

Parent Education & Support Calendar

October 2008

Kids don't come with instruction manuals. But whether you're a new mom or dad, a seasoned veteran, or a non-traditional parent, there are tips and techniques you can use to make parenting easier for yourself, and living with children better for everyone in your household. This calendar is compiled and distributed by the Cape Cod Neighborhood Support Coalition: www.capecoalition.com.

All classes and meetings are free to participants unless otherwise noted.
Please call to register and/or confirm date and time, and to request child care if offered.

September 27 and 28, 9:30 a.m.-4:30 p.m.: **"Bringing Baby Home"** at *Falmouth Hospital* (Board Room), 100 Ter Heun Dr. (off Route 28) with Lee Burwell, a Certified Gottman Educator. A research-based, educational/support program for pregnant couples and parents of infants younger than four months old to help ease the transition to parenthood, strengthen the couple's relationship, and reduce or prevent symptoms of postpartum depression. Sponsored by Cape Cod Health Care. Information or registration: 508-548-6468.

September 29, 5-8 p.m.: **"Basic Rights: Denied"** at Manor House School of Cape Cod, 708 Route 134, *South Dennis* with Ellen M. Chambers, MBA, founder and executive director of SPEDWatch, Inc. Learn how to overcome the most common problems that occur at each stage of the special education process: referral, initial evaluation, eligibility determination, IEP development, placement, and reevaluation. \$35 fee (\$25 for SPEDWatch members). Information or registration: 508-385-5002 or echambers@spedwatch.org.

September 29, 5:30-7 p.m.: **"Single Moms"** at Cape Cod Children's Place, 10 Forest Ave., *North Eastham* with Kate Macaulay, M.Ed., and Cindy Horgan, family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. This non-therapeutic group encourages the sharing of successes as well as challenges. Free pizza dinner and childcare. Funding support provided by a Massachusetts Family Centers grant through Children's Trust Fund, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

October 2, 5:15-6:45 p.m.: **"Single Parenting"** at Cape Cod Child Development, 83 Pearl St., *Hyannis* with Paul Melville and Kathe Medwin. This non-therapeutic group is designed to create a safe, supportive environment for single moms and dads to share successes, challenges, and other information. Some months may include guest speakers and door prizes. Free dinner and child care. Sponsored by Cape Cod Child Development's Families United Network Program through a grant from the Massachusetts Department of Early Education and Care. Information or registration: 508-775-6240 ext. 513.

October 6, 6-7:30 p.m.: **"Dads' Talk"** at *Harwich Community Center*, 100 Oak St. with Matt Daniels and Paul Melville. A safe, non-therapeutic group providing a monthly opportunity for dads of kids and teens to talk about the issues of being a father today. Free pizza and childcare. Sponsored by the Cape Cod Neighborhood Support Coalition with additional support from Cape Cod Children's Place and Harwich CPC. Information or registration: 508-771-4338 or paul@capecoalition.com.

Beginning October 7 for five Tuesdays, 5:45-7:45 p.m.: **“Valuing our Fathers”** at Cape Cod Child Development’s School Age Center, 439 E. Falmouth Highway, *East Falmouth* with Lee Burwell, MFT, CGE, and Paul Melville, family support specialist and father. Studies show that children grow up happier and healthier with nurturing fathers in their lives. This is an opportunity to share your parenting experiences with other dads and to sharpen your parenting skills. Topics include: understanding temperament, positive discipline, healthy expressions of anger, effective communication, and rules of fair fighting. Free dinner (5:45-6:15 p.m.). Limited free child care available. Sponsored by the Upper Cape Family Network and the Falmouth Public School’s Parent Connection Series. Information or registration: ttoran@falmouth.k12.ma.us or 508-548-0151 ext. 172.

October 2 and 9 (must attend both sessions), 5:30-7:30 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; come learn how you can lessen the impact for your kids. Meets the court’s mandate for education for parents filing for divorce. \$80 fee. Information or registration: 508-775-0275.

October 3, 17, and 31, 10 a.m.-noon: **“Nursing Mothers Support Group”** at the *Falmouth Fire Station*, 399 Main St. Non-WIC mothers, fathers, and pregnant women also welcome. Information or registration: Cheryl at 508-540-5275.

October 4, 11, 18, & 25, 8-10 a.m.: **“Dads' Group”** at Cape Cod Children's Place, 10 Forest Ave., *North Eastham* with Cindy Horgan, family support coordinator at the Cape Cod Children's Place and Adam Pettengill, early childhood professional and dad. A parenting series just for dads and other father figures. We’ll alternate classroom time with father/child activity days. Classroom topics include: how understanding your child's temperament makes parenting easier, and Dad as Teacher (understanding your important role in positive discipline). Activity weeks include: Cape Cod Gymnastics, and Elements etc. (a science and nature program featuring turtles and snakes). Breakfast and childcare provided. Funding provided by a Massachusetts Family Centers Grant through the Children's Trust Fund and the Massachusetts Department of Early Education and Care. Information or registration: 508-240-3310.

October 4 and 11 (must attend both sessions), 10:30 a.m.-1 p.m.: **“Parents Apart”** at Cape Cod Community College (North 114), 2240 Iyannough Road (Route 132), *West Barnstable* with James Caramello, MA, LICSW and Lisa Margarit, MA 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. \$80 fee. Information or registration: Amy at 617-786-3027.

October 8, 8:30-10 a.m.: **“Parent Chat with Cindy Horgan”** at Stony Brook Elementary School, 384 Underpass Road, *Brewster*. Cindy is family support coordinator at Cape Cod Children's Place and co-creator of the Parenting Station. This group meets once a month and parents can drop in to discuss different topics that will help to strengthen their skills and support them in their parenting journey. Funding 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.

October 9, 1-3 p.m.: **“Free Family Law Legal Clinics for Women”** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Individual, half-hour appointments are available by registration only. Funded by a grant from the Massachusetts Bar Foundation. Information or registration: 508-430-8111.

October 10 and 24, 10 a.m.-noon: **“Nursing Mothers Support Group”** at the *Hyannis WIC office*, 1019 Iyannough Road. Non-WIC mothers, fathers, and pregnant women also welcome. Information or registration: Cheryl at 508-540-5275.

October 16, 6-8 p.m.: **“Successful Strategies of Single Dads”** at A Baby Center, 81 Willow Ave., *Hyannis* with Paul Melville, family support specialist at the Cape Cod Neighborhood Support Coalition and single father. There are lots of single dads out there. Whether you have full custody, a shared plan, or limited contact; come share how you’re making it work and learn how others are too. Pizza dinner and childcare provided. Sponsored by the Cape Cod Neighborhood Support Coalition and the Southeast Fathers & Family Network with funding from the Children's Trust Fund. Information and registration: 508-775-6240 ext. 512.

October 16, 23, and 30, 6:30-8 p.m.: **“Raising Strong & Successful Girls”** at *Falmouth Community School*, 113 Lakeview Ave. with Karol Maybury, Ph.D. This three session course for parents of girls, ages 7-13 will help you understand girls' psychological development, how cliques work, and how parents and girls can deal effectively and compassionately with difficult peers. Plus, how modern media is changing our daughters' self-perceptions and what we can do about it. \$75 fee. Information or registration: 508-548-5739.

October 17, 8:30 a.m.-3:30 p.m.: **“Adoption & Education: A workshop for Parents and Professionals”** at Northside United Methodist Church, 701 Airline Road, *Dennis* with Dr. Boris Gindis of the BG Center School Center for Cognitive Development Assessment and Remediation. This workshop will focus on the unique educational issues faced by adopted children who have resided in overseas orphanages and foster-care. Learn how parents and educators can identify the gaps in traditional school settings so they can become better advocates for the adopted child. \$35 fee. Additional funding by the Cape and Islands United Way. Information or registration: The Cape Cod Adoption Network at 508-385-7815.

October 20, 6:30 p.m.: **“Basic Rights Seminar”** at Barnstable High School (Room 1202), 744 West Main St., *Hyannis* with Christine Riley from the Federation for Children with Special Needs. This workshop will help parents learn how to understand their child's eligibility for special education services, make informed decisions, monitor the progress of their child and become effective partners with the school. Discussion will include your rights under various federal and state laws. Hosted by the Barnstable Special Education Parent Advisory Council (BSE PAC). Information: Linda Kelly at 774-994-0713 or 504parentsupport@comcast.net.

October 20 and 27, 8-9 p.m.: **“Early Literacy for Parents and Caregivers”** at *Wellfleet Public Library*, 55 West Main St. Learn how to help infants, babies, and young children get ready to read and to grow to be successful learners. Information or registration: Martha at 508-349-0310 or mgordon@clamsnet.org.

Beginning October 21 for eight Tuesdays, 6-7 p.m.: **“General Parenting Program”** at The Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), 206 Breeds Hill Road, *Hyannis* with Jennifer Taylor, LMHC. For parents of children through age 13. Topics include: developmental patterns, common behavioral challenges, and successful behavior management techniques. Fee: \$50; free for DCF (formerly DSS) clients with JRI referral. Free child care available. Funded in part by the Massachusetts Department of Children and Families. Information or registration: Laura Rittel at 508-775-0275.

Beginning October 21 for eight Tuesdays, 7-8 p.m.: **“Parenting Your Adolescent”** at The Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), 206 Breeds Hill Road, *Hyannis* with Jennifer Taylor, LMHC. For parents of adolescents ages 13-19. Topics include: developmental patterns, common behavioral challenges, and successful behavior management techniques. Fee: \$50; free for DCF (formerly DSS) clients with JRI referral. Free child care available. Funded in part by the Massachusetts Department of Children and Families. Information or registration: Laura Rittel at 508-775-0275.

October 23, 9-11 a.m. and 1-3 p.m.: **“Free Family Law Legal Clinics for Women”** at We Can, 537 Main St. (Route 28), Suite 2H, *Harwich Port*. Individual, half-hour appointments are available by registration only. Funded by a grant from the Massachusetts Bar Foundation. Information or registration: 508-430-8111.

October 27, 10-11:30 a.m.: **“Grandparents Raising Grandchildren Monthly Support Group”** at the Bourne Council on Aging, Bourne Veteran’s Memorial Community Center, 239 Main St., *Buzzards Bay* with Lois Carr. This month we’ll focus on grandparent’s concerns, needs and wants with guest speaker Manuela DaCosta of the Family Advisory Committee of the Department of Children and Families. The newly established Commission on Grandparents Raising Grandchildren wants your input as they develop a bill of rights for grandparents. Information or registration: 508-759-0654.

October 27, 5:30-7 p.m.: **“Single Moms”** at Cape Cod Children’s Place, 10 Forest Ave., *North Eastham* with Kate Macaulay, M.Ed., and Cindy Horgan, family support coordinator at Cape Cod Children’s Place and co-creator of the Parenting Station. This non-therapeutic group encourages the sharing of successes as well as challenges. Free pizza dinner and childcare. Funding support provided by a Massachusetts Family Centers grant through Children’s Trust Fund, administered by Cape Cod Children’s Place. Information or registration: 508-240-3310.

October 28, 6:30-8:30 p.m.: **“Early Literacy: Promoting Literacy Beginning at Birth”** at Cape Cod Child Development’s School Age Center, 439 E. Falmouth Highway, *East Falmouth*. Learning to read begins very early in a child’s development, well before they enter kindergarten. Discover how their environment impacts the developing brain for getting ready to read. Learn about early childhood literacy development and the Get Ready to Read program. Learn what things you can do as a parent to support your child’s literacy development. Limited free child care. Sponsored by Young Children First! with grant funds from the Woods Hole Foundation and Massachusetts Department of Early Education and Care. Information and registration: Carolyn Minervino at 508-548 0151 ext 128.

Weekly and Monthly Programs and Groups:

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

Every other Monday, 6-8 p.m.: **“Support for Children Who’ve Lost a Parent or Sibling”** at West Parish Church, 2049 Meetinghouse Way, *West Barnstable* with Richard Bickford, LICSW. The entire family is welcome. Light supper provided. Sponsored by the VNA of Cape Cod’s Hospice Bereavement Program and affiliated with Boston Medical Center’s Good Grief Program. Information or registration: Richard Bickford at 508-957-7716.

Tuesdays, 10 a.m.: **“Nursing Mothers’ Group”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. Information or registration: 888-890-2229 or 508-888-7794.

Every other Tuesday, 10 a.m.-12:30 p.m.: **“New Babies’ Breast Feeding Support Group”** at *Falmouth Hospital* (Faxon basement conference room), 100 Ter Heun Dr. (off Route 28) with Suzan Schar, board certified lactation consultant. Information or specific dates: Linda Sayers at 508-457-3632.

Wednesdays, 11 a.m.-noon: **“Just Babies”** (a group for parents and pre-walkers) at *Hyannis Public Library*, 401 Main St. with Kathe. A fun opportunity to meet other parents, share stories, ask questions, and get resources for your family. Sponsored by Cape Cod Child Development’s Families United Network Program through a grant from the Massachusetts Department of Early Education and Care. Registration and Information: 508-775-6240 ext. 513.

Wednesdays, 10-11:30 am: **“Postpartum Moms & Babies Group”** at Cape Cod Children's Place, 10 Forest Ave., *North Eastham* with Monica Keefe-Hess, parent education coordinator at Cape Cod Children's Place. We meet to share stories, ask questions, and get familiar with resources that support you such as: nutrition, parenting, breastfeeding etc. Funded by a Massachusetts Family Centers Grant through Children's Trust Fund. Information: 508-240-3310.

Last Wednesday, 6:30-8 p.m.: **“S.T.E.P. Up 4 Kids”** support group at Stop & Shop (Conference Room), 65 Independence Park Drive, *Hyannis*. A monthly group for parents of children with behavioral or emotional disorders (including bipolar disorder, ADHD, anxiety, depression and others). This group is for parents and caregivers only. Information or registration: Maria Lamb at 508-432-5880 or bobatly@yahoo.com.

Thursdays, 1-2 p.m.: **“Talking Parenting with Julie Sacchetti”** at Jonathon 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 (call 508-759-0644 to confirm/reserve space). Funded by the Bourne Early Childhood Council with a grant from the Massachusetts Department of Early Education and Care. Information: Julie at 508-776-3536.

First Thursday, 7 p.m.: **“Cape Cod Mothers of Multiples”** at the Cape Cod Child Development building, 439 East Falmouth Highway, *Falmouth*. Parent-led support group for parents of twins, triplets etc. Information: Stephany Alves at 508-246-5091 or stephany2@comcast.net.

Second and Fourth Thursdays, 11:30 a.m.-1 p.m.: **“Pregnancy and Newborn loss Group”** at *Falmouth Hospital*, 100 Ter Heun Dr. No registration necessary. Information: Linda Sayers at 508-457-3632.

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.

Third Saturday, 5:30-7 p.m.: **“Waiting Family Meetings”** at Good Hope Adoption Services, 708 Route 134, *South Dennis*. For singles and couples beginning adoption, waiting, or recently home with their child. Free pizza and coffee. Information or registration: Cape Cod Adoption Network at 508-385-7815.

Fourth Saturday, 10-11:30 a.m.: **“Adoptive Moms Support Group”** at the Northside Methodist Church, 701 Airline Road, *Dennis*. Coffee, refreshments, and child care available. Information or registration: Cape Cod Adoption Network at 508-385-7815.

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 for a program listing and to request a resource guide.

“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: 888-890-2229 or 508-888-7794.

“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 in order to get help and you are not required 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.

“Family Support Information Line” of the Cape Cod Neighborhood Support Coalition is a confidential information and referral service for Cape and Islands families. Learn about resources such as emergency financial assistance, fuel assistance, parent education and support, mental health professionals, programs and activities for children and youth etc.: 888-99-CCNSC (22672).

“Fit to be Kids” at the Rehabilitation Hospital of the Cape and Islands (RHCI), 311 Service Road, *East Sandwich*. An outpatient weight management program for children Ages 6-16. Information or registration (including fee schedule): 508-833-4197.

“Lactation Connection”: Breast feeding mothers on Nantucket can reach a certified lactation consultant who will answer your questions and arrange to meet with you for free as needed: 774-563-1970.

“Operation Military Kids”: 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.

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

The Cape Cod Neighborhood Support Coalition (CCNSC) compiles and distributes this monthly calendar for the benefit of Cape and Islands families. 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 calendar is neither an exhaustive list nor an endorsement of any program or provider.

To receive this free calendar every month: Paul Melville at 508-771-4338 or paul@capecoalition.com.