



cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children

Special Thanks!

THANK YOU! To all the individuals and organizations who donated winter clothing, food and toys for families in our community during the holiday season, including the **Masons, Lower Cape Outreach Council, Orleans-Eastham Elks, St Joan of Arc, Knights of Columbus, Family Pantry, Eileen Budnar** and many others....

THANK YOU! to **Linda Pierre** for translation assistance with families whose first language is Haitian Creole.... THANK YOU! to Harwich Open Gym playgroup Volunteer, **Nikki Popow**.... THANK YOU! to everyone who supported families with young children in Chatham and Harwich during the holiday season and throughout the year, including the **Friends of the Harwich Early Childhood Advisory Council, the Harwich and Chatham Children's Funds, the Harwich Women's Club**, and **Polhemus, Savery and DaSilva's Fund for Working Families**

THANK YOU! to the many volunteers from the **United States Coast Guard** and **Cape & Islands United Way** for donating their time and skills to help us prepare our center in Eastham for the winter season.... THANK YOU! to all our **Community Partners** who host our programs and activities!

We Are One Community

Early in the recent holiday season, Cape Cod Children's Place hosted a Cultural Heritage potluck dinner to which staff and families were invited to bring a dish that reflected their family heritage. The event was a success, and a wonderful assortment of countries, languages and recipes were represented. Children and adults sampled food preparations from other cultures and met unfamiliar family members of their classmates and co-workers.

It was a lovely evening, reflective of our ever-changing community. When we opened our doors in 1995, the children in our preschool classroom all lived in families with longtime roots on the Lower Cape. Over the years as people from other places have made their home here, our population has grown more diverse; that change is evident at Cape Cod Children's Place. Our talented staff includes natives of Armenia, Macedonia, Turkey, Puerto Rico and Canada, as well as native Cape Codders. The children in our classrooms live in families originally from Brazil, Uruguay, Moldova, Jamaica, Portugal, Romania, Ukraine and Russia, in addition to those with generations of local history. All of us are sharing and learning from each other.

We welcome this rich variety at a time when deadly conflicts in other parts of the world dominate the news and social me-

dia. We are grateful that our homes are not under threat, that we don't live in a war zone. We admire and respect those who are surrounded by lethal hostility, yet find ways to maintain friendships and work towards peace with people viewed as their enemies. A recent newspaper article told of Israeli and Palestinian teenagers in a Jerusalem swimming club, trying to hold onto precious relationships with each other after October 7. With the support of their longtime volunteer coach, they worked through their initial reaction to take sides through angry social media postings, and resumed their friendships.

"We don't think about the team as Israelis and Palestinians," said a Jewish girl. "It is so normal to be together." And her Muslim teammate said, "This is my second family. If we have a problem, we fix it like a team."

Whatever the news headlines and social media tell us, whatever challenges 2024 brings into our lives, we can start this new year knowing we are all on the same team. Wherever we were born, whatever language our parents speak, whatever foods our family enjoys, we are one community.

Happy New Year!

Elizabeth Aldred

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Grants & Community Councils



Community Engagement Calendar

Our community networks allow us to stay connected to the needs of the families that we serve. Information about the groups below is available on our website and social media. For more information, email info@capecodchildrensplace.com

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Lower-Outer Cape

Early Childhood Advisory Council

(Brewster to Provincetown)

Virtual, 6-7:30 pm, 4th Monday: 1/22, 4/22

Monomoy Early Childhood Council

(Harwich and Chatham)

Virtual & in-person, 6-7 pm
Harwich Elementary School, 263 South St.
Monthly 1st Thursday: 1/4, 2/1, 3/7

Mid-Cape Early Childhood Council

(Barnstable, Yarmouth, Dennis)

Virtual, 6-7:30 pm, 3rd Monday: 3/18

Parent Advisory Council

(Barnstable to Provincetown)

Times & locations vary; contact edempsey@capecodchildrensplace.com

Cape & Islands Early Learning Network

(Cape Cod, Nantucket, Martha's Vineyard)

Virtual & in person, 1-2:30 pm at
Cape Cod Family Resource Ctr., Hyannis
Every other month: 1/18, 3/21

Cape & Islands Perinatal Wellness Alliance

Virtual, 10-11 am; 3/21 Contact Kerry McCarthy kerry.mccarthy.miller@gmail.com

Cape Cod Fathers & Family Network

Virtual & in person, 11:30 am-2 pm; occasional Mondays; contact pmelville@familynurturing.org

Grant Funding 2024 Fiscal Year July 1, 2023 - June 30, 2024

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Multi-Year Government Grant Contracts (8)

- Barnstable County American Rescue Plan Act (ARPA) grant funds our innovative "Creating a Culture of Resilience in Early Education and Care" Initiative;
- MA Attorney General's Maternal Health Equity grant funds perinatal professional development opportunities for mental health clinicians;
- MA Children's Trust SAFE (Strengthening All Families Everywhere) grant builds Protective Factors in our children and communities with free programs, support and services;
- MA Dept. of Early Education and Care's Child Stabilization Fund for Early Learning Centers;
- MA Department of Early Education and Care's Coordinated Family and Community Engagement (CFCE) and Parent Child Plus (PC+) grants fund no-cost programs, support and services from Provincetown to Barnstable;
- MA Department of Early Education and Care's Early Education and Out of School Time and Children's Investment Fund grants fund renovations to our building;
- 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; and
- MA Department of Public Health's State Opioid Response Prevention in Early Childhood for Barnstable County.

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FY24 Grant Awards following July 1, 2023 (5)

Foundations: Nordblom Family Foundation; Peter and Elizabeth Tower Foundation; Hawk Foundation; Cape Cod Healthcare Foundation; MA Grand Chapter of Widows Sons.

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Town Human Service Grants

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

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As always, thank you to Seamen's Bank for your decades of support!



Family Activities



Call 508-240-3310 or visit capecodchildrensplace.com for information about our grant-funded activities for children and families. The programs listed below and our family education and support programs listed on the next page are all provided at no cost to participating families.

Winter Program Calendar

Registration is required for all programs; call CCCP at 508-240-3310.

- Mondays:** **Baby's First Year**, 11 am-noon; weekly September-June; Snow Library, Orleans; ages birth-1 year
Puppet Playgroup, 10:30-11:30 am; 1/8-2/5; Eastham Library; ages 2-5 yrs.
Peaceful Babes, 1:30-2:30 pm; 1/22-2/12; Snow Library, Orleans; ages 2-5 yrs.
Infant Massage, 10:30-11:30 am; 1/22-2/12; S. Yarmouth Library; birth-12 mos. (older siblings welcome)
Sensational Storytime, 10-11 am; 2/26-3/25; Hyannis Library; ages 2-4 yrs.
- Tuesdays:** **Stories, Suds & Song**, 10-11 am; monthly 1/2, 2/6, 3/6; Star Laundromat, Dennis; ages 1-5 yrs.
Story & Project, 10-11 am; 1/9-3/12; Dennis Public Library; ages 2-5
Book & Cook, 5:30-6 pm; 1/16-2/13; **on ZOOM**; ages 2-6 yrs.
From Swaddles to Sleep Sacks: A Pediatric Sleep Group, 10:30-11:30 am; 1/16-2/13; Family Resource Center, Hyannis; ages birth-4 yrs.
Music & Movement, 10:30-11:30 am; 2/27-3/26; Centerville Library; all ages welcome
- Wednesdays:** **Terrific Toddlers**, 10-11 am; 1/10-3/13; Dennis Public Library; ages 1-2 yrs.
Ready-Set-Go Playgroup, 10:30-11:30 am; 1/10-3/6; South Yarmouth Library; ages 2-5 yrs.
Kids Movement Jamboree, 10-11 am; 1/10-1/31; Flax Pond Rec, Yarmouth; ages 2-5 yrs.
Harwich Circle Time, 10:30-11:30 am; 1/17-3/13; Harwich Community Center; ages 2-5 yrs.
Multicultural Lunch Bunch, 10-11 am; 2/7-2/28; Family Table Collaborative, Yarmouth; ages 2-5 yrs.
Multicultural Supper Club, 4:15-5:15 pm; 2/7-2/28; Family Table Collaborative, Yarmouth; ages 4-8 yrs.
Infant Massage, 1-2 pm; 2/28-3/27; Centerville Library; ages birth-12 mos.
- Thursdays:** **Harwich Open Gym**, 9:30-10:45 am; 1/4-3/28; Harwich Community Center Gym; ages birth-5 yrs.
ArtStart, 10:30-11:30 am; 2/29-3/21; Dot-to-Dot Workshop, Harwich Port; ages 3-6 yrs.
- Fridays:** **Brewster Library Toddler Town**, 10:30-11:30 am; 1/5-3/29; Brewster Ladies' Library; ages birth-3 yrs.
Intergenerational Music & Movement, 10-11 am; 1/12-2/16; Dennis Center for Active Living; ages 1-5 yrs. with a parent and/or grandparent
Sensory Playgroup, 10:30-11:30 am; 1/19-3/8; Eastham Public Library; ages 2-5 yrs.
Toddlers Nursery Rhyme Playtime, 9:30-10:30 am; 1/19-2/18; Family Resource Ctr, Hyannis; 18 mos-2.9 yrs.
- Saturdays:** **STEM Saturdays/Fun & Facts**, 10-11 am; 1/13, 2/17, 3/16; Cape Cod Toy Library, Barnstable; ages birth-6
Little Brazilians, 10-11 am; 1/27-2/17; Health Ministry, Hyannis; ages 2-6 yrs.

*In addition to the activities listed above, CCCP staff are providing a parent-child engagement program, **Creating Community Through Play**, for families with children between the ages of infancy and 5 years old who are sheltered at a hotel in Yarmouth. This program offers educational groups three mornings a week with developmental specialists and a volunteer translator, providing play-based routines to support development and strengthen the parent-child relationship.*



MASSACHUSETTS
Department of
Early Education and Care

Family Education & Support



Cape Cod Children's Place provides Family Education and Support programs at no cost, and free family support consultations. Call 508-240-3310. Website www.capecodchildrensplace.com; also on Facebook and Instagram.

Email Marly Pereda mpereda@capecodchildrensplace.com for information about Parent Child+, 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. Enrollment is available now for September 2024.

Family Education, Workshops & Support

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Parenting Education Series, all virtual

Raising Healthy Families: 6-7:30 pm, 6-week series
Thursdays 1/11-2/15 on ZOOM

Positive Discipline in Spanish: 6-7:30 pm, 6-week series
Wednesdays 3/27-5/8 on ZOOM

Nurturing Fathers: 6-7:30 pm, 13-week series
Tuesdays 1/9-4/2 on ZOOM

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For Dennis and Yarmouth Families, in person:

Raising Healthy Families: 5:30-7:30 pm, 3/7-4/11
6-week series with Cindy Horgan & Sue Gubbins
Contact D-Y Schools or Cindy for information

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Workshop Series, virtual

**Pediatric Sleep Solutions: A Guide to Establishing Good
Sleep Habits:** 1/31, 2/7, 2/14; 7-8 pm on ZOOM

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Support Groups, virtual

Dads' Talk: 6:30-7:30 pm; monthly 2nd Tues: 1/9, 2/13, 3/12

Dads in Recovery: 6 pm; Tuesdays

1st & 3rd peer support; 2nd & 4th meet w/Danny Rodrigues
Register CapeDadsGroups@gmail.com or 774-722-3305

Sensational Chats: 6:30-7:30 pm; 1/16 & 3/19 on ZOOM

The Road Less Traveled: 7-8 pm; 2/13, 3/12 on ZOOM

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Support Groups, in person

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

Wednesdays: 10-11 am; Mullen-Hall School, Falmouth
pre-registration required: shelbycrileylicsw@gmail.com

Thursdays: 10-11 am; Cape Cod Children's Place, Eastham;
pre-registration required: becky@earlycaredoula.com

FIRST Steps Together

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

These programs provide support for families on the Cape & Islands 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 activi-
ties on Thursdays

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*FIRST Steps Together also offers home visits,
referrals, help accessing support.*



News You Can Use

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.

Postpartum Doula Home Visits

Free to year-round residents on the Cape and Martha's Vineyard: up to 3 home visits with a certified Postpartum Doula. can be used from birth up to child's first birthday. To register, email monumentalbeginningsdoula@gmail.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.

Early Intervention

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

Healthy Families

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

A Baby Center

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

TUITION AID

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

Bailey Boyd subsidies: Visit <https://www.baileyboyd.com/childcare-programs-1> for information and application forms for childcare subsidies for families in the towns of Brewster, Dennis, Eastham, Harwich, Provincetown, Truro and Wellfleet. Families and providers need to complete the forms in order to receive funds.

Cape Cod Children's Place: Email info@capecodchildrensplace.com or for information about town subsidies for early education and care; call 508-240-3310 about 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

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.

Immigration Resource Center

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

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.

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.

Community Development Partnership

508-240-7873 or capecdp.org. Promotes Lower Cape employment, housing and business opportunities.

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 create lasting, positive change for women going through life transitions. Email kimberly@wecancenter.org for information and registration. Upcoming workshops include:

*Thurs. Jan 11, 5-6:30 pm; Falmouth Family Law Overview

*Wed. Jan 24, 5-6:30pm; Hyannis Financial Matters Relating to Divorce

*Thurs. Feb. 22, 4-5:30 pm; Hyannis Divorce and Mortgage



More Family Support News

Cape & Islands Perinatal Wellness Alliance

The Perinatal Wellness Alliance welcomes professionals and community individuals who are passionate about maternal mental health. This group meets virtually once a quarter to address issues surrounding perinatal mental health, and to share updates, resources and support for mothers and birthing persons on the Cape & Islands. All are welcome to attend; next meeting is **March 21, 2024; 10-11 am**. Email kerry@pwsupportcenter.org for information and to join.

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"Glowing Beginnings"

Saturdays, 10 am-12 pm; January 20 - February 24

This free, virtual 6-week maternal wellness program will cover topics including prenatal and postpartum nutrition, maternal mental health, postpartum depression prevention, safe sleep resources and tips, breastfeeding and formula feeding, the first 6 weeks with your baby, common challenges and relationship dynamics.

Email kerry@pwsupportcenter.org to register.

Mobile Dental Clinic

February 1, 2024

at Cape Cod Children's Place

The Mobile Dental Clinic is back! Mobile Dental Hygiene Services offers preventive dental care for children on MassHealth, including dental cleanings, fluoride treatments and sealants. Call 508-827-6725 to make an appointment, or visit smiles@mobiledentalhygiene.com

"In the Interest of Every Child" monthly series

Jan. 10, Portuguese; Feb. 28, Spanish; Mar. 27, English -- all 6-7 pm

Cape Cod Children's Place and Children's Cove are collaborating to provide support, resources and a safe place to talk for parents and caregivers in this series. Topics will include education, awareness and prevention of abuse, in the interest of every child in our community. To learn more, or to sign up, contact Marly Pereda at 508-240-3310 or email her at mpereda@capecodchildrensplace.com

Calmer Choice & Wellspring Project

Saturday, January 27; 8:30-11:30 am; Double Tree Hotel

This event will be a kick-off for the Calmer Choice & Cape Cod Children's Place Wellspring Project, which is an initiative to support early childhood educators in nurturing the resilience and social emotional wellness of young children and the adults who care for them.

Guest speaker will be Debra Mahler from the Devereux Center for Resilient Children.

For information email Melissa Alves malves@capecodchildrensplace.com

This initiative is funded through the federal American Rescue Plan Act (ARPA) of Barnstable County and the MA Dept. of Public Health SOR-PEC (State Opioid Response Prevention in Early Childhood) grants.

Cape Cod Children's Place News



Welcome 2024!

We welcome this new year with gratitude for everyone who supports and works with us to build resilience, strength and skills in children and families, through the following five Protective Factors: parent and child development; parental resilience; social and emotional competence; social connections; and support in times of need.

We are grateful to our staff and our subcontractors for their commitment to this important work, and we welcome Sophie Rezendes, who joined us in November as our Early Learning Center Director. She works with the teachers in our Early Education classrooms to build warm and responsive relationships with the children in our classrooms through emotional engagement and a sense of inclusion for every child.

For a complete list of the teams working with our different grants, at our center and our satellite office in Yarmouth, visit www.capecodchildrensplace.com. Our main grants are listed on page 2 of this newsletter.

Contacts for our grant-funded programs are listed below:

Family activities & parent education -- Liz Dempsey edempsey@capecodchildrensplace.com

Support for families impacted by substance use -- Christina Russell crussell@capecodchildrensplace.com

Programs in Portuguese & Spanish -- Marly Pereda mpereda@capecodchildrensplace.com

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We say goodbye to Patty Watson, who joined us as our Director of Grants & Development in the winter of 2020, just when Covid turned our lives upside down. In her time here, she brought us new grants and renewed others that fund our many services described in this newsletter. Thank you, Patty!

All of us at Cape Cod Children's Place say a very special

THANK YOU!

to Kate Macaulay, who left retirement to return last May as our interim Early Learning Center Director. We are very grateful to her, and we wish her well as she rediscovers time in her life for travel, adventure, reading and knitting!

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.



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