



Cape Cod Children's Place FAMILY NEWLETTER

for families and caregivers of children living
on the Lower and Outer Cape

Staying Connected...

Special Thanks!

A Big THANK YOU to:
Cape Cod Foundation for providing funding for both our Dad & Me Day at the Audubon and the Dad & Me Critter Cruise through the Dorothy F. and George W. Cahoon Jr. Fund and the Dolphin Fund of Cape Cod.
Winslow Tavern and Moby Dick's for donating hot dogs, veggie burgers and rolls for our End of School Year Family Picnic.

As we approach the end of the school year, our many playgroups and parenting classes begin to wind down along with it. Fortunately, there are still many ways to keep those important social connections that support us in our parenting journey.

Many of our local libraries are offering special programming in addition to their regular story times for toddlers and preschoolers alike. The weather is getting warmer and the playgrounds are beginning to fill with children eager

to climb and play while they work off some of that seemingly never ending supply of energy that we all wish we could tap into. Some of our active moms have even created a Facebook group called the Lower Cape Moms Group posting walks, trips to the beach and other activities as a way to stay connected over the summer.

Cape Cod Children's Place recognizes that the many challenges of parenting do not take a break when summer begins. That is why we will continue to offer our

Mother's Gathering support group and the Lower Cape Dads' Talk (in collaboration with Cape Cod Neighborhood Support Coalition) during the summer months. As always, we'll be available to answer questions, offer support and connect you to resources in the community. So give us a call or just stop in to say hello.

And don't forget to join us for our End of the School Year Family Picnic on Wednesday, May 25, 5-7 p.m. at the Orleans/Eastham Elks. It's free and all are welcome!

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and so much more!

Activities to Help Take Care of You *

Spend time doing activities that you enjoy and that make you feel good. **Find a few tasks or activities** that you can easily "let go" to make life less busy. **Talk with other parents about parenting** for joint problem solving, laughter, and insight. **When you take out library books with your children**, take out a book

for you, too.

Make time to get outdoors—finding a safe place to take a twenty minute walk can change your outlook on the day.

If life events feel overwhelming, contact a friend, family member or professional for support. We all have these moments.

Listen to books on tape or CD while you commute to work or travel to run errands.

errands.

Take advantage of free events in your community—lectures, musical events, or conferences.

Allow yourself to dream—write down your goals and priorities.

*from the Mass. Dept. of Early Education and Care, Families Learn & Grow Together



NEWS YOU CAN USE...

Lower Cape Early Childhood Council

The Lower Cape Early Childhood Council will meet at Cape Cod Children's Place on the following dates. Parents and other interested persons are invited to come, join the fun, and find out more about this Council and its work on behalf of families on the Lower and Outer Cape. Call Elizabeth at 508-240-3310 for more information.

On **Wednesday, May 18**, the Council will have a brief business and catch-up meeting from 6-6:30 pm, followed by an Introduction to Yoga for Early Childhood Teachers, from 6:30-7:30 pm with Jackie O'Hara, Director of the Wellfleet Montessori Preschool. All are welcome!

On **Wednesday, June 15**, the Council will hold its traditional Potluck and last meeting of this school year. Come and share your own ideas about the quality of life for young children and families in our part of the Cape.

Eastham Public Library:

Drop in Lego Club

Tuesdays 4:00 pm-5:00

Preschool Story time

Fridays 10:30 am

Itsy Bitsy Yoga

Wednesdays

May 4, 11, 18, 25, June 1 and June 8

Infants ages 3 weeks—crawling (and their adult) will meet at 10:30, tots (crawlers—21 months) at 11:30, and tykes (22 months—4 years) at 12:30. This program is free - thanks to the support of the Friends of the Library, and registration is requested.

Wellfleet Public Library:

Mother Goose on the Loose

For children from birth to three years old

Thursday mornings 9:30 am

With songs, rhymes, stories and movement activities it is entertaining for tots and instructive to parents and caregivers.

Call or email Martha Gordon to register 508-349-0310 or mgor-don@clamsnet.org

Eldredge Public Library:

Itsy Bitsy Yoga

Thursday mornings; 9:30 am for Tykes, 10:30 am for Tots, and 11:30 am for Infants. Caregivers should call Eldredge Public Library to sign up at 508-945-5170.

Wee Read Story time/ Playgroup

Friday mornings at 10 am for ages 12 months to 3 yrs. This is not a drop-in format; by registering your child, you are committing to regular attendance. Call the library to register at 508-945-5170.

Drop-in Story Hour

Saturdays 10:30 am for children 3 yrs. And up. Join Tammy and Sarah in the Children's Room for a morning of stories, songs, and theme-related activities.

Thursday Playgroup in Harwich:

The Harwich Early Childhood Council is sponsoring a new Thursday play group in the Harwich Community Center playroom from **10-11:30 am** facilitated by Melanie Amerault. Playroom free play, play dough, crafts, music and more! *This group ends May 12th

The Learning Garden

63 Hopkins Lane, Orleans

(508) 255-7328

The Learning Garden Preschool is holding an **Open House on Saturday, May 7th from 9-10 am**. Anyone interested in visiting the school is cordially invited to attend! The Learning Garden offers developmentally appropriate programs for all children ages 2.9 to 5 years. Openings are still available for the fall programs.



Lower Cape Dads' Talk
Harwich Community Center
100 Oak St., Harwich
First Monday of every month
6:00-7:30 p.m.

with Paul Melville, Family Support Specialist. A free, safe, non-therapeutic group providing an opportunity for dads of kids & teens to talk about the issues of being a father in today's world. Come gain support & share experiences & strategies to help you in the important job of being a father. Pizza & childcare provided. Information & registration 508-771-4338 or paul@capecoalition.com.

Sponsored by the Cape Cod Neighborhood Support Coalition with additional support from Cape Cod Children's Place & Harwich Early Childhood Advisory Council.

A Mother's Gathering
at Cape Cod Children's Place

Monday, May 23 2011
Monday, June 27, 2011
6:00-7:30 pm

With Cindy Horgan, Family Support Coordinator. Being a mom is one of the toughest, yet most rewarding jobs you'll ever know. Come gather with us for this non-therapeutic group designed to encourage individuals to share their challenges as well as their successes. Free pizza dinner and childcare provided. Please contact CCCP if you are in need of transportation. Pre-registration by the Thursday before group date is required; call 508-240-3310. A minimum of 5 moms needed in order hold group.

Funding support provided by a Mass. Family Centers grant through Children's Trust Fund, and a C.F.C.E. grant through Mass. Dept. of Early Education and Care, administered by Cape Cod Children's Place.

Is My Child Ready for Kindergarten?

Monday, May 16,
2011 5:30-7:30 P.M.
Stony Brook
Elementary School,
384 Underpass
Road, Brewster

Join Cindy Horgan, Family Support Coordinator for Cape Cod Children's Place and Kelly Barnatchez, Kindergarten teacher at Stony Brook Elementary, in a discussion about how to prepare your child socially and emotionally,

as well as handle separation anxiety for a healthy transition into kindergarten. Free childcare and pizza dinner. You'll have a chance to ask questions, share ideas and go home with education and resource materials. Pre-registration is required. Call Cape Cod Children's Place, 508-240-3310 with your name and telephone number, number of adults and names and

ages of children who will attend. Please let us know if you are in need of transportation.

This program is funded by a Massachusetts Family Centers grant through the Children's Trust Fund, administered by Cape Cod Children's Place.





Upcoming Special Events...

* **Family and End of School Year Picnic**

Wednesday, May 25, 5-7 p.m. at the Orleans/Eastham Elks, 10 McKoy Road, Eastham—bring a dish to share; it's free and all are welcome!
Special thanks to Winslow Tavern & Moby Dick's for donating hot dogs, veggie burgers and rolls!

* **Art Outside the Box™ Lunchbox Preview**

Thursday, June 30, 5:30-7:30 p.m. at Addison Art Gallery, 43 Route 28, Orleans— free wine & cheese reception

* **Art Outside the Box™ Lunchbox Preview**

Monday, July 25, 5:30-7:30 p.m. at Truro Vineyards of Cape Cod featuring fine food from Blackfish restaurant, wine and music, 11 Shore Road, N. Truro, \$30 per person

* **7th Annual Art Outside the Box™ Auction and Golf Tournament**

Monday, August 8, 2011 at Ocean Edge Resort & Golf Club, Brewster—call CCCP for details and pricing

* **Art Outside the Box™ Artist/Sponsor Thank You Reception**

Friday, September 16, 5:30-7:30 p.m. at Blue Heron Gallery, 20 Bank Street, Wellfleet—call CCCP for details

* **The Last Gasp Bike, Boat 'n Bake Fundraiser**

Saturday, September 17, a 62-mile bike ride from Sandwich to Provincetown followed by a Cape Cod Bay cruise and clambake, 7:00 a.m. to 6:00 p.m.—call CCCP for details on how to participate

* **Rowley Gallery Paintings Raffle**

Saturday, October 8, 2:00-4:00 p.m. at Elizabeth Rowley Gallery, featuring delicious finger foods and local wines at 84 Route 6A Orleans—free

* **Spectacle of Trees Fundraiser**

Thursday-Sunday, December 1-4 and Friday-Saturday, December 9-10 at JFK Hyannis Museum, purchase chances to win a decorated tree and all its gifts, 397 Main Street, Hyannis, call CCCP for details

* **Brewster for the Holidays (including Raffle)**

Friday, Saturday, Sunday, December 2, 3, 4, more details to follow —free



Playgroup News...



These free activities are offered in the Lower/Outer Cape towns for children aged birth-3, accompanied by a parent or caregiver. Call 508-240-3310 for more information.

****BREWSTER...**

Toddler Story Hour

Thursdays, 10:00—11:30 a.m. at Brewster Ladies' Library. Free play with toys, balls, ride-on toys and more. Followed by a brief action oriented song and story time with Lucy Gilmore.

***Last day will be May 12th.**

CHATHAM...

Nothing But Art

Tuesday & Wednesday mornings at Monomoy Community Services. Call 945-1501 to register.

****EASTHAM...**

Parent Chat & Playgroup

***Last day was April 27. See you in the Fall!**

****HARWICH...**

Moms and Babies*

Mondays, 10:30 a.m.-12 noon. For moms and babies to pre-walking. An informal group to meet other moms and share information and resources. Call Monica Keefe-Hess at 508.240.3310.

***Last day is June 20th.**

Playgroup*

Tues., 9:30—11:30 a.m.

9:30-10:30 - Gym time! Balls, ride-on toys, climbing & more!

10:30-11:30—Playroom free play, play dough, craft project, sand table and more! Bring your own snack. This group follows the Harwich School Calendar.

*These groups meet at Harwich Community Center . Please bring your own snacks.

***Last day will be May 10th.**

****ORLEANS...**

Playgroup

Mondays, 9:30-11:30 a.m. at Federated Church of Orleans. Call Allison Pillsbury for details at 508.737.-6094.

***Last day will be May 9th.**

****PROVINCETOWN...**

Born to Read Playgroup

Tuesdays, 9-11 am at Veterans Memorial Elementary School. Call CCCP at 508.240.3310 for more information.

***Last day was May 3.**

TRURO...

Tots Playgroup

Mondays, 9-11 a.m. at Truro Public Library. Call Maggie Hanelt at 508.487.2693 for details and to learn about special events. This group follows the Truro Central School Calendar.

***May 9** playgroup will meet at Katherine Winker's Farm behind Ducky Noon's to visit the animals. Rain date is May 16.

May 23 Picnic at Puma Park Playground at 9 am for our final day. If it rains, playgroup will be held at the Truro Library.

****WELLFLEET...**

Toddler Town

Fridays, 10:30 a.m.-1:00 p.m. at the Wellfleet Public Library.

10:30—11:00—Action oriented stories, songs, games & a table project with Lucy Gilmore

11:00—1 pm—Toddler Town a parent supervised indoor playground with toddler friendly slides, stairs, trucks, blocks and more. Call Martha Gordon at 508.349.0310.

***Last day was April 29th.**

Funding support for most of these programs is provided by grants from the Massachusetts Department of Early Education and Care, administered by Cape Cod Children's Place.



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Check out this newsletter "in color" on-line at our website.

Our newsletter is funded by grants from the Massachusetts Department of Early Education and Care as well as other sources.



HELPFUL FAMILY CONTACTS & RESOURCES

For a more comprehensive list of resources and services check out [The Lower Cape Family Resource](#)

A Baby Center	508.771.8157	Basic items for infants and toddlers up to age three living on Cape Cod and Islands
Al-anon	508.394.4555	Offering support for friends and families of problem drinkers
Cape & Island Breast Feeding WarmLine	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
Family Support Program and Maternal Depression/Cindy Horgan	508.240.3310	Free referrals to parenting resources, child and family therapists, etc.
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
La Leche League/Gabrielle	508.237.8786	Providing education, information, and support to women who want to breastfeed
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
MSPCC	800.272.9722	Protecting and promoting the rights and well-being of children & families
Outer Cape Health Services	508.349.3131	Providing high quality primary healthcare to those living in or visiting the 8 Lower/Outer Cape towns, regardless of their financial situation
Outer Cape WIC Nutrition Program	800.675.1188	Supplemental foods, health care referrals, and nutrition education
Parental Stress Line	800.632.8188	A free, confidential, and anonymous 24-hour parent helpline for parental support
Provincetown Family Resource Center	800.871.9535 or Tues.508.237.2688	Providing support, referrals, and financial aid through the John A. Henry Trust administered by Cape Cod Children's Place
WE CAN	866.430.8111	Assisting Cape Cod women through the transition of divorce, career change or growth, job loss, illness, or retirement