation Districts; ages 2-5
Pajama Playgroup, 6-7 pm; 2 sessions, 9/28-10/26 and 11/16-12/21; Harwich Community Center; ages 2-5
ArtStart, 1-2 pm; 10/19-11/16; Dot-to-Dot Workshop, Harwich; ages 3-6
Get Outside DY, 10-11 am; 9/14-10/5; trails around Dennis and Yarmouth; ages 2-5
Get Outside Cape Cod, 10-11 am; 10/19-11/9; trails on the Lower and Outer Cape; ages 2-5
Kids Movement Jamboree, 10-11 am; 9/14-10/19; Whelden Public Library outdoors, Barnstable; ages 2-6
- Fridays:** **Sensory Playgroup**, 10:30-11:30 am; 9/22-11/3; Eastham Public Library; ages 2-5
Toddler Town, 10:30-11:30 am; 10/6-12/15; Brewster Ladies' Library; ages birth-3
Intergenerational Music & Movement, 10-11 am; 9/15-11/17; Dennis Council on Aging w/grandparent; ages 2-5
Little Scientists, 3:30-4:30 pm; 9/15-10/20; Drummer Boy Park, Brewster; ages 2-5
Books, Balls & Blocks, 10:30-11:30 am; 10/20-11/17; Wellfleet Library; ages 1-4
- Saturdays:** **STEM Saturdays/Facts & Fun**, 10-11 am; 9/23, 10/21, 12/2; Cape Cod Toy Library; ages 2-5
Legos with Dad, 10:30-11:30 am; 10/14-11/4; Eastham Library; ages 3-7
Little Brazilians, 10-11 am; 12/2-12/16; Health Ministry, Hyannis; ages 2-7
Afternoon Artists, 2-3 pm; 9/23 at W. Yarmouth library, 10/21 at S. Yarmouth Library; ages 5-8



Family Education & Support



Cape Cod Children's Place provides Family Education and Support programs at no cost, and free family support consultations. Call 508-240-3310. Website www.capecodchildrensplace.com; also on Facebook and Instagram.

Space is still available this fall in 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, home visits one hour/once a week on flexible schedules, and services from a trained early learning specialist. Email Marly Pereda mpereda@capecodchildrensplace.com to register and get more information.

Family Education, Workshops & Support

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Parenting Education Series, all virtual

Raising Healthy Families: 6-7:30 pm, 6-week series
Thursdays 10/5-11/9 with Cindy Horgan

Positive Discipline/English: 10-11:30 am, 6-week series
Tuesdays 9/19-10/24

Positive Discipline/Portuguese: 6-7:30 pm, 6-week series
Wednesdays 10/18-11/29

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Parenting Education Series, in person

Circle of Security Parenting: 9:30-11 am, 8-week series
Mondays 9/11-11/6 at First Parish Brewster

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Workshops, all virtual

Power of Speech: 10/11, 10/18, 10/25; 6-7 pm

Raising Healthy Boys: 10/24; 6-7:30 pm

Toilet Training 101: 11/7; 6-7:30 pm

Technicool/Keeping Kids Safe on the Internet: 11/14; 6-7:30 pm

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Support Groups, virtual

The Road Less Traveled: 7-8 pm; 9/19, 10/17, 11/14, 12/12

Dads' Talk: 6:30-7:30 pm; 9/12, 10/10, 11/14, 12/12

Dads in Recovery: 6 pm; Tuesdays

1st & 3rd peer support; 2nd & 4th w/Danny Rodrigues
Register CapeDadsGroups@gmail.com or 774-722-3305

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Support Groups, in person

The following weekly groups are open to all mothers with a child under one year of age. Please, no siblings.

Wednesdays: 10-11 am; Mullen-Hall School, Falmouth
Registration required: shelbycrileylicsw@gmail.com.

Thursdays: 10-11 am; Cape Cod Children's Place, Eastham
Registration required: becky@earlycaredoula.com

FIRST Steps Together

Office at 23 White's Path, Unit 23G, Yarmouth

These programs provide support for families on the Cape & Islands impacted by substance use.

Contact **Christina Russell**

crussell@capecodchildrensplace.com
774-722-3305 for information about:

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Mama's Drop-In: Mondays 9:30 am
Zoom or FIRST Steps Together office

Dads in Recovery: Tuesdays 6 pm
Zoom; stay tuned for in-person option

Mindful Parenting: Wednesdays 9:30 am
Zoom or FIRST Steps together office

Rise - Women's Empowerment
Thursdays 9:30 am; Zoom or in Falmouth at
Freedom Church, 655 Boxberry Hill Rd

**WRAP (Wellness, Recovery, Assistance
Parenting):** Fridays 9:30 am
Zoom or FIRST Steps Together office

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Activities for FIRST Steps Together families

Call 774-722-3305 for opportunities at

Heritage Museums & Gardens

Community Gardening at Cape Cod Cape
Verdean Museum & Cultural Center

Freedom Church playgroups, drop-in activi-
ties on Thursdays

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*FIRST Steps Together also offers home visits,
referrals, help accessing support .*



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 to connect with services in your region.

Postpartum Doula Home Visits

Free to year-round residents on the Cape and Martha's Vineyard: up to 3 home visits with a certified Postpartum Doula. can be used from birth up to child's first birthday. To register, email monumentalbeginningsdoula@gmail.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.

Early Intervention

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

Healthy Families

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

A Baby Center

508-771-8157 or ababycenter.org. High chairs, strollers, bathtubs, bouncy seats, clothing, diapers, wipes, formula and other baby needs.

TUITION AID

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

Bailey Boyd subsidies: Email cbergen@baileyboyd.com for information on which towns are served.

Cape Cod Children's Place: Email info@capecodchildrensplace.com or for information about town subsidies for early education and care; call 508-240-3310 about Lower Cape Emergency Child Care Fund.

Chatham Subsidy Program

Visit chatham-ma.gov or call Chatham Town Hall at 508-945-5100 for information and applications.

Monomoy Early Childhood Council

Support for Chatham and Harwich families; lgilmore@monomoy.edu.

Child Care Network

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

OTHER RESOURCES

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 or call 508-432-6519 for information and hours to get food and clothing at Family Pantry of Cape Cod in Harwich.

Immigration Resource Center

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

Children's Cove

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

Monomoy Community Services

508-945-1501 or monomoy.org. Serving the Chatham community.

Celebrate Our Waters

Saturday, Sept. 16, 10 am-1 pm
Rock Harbor, Orleans
Family Fun Tent; free activities.

Cape Cod Foster Closet

508-514-7125 or capecodfostercloset.org. Clothing, shoes, baby gear, school supplies & more for local foster, adoptive and relative caregiver families, newborn through age 18.

Helping Our Women

508-487-4357 or helpingourwomen.org. Offices in Provincetown and Eastham. HOW provides services and transportation for Outer Cape women living with illness and disabilities.

Homeless Prevention Council

508-255-9667 or hpccapecod.org. New location: 8 Main St., Orleans. Help for Lower/Outer Cape residents with housing and other needs.

WE CAN

508-430-8111 or wecancenter.org. Offices in Harwich Port and in Hyannis. Programs, supports and services to create lasting, positive change for women going through life transitions. Email kimberly@wecancenter.org for information and registration. Fall schedule includes:

- Divorce & Mortgage workshop
Sept. 14, 4-5:30 pm, Hyannis
 - Family Law Overview
Sept. 18, 12-1:30 pm, Zoom
 - Job Search series A-Z
Weds. Oct. 4-Nov. 1 5-6:30 pm, Hyannis
- Deepening Self-Awareness and Expanding Self-Confidence
3 Thurs Oct.5-19, 9-10:30 am, Hyannis
 - Circle of Support
6 Weds. starts 10/11, 6-7:30 pm
 - Wills and Estate Planning
Oct. 19, 6-7:30 pm, Hyannis
 - Planning for Retirement
Oct. 26, 5-6:30 pm, Hyannis



More Family Support News

Cape & Islands Perinatal Wellness Alliance

The Perinatal Wellness Alliance is a dedicated group of professionals and community individuals who meet virtually once a quarter to address issues surrounding perinatal mental health, and to share updates, resources and support for mothers and birthing persons on the Cape & Islands. All are welcome to attend the meetings, scheduled from 10-11 am on Zoom on these dates:

Sept. 21, 2023; Dec. 21, 2023; Mar. 21, 2024; June 20, 2024
Email Kerry.mccarthy.miller@gmail.com to join.

A View from All Sides

Visit childrenstrustma.org/view to register for the fall Children's Trust conference, "Building Community and Connectedness in Family Support," scheduled November 1 & 2 in Framingham.

'Ribbons for Recovery' Art Installation

The FIRST (Families in Recovery Support Together) Steps Together team at Cape Cod Children's Place is asking families what catalysts brought them to recovery. The team will travel to different places and create "Ribbons for Recovery," an art installation with ribbons of different colors for different issues.

For information and to participate, call Billie Starks 774-722-5403.

Free Training on Perinatal Mood and Anxiety Disorders

September 19, 6-8:30 pm: Virtual

Registration deadline is September 12 for a free training hosted by the Cape & Islands Perinatal Wellness Alliance, facilitated by Dr. Marlene Freeman from Mass. General Hospital, with Birdie Meyer from Postpartum Support International.

Prescribers from Barnstable, Bristol, Plymouth, Dukes and Nantucket counties are invited to attend this training, focusing on psychiatrists, obstetricians, pediatricians, nurse practitioners and family practice physicians. Email Kerry

McCarthy for registration link:
Kerry.mccarthy.miller@gmail.com

Wellspring Project Supports Early Childhood

Cape Cod Children's Place Wellspring Project is a new initiative to support early childhood educators in nurturing the resilience and social emotional wellness of young children and the adults who care for them. The initiative provides cost-free offerings to licensed early childhood providers, including professional development, social emotional screening tools, collaborative coaching services, and work with community partners such as Calmer Choice.

For information email Melissa Alves malves@capecodchildrensplace.com

This initiative is funded through the federal American Rescue Plan Act (ARPA) of Barnstable County and the MA Dept. of Public Health SOR-PEC (State Opioid Response Prevention in Early Childhood) grants.

Cape Cod Children's Place News



Greetings and Goodbyes

We greet this new season with gratitude for everyone who supports and works with us to build resilience, strength and skills in children and families, through the following five Protective Factors: parent and child development; parental resilience; social and emotional competence; social connections; and support in times of need.

We are grateful to our staff and our subcontractors for their commitment to this important work, and we welcome two new teachers in our Early Education classrooms: Julianna Peterson and Dorian Zimmerman. They join Liza Akopian, Stacey Bayt, Monica Botto, Holly Carlo, Dolores Cheney, Arelis Cruz-Aleman, and Karie Miller. For a complete list of the teams working with our different grants and at our center and our satellite office in Yarmouth, visit www.capecodchildrensplace.com.

As we welcome fall, we also say goodbye to the children who are leaving our classroom and starting the next step on their journey as they enter kindergarten. And we say goodbye to Marlee Gildehaus, who has been sharing our journey at Cape Cod Children's Place for 10 years, having a positive impact on so many children and families. We thank her for giving so much of herself to so many.

Second Summer Cycle

Sunday, September 17

A joint team from Cape Cod Children's Place and Sharing Kindness will ride in the inaugural Second Summer Cycle, a Capewide ride benefiting 18 nonprofit organizations on Cape Cod and led by the Cape Cod Chamber of Commerce. Ride a route of 30, 60+ or 100 miles on back roads (and the rail trail if you choose). 100% of the funds that riders raise go directly to the beneficiary of your choice. Riders and donors: google Cape Cod Second Summer Cycle for information and details.

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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N. Eastham, MA 02651
508.240.3310 telephone
800.871.9535 toll free
508.240.2352 fax
info@capecodchildrensplace.com
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 in English, Spanish and Portuguese. Call Cape Cod Children's Place at 508-240-3310 to request a printed copy.

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 Cod Family Resource Center	508-815-5100	Support for all families: groups, activities, classes, events.
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.
Early Intervention	508-418-5540	Family-centered support for children with developmental delays.
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:	800-667-5356	Providing high quality primary healthcare in the 8 Lower/Outer Cape towns.
Women, Infants and Children's (WIC) Program	508-771-7896	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	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	508.430.8111	Assisting Cape Cod women through divorce, career change /growth, job loss, illness, retirement