



cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

Special Thanks!

THANK YOU! To Karen and Meghan Farrell, the Harwich Children's Fund, the Knights of Columbus, the Masonic Angel Fund for donating children's winter clothing... THANK YOU! To the Bayberry Quilters for donating beautiful children's handmade quilts THANK YOU! To Steven Roderick for donating warm clothing and toys.... THANK YOU! To Ginger Plexico and The League Club of Cape Cod for donating children's books....THANK YOU! To Steve Burns for helping with holiday needs.... THANK YOU! To the Harwich Fund and the Harwich Artist's Guild for funding Science Arts program materials.... THANK YOU! To the Polhemus, Savery and DaSilva Working Families Fund for donating to the Monomoy Emergency Tuition Fund.... THANK YOU to the Harwich Women's Club, The Family Pantry of Cape Cod and Toys for Tots for donations of toys for local children THANK YOU! To Michael Schaffer for donating four space heaters for local families.... THANK YOU! To the Eastham COA for donating bread and goodies from Whole Foods and to The Family Pantry of Cape Cod for monthly food distributions.... THANK YOU! To all locations that host our free groups for children and parents: Dennis Public Library, Whelden Memorial Library, Hyannis Public Library, Cotuit Library, West Yarmouth Library, Hammersmith Farm, Country Garden of Hyannis, Crow Farm, and CJ's Ranch, Wellfleet Preservation Hall.

Looking for Inspiration

Even in the best of times, winter can be a challenging season; there's a good reason poets refer to "the dead of winter." Days are cold and dark, night comes early, and the weather can bring surprises that interfere with our comfort and our obligations. When family worries also infiltrate our daily life --- financial worries, health worries, worries about a loved one --- it is easy to feel overwhelmed.

The past two years have been anything but easy and each time we were hopeful that this Covid chapter was winding down, we learned our sense of relief was premature. The vaccine became available last spring but for months it was hard to get. When the vaccine supply increased, vaccination rates went up and infections went down, then the Delta variant arrived. Finally the vaccine was approved for ages 5 and up, then the Omicron variant made its appearance. Who knows what's around the corner.

As we make our way through today's uncertainties and tomorrow's challenges, our best ally is hope. Sometimes hope comes easily, but at other times it requires a conscious choice and we may need inspiration to help us find it .

Last year at this time, the 22-year-old poet Amanda Gorman was working on a

poem to be read at the upcoming Presidential inauguration and she told a reporter she "set out to write a poem that would inspire hope and foster a sense of collective purpose." Writing the poem wasn't her only challenge; she also described how she had to overcome her speech impediment in order to read her poem before an audience of millions.

Amanda Gorman met her challenge and offered inspiration to many who were listening, encouraging us all to "... offer hope and laughter to ourselves." One year later, we need that inspiration as much as we did in January 2021. It's up to us to find it.

We can find it in the young people who attended and spoke up at the Climate Change Conference this fall in Scotland, advocating for the future of the planet. We can find it in our community, in the many individuals and organizations working hard throughout the year to provide help and support to those who need it. We can find it in our homes, our families, our children.

This winter, let's look for hope and laughter and inspiration. As Amanda Gorman wrote, "For there is always light,/If only we're brave enough to see it,/If only we're brave enough to be it."

Even in the dead of winter.

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Grants & Early Childhood Councils



Advisory 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. Winter meeting dates are as listed:

*

Cape Cod Regional 11-Town Early Education Council

March 16, 6-7 pm, virtual

*

Barnstable Early Childhood Council

February 28, 5-6 pm, virtual

*

Dennis-Yarmouth Early Childhood Council

March 7, 6-7 pm, virtual

*

Monomoy Early Childhood Council

Thursdays 6-7 pm, virtual

Jan. 6, Feb. 3, Mar. 3

*

Parent Advisory Council

Jan. 26, 10-11 am virtual

Feb. 23 and Mar. 23, time TBD

*

Parents and community members are welcome to attend any of the Councils. Call 508-240-3310 or email info@capecodchildrensplace.com for more information and a full schedule of Council meetings.

The following grants fund our services and programs:

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 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+) with free programs, support and services from Provincetown to Barnstable;

MA Department of Early Education and Care's Family's First Ambassador Community Impact Project;

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

Thank you!

Bilezikian Family 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, Nauset Newcomers, Nordblom Family Foundation, Peter and Elizabeth Tower Foundation, Roessner Family Foundation, League Club of Cape Cod, Women's Club of Chatham..

Town Human Service Committees

Thank you!

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 capecodchildrensplace.com, call 508-240-3310 or email info@capecodchildrensplace.com.



Our Programs & Services

Cape Cod Children's Place provides Early Childhood Education and Care in the licensed, accredited classrooms at our Eastham Center. We also administer grants that provide no-cost programs to engage children and families; see list below.

Pre-registration is required for all Parent Child Activities on this page and Parent Education Programs on next page; call 508-240-3310 or email contact person below for information on specific programs and services:

Early Learning Center of CCCP: Liz Stapleton liz@capecodchildrensplace.com. Classrooms and enrollment.

FIRST Steps Together programs: Christina Russell crussell@capecodchildrensplace.com. Support for families impacted by substance use.

Parent-child activities and parent education: Carol Biondi cbiondi@capecodchildrensplace.com

Parent Child+ : Marly Pereda mpereda@capecodchildrensplace.com. This free program for parents with a child 18-30 months old provides free educational books and toys, virtual home visits and video calls on flexible schedules, and a trained early learning specialist. The program promotes cognitive and social-emotional skills while children learn through play. Offered in English, Spanish and Portuguese. Enrolling now for January; call 508-240-3310.

Parent Child Activities

Programs are in person unless otherwise noted; limited space due to health guidelines

- Mondays:** **Monday Fun Day!** 10:30-11:30 am, 1/3-3/28, Brewster outdoor location with Miss Lucy
Playground Playgroup, 10-11 am, 1/3-3/14, Whelden Library, W. Barnstable with Miss Ellen
Baby Yoga, 9:15-10 am, 1/10-3/28, Snow Library, Orleans with Miss Daniela
Tykes Creative Movement, 11-11:45 am, 1/10-2/28, Wellfleet Preservation Hall, Miss Daniela
- Tuesdays:** **Toddler Town,** 10:30-11:30 am, 1/4-3/29, Brewster outdoor location with Miss Lucy
Little Naturalists, 1-2 pm, 1/4-3/15, Long Pasture Audubon Wildlife Sanctuary with Miss Ellen
PJ Storytime, 6-6:30 pm, **virtual** 1/4-2/1, with activity kits and Miss Mary
Let's Speak Spanish! 10-10:45 am, 3/1-4/5 in Harwich location with Miss Claudia
Let's Speak Spanish! 4-5 pm, **virtual** 1/11-2/15 with Miss Claudia, ages 4-8, siblings welcome
- Wednesdays:** **Baby's First Year,** 10-11 am, Snow Library, Orleans, indoors weekly with Miss Ali
Baby Yoga, 11-11:15 am, 1/5-2/16, Dennis Public Library, indoors with Miss Daniela
Hike, Build, Play, 9:30-10:15 am, 1/5-2/16, Dennis location outdoors with Miss Daniela
Hike, Build, Play, 9:30-10:15 am, 3/2-5/4, Brewster location outdoors with Miss Daniela
Muddy Buddies, 11am-12 pm, 3/30-5/4, Brewster location outdoors with Miss Haley
Science Arts! 10:30-11:30 am or 3:30-4:30 pm, **virtual** 1/19-3/23, English & Spanish with Miss Lucy and Miss Claudia
- Thursdays:** **Story & Craft,** 10-11 am, 1/6-3/17, Dennis Public Library indoors, w/activity kits & Miss Jill
Book & Cook, 5:30-6 pm, 1/6-2/3, **virtual** with activity kits & Mr. Tomas
Tyke Hikes, 10-11 am, 3/3-4/28, Wellfleet Audubon Sanctuary; with Miss Lucy & Miss Jessica
Art Start, 11:30 am-12:15 pm, **virtual**, two 4-week series, 1/27-2/17 & 3/3-3/24 w/Miss Alex
- Fridays:** **Chicka Chicka IZoom Zoom,** 10:30-11am, **virtual**, 1/7-3/25 w/Activity Kits, ages 2-3 with Miss Lucy
Oaks & Acorns: Intergenerational Nature Group, 10-11 am, 1/7-1/28, Dennis site with Miss Mary
Hike & Seek Scavenger Hunt Tyke Hike, 11am-12pm, 1/7-3/18 varied Mid-Cape sites w/Miss Ellen
- Saturdays:** **Lego Time with Dad,** 10-11 am, 3/26, 4/2, 4/9, 4/16 ; location TBD, with Mr. Justin
STEM Saturday, 2-3:30 pm, **virtual**, monthly 1/15, 2/26, 3/19, Little Chemist with Miss Mary
Dad & Me, 11 am-12 pm, monthly 1/15, 2/26, 3/19; kit pick-up at Hyannis library, with Mr. Tomas



Parent Education & Community Partners

Cape Cod Children's Place provides Parent Education and Support programs at no cost; most are virtual at this time. See list below, and separate description of FIRST Steps Together programs. In addition, our community partners and other services that were available pre-COVID-19 on a regular schedule at our Eastham center are starting to return: see below.

Call us at 508-240-3310 between 8 am and 4 pm, Monday-Friday for information; email us at info@capecodchildrensplace.com; or visit www.capecodchildrensplace.com for information.

Parent Education, Workshops & Support

Nurturing Fathers: 6-8 pm, Tues 13-week series, 1/11-4/5

Raising Healthy Families: ongoing 6-week series; Tues am starts 1/18; Wed pm starts 1/12; Thurs pm starts 3/10

Positive Discipline, Spanish: 6-7:30 pm, Weds 3/24-4/28; 6-week series with Marly Pereda and Cindy Horgan

Positive Discipline, English: 10-11:30 am, Thurs 2/3-3/17; 6-week series with Carol Biondi and Ali Burns

The Amazing Power of Speech: 5:30-6:30 pm, Tues series 2/1, 2/8, 2/15 with Jennifer Watson, speech pathologist

Sensational Talks: 2 series; 1-2 pm 1/26, 2/2, 2/9 and 6:30-7:30 pm 2/28, 3/7, 3/14 with Melissa Alves OT

Dads' Talk: 5:30-6:30 pm, monthly Tues 1/11, 2/8, 3/1; with Paul Melville

Dads in Recovery Support: 6 pm, weekly on Tues; to register email CapeDadsGroup@gmail.com

Sensational Chats: 6:30-7:30 pm, monthly 3rd Tues; 1/18, 2/15, 3/15 with Melissa Alves

The Road Less Traveled: 7-8 pm, monthly 1/18, 2/22, 3/22; parent support for families of children w/complex medical diagnoses; with Mary Wilson and Laura Will

Parent Cafés: 8-9 pm, monthly 2nd Thurs; 1/13, 2/10, 3/10; for Spanish-speaking parents with Claudia and Monica

Services at our Eastham center:

Mobile Dental Hygiene Services January 27

Mobile Dental Hygiene Services provides preventive oral health care at Cape Cod Children's Place. Mass. Health and private pay accepted, no other insurance plans. Services include cleanings, fluoride treatments, sealants, x-rays, periodontal cleanings. Call Cape Cod Children's Place at **508-240-3310** or email smiles@mobiledentalhygiene.com to schedule an appointment.

Outer Cape WIC

Jan. 12 and 26; Feb 9; March 9 and 23, Outer Cape WIC provides free healthy food, breastfeeding support and nutrition information to eligible families. Call **508-240-0853** or **508-240-3310** for appointments and information.

Family Pantry

Monthly food pick-ups. Call Karen at **508-240-3310** to get on the list.

The following groups are for FIRST Steps Together program participants. These programs provide support for families impacted by substance use. Visit www.capecodchildrensplace.com or email Christina Russell crussell@capecodchildrensplace.com for information.

***WRAP (Wellness, Recovery & Assistance in Parenting):** 9:30 am Mondays

***Rise:** 6-7 pm Mondays, Peer Support Group for women affected by substance use disorders

***Mindful Parenting:** 9:30 am Wednesdays; strategies to incorporate mindfulness in your parenting

Information is available at www.capecodchildrensplace.com; Facebook *Cape Cod Children's Place*; Instagram [@capecodchildrensplace](https://www.instagram.com/capecodchildrensplace).



Children's Trust

The Children's Trust is on a mission to stop child abuse in Massachusetts. Look for parenting resources at <https://childrenstrustma.org/our-programs/one-tough-job-or-https://childrenstrustma.org/our-programs/all-babies-cry>

COMMUNITY PARTNERS

The following agencies and organizations welcomed clients pre-Covid on a regular schedule at Cape Cod Children's Place. Here is their contact information:

Child Care Network

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

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 issues.

Community Health Navigator

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

Lower Cape Outreach Council

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

Helping Our Women

Call 508-487-4357 or email info@helpingourwomen.org for services and transportation for Outer Cape women with illness and disabilities.

News You Can Use

TUITION AID

Help for families to pay early childhood education & care fees:

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; lgilmore@monomoy.edu.

OTHER RESOURCES

Family Pantry of Cape Cod

508-432-6519 or thefamilypantry.com. Food and clothing at Harwich site and other locations, including monthly food pick-ups at Cape Cod Children's Place by calling Karen 508-240-3310.

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Homeless Prevention Council

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

*

Children's Cove

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

*

A Baby Center

508-771-8157 or 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

Call 508-514-7125 or email sharon@capecodfostercloset.org for resources to help anyone raising someone else's child: foster parents, relative caregivers (grandparent, aunt, uncle, etc.), pre-adoptive parents.

*

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.

*

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.

*

NAMI

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

*

Monomoy Family Resource

508-430-7216 x 4044 or email lgilmore@monomoy.edu. Cape Cod Children's Place satellite family support office at Harwich Elementary School. Diapers, clothing, food, financial aid for Chatham/Harwich families.

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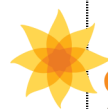
Cape Cod Family Resource Center

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

*

Grandparents Raising Grandchildren

508-815-5100 to receive Zoom link. Meets 3rd Wednesday of the month.



**children's
trust**

Winter Is Here!

Winter can be a time when families are looking for activities outside the house. Fortunately we live in a place with lots of outdoor options. Below are some places to check out. They all have walking trails, even when there are no programs scheduled...

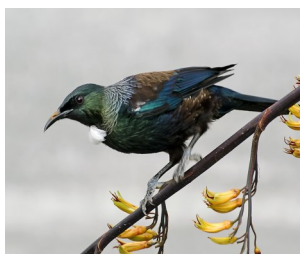


Cape Cod National Seashore

Eastham, Wellfleet, Truro, Provincetown

508-255-3421 www.nps.gov

Trails are available at all CCNS sites; visitor centers have limited winter hours.



Wellfleet Audubon Sanctuary

291 Route 6, South Wellfleet

508-349-2615

www.massaudubon.org/wellfleet

Woodlands, beach, heath & salt marshes with 5 miles of trails, wildlife, aquarium.

Cape Cod Museum of Natural History

869 Main Street/Route 6A, Brewster

508-896-3867 www.ccmnh.org

Exhibits, aquarium, and 80 acres of land with trails going out to Cape Cod Bay.

Long Pasture Audubon Wildlife Sanctuary

345 Bone Hill Road, Cummaquid

508-362-7475 www.massaudubon.org

Trails, meadows, farm animals, winter programs.

...and when the weather is keeping you indoors, Check Out what your library has to offer

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



Here at Cape Cod Children's Place we believe wholeheartedly that every child, every family has promise, and our team works in many ways to empower them to realize that promise. We offer support without judgment, help for the child with learning differences, financial aid and winter clothing for families experiencing financial hardship. Our classrooms provide high-quality early education and care that builds a sense of connection between children and teachers. We work hard to make scholarships available to families who can't afford the tuition fees. We provide programs to help parents and grandparents reduce isolation and find support in coping with their challenges.

We are not alone in that work. To be successful, we need the help and participation of our community. At the start of this new year, we are grateful for every individual and every organization that has helped us in the past and is standing with us as we look ahead to the future. Thank you for supporting children and families, for caring about our community, for joining us in this work.

Together we are stronger.

Exciting News!

Our Board of Directors

Scotti Finnegan, President
Kristen Apgar, Vice President
Carol Counihan, Secretary
Nancy Crowley, Treasurer.
Members: Matt Bober,
Kim Concra, Sally Digges,
Stephanie Jepsen,
Ignacio Mortell, Brett Tolley.

Due to the hard work and commitment of our 25th Anniversary Campaign Committee in 2020, and the generous donations we received, the Early Learning Center has new playgrounds! Liz Stapleton and our Teaching Team worked closely with Joe McMahon, CPSI from UltiPlay Parks & Playgrounds, to design our new playspaces.

Thank you to the 25th Anniversary Campaign Committee! Thank you to Joe McMahon & Crew! Thank you to our CCCP families for navigating around tight parking spaces and walkways during the build!

And thank you to our CCCP students, who have waited and watched patiently as their playgrounds unfolded; we hope our current and future students enjoy playing and learning in these new playspaces for many years to come!

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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N. Eastham, MA 02651
508.240.3310 telephone
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.



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 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	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