



cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

Special Thanks!

A HUGE THANK YOU! To all the individuals and organizations that helped families during the holiday season: the **Masons** for children's coats and snow pants to distribute; **Seamen's Bank** and **St. Joan of Arc** for children's winter clothing and boots; **Steve Roderick of Roderick's Payroll** and **Toys for Tots** for donating lots of toys; **Knights of Columbus** for the donation of winter jackets; **Harwich Women's Club** and **Harwich Children's Fund** for Holiday Help grocery cards and Toy Drive donations ... THANK YOU also to everyone who helped to support our programs for children and families: **Seamen's Bank**, **Sand Pond Foundation** and **Cape Cod Foundation's Chatham Fund** and **Harwich Fund** for their donations to support the home learning kits we have been distributing to families while our in-person programs have been on hold... THANK YOU to **Meghan Murphy** for the Kindness Rocks... THANK YOU to **Polhemus, Savery & DaSilva** for their donation to the Harwich Early Learning Advisory Council emergency tuition fund.

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Time to Heal

We have work to do. Healing work. And the quiet winter months present us with the opportunity to get started.

The past year held so many challenges that we were overwhelmed trying to stay balanced in our lives. Ever since Covid turned our world upside down in March we have had to cope with daily uncertainty about jobs, health, income, family connections --- the foundations of our life. And while we have been struggling to plan for an ever-changing daily reality, we have had to make loving and careful decisions concerning our children, our parents and other family members, all those who needed our support and attention.

But that wasn't all. As we zigzagged from one dilemma to the next, like drivers on a racetrack trying to stay in control as they career around the curves, we also had to deal with a highly toxic political climate. Through all the headlines, the floods of news coverage on TV and radio, the tsunami of social media, we tried to keep our loved ones safe and our priorities clear. It hasn't been easy and it isn't over, but now we need to help each other heal so we have the fortitude to move forward in this new year of 2021.

Sometimes we can be so wrapped up in

our own problems we don't recognize what others are dealing with, don't take the time to ask "Are you OK?" We lose sight of our connection to each other. Surrounded by our own problems, we forget how important a few kind words and a listening ear can be at the right moment for someone who is in trouble, facing problems as big or bigger than ours.

In this time of maintaining physical distance, avoiding social gatherings and wearing masks, it is more important than ever to recognize and appreciate our connections. Maybe we have different political views, different financial situations, different priorities, but we have all come through the past year together and it has left us with scars.

In an article describing how people have been coping with this pandemic a reporter wrote of a woman: "She succeeds in holding mourning and gratitude in the same hand." We are all in that position. We all have things to be grateful for and losses we are grieving. If we listen to each other and recognize our connections are stronger than our differences, we can help each other to heal.

Let's get started.



Grants & Early Childhood Councils

Grants

Cape Cod Children's Place is able to provide the programs and services described in this newsletter because of the following grants:

- ◆ **SAFE (Stop Abuse For Every) Child Communities** initiative, a pilot program through the MA Children's Trust, working to stop child abuse and neglect on Cape Cod;
- ◆ **Coordinated Family and Community Engagement (CFCE)** grant, and **Parent Child Plus (PC+)** grant, both funded by the MA Department of Early Education and Care, supporting children and families in the 11 towns from Provincetown to Barnstable, providing outreach, activities ;
- ◆ Massachusetts Department of Public Health's **FIRST (Families In Recovery Support) Steps Together**, funded by SAMHSA's State Opioid Response, providing a home visiting program for families in recovery.

We are also grateful for our fiscal year 2021 grants from the **Cape and Islands United Way, Cape Cod Foundation, and the Bilezikian Family Foundation**. A hearty thanks to our most recent grants from **Cape Cod Five Foundation, The Nordblom Family Foundation, and the Roessner Family Foundation**. Our consistent support from town human service grants is critical to helping our local families: thank you to **Provincetown, Truro, Wellfleet, Eastham, Orleans, and Brewster!**

Thank you to the town **Cultural Councils** for supporting our programs. As always, thank you to **Seamen's Bank** for its consistent support.

For more information email info@capecodchildrensplace.com.

Cape Cod Children's Place administers multiple grants listed on this page, serving children and families on Cape Cod and the Islands. Early Childhood Councils serve as advisory groups to plan and implement programs and activities in different towns. Parents and community members are welcome to attend any of the Councils listed on this page. For information about our grant programs and links to the Council meetings call 508-240-3310 or email the contact given.

Cape Cod Regional 11-Town Early Childhood Council: next meeting is **March 10, 6 pm**. Meets quarterly and welcomes everyone committed to supporting the success of all families with young children in the 11 towns from Barnstable to Provincetown. For link & information email cbiondi@capecodchildrensplace.com

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Parent Advisory Council: next meeting is **January 27, 2:30 pm**. This Council meets monthly to help shape our programming while giving parents opportunities to connect with each other and lead creative initiatives. For link and information email cbiondi@capecodchildrensplace.com

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Barnstable Early Childhood Council: next meeting is **February 22, 5-6 pm**. Email barnstablecfce123@gmail.com for link and information.

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Dennis-Yarmouth Early Childhood Council: next meeting is **February 10, 6-7 pm**. For link and information email wilsonm@dy-regional.k12.ma.us.

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Monomoy Early Childhood Council: next meeting is **January 7, 6-7 pm**. . This Council meets the first Thursday of each month to share updates about programs and services for families and children in Chatham and Harwich. Email Igilmore@monomoy.edu to receive a Zoom link to attend.



Our Programs & Services



Cape Cod Children's Place administers grants that provide no-cost programs and services to engage children and families, while building strong connections. The programs listed below begin the first week of January and require pre-registration.

Call 508-240-3310 or email info@capecodchildrensplace.com, and visit our Facebook page for program flyers, start dates of winter sessions, specific details and registration information.

Parent Child Activities

Tykes/Pre-K Yoga: Mondays, 9:30-10:15 am with Daniela, ages 2-5

Baby Music: Mondays, 11-11:30 am with Miss Mary, ages birth-2. Kit included.

Baby's First Year: Tuesdays, 11 am-12 noon with Ali Burns, Stroller Trail walks or Zoom, ages birth-1 year

PJ Songs & Stories: Tuesdays, 6-6:30 pm with Miss Mary, ages 2-6 years

Little Engineers, Builders & Inventors: Wednesdays, 3:30-4 pm with Lucy, ages 3-8 years; w/kit.

Nature Explorers: Discovering Winter: Wednesdays, 10:30-11 am with Miss Mary, ages 3-8 yrs.

ART stART: Thursdays, 9:30-10:30 am with Alex Roberts of Dot to Dot, ages 3-5 years

Little Sensory Explorers: Thursdays, 11:30am-12:15 pm or 3:30-4:15 pm with Lucy, ages 3-6 years; w/kit.

Story & Craft: Thursdays, 10:30-11 am with Mary and Jill, ages 3-8 years. Kits included.

Chicka Chicka Zoom Zoom! Fridays, 11-11:30 am with Lucy & Ann of Brooks Library. Books, songs, kits.

Circle Time Zoom Playgroup: Fridays, 9:30-10:15 am with Daniela, ages 3-5

Little Language Learners: Saturdays, 10:30-11:15 am, Spanish & Culture with Monica, ages 3-8

Parent Education & Support

Taming Toddlers Talk Time: Tuesdays, 1-1:30 pm (naptime); with Mary Wilson; kits included

Raising Healthy Families: Wednesdays 10:30 am-12; with Cindy Horgan; starts January 13

Raising Healthy Families: Thursdays 6-7:30 pm; with Cindy Horgan; starts January 14

Sensational Talks: Jan. 19, Feb. 2 & 16, 6-7:30 pm; with Melissa Alves, pediatric occupational therapist

Dads' Talk: monthly 2nd Tuesday, 6:30-7:30 pm with Paul Melville

Dads in Recovery: monthly 4th Tuesday, 6 pm; with Danny Rodriques & Adam Schwamb; email capedadsgroup@gmail.com

RISE: Peer support group for women affected by substance use disorders -- Wednesdays 6-7 pm; email cconnell@capecodchildrensplace.com

FIRST Steps Together: Families In Recovery Support

This program of Cape Cod Children's Place is expanding its services and accepting new referrals.

FIRST Steps offers support for moms and dads with current or past opioid and/or stimulant use. This no-cost program offers groups, referrals, connections to other services, help accessing support for basic needs, and help coordinating other services parents are already receiving.

Parents or expecting parents may qualify if they have at least one child age 5 or under, even if that child doesn't live with them, and they have used opioids and/or stimulants.

Participants are matched with a family recovery specialist who is a person in recovery

For information and to join this supportive community of people parenting in recovery, call **Christina Russell 508-240-3310** or email crussell@capecodchildrensplace.com



Community Partners

Our community partners and resource services that were available on a regular schedule at Cape Cod Children's Place in our pre-Covid life are not yet permitted to return to our building but they are all available to serve the community; their information is below. In addition, Cape Cod Children's Place has joined in collaboration with six other non-profit organizations to serve the unique needs of our Lower and Outer Cape communities more effectively. Below is a list of these collaborating partners; find more information about them on the following page. Our staff members are also available to help you find the resource you need and our center is open for calls from 8 am to 4 pm, Monday - Friday at 508-240-3310. Visit our website at www.capecodchildrensplace.com and Facebook page for updates.

Our Lower Cape Collaborations

Cape Cod Children's Place works in collaboration with the following non-profits on the Lower and Outer Cape to remove barriers to service delivery for residents in our region: Community Development Partnership, Family Pantry of Cape Cod, Helping Our Women, Homeless Prevention Council, Lower Cape Outreach Council, WE CAN. Contact information for these organizations is on the next page.



Food

Call Cape Cod Children's Place at **508-240-3310** for access to food deliveries through The Family Pantry of Cape Cod, supermarket gift cards and information about other food resources. More food information on "Resources" page in this newsletter.

Child Care Network

Child Care Network administers state-funded child care vouchers and other financial resources. For information and appointments call **508-778-9470 x 203** or **888-540-2430**.

Outer Cape WIC

Outer Cape WIC is providing appointments and benefits over the phone. Call or text **774-801-8448** or go to mass.gov/wic for information about breastfeeding support, and other WIC services.

Immigration Resource Center

The Immigration Resource Center offers free and confidential legal counsel about all immigration issues, including: immigration options; work visas; citizenship classes; green cards; public benefits; immigration lawyers; and more. For information call **508-771-1727 x 140**.

Mobile Dental Hygiene Services

Mobile Dental Hygiene Services provides preventive oral health care. Mass. Health and private pay accepted, no other insurance plans. For info email smiles@mobiledentalhygiene.com.

Parent Information Network

The free PIN program helps families of children and young adults aged 5-25 with serious emotional, behavioral and/or mental health challenges. Contact **508-947-8779** or visit www.pin.bamsi.org.

Helping Our Women

Helping Our Women serves women from Eastham to Provincetown with chronic or disabling illness. Call **508-487-4357** or email info@helpingourwomen.org.

Community Health Navigator

The Outer Cape Health Services Community Health Navigator is available to help residents connect with resources by calling **774-209-3222** or emailing CRNavigator@outercape.org.

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



Resources



Covid Tuition Aid

Cape Cod Children's Place has received donations from Brewster Baptist Church and Cape Associates to create a Covid Tuition Aid fund. This fund will help families with children aged birth-5 years that have been impacted financially by Covid, to pay fees for early childhood education so they can keep up with other bills. Email info@capecodchildrensplace.com or call 508-240-3310 for information.

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Homeless Prevention Council

Call the Homeless Prevention Council at 508-255-9667 for information about services and resources to help Lower and Outer Cape residents keep, find and pay for housing. Information at hccapecod.org.

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Community Development Partnership

Call the Community Development Partnership at 508-240-7873 to find out about their programs to strengthen local businesses and support affordable housing initiatives. Information at capecdp.org

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Lower Cape Outreach Council

Call Lower Cape Outreach Council at 508-240-0694 to find out about their programs to provide short-term emergency food, clothing and financial assistance to residents of the 8 Lower/Outer Cape towns. Information at lcoutreach.org.

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WE CAN

Call WE CAN at 508-430-8111 to learn about their services for women on Cape Cod, including: legal consultations, career support, financial counseling, advice for business owners, support for women going through divorce or separation, and more. Information at wecancenter.org.

Family Pantry

The Family Pantry of Cape Cod at 133 Queen Anne Road in Harwich is open for curbside pick-up on Tuesdays & Thursdays 10-3:30; Wednesdays & Saturdays 10-12; Thursdays 5-7. A family of 4 will leave with 6-8 bags of groceries that include 30% fresh fruits and vegetables, grocery staples, bread, dairy, and meat products. Call 508-432-6519 for more information.

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Helping Our Women

Helping Our Women (HOW) provides support to women with chronic health conditions who live in the four Outer Cape towns. Supports include transportation, financial aid and basic needs. Call 508-487-4357 or visit helpingourwomen.org.

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Monomoy Family Resource

The Monomoy Family Resource, a satellite family support office of Cape Cod Children's Place located in the Harwich Elementary School, has diapers, clothing, food and financial assistance to help pay childcare tuition fees for Chatham and Harwich families. They also accept donations of gently used clothing, toys, books and baby equipment. Email Lucy Gilmore at lgilmore@monomoy.edu or call her at 508-430-7216 x 4044.

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Healthy Families

Healthy Families of Health Imperatives Cape Cod provides home-based family support for first-time parents. Partnering with Cape Cod Children's Place SAFE Child Communities Program, Healthy Families now serves parents through age 26 in towns from Provincetown to Yarmouth. Call 508-540-2968 to find out about services, referrals, and help with transportation to appointments.

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A Baby Center

Call A Baby Center at 508-771-8157 for information and access to baby gear items including high chairs, strollers, bathtubs, bouncy seats as well as clothing, diapers, wipes, formula and other baby needs.

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Staying Safe

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

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Lower Cape TV

Lower Cape TV's Channel 22 website, channel22online.org, has lots of resources for families at home during cold winter weather days ahead: arts & crafts videos using simple household materials, science experiments to do at home, and more resources for parents and other family members.

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Legislators

Contact the Lower Cape's state legislators at the following emails:
State Senator Julian Cyr
Julian.cyr@masenate.gov
State Rep. Sarah Peake
Sarah.peake@mahouse.gov
State Rep. Timothy Whelan
Timothy.whelan@mahouse.gov
Visit malegislature.gov for contact information for other MA legislators.

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Early Education updates

The Children's Center in Harwich is grateful for the community support that helped them reopen; call 508-432-0152 for openings. Call YMCA Cape Cod 508-362-6500 x135 for information about Head Start, Early Head Start and other early education programs. Call Cape Cod Children's Place 508-240-3310 for information about early education options on the Lower/Outer Cape.



Groups

Programs for Dads

Contact Paul Melville pmelville@familynurturing.org for information about all programs for dads and about the Cape Cod Fathers & Family Network, a program of Cape Cod Children's Place funded through the Children's Trust.

Following are some programs for Dads through various sources; email the contact provided for a Zoom link :

Dads' Talk: meets virtually **January 12** and the 2nd Tuesday of every month, 6:30-7:30 pm. Information & registration at 508-240-3310 or info@capecodchildrensplace.com

Dads in Recovery: meets virtually **January 26** and the 4th Tuesday of every month, 6-7 pm. For dads in (or working towards) recovery to connect with other dads. Information & registration at capecoddadsgroups@gmail.com

Dadminion: hosted by Chris Bean **January 9** and generally the 2nd Saturday of every month, 5-7 pm, for men who are challenged by a child's mental, emotional or behavioral needs. Information or registration 508-947-8779 or christopherbean@bamsi.org



Moms' Groups

Here are some no-cost groups meeting virtually for moms; email or call the contact provided to receive a Zoom link:

- ◆ **Baby Breakfast Club:** Mondays 10-11 am. Discuss breastfeeding topics at different stages of development. Email Heather Lakatos hllakatos2@capecodhealth.org or Diane Robertson dlobertson@capecodhealth.org
 - ◆ **Support & Healing for New Moms:** Mondays 5-6 pm; sdscharr@gmail.com/monumentalbeginningsdoula@gmail.com
- ◆ **Mom's Café:** Fridays 10 am-noon; join new moms with Ann Macdonald; amacdonald@capecodhealth.org
- ◆ **Learn about Breastfeeding:** Tuesdays 3:30-5 pm; pregnant women who may have decided to breastfeed or are considering it can come to learn about benefits, how it works, how to prepare, what to expect, how to know your baby is getting enough, and where to find help. With Cheryl Donahue; call 508-771-7896 or email ccwic@healthimperatives.org
- ◆ **Breastfeeding Support:** Thursdays 1:30-3 pm; breastfeeding moms can bring questions and concerns; stay the full time or just drop in. With Cheryl Donahue; call 508-771-7896 or email ccwic@healthimperatives.org

Other Groups

Al-Anon/Alateen: For info & groups call 508-366-4663

Grandparents Raising Grandchildren: meets 3rd Wednesday of every month with Kerry Bickford . Registration required; call 508-815-5100.

Single Parenting Support Group: meets 3rd Tuesday of every month 5:30-6:30 pm. Registration required; call 508-815-5100.

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

Family & Friends of People with Mental Illness: Call 508-778-4277 or email klemmon@namicapecod.org for info on groups.

Cape Cod Children's Place News



A New Year

As we embark with hope on a brand new year, we want to recognize and thank our amazing staff, who work with all our programs, including our early education classrooms and our grant-funded services.

Look on page 2 for a description of the grants.

Early Education Teachers

Audrey Barclay, Monica Botto, Dolores Cheney, Marlee Gildehaus, Bindy Johnston, Karie Miller, Rose Richard

Family Support, Parent-Child Activities, Outreach

Amy Brigham, Cathy Connell, Elizabeth Rouillard, Christina Russell, Adam Schwamb, Billie Starks, Stella Stenz
Carol Biondi, Alison Burns, Lucy Gilmore, Monica Montoya-Quintero, Marly Pereda; Mary Wilson; Charlotte Fyfe

Administrative Staff

Cindy Horgan: Executive Director/Family Support Coordinator

Liz Stapleton: Assistant Director & Head of School

Kathy Fee: Director of Finance; Shafi Narli: Finance Assistant

Karen Burns: Administrative Assistant; Sarah Macaulay Nitsch: Marketing & Events Coordinator

Patty Watson: Director of Grants & Development; Elizabeth Aldred: Advocacy Coordinator

Now more than ever, families need our services and we know they are truly making a difference.

One mother wrote: *I've been putting together a book of notes because I have nothing else to do in the middle of the night when I'm the only one awake. I want to do something to help others as well. I started getting together all the resources that I found throughout the years that literally saved me from drowning. I have met so many positive people that make me smile, I want to pass it on.*

I've learned and still every second of the day I am learning, to suck up my pride and accept help."

We invite you to help us continue to meet the extraordinary challenges our families are facing as they cope with financial stress from lost income and uncertainty about the future.

We invite you to help our classrooms meet the extra expenses they have been incurring in order to meet state health protocols, while complying with enrollment limits.

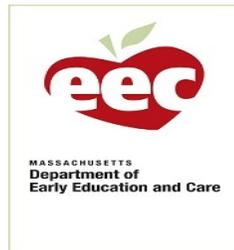
All these needs continue to grow. If you are able to help our families, our community, our organization stay strong as we weather this pandemic, please consider making a donation. Thank you!

We welcome donations of any size at any time. 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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 800.871.9535 toll free
 508.240.2352 fax
info@capecodchildrensplace.com
www.capecodchildrensplace.com
 Check out this newsletter "in color"
 on-line at our website.



HELPFUL FAMILY CONTACTS & RESOURCES



For a more comprehensive list of resources and services check out The Lower Cape Family Resource Guide on-line at www.capecodchildrensplace.com or request a copy at 508.240.3310.

A Baby Center	508.771.8157	Basic items for infants and toddlers up to age three living on Cape Cod and Islands
Al-anon /Alateen	508.394.4555	Offering support for friends, families and teens with problem drinkers in their lives
Cape & Island Breast Feeding Warm Line	888.890.2229	Lactation services and classes are available to local Cape and Islands mothers
Child Support Enforcement-Mass DOR	508.771.2414 x 3	Assistance in enforcing the financial responsibilities of parenthood
Consumer Credit Counseling	800.208.2227	Budgeting and debt consolidation assistance
Dept. of Transitional Assistance	508.862.6600	Services and resources for low-income families and individuals.
Fuel Assistance Program	508.746.6707	Emergency fuel/heating help
Healthy Connections	508.255-1903	Referrals for free/low cost health insurance
Homeless Prevention Council	508.255.9667	Counseling, advocacy, resources and referral services
Independence House	508.771.6507	Cape Cod's Resource Center for Victims & Survivors of Domestic Violence & Sexual Assault.
Legal Services for Cape Cod & Islands	510-775-7020	Non-profit legal aid
Lower Cape Outreach Council	508.240.0694	Providing short-term emergency assistance to Lower Cape families and individuals
Mass APEAL	508.349.1173	Free clothing as well as information on Serve New England Program
Monomoy Family Resource Center	508.430.7216	Ext. 4044: Information, support, diapers, clothing, food for Chatham and Harwich families.
Outer Cape Health Services: Provincetown, Wellfleet 349-3131 & Harwich 432-1400	508.487. 9395	Providing high quality primary healthcare to those living in or visiting the 8 Lower/Outer Cape towns, regardless of their financial situation
Outer Cape Women, Infants and Children's (WIC) Nutrition Program	508.240.0853	Supplemental food and nutrition program offering healthy food options, community referrals, nutrition education and breastfeeding support.
Parental Stress Line	800.632.8188	A free, confidential, and anonymous 24-hour parent helpline for parental support
Provincetown Family Resource Center	800.871.9535 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