



# cape cod children's place FAMILY NEWSLETTER

*for families and caregivers of children*

## Special Thanks!

CONGRATULATIONS to our **CCCC Early Learning Center Seahorse Class of 2022!** THANK YOU for everything you have accomplished despite the Covid challenges. We are so proud of all of you and know you will do amazing things in kindergarten! You are ROCKSTARS! ... THANK YOU! to **Diana Garey and the Resource and Development Committee** for all their work planning and organizing our **Evening of Art** event on June 17 hosted by **Chequessett Yacht and Country Club** .... THANK YOU! To **Tim Counihan** and **Don Ouellette** for their help with our sound system at our Annual Meeting at **Snow Library** on May 17.... THANK YOU! to **Chatham and Harwich Book Drive participating bookstores and volunteers:** Yellow Umbrella and Where the Sidewalk Ends in Chatham; Reed Books and Below the Brine Bookstore in Harwich Port; Volunteer coordinator Alexis Mahon, and all the dedicated volunteers: Janice Ronalter, Francie Joseph, Susan Lellis, Laura Froeschner, Kelly and Molly King, Sanaz Petty, Jane Buckley, Nancy Wood, Sue Trask and Alison Wetzel.....THANK YOU! to our parent leaders Claudia Berbeo, Daniela Schwartzman and Kelly Sommers for creating the video, "**CAPE COD FOR ALL**", and multicultural report, visible on our community engagement page on our website.

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## Everyday Heroes

When we think of heroes, maybe we think of people who make headlines. Rescue workers in a catastrophe, soldiers in a war, bold leaders who make good decisions. Maybe we think of the firefighters who saved lives on 9/11; the people in Ukraine and other war zones, fighting to save their families and their communities; the courageous trailblazers of this country's civil rights movement. The truth is we can all be heroes. Everything we say or do has an impact, large or small.

It is easy to feel immobilized by the barrage of disheartening news. Another mass shooting. A new report on the escalating damage wrought by climate change. A divided Congress that blocks meaningful change we all need. Instead of feeling overwhelmed and powerless, we can look for an opportunity to have our own small, heroic impact. We can support a group that works for a cause we believe in. We can speak up about the issues that matter. And we can model for our children how to be heroes in our community.

At the Cape Cod Children's Place Annual Meeting on May 17, Michael Mecnas, Founder and President of Health Ministry in Hyannis, received a Heroes Among Us award. His organization provides literacy classes, financial support, and other resources to our Brazilian population on Cape Cod. This is not dramatic work that makes headlines, but it is tremendously important to the families and individuals who benefit. It is the work of everyday heroes who are planting seeds of dignity in a vulnerable community.

We are fortunate to live in a place with many everyday heroes. From Grandmothers Against Gun Violence to Independence House, Homeless Prevention Council to Habitat for Humanity, Center for Coastal Studies to Wild Care, the Family Pantry to the Provincetown Soup Kitchen and the Falmouth Service Center, we are surrounded by hundreds of organizations sustained by the work of thousands of individuals, all working to make life better and safer for humans and other living creatures in this place we call home. And we can each help in that work, however small our role.

Paul Farmer, the Massachusetts-born physician and anthropologist who died last winter and who worked tirelessly on worldwide health issues, was asked how an ordinary person can make a difference. We each have a role to play, he answered, however small. "That's when I feel most alive," he said, "when I'm helping people."

Green Road Refill is the name of a store in Brewster's Foster Square whose mission is to help clients discover a more sustainable lifestyle and live with less plastic. The owner is Jess Georges of Brewster and the store features low-waste and environmentally friendly products by her business partner, Tarazza Candles, and other local items and fair trade gifts.

A sign on the wall at that store says "You cannot do all the good that the world needs, but the world needs all the good that you can do." Words to inspire us as we go about our busy lives as everyday heroes.



## Grants & Early Childhood Councils



### Advisory Councils

Throughout the school year, we host five advisory councils that provide a forum for us to stay connected to the needs of the families we serve. These early childhood councils help shape our programs, services and supports. There are no meetings during the summer months.

Please see our 2022-2023 meeting line-up in the Fall newsletter or when it is posted in August at [www.capecodchildrensplace.com](http://www.capecodchildrensplace.com).

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**Cape Cod Regional 11-Town  
Early Education Council**  
September 15, 6-7 pm virtual

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**Barnstable Early Childhood Council**  
September 19, 5-6 pm

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**Dennis-Yarmouth Early Childhood  
Council**  
September 21, 6-7 pm

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**Monomoy Early Childhood Council**  
September 15, 6-7 pm

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**Parent Advisory Council**  
**September 7**  
12-1 pm

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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](mailto:info@capecodchildrensplace.com) for more information and a full schedule of Council meetings.

Grant Funding 2022 Fiscal Year Summary  
FY 2023 grants will be listed in the fall newsletter

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### 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, Hawk Family Foundation, Ingeborg Foundation, League Club of Cape Cod, Lyndon Paul Lorusso Charitable Foundation, Nauset Newcomers, Nordblom Family Foundation, Seamen's Bank Long Point Charitable Foundation, Peter and Elizabeth Tower Foundation, 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](http://www.capecodchildrensplace.com), call 508-240-3310 or email [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com).



## Early Education & Family Activities



Call 508-240-3310 or email [info@capecodchildrensplace.com](mailto: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](mailto:liz@capecodchildrensplace.com); enrollment in licensed and accredited classrooms at our Eastham center for ages 8 weeks to 5 years.

**Parent Child Activities:** Carol Biondi, [cbiondi@capecodchildrensplace.com](mailto: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](mailto:mpereda@capecodchildrensplace.com)**; information and registration for this no-cost program for families 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.

**FIRST Steps Together: Christina Russell, [crussell@capecodchildrensplace.com](mailto:crussell@capecodchildrensplace.com)**; these programs provide support for families impacted by substance use.

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*As we embark on a new fiscal year, we express our gratitude to Mary Wilson for her many years working with Mid-Cape families and programs as CFCE Coordinator. We wish her well in her coming endeavors and welcome Kelly Sommers and Sue Gubbins in their new roles as Barnstable CFCE and Dennis and Yarmouth CFCE Coordinators.*

### Summer Program Calendar: July-August 2022

*The following Parent/Child Activities are in person unless otherwise noted.  
Space is limited and registration is required to comply with health & safety guidelines.*

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#### Monday, July 25:

STEM Night -- Fun with Music: 6-7 pm, Dennis Memorial Library; ages birth-8 yrs.

#### Tuesdays:

Sensory Hikes: 7/5, 7/12, 7/19, 7/26, 8/2, 8/9; 10-11 am, Dennis/Yarmouth locations; ages birth-5 yrs.

Luke's Love Playground Group: 7/12, 7/19, 7/26, 8/2, 8/9, 8/16; 9-10 am; ages birth-8 years, with Ellen.

#### Wednesdays:

Fun on the Farm: 7/6, 7/13, 7/20, 7/27, 8/3, 8/10; 10-11 am; a Yarmouth Port location, with Emily.

#### Thursdays:

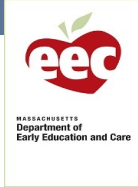
Kindergarten Readiness: 7/7, 7/14, 7/21, 7/28; 10:45-11:30 am; Harwich Community Center, Activity Kit provided; Lucy will lead you through playful activities you can do this summer to prepare your child.

#### Fridays:

Sensory Movement Group: 7/8, 7/15, 7/22, 7/29; 10-11 am; D-Y school playgrounds; ages birth-8 yrs.

\* \* \*

School Readiness "Read Aloud" Programs with Dennis-Yarmouth Principals will be offered in August at the libraries. See D-Y libraries and Cape Cod Children's Place websites for dates and more details.



## Family Education & 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](mailto:info@capecodchildrensplace.com); visit [www.capecodchildrensplace.com](http://www.capecodchildrensplace.com).

Facebook *Cape Cod Children's Place*; Instagram *@capecodchildrensplace*.

Through the SAFE Child Communities initiative funded by Children's Trust, and in collaboration with Health Ministry in Hyannis, we are expanding our services to the Cape's Hispanic community. For information about our outreach materials, programs and resources serving our Portuguese- and Spanish-speaking populations, contact Marly Pereda at [mpereda@capecodchildrensplace.com](mailto:mpereda@capecodchildrensplace.com).

### Thanks & Appreciation

Cape Cod Children's Place expresses thanks and appreciation to Suzin Bartley for her years of leadership at Children's Trust, which helped us to establish our Family Support programs.

### Parent Education, Workshops & Support

*all virtual*

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#### Parent Education

**Raising Healthy Families:** 6-7:30 pm, Weds 7/27-8/31  
6-week series with Cindy Horgan and Carol Biondi

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#### Parent Workshop

**Cooking on a Budget:** 6-7 pm, 6/29  
With Kim Concra, LDL, nutrition educator, Cape Cod  
Cooperative Extension

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#### Parent Support

**Dads' Talk:** 6:30-7:30 pm, monthly 2nd Tuesday  
7/12, 8/9 with Paul Melville

**Dads in Recovery Support:** 6 pm, weekly on Tuesdays.  
To register email [crussell@capecodchildrensplace.com](mailto:crussell@capecodchildrensplace.com) or  
[CapeDadsGroup@gmail.com](mailto:CapeDadsGroup@gmail.com)

**Sensational Chats:** 6:30-7:30 pm, monthly 3rd Tuesday, 7/19  
(no August meeting) with Melissa Alves, pediatric OT

**The Road Less Traveled:** 7-8 pm, resumes monthly meetings  
in September. Parent support for families of children with  
complex medical diagnoses; with Mary Wilson and Laura Will

### FIRST Steps Together

These programs provide support for families impacted by substance use.

Contact Christina Russell  
[crussell@capecodchildrensplace.com](mailto:crussell@capecodchildrensplace.com)  
for information about:

#### \*WRAP (Wellness, Recovery & Assistance in Parenting)

9:30 am Mondays

#### \*Rise

6-7 pm Mondays

Women's empowerment meeting  
focused on the recovery journey

#### \*Mindful Parenting

9:30 am Wednesdays

strategies to incorporate mindful-  
ness in your parenting

#### \*Dads in Recovery Support

6 pm Tuesdays

Contact email above or  
[CapeDadsGroup@gmail.com](mailto:CapeDadsGroup@gmail.com)

#### Just Breathe:

6-7 pm Thursdays

virtual group using basic yoga tools  
to help build a strong recovery  
foundation.

Led by Diane Ogunlade;  
[mrsogun777@icloud.com](mailto:mrsogun777@icloud.com)





### Children's Trust

The mission of Children's Trust is to stop child abuse in Massachusetts. Look for parenting resources at <https://childrenstrustma.org/our-programs/one-tough-job> or at <https://childrenstrustma.org/our-programs/all-babies-cry>. Visit [childrenstrustma.findhelp.com](http://childrenstrustma.findhelp.com) to connect with services in your region.

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### Mobile Dental Hygiene Services

will be available by appointment on **July 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](mailto: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](http://thefamilypantry.com) for information and hours to get food and clothing at Family Pantry of Cape Cod in Harwich.

### Lower Cape Outreach Council

Lower Cape Outreach Council in Orleans operates food pantries at locations in each of the 8 Lower and Outer Cape towns. Call 508-240-0694 or visit [lcoutreach.com](http://lcoutreach.com) for schedules and information about emergency financial aid, clothing and other resources.

## News You Can Use

### TUITION AID

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

**Bailey Boyd subsidies** serve families in several towns. Email [cbergen@baileyboyd.com](mailto:cbergen@baileyboyd.com) for information and applications.

**Cape Cod Children's Place** 508-240-3310 or [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com). Several resources available, including Eastham and Wellfleet Human Services scholarships and the Lower Cape Emergency Child Care Fund.

### New Chatham Program

Chatham has a new program, the Dr. Florence Seldin Family Preschool Support Program, to help local families pay preschool fees for their 3- and 4-year-old children. Contact the town for information. Dr. Seldin died in April after many decades working for initiatives to benefit children and families.

### Monomoy Early Childhood Council

Help 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

#### Early Intervention

508-418-5540 or [kdc.org/early-intervention](http://kdc.org/early-intervention). Developmental supports for ages 0-3.

#### Immigration Resource Center

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

#### Monomoy Community Services

508-945-1501 or [Monomoy.org](http://Monomoy.org). Serving the Chatham community with childcare for working families, counseling referral services, financial assistance, and community special events.

### Community Health Navigator

774-209-3222 or [CRNavigator@outercape.org](mailto:CRNavigator@outercape.org). Connects Outer Cape residents with resources.

### Homeless Prevention Council

508-255-9667 or [hpccapecod.org](http://hpccapecod.org). Help for Lower/Outer Cape residents to find, keep, pay for housing.

### Helping Our Women

508-487-4357 or [helpingourwomen.org](http://helpingourwomen.org). Services and transportation for Outer Cape women living with illness and disabilities.

### Children's Cove

508-375-0410 or [childrenscove.org](http://childrenscove.org). Child advocacy center providing services for child victims of sexual abuse.

### 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.

### 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](http://capecodfostercloset.org). Clothing, supplies & more for local foster, adoptive and relative caregiver families.

### WE CAN

508-430-8111 or [wecancenter.org](http://wecancenter.org). Legal services, support, workshops, mentoring, financial counseling, advice for women going through divorce or separation, business owners.

### NAMI

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



## Outdoor & Indoor Summer Fun



### ***And when it's raining... ...start with the libraries!***

Each town has a library and some have several. They are amazing resources for families with children of all ages.

For example, the Eastham Library [easthamlibrary.org](http://easthamlibrary.org) offers:

Child Family Book Discussion Kits

MOBY (My Own Back Yard) Backpacks for ages 3-6 and 7-11

My Language Kits in many languages

Parenting Packs on specific topics

...plus books, materials, programs & more!

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In addition, libraries have discounted and sometimes free passes to many museums and other attractions on and off the Cape. Look for library contact information below.

### **Some Special Places to Visit**

#### **Audubon Society [www.massaudubon.org](http://www.massaudubon.org)**

Mass. Audubon has 3 Cape locations to visit:

Wellfleet Wildlife Sanctuary

Long Pasture Wildlife Sanctuary-Barnstable

Great Marsh Wildlife Sanctuary-Barnstable

#### **Cape Cod Children's Museum**

Mashpee: [capecodchildrensmuseum.org](http://capecodchildrensmuseum.org); 508-539-8788

#### **Cape Cod Museum of Natural History**

Brewster: 508-896-3867; [www.cmnh.org](http://www.cmnh.org)

Family activities and trails

#### **Cape Cod National Seashore**

Outer Cape: [www.nps.gov](http://www.nps.gov); 508-255-3421

Beaches, trails, programs, activities

#### **Heritage Museum & Gardens**

Sandwich: [info@heritagemuseums.org](mailto:info@heritagemuseums.org)

Paths, gardens, museums, activities

#### **Whydah Pirate Museum**

Yarmouth: [www.discoverpirates.com](http://www.discoverpirates.com); 508-534-9571

World's largest pirate collection

Interactive play-and-learn exhibits, ages 6 mos-8 yrs.

The following links have useful information for those with EBT or WIC cards:

**EBT** Free/discounted museum list- <https://www.mass.gov/info-details/ebt-card-to-culture-organizations>

**WIC** Free/discounted museum list <https://www.mass.gov/info-details/get-discounts-with-your-wic-card>

*In addition, each town has conservation areas, parks, playgrounds, and special places to explore.*

*Be adventurous!*

Brewster: 508-896-3913 [brewsterladieslibrary.org](http://brewsterladieslibrary.org)

Harwich: 508-430-7562 [brooksfreelibrary.org](http://brooksfreelibrary.org)

Dennis: 508-760-6219 [dennispubliclibrary.org](http://dennispubliclibrary.org)

Eastham: 508-240-5950 [easthamlibrary.org](http://easthamlibrary.org)

Chatham: 508-945-5170 [eldredgelibrary.org](http://eldredgelibrary.org)

Provincetown: 508-487-7094 [provincetownlibrary.org](http://provincetownlibrary.org)

Orleans: 508-240-3760 [snowlibrary.org](http://snowlibrary.org)

Truro: 508-487-1125 [trurolibrary.org](http://trurolibrary.org)

Wellfleet: 508-349-0310 [wellfleetlibrary.org](http://wellfleetlibrary.org)

Hyannis: 508-775-2280 [hyannislibrary.org](http://hyannislibrary.org)

Barnstable: [Barnstable.k12.ma.us/domain/55](http://Barnstable.k12.ma.us/domain/55)

Yarmouth: 508-362-3717 [yarmouthlibraries.org](http://yarmouthlibraries.org)

## ***Cape Cod Children's Place News***



At the Annual Meeting of Cape Cod Children's Place on May 17 the Board of Directors welcomed three new members and re-organized. Departing members Kristen Apgar, Kim Concra and Sally Digges received thanks and appreciation for their commitment and contributions.

Following is a list of the current Board Members:

Scotti Finnegan, Chair: retired elementary school teacher and principal, learned about the work of Cape Cod Children's Place during her tenure as Eastham Elementary School Principal.

Nancy Crowley, Treasurer: volunteer of many years at Cape Cod Children's Place summer fundraising events, has watched the growth of CCCP's early education and outreach programs.

Carol Counihan, Secretary: has coached many immigrants, women and others from diverse backgrounds on becoming leaders; experience on boards of several non-profits.

Pat Armstrong: retired Director of Community Services & Recreation for Town of Yarmouth; hosted Yarmouth's Cape Cod Children's Place programs, committed to expanding CCCP's mid-Cape services.

Matt Bober: practicing lawyer, lives with his family in Chatham.

Stephanie Jepsen: Branch Manager/Business Development Officer at Seamen's Bank; local Cape Codder and Cape Cod Tech graduate; studied Early Education before making a career in banking.

Kim Mead-Walters, MD: former Family Practice physician, now Executive Director of Sharing Kindness, providing grief support and raising suicide awareness with a focus on children, youth, families.

Liz Rabideau: Director of Community Relations at Community Connections; former owner and publisher of Cape Cod Parent and Child newspaper in early 2000's.

Brett Tolley: National Program Coordinator for North American Marine Alliance; from a multi-generation commercial fishing family; lives in Chatham, father of two young children.

\* \* \*

*The Board of Directors is looking for volunteers who have professional experience in the following areas: Human Resources; Development; Fund Raising; Marketing. If you are interested in donating a limited amount of time to support the work of the Board and the Mission of Cape Cod Children's Place, please contact Scotti Finnegan [scottifinnegan@gmail.com](mailto:scottifinnegan@gmail.com)*

***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](http://www.capecodchildrensplace.com); [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)**

**Tel: 508-240-3310; Fax: 508-240-2352**

*Visit our website [capecodchildrensplace.com](http://capecodchildrensplace.com), find us on FaceBook and Instagram.*

*Email [info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com) for more information.*



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N. Eastham, MA 02651  
508.240.3310 telephone  
800.871.9535 toll free  
508.240.2352 fax  
[info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)  
[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)  
Check out this newsletter "in color"  
on-line at our website.



Cape and Islands United Way

#### 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](http://www.capecodchildrensplace.com) or request a copy at 508.240.3310.*



<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 &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>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: Provincetown, Wellfleet 349-3131 &amp; Harwich 432-1400</b>	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
<b>Outer Cape Women, Infants and Children's (WIC) Nutrition Program</b>	508.240.0853	Supplemental food and nutrition program offering 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