



# cape cod children's place FAMILY NEWSLETTER

*for families and caregivers of children*

## Special Thanks!

THANK YOU! To Snow Library, Eastham Library, South Yarmouth, Dennis Public Library, Centerville Library and the Brewster Ladies Library for their continued partnership.... Also, THANK YOU! to the Family Resource Center and the Harwich Community Center as well as the Dennis Center for Active Living, the Toy Library and the Family Table Collaborative! We are happy to be offering multiple programs at all these locations.... THANK YOU! to our partners in Provincetown who have worked with us to bring the parent education program back there in person, including the Provincetown Recreation staff and the Early Learning Center staff who have recruited families and provided childcare for the sessions .... THANK YOU! to Joel Erickson for helping us to set up our rearranged office space at our center in Eastham.... THANK YOU! To the teachers, parents, Harwich Elementary School Principals, Monomoy Regional High School students, and Harwich Early Childhood Advisory Council members who helped to make Family S.T.E.A.M. Night a success for Harwich and Chatham families with children of preschool and kindergarten age.

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## Small Miracles

Renewal. Rebirth. Promise and anticipation. Spring brings those things and more. Winter has loosened its hold, and we are ready to enjoy longer daylight hours and warmer air outdoors.

As we welcome the new season, however, we may feel distracted by pressures in our own lives, challenges looming in the months ahead, and the relentless stream of news reminding us that the world is not a peaceful place right now. Dissension in our own country during this election year can sometimes bring discord close to home, even into our own families. And despite our best efforts, the children in our lives are almost certainly aware on some level when we are burdened by stress and anxiety.

Spring brings us opportunities to set aside negative thoughts and appreciate the abundant small miracles of this special time of year, perhaps with a child for company. Young children are great at observing and noticing; they are also able to change moods easily, moving from tears to laughter. Perhaps we can learn from them, and when we feel our anxieties mounting we can put them aside like a winter coat we don't need right now, and head outdoors to look for signs of the season.

All of nature is in motion. Birds are nesting, buds are opening on trees and flowers, grass is growing, baby animals are everywhere. Maybe a child will join you to look for worms in the garden, or check on the peas you planted together in March. Perhaps you can both go looking for animal tracks left in the earth after last night's rain, or see if the daffodils are blooming in a neighbor's yard. Signs of the season are everywhere.

Columnist Mary Richmond writes every week in the Cape Cod Chronicle about miracles in nature: birds that fly thousands of miles in a few days, baby turtles born from a few cells in an egg laid underground, dragonflies that land on our arms, and trees that bend and twist to grow toward the sun in a crowded forest. These gifts and more are available right outside our door.

Our worries won't disappear while we're out. Bills will await our return. The never-ending flood of news and demands on social media will still be there. But maybe we can resume our lives and responsibilities refreshed, with a renewed appreciation for the small miracles of spring in this special place where we live.

*Elizabeth Aldred*



## Grants & Community Councils



### Community Engagement Calendar

Our community networks allow us to stay connected to the needs of the families that we serve. Information about the groups below is available on our website and social media. For more information, email [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)

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#### Lower-Outer Cape

##### Early Childhood Advisory Council

*(Brewster to Provincetown)*

Virtual, 6-7:30 pm, 6/24

##### Monomoy Early Childhood Council

*(Harwich and Chatham)*

Virtual & in-person, 4/4, 5/2; 6-7 pm  
Harwich Elementary School, 263 South St.

##### Mid-Cape Early Childhood Council

*(Barnstable, Yarmouth, Dennis)*

Virtual, 6/17; 6-7:30 pm

Contact Sue Gubbins: [dycfce@gmail.com](mailto:dycfce@gmail.com)  
Kelly Morrison: [cfecearnstable@gmail.com](mailto:cfecearnstable@gmail.com)

#### Cape & Islands Early Learning Network

*(Cape Cod, Nantucket, Martha's Vineyard)*

Virtual & in person, 5/16; 1-2:30 pm  
Cape Cod Family Resource Ctr., Hyannis

#### Cape & Islands Perinatal Wellness Alliance

Virtual, 6/20; 10-11 am, Contact Kerry McCarthy [kerry.mccarthy.miller@gmail.com](mailto:kerry.mccarthy.miller@gmail.com)

#### Cape Cod Fathers & Family Network

Virtual/in person, CC Family Resource Ctr.  
Mondays 5/13 and 6/17; 11:30 am-1:30 pm  
Networking & professional development meetings for providers  
[pmelville@familynurturing.org](mailto:pmelville@familynurturing.org)

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

\* \* \*

#### Multi-Year Government Grant Contracts (8)

- 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 Dept. of Early Education and Care's Child Stabilization Fund for Early Learning Centers;
- 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 and Children's Investment Fund grants fund renovations to our building;
- 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 from Foundations (5)

Nordblom Family Foundation; Peter and Elizabeth Tower Foundation; Hawk Foundation; Cape Cod Healthcare Foundation; MA Grand Chapter of Widows Sons.

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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!



# Family Activities



Call 508-240-3310 or visit [capecodchildrensplace.com](http://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.

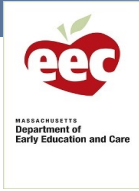
## Spring 2024 Calendar

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

- Mondays:** **Baby's First Year**, 11 am-noon; weekly; Snow Library, Orleans; ages birth-1 yr.  
**Peaceful Babes Yoga**, 1:30-2:30 pm; 4/22-5/20; Snow Library, Orleans; ages 1.5-5 yrs.  
**Puppet Playgroup**, 10-11 am; 5/6-6/3; Chatham Community Center; ages 1.5-5 yrs.  
**Music & Movement Monthly**, 1-2 pm; 4/22, 5/20, 6/10; Hyannis Play Oasis; all ages welcome  
**Ready for Summer**, 10-11 am; 6/3-6/17; locations in Dennis, Yarmouth & Brewster; ages birth-5 yrs.  
**Get Outside DY**, 10-11 am; 4/22-5/20; trails around Dennis, Yarmouth & Brewster; ages birth-5 yrs.  
**Nursery Rhyme Adventure & Storytime**, 10-11 am; 4/22-5/20; Meetinghouse Farm; ages 2-5 yrs.
- Tuesdays:** **Story & Project**, 10-11 am; 4/9-6/11; Dennis Public Library; ages 2-5  
**Baby Yoga**, 10:30-11:30 am; 4/30-5/28; Centerville Public Library; ages birth-1 yr.  
**Little Naturalists at Long Pasture**, 2-3 pm; 4/23-5/28; Mass. Audubon Long Pasture; ages 2-6 yrs.  
**Book & Cook with Chef Tomas**, 5:30-6 pm; 4/30-5/28; virtual **on ZOOM**; ages 2-6 yrs.  
**Eldredge Park Playgroup**, 10:30-11:30 am; 4/2-5/28; Eldredge Park Playgroup, Orleans; ages birth-5 yrs.  
**Dad and Me Fishing!** 5:30-6:30 pm; 5/7-5/21; camp *Dream Day on Cape Cod*, Brewster; ages 3-8 yrs.
- Wednesdays:** **Wiley Park Playgroup**, 10:30-11:30 am; 4/3-5/29; Wiley Park Playground, Eastham; ages birth-5 yrs.  
**Ready-Set-Go Playgroup**, 10:30-11:30 am; 4/24-6/12; South Yarmouth Library; ages 2-5 yrs.  
**Stroller Walk**, 10-11 am; 5/8-6/5; Meetinghouse Farm, West Barnstable; ages birth-2 yrs.  
**Kids Movement Jamboree**, 10-11 am; 4/24-6/12; Johnny Kelley Park, Dennis; ages 2-5 yrs.  
**Sensory Mud Kitchen Playtime**, 11 am-12 pm; 5/1-5/29; Hyannis Play Oasis; ages 2-6 yrs.
- Thursdays:** **Brooks Park Playgroup**, 9:15-10:15 am; 4/4-6/6; Brooks Park, Harwich; ages birth-6 yrs.  
**ArtStart**, 10-11 am; 4/25-5/16; Dot-to-Dot Workshop, Harwich Port; ages 3-5 yrs.  
**Kids Movement Jamboree**, 10-11 am; 5/9-6/6; Whelden Library, West Barnstable; ages 1.5-6 yrs.  
**Cuties in Carriers**, 9-10 am; 2 sessions: #1, 4/25-5/16; #2, 5/30-6/27; local conservation areas; ages birth-1  
**Pre-K Explorers**, 10:30-11:30 am; 2 sessions: #1, 4/25-5/16; #2, 5/30-6/27; conservation areas; ages 3-5 yrs  
**BAAby Yoga on the Farm**, 10:30-11:30 am; 5/2-5/30; Bray Farm, Yarmouth; ages birth-1 yr.
- Fridays:** **Books, Balls and Blocks**, 10:30-11:30 am; 5/10-6/7; Wellfleet Library; ages 1-4 yrs.  
**Little Scientists**, 10-11 am; 5/3-6/7; Flax Pond Recreation Area; ages 2-5 yrs;  
**Fun on the Farm Fridays**, 10-11 am; 5/3-6/7; various locations around Barnstable; ages 2-5 yrs.  
**Play & Learn: A Supportive Pediatric Sleep Playgroup**, 10:30-11:30 am; 4/26, 5/10, 6/7; Family Resource Ctr, ages birth-4 yrs.

## Other Community Events

- Family Fun Fair:** Sat. 4/6, 10 am-1 pm; Orleans Elementary School  
**No Small Matter:** Sun. 4/28, 2-4 pm; Movie Screening at Cape Cinema, Dennis  
**Screen Free Week:** 5/6-5/10, 4:15-5:30 pm; activities in various locations  
**Kindergarten Readiness:** Wed. 5/15; Speaker Panel, virtual  
**Puppets, Paul & Mary go to Kindergarten!** Thurs. 6/27, 4:30-5:30 pm; D-Y Middle School



# 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](http://www.capecodchildrensplace.com); also on Facebook and Instagram.

Email Marly Pereda [mpereda@capecodchildrensplace.com](mailto:mpereda@capecodchildrensplace.com) for information about 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. Enrollment is available now for September 2024.

## Family Education, Workshops & Support

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### Parenting Education Series, all virtual

**Raising Healthy Families:** 6-7:30 pm, 6-week series  
Thursdays 5/2-6/6 on Zoom with Cindy Horgan

**Positive Discipline in Spanish:** 6-7:30 pm, 6-week series  
Wednesdays 3/27-5/8 on Zoom

**Positive Discipline:** 10-11:30 am, 6-week series  
Tuesdays 4/23-5/28 on Zoom

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### Workshop Series, virtual

**Power of Speech:** 6-7 pm, 3-week series  
Tuesdays 5/14, 5/21, 5/28 with Jennifer Watson on Zoom

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### Support Groups

**Dads' Talk:** 6:30-7:30 pm; monthly 2nd Tues: 4/9, 5/14, 6/4  
with Paul Melville, virtual on Zoom

**Dads in Recovery:** 6 pm; Tuesdays  
1st & 3rd peer support; 2nd & 4th meet w/Danny Rodrigues  
Register [CapeDadsGroups@gmail.com](mailto:CapeDadsGroups@gmail.com) or 774-722-3305

**Sensational Chats:** 6:30-7:30 pm; Tuesday 5/21  
with Melissa Alves, virtual on Zoom

**The Road Less Traveled:** 12-1 pm; 4/9, 5/7, 6/4  
Virtual support for families of children with complex medical  
diagnoses, with Laura Will, virtual on Zoom

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### Support Groups, in person

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

**Wednesdays:** 11am-12 pm; Mullen-Hall School, Falmouth  
pre-registration required: [shelbycrileylicsw@gmail.com](mailto:shelbycrileylicsw@gmail.com)

**Thursdays:** 10-11 am; Cape Cod Children's Place, Eastham;  
pre-registration required: [becky@earlycaredoula.com](mailto:becky@earlycaredoula.com)

## FIRST Steps Together

### Families In Recovery Support

Office at 23G White's Path, Yarmouth

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Contact **Christina Russell, LICSW**

Project Director 774-722-3305  
[crussell@capecodchildrensplace.com](mailto:crussell@capecodchildrensplace.com)  
for information about the following  
services or to make a referral:

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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

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A team of staff with lived experience, covering all of Cape Cod, Martha's Vineyard and Nantucket

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Individualized parenting and recovery coaching

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Live and virtual trauma-informed support groups and parenting classes

\*\*\*\*\*

Support with the Department of Children and Families

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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](http://childrenstrustma.org). Visit [childrenstrustma.findhelp.com](http://childrenstrustma.findhelp.com) to connect with services in your region.

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### Mobile Dental Clinic

Call 508-827-6725 or email [smiles@mobiledentalhygiene.com](mailto:smiles@mobiledentalhygiene.com) to make an appointment with Mobile Dental Hygiene Services on **May 30** when they visit Cape Cod Children's Place. This mobile clinic offers preventative dental care including dental cleanings, fluoride treatments, and sealants for children. Masshealth is accepted for pediatric patients.

### 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](http://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](http://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:** for families in the towns of Brewster, Dennis, Eastham, Harwich, Provincetown, Truro and Wellfleet. Applications at [baileyboyd.com/childcare-programs-1](http://baileyboyd.com/childcare-programs-1).

**Cape Cod Children's Place:** Email [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com) or call 508-240-3310 for information about town subsidies for early education and care, and the Lower Cape Emergency Child Care Fund.

### Chatham Subsidy Program

Visit [chatham-ma.gov](http://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](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

#### Family Pantry of Cape Cod

508-432-6519 [thefamilypantry.com](http://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 from Family Pantry.

#### Cape Cod Foster Closet

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

#### Immigration Resource Center

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

### 'Keeping Kids Safe'

Cape Cod Children's Place and Children's Cove will present this parent workshop on Thursday, April 11, 6-7 pm at Jacob Sears Memorial Library, 23 Center St., E. Dennis. Contact [aburns@capecodchildrensplace.com](mailto:aburns@capecodchildrensplace.com) or [anna.colby@childrencove.org](mailto:anna.colby@childrencove.org).

### Citizenship Course

Free Citizenship Course Thursdays, April 25-May 30, 6-7:30 pm at Eastham Public Library. Register at 508-771-1727x140 or [ssouza@cacci.cc](mailto:ssouza@cacci.cc)

### Monomoy Community Services

508-945-1501 or [monomoy.org](http://monomoy.org). Serving the Chatham community.

### 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](mailto:kerry@pwsupportcenter.org) for information and to join.

### Helping Our Women

508-487-4357 or [helpingourwomen.org](http://helpingourwomen.org). Offices in Provincetown and Eastham. HOW provides services and transportation for Outer Cape women in need living with chronic illness and disabilities.

### Homeless Prevention Council

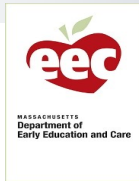
508-255-9667 or [hccapecod.org](http://hccapecod.org). Help for Lower/Outer Cape residents with housing and other needs.

### WE CAN

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

### Postpartum Doula Home Visits

Free to residents on the Cape and Martha's Vineyard: home visits with a Postpartum Doula. Email [monumentalbeginningsdoula@gmail.com](mailto:monumentalbeginningsdoula@gmail.com)



# More Spring Activities



## April 22 is Earth Day!

Make every day Earth Day and help your children take care of this planet we call home by showing them how to:

- Reduce** the waste we produce
- Recycle** materials that can be re-used
- Respect** the environment we live in and the living creatures and plants who share it with us.

## Mobile Dental Clinic

*May 30, 2024*  
at Cape Cod Children's Place

The Mobile Dental Clinic is back! Mobile Dental Hygiene Services offers preventive dental care for children on MassHealth, including dental cleanings, fluoride treatments and sealants. Call 508-827-6725 to make an appointment, or visit [smiles@mobiledentalhygiene.com](mailto:smiles@mobiledentalhygiene.com)

## Family Fun Fair

*Saturday, April 6; 10 am-1 pm*  
*Orleans Elementary School*  
*46 Eldredge Park Way*  
**FREE Admission!**

10 am-12 pm: Fun in the gym  
games, arts & crafts, resources  
12-1 pm: Entertainment with Mr. Positivity

Food and refreshments for sale  
to benefit the Orleans Elementary  
School Parent Teacher Committee

## Clothing Swap

*Saturday, April 20; 9 am-12 pm*  
*Eastham Methodist Church, Route 6*

Free gently used spring and summer children's clothing. Contact Karen at 508-240-3310 for details or Joanne at [jm\\_remy@yahoo.com](mailto:jm_remy@yahoo.com).

## "No Small Matter": Film Screening

*April 28, at Cape Cinema, Dennis*

Join us for this film highlighting the importance of quality early education and care. Call 508-240-3310 for information.

## Your Town Needs You!

<u>Town</u>	<u>Town Meeting</u>	<u>Town Election</u>	<u>Town</u>	<u>Town Meeting</u>	<u>Town Election</u>
Bourne	May 6	May 21	Mashpee	May 1	May 11
Brewster	May 11	May 28	Orleans	May 10	May 21
Chatham	May 13	May 16	Provincetown	Apr 1	May 14
Dennis	May 7	May 14	Sandwich	May 6	May 9
Eastham	May 6	May 21	Truro	May 4	May 14
Falmouth	Apr 8	May 21	Wellfleet	Apr 24	Apr 29
Harwich	May 6	May 21	Yarmouth	Apr 30	May 21

## Cape Cod Children's Place News



### Director's Note

Thank you for the warm welcome to Cape Cod Children's Place (CCCP). I have spent my first few weeks meeting staff, board members, families, and community partners -- and the universal message is the love and respect for the work that we do, and how important it is for all of us who live, work, and play on Cape Cod. We have an excellent staff that are committed, compassionate experts in their fields. Families feel supported and children are loved.

I am especially grateful to Cindy Horgan, who first introduced me to CCCP. I am blown away by the number of families (it has to be in the thousands!) she has touched in her career! She has been the heart of the agency, and I am thrilled to have her continue to work with our team and families across the Cape and Islands in her new role as Director of Family Support Services.

Over the next few months I will continue to reach out to folks to gain a full understanding of your challenges and dreams, and the role Cape Cod Children's Place can play. We know that building resilience, strengths and skills in children and families will create a stronger community and economy for us all. I am excited for this next chapter for all of us!

Erin

*Erin Sullivan, Executive Director*

### Upcoming

**Monday, May 6:** Michael H. Cole Charitable Giving Foundation Golf Tournament and Fund Raising Day. You may choose to golf, or just dine followed by the auction, or simply donate. See [www.mhcgolf.org](http://www.mhcgolf.org) for details. A portion of the proceeds from the raffle and auction will be donated to CCCP to further their programs as they will be procuring this year's items for both activities.

**June 18 -- Evening of Art:** 5:30-8:30 pm at Chequessett Yacht and Country Club in Wellfleet. This third annual event to benefit CCCP features original art works by local artists, specialty appetizers and an open bar. For event registration & art donations, contact [ecampbell@capecodchildrensplace.com](mailto:ecampbell@capecodchildrensplace.com)

**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](http://www.capecodchildrensplace.com); [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)  
Tel: 508-240-3310; Fax: 508-240-2352; find us on FaceBook and Instagram



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 P.O. Box 1935  
 10 Ballwic Road, off Nauset Road  
 N. Eastham, MA 02651  
 508.240.3310 telephone  
 800.871.9535 toll free  
 508.240.2352 fax  
[info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)  
[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