

Parent Education & Support Opportunities

November 2011

The Cape Cod Neighborhood Support Coalition compiles and distributes this monthly list for the benefit of Cape and Islands families and professionals who support them. We include workshops, classes, support groups, and other resources that we believe adhere to best practices; however, we suggest that you consider the appropriateness of program content for your family's needs and values. This list is neither exhaustive nor an endorsement of any specific program or provider. For more about the Cape Cod Neighborhood Support Coalition, please visit www.capecoalition.com.

To find this list online or to receive it every month by e-mail, please go to
www.capecoalition.com/calendar or dads.capecoalition.com

To submit information for future editions, please e-mail: calendar@capecoalition.com

All meetings, workshops etc. are free to participants unless otherwise noted.

November 1, 8, and 15, 6 - 7:30 p.m.: **“Parenting Toolbox for Dads”** at *Mashpee Public Library*, 64 Steeple St., with Paul Melville, parent educator. At this three-night workshop, Paul focuses on topics designed just for Dads while emphasizing the important role of men as parents. So, come fill your toolbox with strategies that support your vital role as parent. Sponsored by Mashpee Coordinated Family and Community Engagement. Information or registration: Julie Hall at 508-539-1520 ext. 5118.

November 1 (first Tuesday), 6 - 8 p.m.: **“Parent Information Network (PIN) Parent Support Group”** at *Falmouth Public Library* (Basement Conf. Room), 300 Main St., with Jean Cole, parent coordinator at PIN. This month, we'll be joined by Tresa Salters who will share information related specifically to transitional age youth (14-22). Tresa will discuss topics such as college, jobs, and preparation for independent living. This group assists families who are challenged by children's mental health, emotional, or behavioral needs. If you are coming for the first time you must pre-register. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole at 508-947-8779 ext. 229 or capepin@bamsi.org.

November 2 (first Wednesday), 6 - 7:30 p.m.: **“Dads’ Talk ~ Lower Cape”** at the *Harwich Community Center*, 100 Oak St., with Paul Melville, family support specialist. This is a great place to connect with other local fathers and chat about being a dad (or whatever else is on your mind). All men are welcome to this non-therapeutic gathering, regardless of their child(ren)’s age(s), their parenting situation, and where they live. Free pizza and child care. Please RSVP. Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place, Harwich Early Childhood Council, and the Youth Suicide Prevention Project of the Community Health Center of Cape Cod. Information or registration: Paul Melville at 508-771-4336 ext. 2 or paul@capecoalition.com.

November 2 (first Wednesday), 6:30 - 8 p.m.: **“Parents of Diabetic Children”** at *Sandwich Public Library*, 142 Main St. (Room 2), with Sandy Bovat. Non-therapeutic parent-led support group. Open discussion format. Join us for information sharing and support. No registration necessary. Information: Sandy at 508-477-8542 or Susan Hendy at 508-888-7054.

November 3 and 10 (must attend both sessions), 5:30 - 8 p.m.: **“Set a Good Example (SAGE)”** at MSPCC, 206 Breeds Hill Road, *Hyannis*, with Jennifer Taylor, LMHC and Matt Daniels, LMHC. Divorce has a profound impact on children; learn how you can lessen the impact for your kids. Meets the court’s mandate for education for parents filing for divorce. FEE: \$80. Information or registration: 508-775-0275.

November 3, 6 - 7:30 p.m.: **“Media and Its Impact on Children”** at *Mashpee Public Library*, 64 Steeple St., with Cindy Horgan, co-creator of the Parenting Station. Child care available. Sponsored by Mashpee Coordinated Family and Community Engagement. Information or registration: Julie Hall at 508-539-1520 ext. 5118.

November 3, 6:30-8 p.m.: **“Cat Nappers, Sleepy-Heads and No-Dozers - Answers to your questions about childhood sleep”** at *Sandwich Public Library* (Room 2), 142 Main St., with Sue West, parenting consultant for Jordan Hospital. Sue will share her expertise about the right amount of sleep for all ages and how to encourage healthy sleeping habits so you can get some rest too! Babies welcome. Funded in part by the Massachusetts Department of Early Education and Care through a grant to the Sandwich Public Schools. Information or registration: Lauren at 508-888-9525 or lmelillo@sandwich.k12.ma.us.

November 4 (first Friday), 10 - 11 a.m.: **“Getting Started Breastfeeding”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. This free group is designed especially for pregnant women. Information: 888-890-2229 or 508-888-7794.

November 4 and 18 (every other Friday), 10 a.m. - noon: **“Breastfeeding Support Group”** at the *Hyannis WIC office*, 1019 Iyannough Road. Open to all WIC and community breastfeeding women. Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration necessary. No registration necessary. Information: Cheryl at 508-540-5275.

November 5, 9:30 – 11:30 a.m.: **“Play: The All-Important Work of Children”** at the Waldorf School of Cape Cod, 140 Old Oyster Road, *Cotuit*, with Ruby Ackert-Herzig, parent class teacher. Time for independent play is the greatest gift we give children. Come explore the role of free play and exploration in laying the foundation for life-long learning. For parents and caregivers of children birth to six. Tea and snack will be served. Information or registration: 508-420-1005 or administrator@waldorfschool.cc.

November 5 (first Saturday), 5 - 7 p.m.: **“Parent Information Network - Dads Only Support Group”** at the Parent Information Network (PIN), 47 East Grove St., *Middleboro*, with Joe Leandre, parent supporter at PIN, and Chris Bean, MS MFT, home-based team clinician. This group is for dads and other male caregivers who are challenged by a child’s mental health, emotional, or behavioral needs. If you ever wish you could talk with other dads who understand what your family is going through or you’d like some help finding services for your child, then this group is for you. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information or registration: 508-947-8779 ext. 221 or jleandre@bamsi.org.

November 7, 14, and 21, 5:30 - 7:30 p.m.: **“Active Parenting”** at South Shore Early Education, 196 South Meadow Road, *Plymouth*, with Sue West. Ever wondered if you were doing all that you could as a parent? This fun and informative three-part series will give you tools to better understand your child's inner workings. Learn about their development and temperament, and discuss strategies of positive discipline. Dinner and child care provided. Information or registration: Pricilla Pinto at 508-746-0333.

November 8 and 22 (every other Tuesday), 10 a.m. - noon: **“New Babies’ Breastfeeding Support Group”** at *Falmouth Hospital* (Family Room, Maternity), 100 Ter Heun Dr. (off Route 28), with Suzan Schar, RNC and board certified lactation consultant. Siblings welcome. Information: 508-457-3632.

November 9, 6:30 - 8 p.m.: **“Walk Away Strategies for Challenging Behaviors”** at the *East Falmouth School*, 33 Davisville Road, with Tina Toran and Carolyn Minervino. Teaching children how to behave takes practice and persistence. Discuss, make, and take home behavioral tools and strategies adopted from the Center for Social Emotional Foundations of Early Learning (CSEFEL). Limited child care available. Must pre-register. Part of the monthly Parent Connection Series, a presentation Falmouth Public Schools and the Coalition for Children. Information or registration: Laney Cooke-Johnson at 508-548-0151 ext. 175 or lcooke_johnson@falmouth.k12.ma.us.

November 10, 5:15 - 6:45 p.m.: **“Single Parenting”** at Cape Cod Child Development, 83 Pearl St., *Hyannis*, with Paul Melville, family support specialist. This monthly group is a safe, supportive environment for single moms and dads to share successes, challenges, and resources. All single parents are welcome at this non-therapeutic gathering, regardless of their child(ren)’s age(s) and their parenting situation. Free dinner and child care. Sponsored by Cape Cod Child Development’s Families United Network (F.U.N.) Program and the Cape Cod Neighborhood Support Coalition with generous support from Not Your Average Joe’s. Information or registration: Mary Wilson at 508-775-6240 ext. 512.

November 10 (second Thursday), 7 - 8:30 p.m.: **“All Families Touched by Adoption (AFTA), Waiting Parents Group”** at the Family Center (Martha’s Vineyard Regional High School), Edgartown-Vineyard Haven Road, *Oak Bluffs*, with Marney Toole. The group mission is to enrich the lives of children, families and all those touched by or considering adoption. We hope to provide, education, support, communication and resources to all. Information or registration: Marney Toole at 508-693-7900 ext. 283.

November 10 (second Thursday), 7 - 9:30 p.m.: **“Breastfeeding Class”** at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28). This one session course prepares moms-to-be for breastfeeding. It covers the advantages of breastfeeding, the anatomy and physiology of lactation, dispels myths surrounding breastfeeding, and will prepare you to get the best possible start. FEE: \$5 per couple. Information or registration: 508-457-3632.

November 11 and 25 (every other Friday), 10 a.m. - noon: **“Breastfeeding Support Group”** at the Gus Canty Community Center, 790 Main St., *Falmouth*. Open to all WIC and community breastfeeding women. Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration necessary. Information: Kathy at 774-392-1411.

November 13 (third Thursday), 7 - 9:30 p.m.: **“Newborn Care”** at *Falmouth Hospital* (Faxon One Conference Room), 100 Ter Heun Dr. (off Route 28). This class covers infant daily care, feeding and sleep habits, infant growth, development, and safety. We’ll also cover the identification of illnesses and when to call your pediatrician. FEE: \$5 per couple. Information or registration: 508-457-3632.

November 14, 6:30 - 8 p.m.: **“Barnstable Special Education Parent Advisory Council (SEPAC)”** at Barnstable High School (Room 1218), 744 West Main St., *Hyannis*. This month we’ll be joined by Polly Sherman of the Cape Organization for Rights of the Disabled (CORD). Polly will lead a workshop on transitioning to adulthood. If your child with a disability is 14 or older (or will be in the future) and you want to educate yourself about the process of transitioning from school to the community, then this workshop is for you. We’ll offer an overview of timelines, information about the 688 process, planning for eligibility for adult services, benefits, self advocacy, and community supports. Information: barnstablesepac@comcast.net, 508-428-0167, or 774-994-0713.

November 14 and 15 (must attend both sessions), 6 - 8:30 p.m.: **“Parents Apart”** at VFW Post 2578 (Flight View Room), 455 Lyannough Road, *Hyannis*, with James Caramello, MA, LICSW and Lisa Margarit, LMHC of Massachusetts Bay Counseling. Divorce has a profound impact on children; come learn how you can lessen the impact for your kids. Meets the court’s mandate for education for parents filing for divorce. FEE: \$80. Information or registration: Amy Crissinger at 617-786-3027.

November 15, 10 a.m. - noon: **“Parenting Grandparents-Understanding Attachment Disorder and Feelings of Abandonment in Children”** at the Bourne Senior Center, 239 Main St., *Buzzards Bay*, with Julie Sacchetti, certified parent educator. Funded by a Title III grant from Elder Services of Cape Cod & the Islands. Information or registration: 508-759-0653.

November 15, 5:30 - 7:30 p.m.: **“Toilet Training 101: Everything you wanted to know about potty training and more!”** at Eldredge Public Library, 564 Main St., *Chatham*, with Cindy Horgan, family support coordinator for Cape Cod Children’s Place. Free dinner and child care provided. Call if you need transportation. Sponsored by Cape Cod Children's Place. Information or registration: 508-240-3310.

November 15, 6 - 7:30 p.m.: **“Where Did Grandma Go? - Grief and the Young Child”** at *Harwich Elementary School* (Activity Room), 263 South St., with Elaine Moraglia, LICSW and pediatric medical social worker with Hospice & Palliative Care of Cape Cod. This program for parents and childcare workers will provide information and tools to children ages 2 through 7 who’ve experienced loss or grief, whether from a death, divorce/separation, or other situation. We’ll explore signs of grieving and discuss the impacts on each developmental stage. You will learn how to acknowledge a grieving child’s feelings, answer their questions, and gain tools to help them work through the grief process. Child care available for \$2.50 per child with prior registration (deadline: 11/14). Information or registration: 508-430-1692.

November 15, 6 -8 p.m.: **“Why Children (and Adults) Fail at Self-Control”** at Spaulding Cape Cod, 311 Service Road, *East Sandwich*, with Dr. Wayne Klein, neuropsychologist. Research shows that healthy self-control is an important predictor of a happy life. Dr. Klein will provide strategies for parents, caregivers and educators, as well as adults, who struggle with self-control issues such as weight management or impulsive tendencies associated with attention deficit disorder (ADD). Sponsored by Spaulding Cape Cod. Information or registration: 508-833-4210.

November 15 (third Tuesday), 7 - 9 p.m.: **“NAMI-Family Member Support Group”** at the Federated Church, 320 Main St., *Hyannis*. This non-therapeutic group is open to anyone who has a family member with a mental illness. Connect with other family members, share challenges and successes, and learn about the resources available to your family. Refreshments provided. Sponsored by the Cape Cod Chapter of the National Alliance on Mental Illness (NAMI). Information: Bobbi Field at 508-957-2338.

November 16, 10 - 11:30 a.m.: **“Breastfeeding and Working Support Group”** at the Outer Cape WIC office, 79 Finlay Road, *Orleans*, with Gabrielle Hathaway, lactation consultant. All moms-to-be and mothers of nursing infants welcome, along with babies up to six months. Come get your breastfeeding questions answered and learn the latest information in a confidential and sympathetic group environment. Snacks provided. Sponsored by Outer Cape WIC. Information: ghathaway@outercape.org or 508-240-0853.

November 16 (third Wednesday), 6 - 8 p.m.: **“Parent Information Network (PIN) Parent Support Group”** at Cape Cod Hospital (Lorusso Conference Center), 27 Park St., *Hyannis*, with Jean Cole, parent coordinator at PIN. This group assists families who are challenged by children’s mental health, emotional, or behavioral needs. If you are coming for the first time you must pre-register. Sponsored by the Parent Information Network (PIN), a BAMSII program funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole at 508-947-8779 ext. 229 or capepin@bamsi.org.

November 17, 6 - 8 p.m.: **“Father & Baby Pizza Party”** at Cape Cod Hospital (Lorusso Board Room), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE and Paul Melville, parent educator at www.parentingwithpaulmelville.com. We'll be joined this month by a group of dental hygiene students who can answer your questions about caring for babies teeth (even if s/he doesn't have any yet!) and even apply free topical fluoride for those with teeth. Come show off your baby (newborn to 18 months), connect with other Cape dads, and learn about resources for local families. Free pizza dinner. Sponsored by Cape Cod Healthcare and the Families United Network (F.U.N.) Program of Cape Cod Child Development. Information or registration: Ann at 508-862-5123.

November 22 (fourth Tuesday), 6 - 7:30 p.m.: **“Dads' Talk ~ Upper Cape”** at *Mashpee Village* (Community Room), 1 Wampanoag Drive, with Paul Melville, family support specialist, and Mark Abbott, LICSW. A monthly opportunity to get together with local fathers and other male caregivers. This is a great place to connect with other Dads and chat about being a father (or whatever else is on your mind. All Dads are welcome to this non-therapeutic gathering, regardless of their child(ren)'s age(s), their parenting situation, and where they live. Dinner provided (please RSVP). Co-sponsored by the Falmouth Public School's Parent Connection Series, Falmouth Human Services, and TCB Inc. /Mashpee Village. Information or registration: Paul Melville at 508-771-4336 ext. 2 or paul@capecoalition.com.

November 22, 6:30 - 8:30 p.m.: **“Navigating the Options of Guardianship and Alternatives”** at Cape Organization for Rights of the Disabled (CORD), 106 Bassett Lane, *Hyannis*, with Frederick M. Misilo, Jr., Esq. This seminar for parents, guardians, siblings, service providers, and self-advocates, will address the unique needs of families planning the financial and legal future of a relative with a disability. Topics will include: guardianship proceedings under the new Uniform Probate Code, guardianship decisions for estate plans and special needs trusts issues, and a range of alternatives to guardianship. Deadline to RSVP and request accommodations is 11/17. Co-Sponsored by The Arc of Cape Cod and CORD. Information or registration: Polly Sherman at 508-775-8300 or polly@cilcapecod.org.

November 28 (fourth Monday), 10 - 11:30 a.m.: **“Grandparents Raising Grandchildren Monthly Support Group”** at the Bourne Senior Center, 239 Main St., *Buzzards Bay*, with Lois Carr. Information or registration: 508-759-0654.

November 28, 6 - 7:30 p.m.: **“A Mother's Gathering”** at Cape Cod Children's Place, 10 Ballwic Road (off Nauset Road), *Eastham*, with Cindy Horgan, family support coordinator. Join us for some uninterrupted adult conversation and a hot meal while your children play and dine with our professional child care providers. This non-therapeutic group is designed to provide moms with an opportunity to connect in a safe, supportive environment. Free pizza dinner and child care provided. Must register by 11/23. Funding support provided by a Massachusetts Family Centers grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

Weekly Programs and Groups:

Mondays, 10:30 a.m. - noon: “**Postpartum Moms and Babies Group**” at *Harwich Community Center*, 100 Oak St., with Monica Keefe-Hess. We meet to share stories, ask questions, and get familiar with resources that support you such as: nutrition, parenting, breast feeding etc. Funded by a Massachusetts Family Centers Grant through the Children's Trust Fund, administered by Cape Cod Children's Place. Information: 508-240-3310.

Mondays, 6:30 - 8 p.m.: “**Parents Supporting Parents**” at *Mashpee Senior Center*, 26 Frank Hicks Drive. This is a free family member support group for those who are coping with their child's narcotic addiction. Refreshments and plenty of parking. Information: Lisa M. at 774-238-1570.

Mondays (except holidays), 7 - 8:30 p.m.: “**Parents of Prisoners (PoP)**” at the Gus Canty Recreation Center, 790 Main St., *Falmouth*. If you are the parent of a prisoner (past or present) looking for support and understanding from fellow parents, please join us. First time participants, please call ahead to register. Visit us at www.parentsofprisoners.com. Information or registration: Sophia at 508-944-2694 or parentsofprisoners@yahoo.com.

Tuesdays, 10 - 11:30 a.m.: “**Nursing Mothers' Group**” at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. There's no charge and no registration necessary for this group. Come meet with a certified lactation consultant and other breastfeeding moms in a relaxed environment. Information: 888-890-2229 or 508-888-7794.

Tuesdays, noon - 1 p.m.: “**Afternoon Parent Chat**” at Friendship Garden Nursery School, 460 Locustfield Road, *East Falmouth*, with Carol DiFalco, MS, LMHC. A drop-in, brown bag, best thing you've ever done with your lunch break group! Share the joys and challenges of parenting with others in a safe and nurturing environment. Child care available with pre-registration: 508-548-0151 ext. 172.

Tuesdays, 5 - 6 p.m.: “**Anger Management Classes**” at the Gosnold-Thorne Outpatient Counseling Center, 1185 Falmouth Road, *Centerville*, with Dana Sumner, Counselor. Fulfills court's requirement for anger management classes. FEE: \$20 per class, pay as you go. For information or registration: Dana Sumner at dsumner@gosnold.org.

Thursdays, 1 - 2 p.m.: “**Talking Parenting with Julie Sacchetti**” at Jonathan Bourne Public Library, 19 Sandwich Road, *Bourne*. Julie is a social worker, parent educator, and family support specialist. An informal drop-in group to address parent education and school-age child development topics. Timing coincides with story hour in the children's library. Funded by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information: 508-759-0644.

Weekly Programs and Groups continued:

Fridays, 10 a.m. - noon: “**Moms & Babies Support Group**” at Cape Cod Hospital (Whitcomb Pavilion), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. A great place to connect with other Cape Cod moms. Information or registration: Ann at 508-862-5123.

Select Ongoing Resources:

“**Adoption Network Programs**” sponsored by the Cape Cod Adoption Network are held at various locations across the Cape. Playgroups and programs for adoptive parents, foster parents, or adoptive parents-to-be. Information: 508-385-7815 or visit www.capecodadoptionnetwork.org.

“**Breastfeeding Warmline**” sponsored by the Center for Breastfeeding, *East Sandwich*. All calls are free and confidential. Call anytime, day or night; all messages received after-hours will be returned at the start of the next business day: 508-566-6248.

“**Cape Cod Dads Update**” sponsored by the Cape Cod Neighborhood Support Coalition. A free monthly e-mail that lists events and resources specifically for fathers on or near Cape Cod. Sign up at dads.capecoalition.com. Information: Paul Melville: 508-771-4336 ext. 2 or paul@capecoalition.com.

“**Domestic Violence/ Sexual Assault Hotline**”: Independence House staffs this hotline 24 hours a day, every day of the year. You do not have to leave your relationship to get help and you do not have to press charges against your abuser. They will not notify the police unless you request it. Independence House can help arrange for emergency safe shelter for you and your family, as well as police intervention and medical care: 800-439-6507.

“**Fit to be Kids**” at the Spaulding Rehabilitation Hospital Cape Cod, 311 Service Road, *East Sandwich*. An outpatient weight management program for children Ages 6 -14. Information or registration (including FEE schedule): Deb Merigan at 508-833-4197.

“**FoodSource Hotline of Project Bread**”: If you or someone you know is having difficulty making ends meet, Project Bread’s FoodSource Hotline can help. Hotline operators can provide information and screen callers for food stamp eligibility, connect callers to school meal programs, and direct callers to the best local, emergency food resources. All calls are personalized and confidential; with capacity for 160 languages. Monday - Friday, 8 a.m. - 7 p.m., and Saturday 10 a.m. - 2 p.m.: 800-645-8333.

“**Kids Grieve Too!**”: Children who experience the loss of someone they love often feel like the world is falling apart and that no one else knows how they feel. At Hospice & Palliative Care of Cape Cod, licensed therapists specialize in supporting children through loss and grief. They use sharing, expressive arts, and play therapy to assist children in expressing their feelings. Information: 508-957-0200.

Select Ongoing Resources continued:

“Operation Military Kids (OMK)”: Families experiencing the absence of a loved one due to a deployment overseas can learn what opportunities are available to them and their child(ren). Free after school and family programs are available through a grant from the Army Child and Youth Services, and hero backpacks are available to school-aged children. Information: Kerry J. Bickford at 508-375-6695 or kbickford@barnstablecounty.org.

“Parent Information Network (PIN)”: assists families who are challenged by children’s mental health, emotional, or behavioral needs. They offer a quarterly newsletter, individual advocacy, parent/ community education, and monthly support groups at locations across the Cape. Funded by the Massachusetts Department of Mental Health. Information or registration: Jean Cole at 508-947-8779 ext. 229 or capepin@bamsi.org.

“Parental Stress Line”: You don’t have to keep going it alone, Parents Helping Parents can help. Confidential and anonymous 24 hours/day, 7 days/week across Massachusetts: 800-632-8188.

“Parents of transitional age youth (PTAY) with mental health challenges”: Get support from the Parent Information Network (PIN): Tresa Salters at 508-947-8779 ext. 222 or ptaypin@bamsi.org.

“The Samaritans on Cape Cod and the Islands”: Dedicated volunteers answer this crisis hotline and listen compassionately to anyone who needs to be heard or who needs to hear a consoling human voice. Some of their callers are suicidal and some simply need a non-judgmental friend to validate their feelings and listen to their concerns and fears. All calls are confidential and anonymous: 800-893-9900.

“Violence Intervention and Prevention Project (VIP Project)”: The VIP Project provides services, resources and support to families affected by bullying. Every day in our schools and communities, children are teased, threatened, harassed and tormented. Bullying is a form of abuse; it is not a natural part of growing up. If you’re concerned that your child might be being bullied or bullying other children, The VIP Project can help. Information: April Thomas at 508-367-1845 or aprilsparkles@yahoo.com.

“WE CAN” collaborates with other organizations and local businesses to improve the quality of life in our community by ensuring lasting, positive change in the lives of thousands of women and their families. They empower Cape Cod women of all ages to successfully navigate challenging transitions and achieve lasting positive change through: Mentoring; free legal services; workshops, training and support groups, and information and referrals to other local resources. For information: www.wecancenter.org.

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