



cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

Special Thanks!

THANK YOU! To the **Orleans-Eastham Elks** for hosting the **Intergenerational Family Barbecue** we co-sponsored on June 5 with the **Eastham Council on Aging**, and to **Milen Tsvetkov** and **Ben & Jerry's** for donating the ice cream at that event... THANK YOU! To everyone who made our **Family Fun Fair** on April 1 such a success ... THANK YOU! to our co-sponsor **Children's Cove** and everyone who participated in our **SAFE CHILD Communities Resource Fair** on April 26 THANK YOU! to the prize donors, book stores and volunteers who helped to make June's **Chatham and Harwich book drive** a success: **Yellow Umbrella Books, Where the Sidewalk Ends Bookstore, Reed Books, Below the Brine Bookstore, Chatham Candy Manor, Wequassett Resort, and Chatham Bars Inn** ... THANK YOU! to our **community partners** who support our work with families in the community everyday, including the **Federated Church of Orleans** and **Cape Cod Times Needy Fund** for supporting our Lower Cape Emergency Child Care Fund; **libraries** that welcome our programs, **Health Ministry, Wellfleet Preservation Hall** and so many more. THANK YOU!

Summer's Special Moments

We've been waiting long months for summer and it's finally here, bringing familiar promises and pressures. The promise of warm, sunny days and everything the Cape has to offer in this season; the pressure to work more and earn enough to pay the bills next winter. The promise of family time outdoors; the pressure of keeping our children happy, busy and safe.

Trying to balance the promises and the pressures can put us in a place where we're always looking ahead and not appreciating the moment. And today's world of instant communication adds to the pressure. We can get caught up in sending and receiving texts, looking for advice and updates on Instagram and TikTok, checking up on friends and family on Facebook.

Social media and the Internet can provide useful information and expand our world. But the time we spend in that electronic world can rob us of the pleasures of the present moment. When we're focused on what other people are doing, planning what comes next, we are likely to miss out on the present.

Our children have a lot to teach us about staying in the present moment. A child building with blocks, or looking at a picture book, or making a painting, is completely focused. Watching that child, we witness absolute concentration. Young children give their full attention to what they're doing at that moment. They inhabit the present without being distracted by anticipation of the future. That is not easy for adults; we are often juggling responsibilities, concerns, plans – all the pieces of the puzzles that make up our lives.

Staying present is even harder when we feel the need to let other people know what we're doing, where we are, how much fun we're having. No electronic world can or should replace the wonders and discoveries of daily life. Sharing our life with others takes time away from living it.

So take a photo at the end, after the sandcastle is built, after the game is over. Take a picture and save it, as a memory to treasure. And may we all enjoy many special moments this summer.

Elizabeth Aldred

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Grants & Early Childhood Councils

Community Engagement Calendar

We will be announcing new, revised and updated community meeting information in August 2023. If you would like to receive information on the changes, please email the contact below to be added to our notification lists. Our community networking groups provide a forum for us to stay connected to the needs of the families that we serve. These important meetings help to shape our programs, services and supports. The 2023-2024 calendar will be in our fall newsletter and at www.capecodchildrensplace.com.

Lower and Outer Cape Early Childhood Advisory Council
Patty Watson
pwatson@capecodchildrensplace.com

Barnstable Early Childhood Council
Kelly Sommers cfcebarnstable@gmail.com

Dennis-Yarmouth Early Childhood Council Sue Gubbins dycfce@gmail.com

Monomoy Early Childhood Council
Lucy Gilmore lgilmore@monomoy.edu

Parent Advisory Council
Liz Dempsey
edempsey@capecodchildrensplace.com

Cape & Islands Early Learning Network Patty Watson
pwatson@capecodchildrensplace.com

Cape & Islands Perinatal Wellness Alliance (formerly C&I Maternal Depression Task Force) Kerry McCarthy
Kerry.mccarthy.miller@gmail.com

Cape Cod Fathers & Family Network
Paul Melville pmelville@familynurturing.org

Grant Funding 2023 Fiscal Year

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As we close Fiscal Year 2023, we want to extend a gigantic thank you to our grant funders!

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Multi-Year Government Grant Contracts

MA Children's Trust SAFE (Stop Abuse For Every) Child Communities initiative works to stop child abuse and neglect with no-cost 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+), fund no-cost programs, support and services from Provincetown to Barnstable.

MA Department of Early Education and Care's Families First Ambassadors.

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.

MA Department of Public Health's State Opioid Response Prevention in Early Childhood for Barnstable County.

FY23 Grant Awards

Foundations: Arts Foundation of Cape Cod, Blue Cross Blue Shield of Massachusetts Foundation, Brzezicki Family Foundation, Cape and Islands District Attorney, Cape and Islands United Way, Cape Cod Foundation: Covid Relief Fund and Mollie Hirshberg Fund; Cape Cod HealthCare Foundation; Cooperative Bank of Cape Cod Charitable Foundation, League Club of Cape Cod; Nordblom Family Foundation; Robin Foundation; Roessner Family Foundation; Peter and Elizabeth Tower Foundation.

Town Human Service Committees

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

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

Fiscal Year 2024 News Bulletin! We are thrilled to announce that we have been awarded a Barnstable County American Rescue Plan Act (ARPA) grant, funding our innovative "Creating a Culture of Resilience in Early Education and Care" Initiative. More information in the fall!



Family Activities



Enrollment is currently full in the licensed, accredited classrooms at our Cape Cod Children's Place Early Learning Center in Eastham for ages 2 mos.-5 yrs. Call 508-240-3310 or visit capecodchildrensplace.com for information about our grant-funded activities for children and families, including those listed below and our family education and support programs listed on the next page.

The following Family Activities are funded by grants through Cape Cod Children's Place. Pre-registration is required; call 508-240-3310.

July-August 2023

Monday, 8/14: Joyful Noise, 6-7 pm; with Sue Gubbins at Dennis Memorial Library, 1020 Old Bass River Rd.; ages 2-8

Tuesdays: Playground Fun with Friends, 9:30-10:30 am; 7/18-8/15; 5-week series with Ellen Hyde at Peter Homer Park, Old Townhouse Rd., South Yarmouth; ages birth-6.

Wednesdays: Fun on the Farm, 10-11 am; 7/19-8/2; 3-week series with Mercy Jackson at Bray Farm, 108 Bray Farm Rd., North Yarmouthport; ages 2-5.

Books, Balls & Blocks, 9:30-10:30 am; 7/19-8/9; 4-week series with Joey Rose at Puma Park, Truro; ages birth-6

Thursdays: Ready-Set-Go Playgroup, 10:30-11:30 am; 7/27 and 8/17 with Kathe Medwin; location TBD; ages 2-6

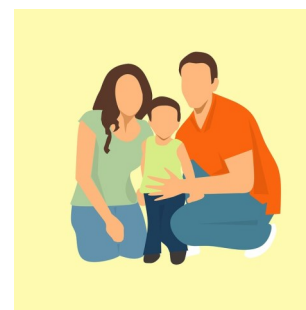
Once upon a story...Cape Cod, 10-11 am; 7/20-8/10; 4-week series with Nancy Timoney and Sue Gubbins, Dennis-Yarmouth locations; ages 3-6.

Fridays: Sensory Play on the Playground, 10-11 a m; 7/21-8/4; 3-week series with Jennie Keeley and Sue Gubbins at Dennis-Yarmouth school playgrounds; ages 3-8.

Saturday, 7/15: Little Brazilians, 4-5 pm; with Vanessa Rendeiro at Hyannis Public Library, outdoor play oasis; ages 2-7

Check our website for the following community activity, dates/times TBD:

Reading Around Town: with Principals, at Dennis-Yarmouth Libraries



We are grateful to all the people and places who provide locations and volunteer their time for our many programs and activities throughout the year. Our summer schedule is light because busy work schedules make it difficult for families to get to programs. Look for a full schedule in our fall newsletter.



Family Education & Support



Cape Cod Children's Place provides Family Education and Support programs at no cost, and free family support consultations.

For information call 508-240-3310; email info@capecodchildrensplace.com visit www.capecodchildrensplace.com or Facebook *Cape Cod Children's Place* Instagram *@capecodchildrensplace*

Family Education & Support Groups

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Parent Child+ is 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; email Marly Pereda mpereda@capecodchildrensplace.com to register for the fall 2023 program.

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Raising Healthy Families: 6-7:30 pm, **virtual** 6-week series Tuesdays 7/25-8/29 with Cindy Horgan

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New Moms Groups

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

Wednesdays: weekly 10-11 am at Mullen-Hall School in Falmouth, in Coalition for Children's room. Registration required: shelbycrileylicsw@gmail.com.

Thursdays: weekly 10-11 am at Cape Cod Children's Place in Eastham. Registration required: becky@earlycaredoula.com

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In-Home Postpartum Doula Program

Free to year-round residents on the Cape and Martha's Vineyard: 9 hours of in-home doula support, can be used from birth up to child's first birthday. To register, email monumentalbeginningsdoula@gmail.com

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Dads' Talk: 6:30-7:30 pm, **virtual** monthly on Tuesday 7/18 and 8/15 with Paul Melville

Dads in Recovery: 6 pm, Tuesdays meet with Danny Rodrigues on 2nd & 4th Tues, join peer support group on 1st & 3rd Tues. Register CapeDadsGroups@gmail.com or 774-722-3305

FIRST Steps Together

Office at 23 White's Path, Unit 23G, Yarmouth

These programs provide support for families impacted by substance use. Contact

Christina Russell

crussell@capecodchildrensplace.com
774-722-3305 for information about:

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Mama's Drop-In: Mondays 9:30 am
Zoom or FIRST Steps Together office

Dads in Recovery: Tuesdays 6 pm
Zoom; stay tuned for in-person option

Mindful Parenting: Wednesdays 9:30 am
Zoom or FIRST Steps together office

Rise - Women's Empowerment

Thursdays 9:30 am; Zoom or in Falmouth at Freedom Church, 655 Boxberry Hill Rd

WRAP (Wellness, Recovery, Assistance

Parenting): Fridays 9:30 am
Zoom or FIRST Steps Together office

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Activities for FIRST Steps Together families

Call 774-722-3305 for opportunities at

Heritage Museums & Gardens

Community Gardening at Cape Cod Cape Verdean Museum & Cultural Center

Freedom Church playgroups, drop-in activities on Thursdays

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FIRST Steps Together also offers home visits, referrals, help accessing support for basic needs, and connections to community-based services. Programs are available to families with young children on the Cape & Islands, with a history of substance use disorder.



News You Can Use

Lower Cape Outreach Council

508-240-0694 or lcoutreach.com.
Food pantries on the Lower and Outer Cape towns; emergency financial aid, clothing and other resources.

TUITION AID

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

Bailey Boyd subsidies: Email cbergen@baileyboyd.com for information on which towns are served.

Cape Cod Children's Place: Email info@capecodchildrensplace.com for information about Brewster, Eastham and Wellfleet Human Services funds and Lower Cape Emergency Child Care Fund.

Chatham Subsidy Program

Visit 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.

Child Care Network

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

OTHER RESOURCES

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.

Food 4 kids

Free meals this summer for ages 18 and under, Harwich to Provincetown, no ID or sign-up needed. Distribution locations, times and menus at www.food4kidscapecod.org

Children's Cove

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

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.

Cape Cod Foster Closet

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

Helping Our Women

508-487-4357 or helpingourwomen.org. Offices in Provincetown and Eastham. HOW provides services and transportation for Outer Cape women living with illness and disabilities.

Homeless Prevention Council

508-255-9667 or hpccapecod.org.
New location: 8 Main St., Orleans.
Help for Lower/Outer Cape residents with housing and other needs.

WE CAN

508-430-8111 or wecancenter.org.
Offices in Harwich Port and in Hyannis. Programs, supports and services to foster independence and create lasting, positive change for women going through life transitions.

A Baby Center

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

Common Start

Visit commonstartma.org to learn about a state initiative to improve early education and care options for families, early educators and employers.

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 to connect with services in your region.

A View from All Sides

Visit childrenstrustma.org/view to register for the fall Children's Trust conference, "Building Community and Connectedness in Family Support," November 1 & 2 in Framingham.

Mobile Dental Hygiene Services

Call 508-240-3310 or email smiles@mobiledentalhygiene.com for appointments on **July 20** when the mobile dental clinic will be at Cape Cod Children's Place.

Outer Cape WIC

Outer Cape WIC provides free healthy food, breastfeeding support and nutrition information to eligible families at Cape Cod Children's Place on 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. Visit thefamilypantry.com or call 508-432-6519 for information and hours to get food and clothing at Family Pantry of Cape Cod in Harwich.

Healthy Families

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



Summer Suggestions

Puppet Shows

Puppets , Paul & Mary have a full schedule this summer. The following performances at local libraries are supported in part by grants from town cultural councils. Call the library for details.

- July 11: 5 pm, Eastham Public Library 508-240-5950
- July 12: 10:30 am, Falmouth Public Library 508-457-2555
- July 13: 10:30 am, Wareham Public Library 508- 295-2343
- July 14: 10 am, Eldredge Public Library, Chatham 508-945-5170
- July 19: 11 am, South Yarmouth Library 508- 760-4820
- July 20: 10:30 am, Hyannis Public Library 508-775-2280
- July 21: 10:30 am, Truro Public Library 508-487-1125
- July 26: 3 pm, Plymouth Public Library 508-830-4250
- July 27: 2:30 pm, Brooks Free Library, Harwich 508-430-7562
- July 28: 11 am, Centerville Public Library 508-790-6220
- July 28: 3 pm, Acushnet Public Library 508-998-0270
- August 1: 4 pm, Snow Library, Orleans 508-240-3760
- August 3: 2 pm, Brewster Ladies' Library 508-896-3913

In addition, Puppets , Paul & Mary will be at Cape Rep Theater in Brewster at 10 am on Tuesdays in July and August. Tickets can be purchased at the door or call 508-896-1888.

A Few Special Dates...

International Festival

Sunday, July 16; 12-6 pm

Village Green Bandstand, Hyannis!

This family-friendly event will embrace the music, food and art of many cultures.

Amazing Animal Ambassadors

Thursday, July 27; 10:30 am

Snow Library, Orleans

No registration, space limited.

Brewster Summer Arts & Craft Fest

Sunday, July 30; 10 am-4 pm

Drummer Boy Park

Rain or shine, Cape Cod has many family activity options....here are a few:

Mass. Audubon Long Pasture Wildlife Sanctuary: Rt. 6A, Barnstable 508-362-7475

Cape Cod Children's Museum: 577 Great Neck Rd. S, Mashpee 508-539-8788

Cape Cod Museum of Natural History: 869 Main St./Rt. 6A, Brewster 508-896-3867

Cape Cod National Seashore: beaches, trails, guided walks, visitor centers 508-255-3421

Green Briar Nature Center & Jam Kitchen: 6 Discovery Hill Rd., E. Sandwich 508-888-6870

Heritage Museums & Gardens: family activities; 67 Grove St., Sandwich 508-888-3300

Mass. Audubon Wellfleet Bay Wildlife Sanctuary: 291 Rt. 6, S. Wellfleet 508-349-2615

Taylor-Bray Farm: animals, farm events; 108 Bray Farm Rd., Yarmouthport 774-251-1869

Town libraries are also amazing resources for families, offering activities, materials, discounted and free museum passes, story hours and more. Check your library online!

Cape Cod Children's Place News



Summer Is Here!

Summer is always busy and intense here on the Cape & Islands. We're used to it, we expect it, and yet sometimes the pace and demands of these coming weeks can be overwhelming at times. All the more reason to find and savor the special moments that remind us of everything we have to be grateful for: a child's new discovery, laughter with friends, a peaceful family moment, sunset over Cape Cod Bay.

We are pleased to welcome Kate Macaulay back to Cape Cod Children's Place as Interim Director of Education. Kate has a long and valued history with us, having served as our Executive Director from 2000 to 2013, when she retired to spend more time with her grandchildren. Since her retirement she has continued to stay involved with Cape Cod Children's Place, always supporting our organization and our mission. She stepped forward to help us when Liz Stapleton retired at the beginning of June to pursue her doctoral studies.

For a complete list of all our staff and our programs, visit www.capecodchildrensplace.com.

Thank You!

We are grateful to the **Michael H. Cole Charitable Giving Foundation** Fund Raising Day, held May 8 and sponsored by Cape Associates and the Cape Cod Cooperative Bank. By partnering with them (we obtained the auction and raffle items this year), we were the recipient of a percentage of the monies brought in by those items.

To **Diane Garey**, event Chair, and everyone who helped to organize our 2nd Annual "Art Grab" on June 28. Thank you to our host **Chequessett Yacht and Country Club**, and to event sponsors: **Seamen's Bank, Cape Associates, George Davis Builders, Kerry Insurance, and La Tanzi Spaulding & Landreth**. Thank you to our Board Members and volunteers who worked hard to plan this Evening of Art to support Cape Cod Children's Place, and to all the artists who donated their work to make the evening a success.

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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 800.871.9535 toll free
 508.240.2352 fax
info@capecodchildrensplace.com
www.capecodchildrensplace.com
 Check out this newsletter "in color"
 on-line at our website.



HELPFUL FAMILY CONTACTS & RESOURCES



Our Family Resource Guides are available online at www.capecodchildrensplace.com in English, Spanish and Portuguese. Call Cape Cod Children's Place at 508-240-3310 to request a printed copy.

A Baby Center	508.771.8157	Basic items for infants and toddlers up to age three living on Cape Cod and Islands
Al-anon /Alateen	508.394.4555	Offering support for friends, families and teens with problem drinkers in their lives
Cape Cod Family Resource Center	508-815-5100	Support for all families: groups, activities, classes, events.
Cape & Island Breast Feeding Warm Line	888.890.2229	Lactation services and classes are available to local Cape and Islands mothers
Child Support Enforcement-Mass DOR	508.771.2414 x 3	Assistance in enforcing the financial responsibilities of parenthood
Consumer Credit Counseling	800.208.2227	Budgeting and debt consolidation assistance
Dept. of Transitional Assistance	508.862.6600	Services and resources for low-income families and individuals.
Early Intervention	508-418-5540	Family-centered support for children with developmental delays.
Fuel Assistance Program	508.746.6707	Emergency fuel/heating help
Healthy Connections	508.255-1903	Referrals for free/low cost health insurance
Homeless Prevention Council	508.255.9667	Counseling, advocacy, resources and referral services
Independence House	508.771.6507	Cape Cod's Resource Center for Victims & Survivors of Domestic Violence & Sexual Assault.
Legal Services for Cape Cod & Islands	510-775-7020	Non-profit legal aid
Lower Cape Outreach Council	508.240.0694	Providing short-term emergency assistance to Lower Cape families and individuals
Mass APEAL	508.349.1173	Free clothing as well as information on Serve New England Program
Monomoy Family Resource Center	508.430.7216	Ext. 4044: Information, support, diapers, clothing, food for Chatham and Harwich families.
Outer Cape Health Services:	800-667-5356	Providing high quality primary healthcare in the 8 Lower/Outer Cape towns.
Women, Infants and Children's (WIC) Program	508-771-7896	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