



cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

Special Thanks!

THANK YOU! To **Matt Lampron** and **Cape Associates** for coming to our rescue when one of the strong winter storms broke our classroom door.... THANK YOU! to our three **Families First Ambassadors: Claudia Berbeo, Daniela Schwartzman and Kelly Sommers**, for producing "Cape Cod For All," a community impact project in partnership with the Mass. Dept. of Early Education and Care.... THANK YOU! To Monomoy Council member and Chatham parent / volunteer **Alexis Mahon** for her participation in our Strengthening Families Assessment and for organizing the Chatham and Harwich Children's Book Drive.... THANK YOU! To the parents who attend our **Parent Advisory Council** meetings, provide input and feedback on programs, and propose and facilitate playgroups.... THANK YOU! To all the community partners who host our family activities and join us in providing the free programs listed in this newsletter: the **libraries**, the **Audubon Sanctuaries in Barnstable and Wellfleet**, **Truro Community Center**, **Wellfleet Preservation Hall**, **Harwich Conservation Trust**, and so many more!

So Much to Celebrate

Let's celebrate the arrival of spring. Sure, we all know that spring on the Cape is unpredictable at best and a storm could take us by surprise at any moment. But birds are singing and flowers are blooming to reassure us that any storm will be followed in short order by the return of spring with renewed energy.

Let's celebrate that we've made it through two years of the Covid pandemic. We know people are suffering in Ukraine and elsewhere. We know the virus hasn't disappeared and one of its variants could flare up at any moment, but now we have the tools to minimize the risk of severe illness: vaccine, boosters, well-honed safety protocols.

Let's celebrate the spirit of our community that has helped us to keep going when we felt disheartened and overwhelmed. Local organizations stepped forward to meet basic needs, neighbors offered support, grocery store workers and teachers and health care professionals stayed on the job even before the vaccine became available a year ago. We are grateful to all of them.

As we celebrate, let us also take the time to acknowledge the impact of the

past two years. Some of us just want to be done with it and re-discover "normal." Others are reluctant to resume pre-pandemic activities; perhaps we are unsure what is "safe," worried about vulnerable family members and those with compromised immunity. We have all experienced the Covid years differently and we are at different stages of readiness to move forward. We may be unsure what "moving forward" looks like.

"The magnitude of suffering shook our world," wrote palliative care doctor Sunita Puri recently, describing how we can move on from Covid. "We must allow ourselves to be moved by what happened and to understand that it happened, in different ways, to all of us." She encourages us "... to examine, rather than bury, the loss and grief around us."

When we acknowledge what we have been through and respect each other's experiences, recognizing our stories are different, we can move on together. We can appreciate the birds, admire the flowers, find special pleasure in this season by integrating our experiences of the past two years into our lives.

We can celebrate spring together.

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Grants & Early Childhood Councils



Advisory 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 our grant-funded programs. Spring meeting dates are as listed:

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Cape Cod Regional 11-Town Early Education Council

June 15, 6-7 pm virtual

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Barnstable Early Childhood Council

May 16, 5-6 pm, virtual

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Dennis-Yarmouth Early Childhood Council

May 18, 6-7 pm, virtual

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Monomoy Early Childhood Council

Thursdays 6-7 pm, virtual

April 7, May 5

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Parent Advisory Council

April 27, May 18, June 22

10-11 am virtual

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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.

Grant Funding 2022 Fiscal Year

Multi-Year Government Grant Contracts

MA Children's Trust SAFE (Stop Abuse For Every) Child Communities 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+) funds free programs, support and services from Provincetown to Barnstable;

MA Department of Early Education and Care's Families First Ambassador Community Impact Project, "Cape Cod For All";

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

Bilezikian Family Foundation, Blakely Foundation, Fred J. Brotherton Charitable Foundation, The Boston Foundation, Cape and Islands District Attorney's Office, Cape and Islands United Way, Cape Cod Foundation, Cape Cod Healthcare Foundation, Cooperative Bank of Cape Cod's Charitable Foundation, Green Family Foundation, Ingeborg Foundation, League Club of Cape Cod, Lyndon Paul Lorusso Charitable Foundation, Nauset Newcomers, Nordblom Family Foundation, Seamen's Bank Longpoint Charitable Foundation, Peter and Elizabeth Tower Foundation, Roessner Family Foundation, St. Vincent de Paul Joan of Arc, Vela Foundation, and the Women's Club of Chatham..

Town Human Service Committees

Bourne, Brewster, 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, call 508-240-3310 or email info@capecodchildrensplace.com.



Early Education & Family Activities



Call 508-240-3310 or email info@capecodchildrensplace.com for information on all Cape Cod Children's Place programs and services. Also contact:

Early Learning Center: Liz Stapleton liz@capecodchildrensplace.com; enrollment in licensed and accredited classrooms at our Eastham center for ages 1 month to 5 years.

Parent Child Activities: Carol Biondi cbiondi@capecodchildrensplace.com, Groups Coordinator for programs listed below; pre-registration required; outdoor programs are held weather permitting.

Parent Child+ Marly Pereda mpereda@capecodchildrensplace.com; information and registration for this no-cost program for parents with a child 18-30 months old; free educational books and toys, home visits and video calls on flexible schedules, and a trained early learning specialist; program promotes cognitive and social-emotional skills while children learn through play. Offered in English, Spanish and Portuguese.

Parent Child Activities in person unless otherwise noted

Mondays: **Baby's First Year** 11 am-12 pm, Snow Library Craine Room, Orleans; indoors weekly with Ali
Eldredge Park Playground, Orleans 10:30-11:30 am, 4/4-6/20 (skip 4/18, 5/30), with Lucy
Playground Playgroup 10-11 am, 4/4-6/6 (skip 4/18, 5/23, 5/30), W. Barnstable with Ellen
Oaks & Acorns 10-11 am, 4/4-5/23 (skip 4/18), Flax Pond, Yarmouth, with Mary
Baby Yoga 10:15-11 am, 4/25-6/6 (skip 5/30), Snow Library, Orleans, indoors with Daniela
Tykes Creative Movement, 9:30-10:30 am, 4/4, 4/11; Truro Community Center, with Daniela
Tykes Creative Movement, 11 am-12 pm, 4/4, 4/11; Wellfleet Preservation Hall, with Daniela

Tuesdays: **Brooks Park Playground** 10:30-11:30 am, 4/4-6/13 (skip 4/19 and 5/31), Harwich, with Lucy
Fun on the Farm 10-11 am, 4/26-5/31, various locations with Ellen
Little Naturalists 1-2 pm, 4/5-6/14 (skip 4/19), Long Pasture Audubon Barnstable; Ellen, David
PJ Storytime, 6-6:30 pm, **virtual** 4/5-5/17 (skip 4/19), includes Family Activity Kit with Mary

Wednesdays: **Baby Yoga**, 11 am-noon, 4/6 & 4/13, Dennis Public Library, indoors with Daniela
Read & Play 10:30-11:30 am, 4/6-5/4 (skip 4/20), Eastham Public Library indoors with Lucy
Hike, Play, Build 9:30-10:15 am, 4/6-5/4, Brewster location with Daniela
Mindfulness in Nature 11:15 am-noon, 4/27-6/8, Barnstable location with Daniela
Kids Movement Jamboree 10-11 am, 4/6-6/1 (skip 4/20), Johnny Kelley Park with Britt

Thursdays: **Story & Craft** 10-11 am, 4/7-6/9 (skip 4/21), Dennis Public Library with Activity Kits and Jill
Muddy Buddies 10-11 am, 4/28-5/26, Brewster location outdoors with Haley
Book & Cook, 5:30-6 pm, **virtual** 4/28-6/2, with Activity Kits, Mary and Tomas
Tyke Hikes, 10-11:15 am, 4/7-4/28 (skip 4/21); Wellfleet Audubon Sanctuary with Lucy, Jessica
Kids Movement Jamboree 10-11 am, 4/7-6/2 (skip 4/21) Whelden Library Barnstable with Britt
Kindergarten Readiness 3:30-4:15 pm, 4/7-5/19 (skip 4/21), location TBD with Lucy
Preschool Explorers 10-11:15 am, 5/5-6/9, Harwich Conservation Trust trails with Lucy, Andrea
Little Artists 10-11 am, 4/7-5/19 (skip 4/21), Provincetown Art Assoc. & Museum with staff

Fridays: **Spanish Playgroup!** 10:30-11:30 am, 4/8-5/20 (skip 4/22), Brooks Library, Harwich with Claudia
Babies & Backpacks 11am-noon, 4/8-5/20 (skip 4/22), Long Pasture Audubon with Ellen
Music & Movement 10-11 am, 4/29-5/27, Dennis Public Library with Mary

Saturdays: **Lego Time with Dad** 10-11 am, 3/26-4/16; Snow Library, Orleans with Justin
STEM Saturday 2-3 pm, monthly 4/9, 5/14, 6/18, Hyannis Library indoors with Mary
Dad & Me 12-1 pm, monthly 4/2, 5/21, 6/11; various locations with Tomas
Loose Parts 10-11 am, 5/7, 5/14; 5/21 in Portuguese; artistic expression with PreK teacher Sue
"Little Brazilians" 10-11 am, 4/9-5/14 (skip 4/23), Health Ministries, in Portuguese with Vanessa
PreK Art Series 10-11 am, 4/30-5/21, Cape Cod Art Museum, Dennis; with artists Sue, Jill & Alex



Parent Education & Family Support



Cape Cod Children's Place provides Parent Education and Family Support programs at no cost; all are virtual at this time. See the list below.

We also offer free family support consultations. Our center in North Eastham is open between 8 am and 4 pm, Monday-Friday. Call us at 508-240-3310 for information; email info@capecodchildrensplace.com; or visit www.capecodchildrensplace.com.

Parent Education, Support, Workshops *all virtual*

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Parent Education

Raising Healthy Families: 6-7:30 pm, Weds 5/11-6/15
6-week series with Cindy and Carol

Positive Discipline, Spanish: 6-7:30 pm, Weds 3/23-4/27
6-week series with Marly and Cindy

Positive Discipline, English: 10-11:30 am, Tues 3/29-5/10
(skip 4/19); 6-week series with Carol and Ali

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Parent Support

Dads' Talk: 6:30-7:30 pm, monthly Tuesdays 4/12, 5/3, 6/14
with Paul Melville

Sensational Chats: 6:30-7:30 pm, monthly 3rd Tuesday
5/17, 6/21; with Melissa Alves, OT

The Road Less Traveled: 7-8 pm, monthly 4/26, 5/17, 6/21;
parent support for families of children with complex medical
diagnoses; with Mary Wilson and Laura Will

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Parent Workshops

Technicool: Keeping Kids Safe on the Internet: 6-7:30 pm, 5/3
with Tammy Bernardi from Children's Trust

Mindfulness & Stress: 6-7:30 pm, April 25; Calmer Choice
presentation

Mindful Parenting: 6-7:30 pm 5/31, 6/7, 6/14; 3-week course
with Calmer Choice

Starting Your Own Business or Side Hustle on Cape Cod:
6-7 pm 4/13; with Community Development Partnership

FIRST Steps Together

These programs provide support for families impacted by substance use.

Contact Christina Russell
crussell@capecodchildrensplace.com
for information about:

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

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

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

***Dads in Recovery Support:**
6 pm Tuesdays; to register email
CapeDadsGroup@gmail.com

new this spring

***Just Breathe:**
6-7 pm Thursdays; virtual group us-
ing basic yoga tools to help build a
strong recovery foundation.
Led by Diane Ogunlade;
mrsogun777@icloud.com

Information is available at www.capecodchildrensplace.com; Facebook *Cape Cod Children's Place*;
Instagram [@capecodchildrensplace](https://www.instagram.com/capecodchildrensplace).



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>

Mobile Dental Hygiene Services

will be available by appointment on **April 28** 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

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. Or call **508-432-6519** or visit thefamilypantry.com for information and hours to get food and clothing at Family Pantry of Cape Cod Harwich site.

Child Care Network

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

Early Intervention

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

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

Community Health Navigator
774-209-3222 or CRNavigator@outercape.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

508-487-4357 or helpingourwomen.org. Services and transportation for Outer Cape women living with illness and disabilities.

TUITION AID

Help for families to pay early childhood education & care fees:

Cape Cod Children's Place **508-240-3310** or info@capecodchildrensplace.com. Several resources available.

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

Monomoy Early Childhood Council
Help for Chatham and Harwich families; lgilmore@monomoy.edu.

OTHER RESOURCES

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

Children's Cove

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

A Baby Center

508-771-8157 or 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 from Provincetown to Yarmouth.

Foster Closet

508-514-7125 or capecodfostercloset.org. Clothing, supplies & more for local foster, adoptive and relative caregiver families. Support groups to be scheduled. Hours Tues 9-11 and Weds 2-4 at 195 Rt. 6A, Orleans.

WE CAN

508-430-8111 or wecancenter.org. Legal services, support, workshops, mentoring, financial counseling, advice for women going through divorce or separation, business owners.

Monomoy Community Services

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

NAMI

NAMI (National Alliance on Mental Illness) Cape Cod & The Islands; **508-778-4277** or klemmon@nami.capecod.org. Programs for family members, partners, friends of adults living with mental illness.

Monomoy Family Resource

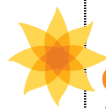
508-430-7216 x 4044 or email lgilmore@monomoy.edu. Cape Cod Children's Place satellite family support office at Harwich Elementary School. Diapers, clothing, food, financial aid for Chatham/Harwich families.

Cape Cod Family Resource Center

508-815-5100 or capecodfamilyresourcecenter.org. Various family support services.

Grandparents Raising Grandchildren

508-815-5100 to receive Zoom link. Meets 3rd Wednesday of the month.



children's trust

Clothing Swap is Back!

Saturday, May 7, 9-11:30 am
Eastham Methodist Church, Rt. 6
Spring & summer children's
clothes only.
Look for details on Facebook.

Monomoy Early Childhood Council Children's Book Drive

Purchase a children's book in May and June at one of the following bookstores in Chatham and Harwich to be entered in a prize drawing: Yellow Umbrella Books, Where the Sidewalk Ends Bookstore, Below the Brine Bookstore, Reed Books

Prizes include a night for two stay at Chatham Bars Inn, bookstore gift certificates and more, to be announced.

Proceeds will benefit the Council's programs for Chatham and Harwich families.

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Thank You!

To Van and Michael Haidas of The Knack of Cape Cod for donating a portion of their proceeds to Cape Cod Children's Place.

Our Community

"Cape Cod For All"

This is the title of a Community Impact project designed and implemented by parents Claudia Berbeo, Daniela Schwartzman and Kelly Sommers, serving as Families First Ambassadors, with support from CFCE Cape Cod Children's Place, the MA Dept. of Early Education & Care, and Families First.

A report will be available by request that uses information from the 2020 census and survey results from more than 500 residents of Cape Cod to show the growing number of cultures and ethnicities living on the Cape. Ever since immigrants from England reached these shores, which were then the home of the Mashpee Wampanoag Tribe, Cape Cod has been home to an ever-evolving population.

Cape Cod Children's Place begins offering our Portuguese- and Spanish-speaking families the following activities, groups and programs in their own languages:

- ◆ This newsletter & program flyers
- ◆ Family support consultations
- ◆ Monthly safety conversations
- ◆ Positive Discipline: virtual parent group in Spanish, Weds 3/23-4/27, 6-7:30 pm
- ◆ "Little Brazilians" Sats 4/9-5/14, 10-11 am with Vanessa, indoors at Healthy Ministries, Hyannis; ages birth-5 with parent
- ◆ "Loose Parts" Sat 5/21, 10-11 am in Portuguese, ages 3-6 at Cape Cod Museum of Art

April 5, 3-4 pm : A Community organization event on Zoom Findhelp, hosted by Cape Cod Children's Place

Community organizations and agency partners will learn more about how to be part of a pilot program for Massachusetts, **Findhelp.Org**. This is an online network training to help people find resources across Cape Cod (previously known as Aunt Bertha). Call 508-240-3310 for Zoom link

Cape Cod Children's Place News



Cape Cod Children's Place will hold its Annual Meeting on Tuesday, May 17, at 6 pm at Snow Library in Orleans. The public is invited; call 508-240-3310 if you wish to attend.

At this meeting information will be shared with the community about the previous year and our plans going forward. It is also an opportunity to acknowledge with gratitude the many individuals and organizations that have supported our work during the past two challenging Covid years, and to reflect on the remarkable journey we have been on for almost 30 years.

In the fall of 1993, with planning for the construction of Cape Cod Children's Place under way, parents were invited to come together to brainstorm a wish list for what they wanted the new center to provide. Here some of their requests, recorded in notes from those meetings:

“more support for families with children”... “care for infants on up” ... “support groups” ... “parenting classes” ... “the opportunity to sit with a professional and develop a behavior management plan” ... “somebody at the library so parents could go with their children and be together out of the house in winter” ... “a place where all families would be welcome with no stigma for low-income parents” ... “a place where food would be available from food pantries” ... “a hub for services.”

Today Cape Cod Children's Place is all those things and more. To everyone who has walked with us on our journey, everyone who has helped to lay the foundation for our programs, thank you.

Our Board of Directors

Scotti Finnegan, President
Kristen Apgar, Vice President
Carol Counihan, Secretary
Nancy Crowley, Treasurer.
Members: Matt Bober,
Kim Condra, Sally Digges,
Stephanie Jepsen, Brett Tolley.

Message from Cindy

We are not alone in the work we all do to make a difference in this world we share. Current events, regardless of where they are taking place, impact all of us. Families and children, in Ukraine and elsewhere, are suffering everyday. “Peace” may have different meaning for all of us, but the definition I choose is that Peace is not the absence of conflict but the presence and willingness to have understanding when engaging with another person. Wherever we are, the work each of us does everyday is a part of the well-ness of the world and it makes a difference. Cape Cod Children's Place makes a difference. Thank you so much.

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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 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

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	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