



cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

Contact your Town Hall for details and information about election day, early and absentee voting:

Barnstable 508-862-4956
town.barnstable.ma.us

Bourne 508-759-0600
townofbourne.com

Brewster 508-896-3701
brewster-ma.gov

Chatham 508-945-5100
chatham-ma.gov

Dennis 508-394-8300
town.dennis.ma.us

Eastham 508-240-5900
eastham-ma.gov

Falmouth 508-495-7360
falmouthma.gov

Harwich 508-430-7514
harwich-ma.gov

Orleans 508-240-3700
town.orleans.ma.us

Mashpee 508-539-1400
mashpee.ma.gov

Provincetown 508-487-7000
provincetown-ma.gov

Sandwich 508-888-0340
sandwichmass.org

Truro 508-349-7004
truro-ma.gov

Yarmouth 508-398-2231
yarmouth.ma.us

Wellfleet 508-349-0300
wellfleet-ma.gov

Inside this issue:

| | |
|--------------------------------|---|
| Grants and Community Councils | 2 |
| Family Activities | 3 |
| Family Education & Support | 4 |
| News You Can Use | 5 |
| Summer Fun | 6 |
| Cape Cod Children's Place News | 7 |
| Contacts | 8 |

Every Vote Matters

Fall is always a busy season. A new school year is getting under way, work schedules are changing, and all around us we see signs that summer is ending. As we anticipate colder months ahead, we are also hoping for some of the special early autumn days we relish here on the Cape.

This fall, we are also in the middle of an important election season. After the State Primary on September 3, we have nine weeks until the General Election on November 5. Our lives are likely to be busy, full of commitments and obligations during that time. We may get tired of seeing and hearing political ads and promotions for candidates and issues.

In moments when we feel overwhelmed, we may question whether our vote even matters. The answer is yes, every vote matters. The election results will affect our lives, our children's lives, the health and wellbeing of our community.

If we don't vote, we are allowing others to make decisions that will impact us. If we don't vote, we are teaching

our children that it's not important to speak up, to participate, to use our voice on things that matter to us.

Some years ago, one of the state grants we administered at Cape Cod Children's Place, a grant that helped parents to pay their children's preschool fees, was cut unexpectedly in the middle of winter because of state budget shortfalls. The loss of those funds had a big impact on families.

We invited parents to a meeting, where we explained why they were losing that important subsidy, and we gave out a list of our local state legislators so parents could contact them directly. One young, single mother asked some questions at the meeting. Afterwards she came up and apologized for not being informed. "No one in my family ever voted," she explained.

I think of that mother every election season, every time I vote. I hope she continued to seek information and advocate for herself and her children. I hope she became a regular voter.

Elizabeth Aldred



Grants & Community Councils



Early Childhood Councils & Community Engagement

Our early childhood councils and other community groups keep us connected to the needs of the families that we serve. For information about the groups below look on our website and social media, or email info@capecodchildrensplace.com

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Lower-Outer Cape

Early Childhood Advisory Council

(Brewster to Provincetown; meets quarterly)
10/21, 6-7:30 pm

Monomoy Early Childhood Council

(Harwich and Chatham; meets monthly)
October date TBD

Mid-Cape Early Childhood Council

(Barnstable, Yarmouth, Dennis meets quarterly)
9/23, 12/16; 6 pm-7pm

Cape & Islands Early Learning Network

(Cape Cod, Nantucket, Martha's Vineyard meets in alternating months)
9/26 and 11/21, 1-2:30

Grant Funding 2025 Fiscal Year July 1, 2024 - June 30, 2025

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Thank you to our current funders, our partners in strengthening families on the Cape and Islands!

Cape Cod Healthcare Foundation
Cape & Islands United Way
Hawk Foundation

Federated Church of Orleans

Fred J. Brotherton Charitable Foundation

Lyndon Paul Lorusso Charitable Foundation

Michael H. Cole Charitable Giving Fund of the Cape Cod Foundation

RIZE MA Foundation

Spark Foundation

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

Children's Trust:

Strengthening All Families Everywhere (SAFE)

MA Department of Early Education and Care:
Coordinated Family and Community Engagement (CFCE)
Parent Child Plus (PC+)

Child Stabilization Fund for Early Learning Centers

Early Education and Out of School Time

Children's Investment Fund

MA Department of Public Health:

FIRST (Families In Recovery Support) Together
State Opioid Response Prevention in Early Childhood

Barnstable County American Rescue Plan Act (ARPA)

MA Attorney General's Maternal Health Equity grant

District Attorney Cape & Islands

MA Grand Chapter of
Widows Sons.

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



Family Activities



Call 508-240-3310 or visit capecodchildrensplace.com for information about our grant-funded activities for children and families. The programs listed below and our family education and support programs listed on the next page are all provided at no cost to participating families.

Fall Program Calendar

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

- Mondays:** **Baby's First Year**, 11 am-noon; 9/16-11/25; Snow Library, Orleans; ages birth-1 year
Busy Bees: Tiny Tot, 10-11 am; 9/23-10/7; at Meetinghouse Farm; ages birth-2 years
Peaceful Babes Yoga, 1:30-2:30 pm; 11/25-12/16; Snow Library, Orleans; ages 2-5 years
Parenting Care Package, 10-11 am; 10/28-11/25; South Yarmouth Library; ages birth-1 year
Tinkering, 10-11 am; 10/21-12/2; location TBD; ages 3-5 years
Science Explorers, 2-3 pm; 10/21-11/4; Cotuit Federated Church; ages 3-5 years
Get Outside, 10-11 am; 9/16-9/30; trails in Dennis/Yarmouth; ages 2-5 years
- Tuesdays:** **Story & Project**, 10-11 am; 10/24-11/26; Dennis Public Library; ages 2-5
Afternoon Oceanographers, 1:30-2:30 pm; 10/3-10/24; locations in Brewster, Dennis & Yarmouth; ages 3-5
Infant Massage, 10:30-11:30 am; 9/24-10/22; Centerville Library; ages birth-1 year
Eldredge Park Playgroup, 10:30-11:30 am; 9/17-10/15; Eldredge Park, Orleans; ages birth-5 years
- Wednesdays:** **Ready-Set-Go**, 10:30-11:30 am; 9/25-11/13; South Yarmouth Library; ages 2-5 years
Kids Movement Jamboree D-Y, 10-11 am; 9/11-10/30; Johnny Kelley Park, Dennis; ages 1-6 years
Kids Movement Jamboree, 10:30-11:30 am; 11/6-12/18; Centerville Library; ages 1-6 years
Generations: Music & Movement, 1-2 pm; 11/6-12/11; Dennis Center for Active Living; ages 1-5 years
Little Naturalist, 1-2 pm; 9/25-10/30; Long Pastures, Barnstable; ages 2-6 years
Afternoon Oceanographers: Lower Cape, 1-2 pm, 10/2-10/30; Lower Cape Beaches; ages 3-5 years
Harwich Circle Time, 10:30-11:30 am; 10/2-12/11; Harwich Community Center; ages 2-5 years
- Thursdays:** **Sensory Mud Kitchen**, 10:30-11:30 am; 9/19-10/24; Toy Library Outdoor Play Oasis; ages 2-6 years
Open Gym, 9:30-10:30 am; 10/10-11/21; Harwich Community Center; ages birth-5 years
Cuties in Carriers, 9-10 am; 10/10-11/7; Harwich Conservation Trust; ages birth-1 year
Pre-K Explorers, 10:30-11:30 am; 10/10-11/7; Harwich Conservation Trust; ages 3-5 years
ArtStart, 1:30-2:30 pm; 10/31-11/21; Dot-to-Dot Workshop, Harwich; ages 3-6 years
- Fridays:** **Fun on the Farm**, 10:30-11:30 am; 9/20-10/4; various farms; ages 1-6 years
Toddler Town, 10-11 am; 9/27-11/8; Brewster Ladies' Library; ages 15 months-2.9 years
Sensory Playgroup, 10:30-11:30 am; 11/1-12/20; Eastham Public Library; ages 2-5 years
Books, Balls & Blocks, 10:30-11:30 am; 10/18-11/8; Wellfleet Library; ages 1-4 years



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.

ParentChild+ is a home visiting early learning education, no-cost program provided in English, Spanish, or Portuguese. We are grateful for the great response from our Community as the spots for this Fall's program are filled already. For information about ParentChild+ please email Marly Pereda at mpereda@capecodchildrensplace.com.

Family Education, Workshops & Support

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Parenting Education Series

Raising Healthy Families: Wednesdays, 6-7:30 pm, 9/25-10/30 virtual, with Cindy Horgan

Positive Discipline: in Spanish: Thursdays, 6-7:30 pm 10/17-11/21, hybrid (virtual & at M.E. Small Elementary)

Positive Discipline: in Portuguese: Wednesdays, 6-7:30 pm 10/30-12/4, hybrid (virtual & at M.E. Small Elementary)

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Workshops

Power of Speech: 6-7 pm Tuesdays: 11/5, 11/12, 11/19; virtual, with Jennifer Watson

Raising Healthy Boys: 6-7:30 pm Wednesday, 11/6; virtual

Toilet Training : 6-7:30 pm Wednesday, 11/13; virtual

Technicool/Keeping Kids Safe on the Internet: 6-7:30 pm Wednesday 11/20; virtual

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Support Groups

Dads' Talk: 6:30-7:30 pm, monthly, Tuesdays 9/10, 10/8, 11/12, 12/10; virtual, with Paul Melville

Dads in Recovery: 6 pm Tuesdays

Meet with Danny Rodrigues on 2nd & 4th Tuesdays

Join peer support group on 1st & 3rd Tuesdays

Register CapeDadsGroups@gmail.com or 774-722-3305

The Road Less Traveled: 12-1 pm, monthly, Tuesdays 9/10, 10/8, 11/12, 12/10; virtual support for families of children with complex medical diagnoses; with Laura Will and Mary Wilson

FIRST Steps Together

Families In Recovery Support

Office at 23G White's Path, Yarmouth

Contact **Christina Russell, LICSW**

Project Director 774-722-3305

crussell@capecodchildrensplace.com

for information about the following services or to make a referral:

Community-based home visiting program serving families impacted by substance use who have young children (regardless of care and custody arrangements) or who are expecting a child

A team of staff with lived experience, covering all of Cape Cod.

Individualized parenting and recovery coaching

Live and virtual trauma-informed support groups and parenting classes

Support with the Department of Children and Families

Evidence-informed interventions to increase parental resilience, secure attachment, recovery support, developmental knowledge; and to form community connections



News You Can Use

Children's Trust

The mission of Children's Trust is to stop child abuse in Massachusetts. Learn about their programs at childrenstrustma.org. Visit childrenstrustma.findhelp.com to connect with services in your region.

Early Intervention

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

A Baby Center

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

Family Pantry of Cape Cod

508-432-6519 thefamilypantry.com
Call or visit website for information and hours to get food and clothing at Family Pantry in Harwich. Call Karen at **508-240-3310** to get on the list for monthly food pick-ups at Cape Cod Children's Place.

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 the 2nd and 4th Wednesdays of the month. Call 508-240-0853 for appointments.

Mobile Dental Clinic

Call 508-827-6725 or email smiles@mobiledentalhygiene.com to find out when the Mobile Dental Clinic will visit Cape Cod Children's Place to provide preventative dental care services for children. Masshealth is accepted for pediatric patients.

Helping Our Women

508-487-4357 helpingourwomen.org
Helping Our Women (HOW) is the trusted resource center for women living with chronic or serious health conditions in the Outer Cape towns from Eastham to Provincetown. HOW has offices at two locations: 34 Conwell St. in Provincetown and the Ann Maguire Women's Wellness Center at Main Street Mercantile, 3 Main Street in Eastham. Call or visit the website for information about support groups, services and other resources.

Cape Cod Foster Closet

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

Healthy Families

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

WE CAN

508-430-8111 or wecancenter.org. Offices in Harwich Port and in Hyanis. WE CAN offers programs to create lasting, positive change for women going through life transitions. Supports and services include: workshops; legal services; mentoring and empowerment; work and career support; financial empowerment, and more.

Perinatal Wellness Alliance

The Cape & Islands Perinatal Wellness Alliance meets virtually once a quarter to address issues surrounding perinatal mental health. Email kerry@pwsupportcenter.org for information and to join.

Homeless Prevention Council

508-255-9667 or hpccapecod.org. Help for Lower/Outer Cape residents with housing and other needs.

TUITION AID

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

Bailey Boyd subsidies: for families in the towns of Brewster, Dennis, Eastham, Harwich, Provincetown, Truro and Wellfleet. Applications at baileyboyd.com/childcare-programs-1.

Cape Cod Children's Place: Visit capecodchildrensplace.com or call 508-240-3310 for information and application forms for the Brewster Childcare Scholarship Program, the Wellfleet Childcare Subsidy Program, and the Lower Cape Emergency Child Care Fund. Some other Cape towns have subsidy programs with differing eligibility criteria for early education and care fees, including Chatham, Eastham, Harwich, Orleans, Truro. Call your town hall for information about what resources are available to you. Town hall phone numbers and websites are listed on the front page of this newsletter.

Child Care Network

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

OTHER RESOURCES

Immigration Resource Center

at Community Action Committee of Cape Cod & Islands; call 508-771-1727 for information, services and confidential advice on immigration.

Lower Cape Outreach Council

508-240-0694 lcoutreach.org
Resources for Lower and Outer Cape residents, including: financial assistance, food pantries, Katy's Korner, micro-loan program, Wellfleet Shellfish Harvester Relief Fund.



More Family Support Information

Wellspring Project Supports Early Childhood

The Cape Cod Children's Place Wellspring Project is an initiative to support early childhood educators in nurturing the resilience and social emotional wellness of young children and the adults who care for them.

This 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.

Our current community partner, Mary Wilson, provides professional development and mentoring around a variety of topics including music and movement, STEM activities, puppets for social emotional learning and more. 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.

IBC Meet-up: October 4-6, Boston

Patients, Survivors, Caregivers, Advocates, and others affected directly or indirectly by Inflammatory Breast Cancer (IBC), a rare and aggressive form of breast cancer, are invited to this event. For information about the disease and the event, visit theibcnetwork.org.

Meet-up sessions will include education regarding IBC, personal physical and mental health, motivational speakers, and information about supportive resources. This type of breast cancer is called "inflammatory" because the breast often looks swollen and red, or "inflamed". See your primary care doctor or gynecologist right away if you have swelling, redness, retracted nipples, and tenderness, pain or itchiness in the breast.



Cape & Islands Perinatal Wellness Alliance

Contact Kerry McCarthy kerry.mccarthy.miller@gmail.com for information about this group's meetings and events, serving providers on Cape Cod, Nantucket and Martha's Vineyard.

View from All Sides

November 6 and 7

This annual family support conference is sponsored by The Children's Trust. It will be held at the Sheraton Framingham Hotel & Conference Center. Attendance is online or via exclusive virtual sessions. Information and registration at childrenstrustma.org

Keynote speaker Nov. 6: Myisha R. Rodrigues on "Daring to Pave the Way to Self-Care."

Keynote speaker Nov. 7: Flayna Fernandez "How to Use Storytelling to Create Meaningful Connections with Families."

Cape Cod Children's Place News



Excitement and Anticipation

It's been a long time since I needed to go school shopping with my kids. I miss the excitement and anticipation that a new school year brings. Although the rhythm of the school year is a constant, the details change every year – new schedules, teachers, classes, and maybe some new friends. At our Early Education and Care Center, we have been getting our classrooms ready to welcome in new and old friends on September 3rd.

At the same time, the rhythm of all of our work with families, made by choice, chance, or circumstance, also continues. We offer a home visiting program available in four languages to promote equitable school readiness, free coaching for early education and care providers to foster a culture of resilience, parent-child engagement groups across 11 towns, tailored support groups, individual family consultations, parent education classes available in 3 languages, a peer support program for families impacted by substance use disorders, and assistance with navigating additional community resources.

We will continue to support children and families to build resilience, skills and strengths so they can dream big and thrive. We will embark on an agency strategic planning process in early 2025, equipped with the skills and knowledge we have gained along the way. Cape Cod Children's Place was founded by community members to meet the needs of their neighbors. We are as dedicated as ever to listening to you about your challenges, joys, and hopes for our future. And as our work continues, it is enhanced, as always, through your participation.

Erin

Erin Sullivan, Executive Director

Cape Cod Children's Place is a beneficiary of the Second Summer Cycle event, taking place on **Sunday, September 15**. Riders and volunteers are welcome.

If you do either, please register with the Team of Cape Cod Children's Place.

Register here to ride: <https://www.bikereg.com/second-summer-cycle-2024>

There are three different lengths - 100, 60 and 33 miles.

OR you could volunteer. We are responsible for GROUP 7 in Eastham and Wellfleet. We'll be out there and hope you will join us. Bring your friends, family - share this with everyone!

Register here to volunteer:

<https://www.bikereg.com/second-summer-cycle-volunteering-2024#Register>

Find our newsletter on our website; or contact us to receive email or print version:

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; find us on FaceBook and Instagram



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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.

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| 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 | 800-942-1007 | 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 |