



# Cape Cod Children's Place Family Newsletter

for families and caregivers of children from birth  
through age six living on the Lower/Outer Cape...

## CCCP News...

We are entering a special season, one that focuses on family, on giving thanks, on sharing. And while we know the coming winter months hold challenges both new and familiar for many of us, here at Cape Cod Children's Place we are feeling very thankful indeed.

We are thankful that the latest round of state budget cuts, announced on October 29, spared the funds that continue to bring so many valuable programs to Lower and Outer Cape families through grants obtained and administered by Cape Cod Children's Place: the free playgroups and family activities in all eight towns, the free Moms & Babies group meeting weekly in Harwich, the free programs for dads and the Single Moms' Group, the free parenting workshops and series at different sites, the free consultations for families available by simply picking up the phone and calling us at 508-240-3310 and speaking with our Family Support staff.

We are thankful that the survival of these programs will help our families and our communities meet the challenges of the winter ahead. And we are asking your participation to help strengthen these and other resources that contribute to the quality of life in our towns.

Here's how you can join this effort. Please consider telling the story of how your family has used these programs. What things have been important to you as your baby grew into a toddler? What resources did you need in the years before your child entered kindergarten? How has community been important to you? Call or talk to any one of us with your own ideas and suggestions.

And may you and your family enjoy health and peace of mind this season!

## Thanks and Giving...

**Thanks!** To the Nauset Rotary Club for their generous donation to CCCP.

**Thanks!** The Elizabeth Rowley Gallery for their continued support of our Art Outside the Box Fundraiser.

**Giving!** Do you have a special skill or talent? Are you fluent in a second language? Call CCCP at 508-240-3310 to volunteer.

# NEW PARENT, BABY & TODDLER NEWS

## **New Moms: Meet other moms!** **free Moms + Babies group :**

These groups are informal gatherings of moms (dads and caregivers are also welcome!) and their pre-walking infants. We meet to share stories, ask questions and get familiar with resources that support you such as: nutrition, parenting, breastfeeding, etc.

**Mondays, 10:30—noon** Harwich Community Center, Oak St. Monica Keefe-Hess: 508-240-3310

## **Postpartum Depression Support Group for new mothers**

Thursdays 10:30—11:30 am

Hospice & Palliative Care of Cape Cod, 765 Attucks Lane, Hyannis

With Aimee Rozum, LMHC

There is a fee associated with this group, but most insurance is accepted and no one is turned away due to inability to pay. Call Aimee, 508-957-0267 for information or registration.

## **WIC Breastfeeding Support Group** **For moms-to-be & mothers of nursing Infants!**

**Please join us for this informative and supportive evening at the:**  
**Outer Cape WIC office**  
**79 Finlay Road, Orleans, MA**

**November 19, 2009**

**December 17, 2009**

**6-7 P.M.**

**Meet with WIC Lactation Consultant Gabrielle Hathaway, I.B.C.L.C., get answers to your breastfeeding questions & learn new information in a confidential & sympathetic group environment. Snacks will be provided!**

**Questions? Please call the WIC office 508-240-0853.**



## **Ginger-Squash Soup**

1 tbs. vegetable oil; 1 med. Onion, chopped; 1 pkg. (32 oz.) reduced-sodium chicken broth; 1 pkg. (12 oz.) cubed, peeled butternut squash or 1lb. Butternut squash, peeled, seeded, and cubed (about 2 1/2 cups); 1/8 tsp. ground black pepper; 1 tbs. honey; 2 tsp. grated fresh ginger; Diced apple (optional)

1. In a lg. saucepan, heat oil over medium-high heat. Add onion and cook until tender, about 4 minutes. Stir in broth, squash, and pepper. Bring to a boil over high heat. Reduce heat and let simmer, covered, for 12 minutes. Uncover, simmer 10 minutes more or until squash is very tender. Remove from heat and let cool slightly.
2. Puree squash mixture in batches in a blender or food processor. Return to saucepan. Stir in honey and ginger. Top with diced apples, if desired.

## Preschool Years / Announcements

### Parents Invited!

Want some new ideas for Projects & fun activities to do with young children in the upcoming winter months? Come join our Lower Cape Early Childhood Council for two fun events:

- On **Wednesday, November 18**, people will bring projects to share. These will be projects to do with young children. Everyone who comes will get a copy of the instructions and the materials for each project. Come and get ideas for fun activities.
- On **Wednesday, December 9**, join our holiday potluck. Bring a dish to share and come and share some social time and state and local updates. Come with a friend, or just enjoy an evening out yourself! Both of these events will be held at:

**Cape Cod Children's Place**

**6-7:30 PM**

**At Cape Cod Children's Place**

**10 Ballwic Road, off Nauset Rd., Eastham**

Call Elizabeth or Kate at 508-240-3310 for directions or more information. We look forward to seeing you!

### Cape Cod Children's Place introduces the second in our new Infant/Parent Road Show Series B.Y.O.B. (Bring Your Own Baby):

#### STIMULATING YOUR BABY'S SENSES

For parents-to-be or new parents and their infants.

With Charlotte Fyfe

Friday, December 11, 2009

6-8 PM

Cape Cod Children's Place

10 Ballwic Rd

Off Nauset Rd. in Eastham



Free dinner will be provided. So bring your baby and join us for a relaxing informative evening on us! Please register by calling; 508-240-3310.

Funding support provided by a grant from the League Club of Cape Cod, administered by Cape Cod Children's Place.

## ACTIVITIES & ANNOUNCEMENTS...

### **Curb Hunger**

Nauset disposal has partnered with St. Vincent DePaul Society for our annual food drive, "Curb Hunger". Nauset Disposal, for the past few years has implemented collection spots at numerous businesses throughout the Cape, to help families in need around the holiday season. The drop spots are as follows: Nauset Disposal, Ryan Family Amusements, Luke's Liquor Stores, Brewster Village Market, East Orleans Deli, Village Green General Store, Agway of Dennis, Orleans, & Chatham, & Tony Kent Arena. We will be collecting food thru November 20th. Please drop off any non perishable item, laundry detergents, diapers, toilet paper, etc. Every little bit helps! Please join us and Nauset Disposal in making a difference for all the families in need this holiday season.

### **Brewster Ladies Library**

Holiday story hour & sing-a-long  
Saturday, December 12  
10:00 AM

Santa Claus will visit the Library for a story hour and holiday sing-a-long. The program will also include a Holiday craft and snacks will be provided. Admission is free and children of all ages are invited to take part in the festivities. Parents are encouraged to bring cameras for picture taking.

### **Single Moms**

**Monday, November 30, 2009**

**Monday, December 14, 2009**

**5:30—7:00 pm**

At Cape Cod Children's Place  
10 Ballwic Rd.

Off Nauset Rd. in Eastham

Come join Bindy Johnston and Monica Keefe-Hess for this non-therapeutic group designed to encourage individuals to share their challenges as well as their successes. Meet new friends and be supported and empowered by each other!

FREE pizza dinner and childcare will be provided. Pre-register by calling 508-240-3310.

Funding support provided by a Mass. Family Centers grant through Children's Trust Fund, Administer by Cape Cod Children's Place.

### **E.C.E.C.**

#### **(Eastham Committee on Early Childhood)**

E.C.E.C., a non-profit organization, provides quality child care for Eastham's school age children.

#### **Fall/Winter 2009 Fundraising Events:**

**Wednesday, November 18th:** Drop by Red Barn Pizza from 4 PM to close. A portion of all proceeds from purchases on dine-in or take-out will be donated to E.C.E.C. programs.

#### **Saturday, December 5th Basket Raffle:**

Come visit us at the Red Barn during Eastham's Holiday Festival and enter to win one of our theme baskets. They make great holiday gifts!

For more information call ECEC at 508-240-6900.

## Serve New England

The Smart Alternative to Food Shopping!

Save up to 50% and more on high-quality, fresh foods by buying your meats, fruits, veggies and other staples through serve NE Food Program. For more information call:

Harwich 508-432-4931  
Wellfleet 508-349-1173

## MassResources.org

...a free online resource for Mass. Residents in need of housing, food, health care, and other basic services

MassResources.org provides useful information about a wide range of assistance programs for people in need living in Massachusetts. It provides information on what benefits are available, how to apply, eligibility requirements, benefit amounts and answers commonly asked questions.

Just log onto [www.massresources.org](http://www.massresources.org) today and click on benefits screener to find out what you might be eligible for today.

## Childcare Subsidies

Several sources of childcare subsidy funds are available. Check the list below and call Karen or Elizabeth at 508-240-3310 if you have questions.

- Subsidies for families living in Provincetown, Wellfleet, Harwich, or Dennis are available for children aged birth-13 (16 if disabled). Families must earn no more than %80 of area median income and adults in the home must be employed, seeking employment or full-time students. Contact Cassie Boyd Marsh at 508-430-4499 ext. 2 or [cboyd@baileyboyd.com](mailto:cboyd@baileyboyd.com) for more information.
- A limited amount of funds for Eastham working families are available through the Eastham Working Families Childcare Fund, administered by Cape Cod Children's Place and funded by the Eastham Part-time Residents Association, Call Karen at 508-240-3310 for information and applications.
- The Lower Cape Emergency Childcare Fund, administered by Cape Cod Children's Place and funded by donations from churches and community members, offers aid with childcare expenses to families in short term or emergency situations, with children aged birth through school age. Call Elizabeth at 508-240-3310 for information and applications.
- The second round of applications for childcare aid, for Brewster and Wellfleet families, will be available in December, funded through the Human Service Committee in each town. Call Karen at 508-240-3310 for information.
- Lower Cape Outreach Council has funds for childcare aid, and will offer a Winter Child Care Program to help Lower Cape residents with children of any age pay childcare fees for a period up to 3 months, available December 2009—April 2010. Call 508-240-0694 and ask for this program.

## MORE ACTIVITIES & ANNOUNCEMENTS...

Monomoy Community Services presents...

### What Boys Need

Thursday, December 10, 2009

6:30-8:00 PM

At Monomoy Youth Center

Join parent educator, Cindy Horgan, as she presents an introduction to the care, parenting and support of elementary and middle school age boys.

*Raising health boys in today's world requires an understanding of their needs, as well as how they experience the world in which they live. What are the messages they get that influence the way they grow?*

There is no fee for this workshop by pre-registration is required. For more information or to register, please call Monomoy Community Services at 508-945-1501.

### Dads' Talk

First Monday of every month

6:00-7:30 PM

At Harwich Community Center  
100 Oak Street

With Matt Daniels & Paul Melville. 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](mailto:paul@capecoalition.com).

Sponsored by the Cape Cod Neighborhood Support Coalition with additional support from Cape Cod Children's Place & Harwich CPC

**The Annual Chatham  
Turkey Trot Walk**  
To benefit the Lower Cape Outreach  
Council

Thurs. November 26th

8 AM

Behind CVS Chatham  
(corner of Main St. & Stage  
Harbor Rd.)

Registration on day of event 7 AM to 8 AM  
Walk/Run entry fee \$10 adults plus one  
bag of non-perishable grocery items, \$5  
children 5-16, under 5 free and may bring  
one grocery item. Applications available  
for download at  
[www.uumh.net](http://www.uumh.net)

For more information call Mary Parsons  
508-945-7707 or Linda Redding 508-945-1798

**Wee Read Story time/Playgroup**  
At Eldredge Public Library  
Chatham

An Early Literacy program for children ages 12 months to 3 years that includes developmentally appropriate stories, songs, finger plays, craft and play activities. Registration is required; call 508-945-5270.

## BREWSTER FOR THE HOLIDAYS RAFFLE

Baskets celebrating Brewster with generous donations from local businesses.

**Proceeds to benefit Cape Cod Children's Place and Brewster for the Holidays.**

Raffle tickets are \$5 each or 3 for \$10  
Winner to be drawn at Ocean Edge Sunday,  
December 6th (winner need not be present).

Tickets for sale at Cape Cod Children's  
Place. Stop by CCCP or call Kate or  
Elizabeth at 508-240-3310 for more  
information.



## ATTENTION



Harwich Homeowners **In the Harwich Center Area**  
*Are you in need of critical home repairs?*  
**Do you have any problems with the following?**

Plumbing Heat Roof Insulation Hot Water  
Septic System Doors & Windows Flooring Founda-  
tion Structural Repairs Ceiling Electrical

**The Town of Harwich has applied for grant funds that will provide a forgivable loan of up to \$30,000 for repairs to your home. These funds are available for income-eligible households and administered by The Resource Inc., a local, non-profit organization.**

Call now to complete a pre-application and get on the list! more information call  
Jean Stanley-Project Manager  
The Resource, Inc.  
**508-760-4900**

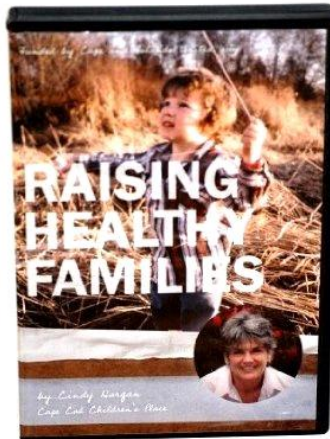
**Or check us on the Web at [theresource.org](http://theresource.org)**

## Raising Health Families DVD Now available on Amazon.com !

**On SALE now \$99.99**

Purchase online at [amazon.com](http://amazon.com)  
or order by phone directly from  
Cape Cod Children's Place at  
508-240-3310

Makes a great gift for the  
Holidays. A gift that lasts a  
lifetime!



Cindy Horgan, Family Support Coordinator at Cape Cod Children's Place and Co-founder of the Parenting Station, is featured in this 4-part DVD. Topics include:

- Disc 1: Understanding Development and Effective Communication
- Disc 2: Understanding Temperament
- Disc 3: Positive Discipline
- Disc 4: Understanding Anger and Power Struggles

This DVD was funded by a grant from the Cape and Islands United Way. All proceeds directly benefit the Family Support Programs at Cape Cod Children's Place. CCCP is a non-profit organization.

Thank you to the following businesses for their generous support!



The health  
of community  
starts with  
the health of  
our children



**SEAMEN'S BANK**  
MEMBER FDIC/DIF  
seamensbank.com

Cape Cod's First Community Bank

**Cape Associates, Inc.**  
BUILDERS · PAINTING · SERVICES

Dr. Anne Sigsbee, MD



## Fall/Winter 2009

The following free activities are offered in the Lower/Outer Cape towns for children aged birth-3, accompanied by a parent or caregiver.

### Brewster

Toddler Story Hour Fri, 10-11 am at Brewster Ladies' Library

Call Pat Policastro 508-896-2136 for more info.

\*This group resumes Friday, Sept. 25th\*

### Truro

Truro Tots Playgroup: Mon, 9-11 am at Truro Public Library. Please call to learn about special events the library has planned.

Call Maggie Hanelt at 508-487-2693

\*This group resumes Monday, September 21st\*

### Eastham

Parent Chat & Playgroup Wed., 10:30-11:30 am at Eastham Public Library. Weekly story time and craft with Lucy Gilmore. Call Fran McLoughlin 508-240-5950

\*This group resumes Wednesday, September 9th\*

### Wellfleet

Toddler Story Time Fri, 10:30-11 am A mix of stories, songs and projects geared for toddlers and their caregivers

Toddler Town: Fri, 11 am-2 pm A PARENT supervised indoor play facility geared for children up to 3 years and their families.

Both at Wellfleet Public Library: 508-349-0310

\* These groups resume on Friday, October 2nd\*

### Chatham

Itsy Bitsy Yoga Thursdays at Eldredge Public Library. Sessions for Tykes (2-4 yrs) 9:30 am; Tots (Crawling—2 yrs) 10:30 am; and Infants (Birth—crawling) 11:30 am. Enrollment is ongoing. Introduce your child to the many benefits of Yoga. You and your child will enjoy practicing Yoga, discovering movement, and singing rhymes in a child-friendly, relaxed environment. There is No Fee for this program. Call Monomoy Community Services : 508-945-1501 to register.

### Provincetown

Born to Read Playgroup : Tue and Thurs. 9-11 am at Provincetown Public Library. Call 508-487-7094 for info.

### Harwich

Moms and Babies Mon. 10:30-12 For moms and their babies from birth to pre-walking. An informal place to meet other moms and to share information and resources. Call Monica Keefe-Hess at 508-240-3310.

\*This group resumes Mon., Sept. 14th\*

Playgroups: Tues., 10:30– noon. Call Parent Coordinator Melanie Bach for information 508-430-8603.

\*This group resumes Tues., Sept. 29th

\*\*\*\*\*

Above groups meet at Harwich Community Center, 100 Oak Street

### Orleans

Playgroup: Mon, 9:30-11 am Federated Church.

Parent Coordinator: Allison Pillsbury 508-737-6094

\*This group resumes November 2nd\*

(The group will not meet on Nov. 23rd or Dec. 28th)

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

Call 508-240-3310 for more information.



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North Eastham, MA 02651

Phone: 508-240-3310 or  
800-871-9535  
Fax: 508-240-2352  
[www.capecodchildrensplace.org](http://www.capecodchildrensplace.org)

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### ***Helpful telephone numbers:***

- **Outer Cape Women, Infants & Children's Nutrition Program (WIC):** 1-800-675-1188
- **Fuel Assistance Program** (emergency help for fuel/heating costs): 508-746-6707
- **Homeless Prevention Council** (resources, referrals, housing, etc.) 508-255-9667
- **MSPCC** (MA Society for the Prevention of Cruelty to Children): 508-775-0275
- **Alanon** (support for families of those with drinking problems): 508-394-4555
- **Healthy Connections** (insurance and MassHealth referrals, applications and info): 508-255-1903
- **Mass-APEAL** (free clothing shop in Wellfleet / info on Food Share program): 508-349-1173
- **Lower Cape Outreach Council** (financial assistance for emergencies, food, clothing): 508-240-0694
- **LaLeche League** (breastfeeding information): Carolyn Witt at 508-255-8521
- **Maternal Depression** (resources and referrals): Cindy Horgan 508-240-3310
- **The Center for Breastfeeding** (toll free line to get answers to breastfeeding questions) 1-888-890-2229
- **Consumer Credit Counseling Service** (non-profit assistance with budgeting & debt consolidation): 1-800-208-2227
- **Family Support Program** (free referrals to parenting resources, child & family therapists, etc): Cindy Horgan 508-240-3310
- **Massachusetts Child Support Enforcement** (Hyannis office): 508-771-2414 ext. 3
- **Parental Stress Line:** 1-800-632-8188
- **Provincetown Family Resource Center** (support, referral and financial aid through John A. Henry Trust, administered by CCCP).