



cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

Special Thanks!

THANK YOU! To **Cecila Levy** for assembling materials for our **Fam-ily Fun Fair...** THANK YOU to **Cecila Levy, Audrey Hawthorne, Mary Levy, Susan Lellis, Sue Trask, Francie Joseph** for helping assemble the Get Ready for Kindergarten kits... THANK YOU to Chatham parent volunteer **Alexis Mahon** for making the Chatham Children's Book Drive a success in collaboration with **Yellow Umbrella Books, Where the Sidewalk Ends Bookstore, Chatham Bars Inn,** and the **Chatham Anglers...** Thank you to the volunteers, **Kathie Smith** and the **Cranberry Valley Golf Course** for hosting the June 19 Closest to the Pin Fundraiser for the Monomoy Emergency Tuition Scholarship fund....THANK YOU to **Geoff Leary, Dave McNulty** and **Kathy Fee** for volunteering their time to prepare our Eastham grounds for summer ... THANK YOU to **Outer Cape Health Services** staff for sharing information and referrals at lunch meetings with our **First Steps Together** staff... THANK YOU to the families who joined us on Zoom this past year for play-groups and parent education.

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Moving Forward

It was very sudden. After many months of fear, uncertainty and loss as we tried to protect ourselves and our families from COVID-19, we faced the frustration of trying to get vaccinated. And then, overnight it seemed, we were told we could stop wearing masks and the virus was no longer a big threat. At the same time, we were preparing for a very busy summer season.

We had no time to process what we have all been through since March of last year, no time for transition. No opportunity to pause as we hit the re-set button, so we could consider what we have learned from our COVID-19 experience. Now summer is upon us, with its crazy rhythms and impossible schedules, but it will benefit us to pause and think about what we learned in the past 16 months.

Early on, we often heard the phrase "We are all in this together" and we longed to "return to normal." But the truth is we were not really all in it together; some of us endured much greater hardship. Instead of being an equalizer, COVID-19 exacerbated the inequities embedded in our society and its institutions. And as State Senator Julian Cyr wrote in one of his recent monthly newsletters, we have an opportunity now to create a new "normal," not just go back to our old "normal."

Many things in our systems and our daily lives need fixing. The care and education of young children needs to be recognized as a critical component in the wellbeing and

economic strength of this country. Housing and health care need to be viewed as human rights, not as perks for the wealthy. Our elderly and disabled populations need to be treated with respect and dignity.

That's just the beginning. We're not going to fix those things, and the other issues that trouble us, by ourselves. They are complicated problems that require time, attention, commitment, and a national change of heart. But we can use this post-COVID-19 time as an opportunity. The past year and a half have been traumatic and we all know the term "post-traumatic stress." Let's focus instead on post-traumatic growth. How can we move forward to a new normal, a better normal, a more equitable normal that respects each individual and meets our basic needs without judgment?

We can only move forward a step at a time. And as we consider what growth may look like in our own lives, in our families, in our community and our country, there is one thing we can do right now. We can put aside the hostility and anger that characterized too much of the past election year. When we are waiting in a long line at the supermarket, getting frustrated with another person, driving behind a slower driver when we're in a hurry --- in any stressful moment, we can pause, breathe, and remember to be kind to each other.

May our steps towards growth start with kindness and hope for a brighter future.



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 grant-funded programs in different towns: Cape Cod Regional 11-Town Early Childhood Council; Barnstable Early Childhood Council; Dennis-Yarmouth Early Childhood Council; Monomoy Early Childhood Council. Our **Parent Advisory Council will meet on August 25** and the 4th Wednesday of each month. Parents and community members are welcome to attend any of the Councils. Call 508-240-3310 or email info@capecodchildrensplace.com for a schedule of Council meetings.

Grants & Early Childhood Councils

The following grants fund our services and programs:

New Funding since March. Thank you!

Cape and Islands District Attorney's Community Program - Art/technology parenting program;
Cape and Islands United Way - FY22 Year 2 Inclusive Preschool Learning Environment;
Cape and Islands United Way "Women United" - COVID Relief Tuition Scholarships;
Cape Cod Foundation Strategic Emergency Response Fund - Sensational Kids;
Cape Cod Foundation - MA COVID Relief Basic Needs;
Roessner Family Foundation - Regional Kindergarten Readiness Kits.

Multi-Year Government Grant Contracts. Thank you!

MA Children's Trust SAFE (Stop Abuse For Every) Child Communities works to stop child abuse and neglect;
MA Department of Early Education and Care's Coordinated Family and Community Engagement (CFCE) and Parent Child Plus (PC+) support children and families in the 11 towns from Provincetown to Barnstable;
Massachusetts Department of Public Health's FIRST (Families In Recovery Support) Steps Together provides home visiting services for families in recover on the Cape & Islands.

The many supporters who allowed us to be there for families in the past year. Thank you!

Town Cultural Councils: Dennis, Harwich, Chatham, Orleans, Eastham, Brewster, Truro, and Wellfleet
Town Human Service Committees: Provincetown, Truro, Wellfleet, Eastham, Orleans, and Brewster
Bilezikian Family Foundation, Brzezicki Family Foundation, Cape and Islands District Attorney's Office, Cape and Islands United Way, Cape Cod Five Foundation, Cape Cod Foundation (MA COVID Relief, Helides, Hirshberg, Gardening for Food), Cape Cod Healthcare Foundation, Cooperative Bank of Cape Cod's Charitable Foundation, Ingeborg Foundation, League Club of Cape Cod, Nordblom Family Foundation, Roessner Family Foundation, and the Women's Club of Chatham.

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

Visit our website capecodchildrensplace.com, find us on FaceBook and Instagram. Email info@capecodchildrensplace.com for more information.



Our Programs & Services

Cape Cod Children's Place administers grants that provide no-cost programs, resources and services to engage children and families, while building strong connections. Call us at 508-240-3310 or visit www.capecodchildrensplace.com for information about our own activities and other community options.

Parent Child Activities

Summer Kindergarten Readiness: Tuesdays, August 10-31

Kindergarten Readiness home learning kits are being distributed through the schools

Contact your child's elementary school

or email info@capecodchildrensplace.com and put "Summer Kindergarten Kit" in the subject line and include your name, child's name, email, phone number.

Sensational Storytime Play & Learn Groups: Wednesdays, 2 groups for ages 3-8 years, space limited
Outdoor sensory-themed stories and activities with Mary Wilson; email barnstablecfce123@gmail.com

Our full schedule of parent-child activities will resume in September. For summer options, check out town libraries and other organizations on page 6 of this newsletter

Parent Education & Support

Call 508-240-3310 to register & obtain Zoom link for the following programs:

Sensational Kids Chat: 3rd Tuesday, 6:30-7:30 pm; ongoing with Melissa Alves, pediatric occupational therapist
Monthly, supportive chats on Zoom to share experiences & strategies

Raising Healthy Families: Wednesdays, 6-7:30 pm; June 30, July 7, 14, 21, 28 & August 4; with Cindy Horgan
6-week parenting education series on Zoom

Dads' Talk Group: July 13, August 10, ongoing 2nd Tuesday, 6:30-7:30 pm; with Paul Melville
In partnership with Family Continuity, for dads and father figures

Parent Cafes: July 26, August 23, ongoing monthly, 5:30-6:30 pm; listen & learn from each other
Hosted by Cindy Horgan, Carol Biondi & Parent Advisory Council; call 508-240-3310 to register & get Zoom link

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Rise: Mondays, 6-7 pm; Peer Support Group for women affected by substance use disorders
weekly group on Zoom; call 508-240-3310 or email cconnell@capecodchildrensplace.com for link

Need more information?

For information on any of the programs funded by grants listed on the preceding page, call 508-240-3310 or visit www.capecodchildrensplace.com. For specific information about:

Classrooms and enrollment, contact Liz Stapleton liz@capecodchildrensplace.com

Parent-child activities and playgroups, contact Carol Biondi cbiondi@capecodchildrensplace.com

Groups and family support for parents with current or past opioid and stimulant use
contact Christina Russell email crussell@capecodchildrensplace.com

Parent education groups, family consultations and other family supports, call 508-240-3310



Community Partners & Resources



Cape Cod Children's Place collaborates with all agencies, organizations, schools and other providers serving local families and individuals. Our community partners and other services that were available pre-COVID-19 on a regular schedule at our building are starting to return, and we are excited to welcome them back, starting with the Mobile Dental Clinic! Call us at 508-240-3310 between 8 am and 4 pm, Monday-Friday or email info@capecodchildrensplace.com to ask about all community resources. Visit www.capecodchildrensplace.com and our Facebook page for updates.

Welcome back!

Mobile Dental Hygiene Services

Will be at CCCP **August 19, 2021**

Email smiles@mobiledentalhygiene.com or call 508-827-6725 for an appointment. Preventive oral health care for all ages. Only Mass. Health and private pay accepted. Reduced payment options available for those with no dental insurance.

Child Care Network

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

Early Intervention

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

Family Pantry

508-432-6519 or thefamilypantry.com. Food available at Harwich site and other locations.

Helping Our Women

508-487-4357 or info@helpingourwomen.org. Services & transportation for women for Outer Cape with illness & disabilities.

Immigration Resource Center

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

Outer Cape WIC

774-801-8448 or mass.gov/wic
Breastfeeding & nutrition support.

Parent Information Network

508-947-8779 or www.pin.bamsi.org.
Support for families of children and young adults aged 5-25 with mental health challenges.

A Baby Center

508-771-8157. Baby gear items including high chairs, strollers, bathtubs, bouncy seats as well as clothing, diapers, wipes, formula and other baby needs.

Cape Cod Family Resource Center

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

Children's Cove

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

Children's Trust

Parenting resources are also available at <https://childrenstrustma.org/our-programs/one-tough-job>

Community Development Partnership

508-240-7873 or capecdp.org. Programs to strengthen local businesses and support affordable housing initiatives.

Community Health Navigator

774-209-3222 or CRNavigator@outercape.org. Connects Outer Cape residents with resources.

Healthy Families

508-540-2968. Home-based family support for first-time parents through age 26 from Provincetown to Yarmouth.

Homeless Prevention Council

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

Lower Cape Outreach Council

508-240-0694 or lcoutreach.org. Short-term emergency food, clothing, financial assistance for Lower/Outer Cape.

WE CAN

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



News You Can Use

Tuition Aid

For help in paying early childhood education fees, call:

Cape Cod Children's Place 508-240-3310 or info@capecodchildrensplace.com. Several funds are available for different towns, ages, time periods.

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

Monomoy Early Childhood Council accepts applications from Chatham and Harwich families for financial help to pay fees for children ages 3-5.

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Legislators

Visit malegislature.gov for contact information for your state legislators. Visit congress.gov to get contact information for our federal legislators: U.S. Rep. Bill Keating and Senators Ed Markey and Elizabeth Warren.

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Town Halls

Call your Town Hall for information about town officials and issues:

Barnstable 508-862-4956

Brewster 508-896-3701

Chatham 508-945-5100

Dennis 508-394-8300

Eastham 508-240-5900

Harwich 508-430-7514

Orleans 508-240-3700

Provincetown 508-487-7000

Truro 508-349-7004

Wellfleet 508-349-0300

Yarmouth 508-398-2231

Monomoy Community Services

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

*

Dads in Recovery

This group meets virtually 4th Tuesday of each month at 6 pm with Danny Rodriques & Adam Schwamb. Connect with other dads in recovery, explore strengths & challenges, build a support network. Email to receive Zoom link: CapeDadsGroup@gmail.com

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Grandparents Raising Grandchildren

Meets 3rd Wednesday of every month. Registration required; call 508-815-5100 to receive Zoom link.

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NAMI services

NAMI Cape Cod & The Islands serves individuals and their families who are affected by the broad spectrum of mental illness and neurological disorders, and promotes mental wellness for all. through support, education and advocacy, Call 508-778-4277 or email klemmon@namicapecod.org for information on support groups and the NAMI Basics 6-week free course.

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WIC

Call or text 774-801-8448 or follow Outer Cape WIC on Facebook @OuterCapeWIC to get updates on WIC programs and services for pregnant women and mothers with children up to age 5, including appointments, benefits and Farmers' Market coupons. go to mass.gov.wic for information on WIC (Women Infants Children) services

*

Al-Anon/Alateen

For info & groups call 508-366-4663.

Staying Safe

Safe Kids Thrive is a new initiative offering guidance and resources to help organizations prevent child sexual abuse. Visit www.safekidsthive.org.

*

Monomoy Family Resource

508-430-7216 x 4044 or lgilmore@monomoy.edu. Satellite family support office of Cape Cod Children's Place located in the Harwich Elementary School. Diapers, clothing, food, financial assistance for Chatham and Harwich families.

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Truro Community Kitchen

Call 973-868-7526 or visit trurocommunitykitchen.com to find out about free meals available to be delivered to Truro residents in need.

*

Postpartum Doula Program

Families who give birth at Cape Cod hospital are eligible for up to 3 no-cost home visits from a postpartum doula. Call Krista Sullivan at 508-289-1185 or email monumentalbeginningsdoula@gmail.com for information.

*

Breastfeeding Group

A virtual breastfeeding group meets Mondays 10-11 am facilitated by Suzan Scharr. Email sdscharr@gmail.com for information and Zoom link.

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ASD-Autism Spectrum Disorder

Chat Room 2nd and 4th Wednesdays of each month, 4-4:45 pm with John Read; email jread@KDC.org

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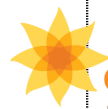
Single Parenting Support Group

Meets 3rd Tuesday of every month 5:30-6:30 pm. Registration required; call 508-815-5100.

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Cape Cod Head Start

Call YMCA at 508-362-6500.



**children's
trust**

Summer Fun!

When you're ready to take a break from the beach and you're looking for summer activities to enjoy as a family, here are a few places to explore:

Cape Cod Museum of Natural History, www.ccmnh.org
869 Route 6A, Brewster 508-896-3867
July 2 & 23, Aug. 13 & 30 --- Tour the Inflatable Walk-Through Gray Whale; free with museum admission
Summer programs, trails, museum

Cape Cod National Seashore, www.nps.gov
508-255-3421 information for all locations
trails, bike paths, guided ranger programs
Salt Pond Visitor Center, Eastham
Province Lands Visitor Center, Provincetown
Marconi Headquarters, Wellfleet

Audubon Sanctuaries, www.massaudubon.org
Wellfleet Bay, 291 Rt. 6, S. Wellfleet 508-349-2615; and
Long Pasture, 345 Bone Hill Rd., Cummaquid 508-362-7475
Trails, education programs, aquarium, guided kayak tours and more



Town Conservation areas

Look online for town websites or call the Town Hall numbers on the preceding page for locations and trails in each town.

*And don't forget **the Libraries!***

Rain or shine, indoors and outdoors, the libraries are amazing resources! Call your local library to find out about the Tails & Tales 6-week summer reading program and other family activities:

Brewster Ladies' Library, 1822 Main St. 508-896-3913 brewsterladieslibrary.org
Brooks Free Library, 739 Main St. Harwich Ctr. 508-430-7562 brooksfreelibrary.org
Dennis Public Library, 5 Hall St. Dennisport 508-760-6219 dennispubliclibrary.org
Eastham Public Library, 190 Samoset Rd. 508-240-5950 easthamlibrary.org
Eldredge Public Library, 564 Main St. Chatham 508-945-5170 eldredgelibrary.org
Hyannis Public Library, 401 Main St. 508-775-2280 hyannislibrary.org
Provincetown Public Library, 356 Commercial St. 508-487-7094 provincetownlibrary.org
Snow Library, 67 Main St. Orleans 508-240-3760 snowlibrary.org
Truro Public Library, 5 Library Ln. 508-487-1125 trurolibrary.org
Wellfleet Public Library, 55 West Main St. 508-349-0310 wellfleetlibrary.org
Yarmouth Port Library, 297 Main St. 508-362-3717 yarmouthportlibrary.org

Cape Cod Children's Place News



What a difference a year makes! Last summer we were facing uncertainty in every area of our lives: health, work, income, all threatened by COVID-19. This summer, while we are aware that things may change any day, we know the vaccination process has made our lives safer. And we thank everyone who supported our work and our community in the past challenging months.

As we embark on a new fiscal year, we are grateful to have been selected as a beneficiary of the EJ Jaxtiner Fifth Annual Charter Cup Fishing Tournament, in partnership with Mid-Cape Home Centers. This tournament will be held on **July 14** and features an online auction. The mission of the Charter Cup Fishing Tournament is for local businesses and charter fishing boats to come together to raise money for local non-profits. All non-profits involved in the tournament have been specifically chosen for their impact on our community and the outstanding services they provide. For information on auction items, bidding process and participation in the Fishing Tournament visit capecodchildrensplace.com.

Last but not least, a great big shout-out to our Teaching Team. You are rock stars.
This year was successful because of you. Thank you!

Board News

At our virtual Annual Meeting on April 26 we installed the following Board Officers:

Scotti Finnegan, President; Kristen Apgar, Vice President; Kim Condra, Secretary; Nancy Crowley, Treasurer. New Members Matt Bober, Carol Counihan, Nancy Crowley and Stephanie Jepsen joined continuing Board Members Trina Brown, Sally Digges, Vikki Morris and Kara Risk.

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



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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 or	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	866.430.8111	Assisting Cape Cod women through divorce, career change /growth, job loss, illness, retirement