

Mid-Cape Family Resource Directory

Diretório De Recursos
A Família Do Meio-Cape*



2018/2019

*Recursos disponíveis para famílias Brasileiras e Espanholas localizadas no final deste guia.



The Mid-Cape Resource Directory
was compiled for families with small children,
birth to 8 years of age. The reprinting of this directory
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Este Directorio de Recursos do Meio-cape
foi compilado para o uso de familias
com criancas pequenas, numa media de
idade de 8 ano.

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2002 This Directory was compiled, designed and produced by Rabideau Publishing/Cape Cod Parent and Child, the Newspaper for Parents on the Cape. All effort was made to ensure the accuracy of information in this book. This is a compilation of current information from many reliable resources and is considered public information and is not presented with any personal recommendation from the Massachusetts Department of Early Education and Care.

To advertise or request copies of this publication, please contact:

Mary Wilson: Dennis-Yarmouth CFCE
(508) 778-7988 x 1

**Worried about where you're going to sleep tonight?
Concerned about your education or your child's?**

Children and youth without a permanent place to live have the right to:

- **Go to school, including public pre-school**
 - Where they live or where they last attended school if feasible.
 - Without records or Documentation
- **Obtain free lunch (and breakfast, if offered).**
- **Receive transportation to the school they attended last.**
- **Participate in school programs and receive support and services.**

For more information contact (781-338-3700).

**¿Sabes dónde dormirás esta noche?
¿Te preocupa tu educación o la de tus hijos?**

Los niños y jóvenes que no tienen un sitio permanente donde vivir tienen derecho a:

- **Ir a la escuela, incluyendo la escuela preescolar pública**
 - En donde viven o en donde asistieron a la escuela más recientemente, cuando sea posible.
 - Sin expedientes o documentación
- **Recibir almuerzo gratuito (y el desayuno también, si se ofrece).**
- **Ser transportados a la escuela a la que asistieron más recientemente.**
- **Participar en programas escolares y recibir apoyo y servicios.**

**Preocupa-se quanto a um lugar para dormir esta noite?
Preocupa-se com educação para si e para seus filhos?**

Crianças e jovens que não tenham um lugar permanente para morar têm o direito a:

- **Freqüentar a escola, incluindo a pré-escola pública**
 - onde vivem ou a última escola que freqüentaram, se possível.
 - sem históricos ou documentação
- **Almoçar gratuitamente (e também tomar o café da manhã, se oferecido).**
- **Receber transporte para a última escola que freqüentaram.**
- **Participar de programas escolares e receber apoio e serviços.**

Parenting & Family Support

Family Support



Cape Cod Children's Place 508-240-3310.
www.capecodchildrensplace.com Comprehensive Family Support and Parent Education services and programs from Yarmouth to Provincetown.

Big Brothers/Big Sisters 508-771-5150
www.bbbsmb.org Matches children with adult role models

Cape Cod Council of Churches..... 508-775-5073
www.capcodcouncilofchurchs.org Referral to church based child care programs

National Alliance for the Mentally Ill..... 508-778-4277
www.nami.org Support & referrals for families of individuals with mental illness

Bridges Associates..... 800-790-1890
www.bridgesassociates.org Assessments and support of individuals with learning and developmental disorders

Cape Cod Human Services 508-790-3360 / 800-894-2247
Provides individual, family or group counseling

Psychiatric Center of Cape Cod..... 800-545-5014
Acute care and urgent care

Cape Cod Child & Family Services..... 508-778-1839 / 800-576-9444
Home based mental health and counseling services to children, youth, parents and families

Cape Cod & Islands Community
Mental Health Center..... 508 564-9600 / 800-352-7742
Support and referrals for individuals with mental or emotional crisis

Cape Cod and Nantucket Family Resource Center..... 508-815-5100
Family Continuity, Inc.

Dept. of Children & Families - Child Abuse Hotline..... 800-352-0711

Cape Cod Adoption Network 508-385-7815 x5
www.capecodadoptionnetwork.org

Cape Cod Neighborhood Support Coalition..... 508-771-4336
www.capecoalition.com Free and confidential information and referral service for families on the Cape and Islands, including parent education and support.

Dept. of Public Health (Bureau of Family & Community Health) 800-882-1435

Duffy Health Center..... 508-771-9599
At Duffy Health Center, our mission is to prevent and reduce homelessness on Cape Cod through integrated services to persons who are homeless or at risk of homelessness. Our services include: medical care, mental health and substance abuse treatment, case management and housing services.

Harbor Community Health Center 508-778-0300
Harbor Community Health Center-Hyannis (HCHCH) offers easy access to comprehensive family medicine and dental care. We offer financial counseling and our staff can speak English, Spanish and Brazilian Portuguese

Allied Health Providers508-362-1180 / 800-763-7777
www.alliedhealthproviderscapecod.com Allied Health Providers offers comprehensive, high quality and cost-responsive mental health care services on Cape Cod. We are a multi-site group with offices in Falmouth, West Barnstable and Brewster. These are some of our Services: Case Consultation, Cognitive Behavior Therapy, Community consultation, Direct services in physician offices, Family Therapy, Group Therapy, Individual Therapy, Marital or Couples Therapy, Personality & Cognitive Testing, Quantitative EEG (qEEG).

Hospice and Palliative Care..... 800-642-2423
Bereavement program for surviving family members and primary caregivers. KIDS GRIEVE TOO! Bereavement program for children and adolescents

Independence House..... 800-439-6507
Assists and supports battered women and their children

Gosnold-ThorneClinic, Inc.....800-930-0006 / 508-862-9929
Services for children, teens and their families. Substance abuse counseling, family therapy, parent training.

Christian Counseling Services of Cape Cod508-778-2225 / 774-487-0052
Psychotherapy, counseling for individuals, families, couples, and groups.

Children’s Cove 508-375-0410
Advocacy and support for families dealing with abuse

Families United Network508-775-6240 x512
Early Intervention programs and support for families with children birth to four years of age

Keeping Pace with Multiple Miracles 508-559-0040
Support and playgroups for parents of twins, triplets and more www.keepingpace.org
Pam Pace
Donna Baker

Family Support(cont.)

- Family Ties 800-905-8437
Info and support network for families of children with disabilities, special healthcare needs or chronic illness.
- Family Self Sufficiency (thru HAC) 508-771-5400
- Parental Stress Hotline..... 800-632-8188
24 hours, 7 days a week. Concerns related to children. Confidential, anonymous. Listeners for parents, grandparents or friends who are concerned about children. Referrals also available.
- Parents Helping Parents..... 800-882-1250
- Safe Harbor 508-790-2933
Must be referred by Department of Transitional Assessment. Emergency assistance providing multiservice for battered women and their children.
- The Early Childhood Intervention Program of Cape Cod
- Child Development..... 800-974-8860
Served eligible families of children from birth to 3 years old when there are concerns about development.
- Child Care Network508-778-9470 / 888-530-2430
Referrals for families seeking legally operating childcare programs. Educational opportunities on a variety of topics for parents and early education professionals. Information on childcare tuition assistance.
- We Can..... 508-430-8111
www.wecancenter.org Assists Cape Cod women with transitions such as divorce, career change, job loss, illness, retirement, isolation, personal loss and provides resources for information and referrals.
- Cape & Islands Suicide Prevention Coalition 508-375-6630
- Grandparents Raising Grandchildren..... 508-771-4336
www.capecoalition.com/grandparents
- Family Continuity Programs.....508-862-0273 / 508-862-0600
- Massachusetts Mentor508-862-2639 / 781-407-0470
- Community Connections 508-362-1140
- Center for Breastfeeding 508-888-8044
Support and classes for breastfeeding
- The Warm Line-Breastfeeding Support..... 888-890-2229
Telephone support for mothers breastfeeding

Parenting Classes

Cape Cod Children’s Place508-240-3310

Parent Education and support from Yarmouth to Provincetown.

www.capecodchildrensplace.com

Cape Cod Child Development

Families United Network Program508-775-6240 x512

Parenting classes in Barnstable.

Cape Cod Hospital / Childbirth Education..... 508-862-5520

www.capecodhealth.org/classes-events Certified instruction for childbirth; group classes

Child Family Counseling Services

Child and Family Services of Cape Cod..... 800-576-9444

Home based mental health and counseling services for children, youth, parents and families

Grief Support Center 800-642-2423

Grief support program for surviving family members, primary caregivers, family members, loved ones and friends. Group and individual counseling by licensed counselors.

Special-ized grief services for children and teens that have lost a loved one or friend.

Program is for children and adolescents.

Independence House..... 800-439-6507

Individual and group counseling for children empowerment.

Gosnold-Thorne Clinic, Inc 508-862-9929

Counselors for children and psychiatrist are available to provide child medication management

Christian Counseling Services of Cape Cod774-487-0052

Counseling for individuals, families, couples and groups

Children’s Cove508-375-0410

Children and family counseling for families dealing with abuse

Department of Children & Families..... 508-760-0200

Provides protection to children and strength to families through counseling on a variety of family issues including adoption, emergency shelter and protective services

- Rape Crisis Center..... 800-922-8772
24-hour hotline, free and confidential by certified rape counselors
- The Samaritans on Cape Cod and the Islands
(Suicide Prevention Hotline)800-893-9900 / 508-8900 / 508-548-7999
24 hour counseling for any caller who needs human contact and a compassionate listener
- South Bay Mental Health 508-760-1475
Individual and families, couples and groups, home, school or work setting. Variety of concerns. Appointments within one week. Psychiatric medications and testing.
- Family Continuity Program..... 508-862-0600
Short-term psychiatric services for children and adolescents Individual, family, and group treatment. School based services and psychological testing.
- Cape Cod Human Services of Cape Cod Health Care 800-545-5014
Provides individual, family or group counseling
- Child-At-Risk Hotline 800-792-5200
Family counseling, crisis counseling for individuals of child abuse and neglect
- NAMI (National Alliance on Mental Illness of
Cape Cod and the Islands) 508-778-4277
Peer lead support groups for the family and consumer of mental health
- Psychiatric Center at Cape Cod Hospital 800-545-5014
Acute care and urgent care
- PA.T. Psychiatric Assessment Team..... 800-513-4728
24-hour mental health assessment and referrals Child, adolescent and family services
- Northeast Health Associates 508-862-0514
Assists children ages three to nineteen and their families. Our child and family therapists understand the unique problems confronting children and young adults
- Cape & Islands Maternal Depression Task Force 508-314-4776
Call for a list of resources: Therapists, Prescribers, Non-therapeutic support, online resources all specializing in Postpartum Depression and Perinatal Mood Disorders

For on-line resources and a listing of self-help groups, visit

The Cape Cod Times
www.capecodonline.com In “business name” type resources

To Your Good Health Newsletter
www.toyourgoodhealth.com Click on “Calendar”

Crisis Intervention



- Bridge Over Troubled Waters 617-423-9575
- Cape Cod and Island Community Mental Health Center. 800-352-7742
Provides psychiatric intervention in crisis situations involving mentally ill adults and adolescents.
- Cape Cod & Islands Dept. of Mental Health
Crisis Intervention Services.....800-322-1356 / 508-778-4627
Provides 24-hour crisis intervention, evaluation, stabilization, and referral to treatment and/or services as needed.
- Child-At-Risk Hotline 800-792-5200
- Community Action Committee..... 800-845-1999
Anti-poverty, human service-social action agency operating to empower and improve the lives of low income residents.
- Dept. of Children & Families800-352-0711 / 508-760-0200
Provides protection to children and strength to families through various services including adoption, counseling, emergency shelter and protective services.
- Dept. of Mental Health..... 508-771-2595
Services and support to MA citizens with mental retardation.
- Disabled Person's Protection 800-426-9009
24 hr. report abuse to disabled individual commission.
- Independence House.....800-439-6507 / 508-771-6507
Assists and supports battered women and their children.
- Poison Control..... 800-682-9211
- Rape Crisis Center..... 800-922-8772
24 hr. hotline, free, confidential, certified rape counselors.
- Psychiatric Center of Cape Cod..... 508-545-5014
Acute and urgent care.
- Poison Emergency800-222-1222

P.A.T. Psychiatric Assessment Team..... 800-513-4728
24 hr. mental health assessment and referral of/to children, adolescents and family services.

SAFE HARBOR.....508-790-2933
Emergency assistance providing multi-services for battered women and their children. Must be referred.

The Samaritans of Cape Cod and Islands
(Suicide Hotline)..... 800-893-9900 / 508-548-8900 / 508-548-7999

Hands Of Hope 508 432-1312

Teen Services

Ala-Teen Service Center..... 508-394-4555
Self-help support group for teens dealing with alcoholics

Cape Cod Human Services1-800-894-2247
Provides comprehensive mental health/family services including counseling on various issues including teen pregnancy

Health Imperatives Cape Cod

Healthy Families 508 540-2
A home visiting program for pregnant and parenting teens.

Family Planning 508-771-8
Provides affordable reproduction health care and counseling

Services for Teen Parents and Children

Cape Cod Child Development 800-974-8860

Early Child Bearing Teen Clinic 508-349-3131

Students Achieving Recovery Together

(S.T.A.R.T) 508-362-2131 X 4749
START promotes assistance in combating potential substance abuse problems.



Fuel / Utility Assistance

Fuel Assistance.....508-746-6707 / 508-778-0870

Electric Assistance..... 800-592-2000

Gas Assistance..... 800-548-8000

Oil / Self-Reliance Co-op..... 508-563-6633

Membership organization that offers oil co-op, auto insurance discount, long distance telephone services at low flat rates.

Mass Save 800-632-8300

Dept. of Public Utilities 800-392-6066

Good Neighbor Energy Fund508-775-0364

Fuel assistance available to eligible families during the heating season

Arrearage Management Programs (AMPs) 877-886-5066 / 508-771-1727

Financial assistance programs for low-income customers with overdue utility bills. Most utility companies have AMPs that set up affordable payment plans, forgive part of a debt when customers enroll, offer budget counseling, and provide home energy audits and efficiency recommendations. You can also look for the customer service number on your utility bill.

Cape Light Compact's

Energy Efficiency Program800-797-6699 / 800-381-9192

Supports regional energy efficiency and renewable power development. Depending on income level and household size, residents may qualify for fuel assistance, reduced utility rates, or free weatherization and energy efficiency services

Citizens Energy Corporation

..... 1-866-GAS-9918 / 1-877-JOE-4-OIL617-338-6300 / 877-563-4645

The Citizens Energy / Distrigas Heat Assistance Program helps Massachusetts residents who are struggling to pay their natural gas heating bills. The program is open to low-income families and individuals ineligible to receive federal fuel assistance but cannot afford their heating bills. Citizens Energy also delivers home heating oil to those in need.

Healthy Connections..... 508-255-1903

Healthy Connections connects people with local service agencies for fuel assistance and short-term financial assistance. Financial Assistance Counselors provide free, safe, and confidential services at four different sites in Orleans, Harwich, Wellfleet, and Provincetown.

Financial Assistance

- American Red Cross (Disaster 508-775-1540
Disaster relief: Clothing, food, housing & household goods
- Cape Cod Times Needy Fund 800-422-1446 / 508-778-5661
info@needyfund.org Provides temporary financial assistance to residents for basic human needs.
- Department of Transitional Assistance - Hyannis..... 508-862-6600
Provides financial aid to persons in need
- Salvation Army (Food, Clothing, FEMA) Cape Cod..... 508-775-0364
Provides emergency assistance in the form of food, clothing, and limited household furnishings
- St. Vincent dePaul Society..... 800-675-2882
Provides vouchers for rent, mortgage & food
- Social Security Administration 800-772-1213
Financial assistance for eligible children and adults with disabilities
- Veterans' Benefits 800-827-1000

Legal Services

- Barnstable County Bar Advocates, Inc..... 508-432-8866
Provides court-appointed legal defense for the needy.
- Catholic Social Services 508-771-6771
Offers legal advocacy and education using workshops and individual contact for immigrants.
- Consumer Product Commission 800-638-2772
Protects consumers from unreasonable risks of injury and death associated with products used in the home.
- Consumer Credit Counseling Service 800-282-6196
Advises on budgeting and credit issues and negotiates reduced payment arrangements with creditors. Assists homeowners and renters in addressing housing concerns.
- Consumer Assistance Council 508-771-0700
Consumer education and local complaint process for Attorney General's office, dealing with auto, landlord/tenant contracts, goods and services, mail or phone order, credit card and business complaints.
- Dial-A-Lawyer 617-338-0610
- Mass. Office of Disability 800-322-2020
Monitors delivery of services to people with disabilities, promotes their legal and human rights.

- Harvard Legal Aid Bureau..... 617-495-4408
Free legal services regarding housing, benefits and family law.
- Legal Services of Cape Cod.....800-742-4107/ 508-775-7020
Civil/Legal representation, advice to low income individuals and families on issues of gov. benefits, family law, housing, homelessness, disability and consumer protection, elder law, domestic violence.
- Massachusetts Bar Association..... 800-392-6164
Referrals to legal aid programs and services.
- Massachusetts Child Support Enforcement..... 800-332-2733
Information on child support laws, filing claims and help with a specific case.
- Massachusetts Legal Assistance Corp. 617-367-8544
Legal services for income eligible people.
- Volunteer Lawyers Projects..... 617-423-0648
Help with Supplemental Security Income appeals and other cases.



Transportation

- Bonanza Bus.....888-751-8800 / 508-548-7588
- B-Bus/Sealine/H2O 800-352-7155
- Plymouth & Brockton Street Railway.....508-778-9769 / 508-775-6502
- Red Cross Medical Transportation 508-775-1540

Food



- Council of Churches 508-432-6519
Food Pantries and emergency food parcels.
- Hunger & Food Stamp Hotline 866-950-3663
Referrals to local food banks and screenings for food stamps.
- Project Bread..... 800-645-8333
Operates Food Source Hotline. Information about food stamps and other free or low cost food resources.
- Salvation Army 508-775-0364
Provides emergency food parcels to qualifying persons.
- Women, Infants & Children (WIC) ..800-942-1007 / Hyannis 508-771-7896
Provides free food and nutrition information to help keep pregnant women, infants and children under 5 healthy and strong.
- St. Vincent de Paul Society Food Pantry 508-775-3073
Provides food for residents of Hyannis & West Yarmouth.
- Department of Transitional Assistance (SNAP) 508-862-6600
Provides food subsidies to qualifying persons.

Clothing

- Cape Cod Council of Churches..... 508-775-5073
Operates Thrift Shop where items are sold at nominal cost or given to those in need
- Katie's Corner 508-240-0694
- Mass-A-PPeal 508-349-1173
- A Baby Center..... 508-771-8157
Clothing for infants and children at no cost to qualifying families
- Salvation Army Thrift Store 508-775-0364
- Goodwill Thrift Store 508-790-0046
Operates a thrift store offering clothing and household goods at low cost

Housing

- Angel House..... 508-771-5400
- Community Action Committee
of Cape Cod 800-845-1999 / 508-771-1727
Advocates for housing subsidies and transitional housing for homeless as well as for issues that impact low income families
- Habitat for Humanity 508-775-3559
Building and renovating houses; housing repair
- Harwich Ecumenical Council for the Homeless..... 508-432-0015
Housing for homeless families. Mentor counseling. Preventive program for those at risk of homelessness
- Housing Assistance Corporation of Cape Cod 508-771-5400
Emergency prevention funds for mortgages and rents. "Section 8" rental assistance programs. Homeless shelters. First time home buyers program. Weather proofing and home rehab. program
- Interfaith Council for the Homeless 508-255-9667
Homeless prevention, counseling and guidance for the homeless or those at risk of homelessness. Information and referral. Emergency monies available
- H.U.D. Hotline 800-688-9889
- Rural Development (low interest loans) 508-295-5151
- Housing Authorities
Provides subsidized public housing resources to low and moderate income households
- Barnstable..... 508-771-7222
 - Dennis..... 508-394-3120
 - Yarmouth 508-398-2920

Health



A.I.D.S Support Group of Cape Cod
866-990-2437

Alcohol Abuse & Drug 24 Hr. Hotline
800-252-6465

American Academy of Pediatrics/
Massachusetts Chapter 781-893-4610
Information about child health issues

American Cancer Society..... 800-227-2345

American Heart Association..... 508-760-6818

Barnstable County Health and Environment Dept.508-362-2511 x330
Protects public health and promotes health and social well being

Barnstable County Human Services Department508-362-2511 x332
Examines availability, delivery and coordination of health services

Breast Feeding Warm Line..... 888-890-2229
Promotes and supports healthy breastfeeding

Dentistry for All 800-342-8747
Dental services. Eligibility based on need

Division of Medical Assistance (Mass Health/Medicaid)..... 800-242-1340
Low cost or no cost health insurance

Family Planning 508-771-8010
Provides affordable reproductive health care and counseling

DPH Care Coordination Program
(formerly Case Management)..... 781-828-7700

DPH Southeastern Regional Office 781-828-7700

Mass. Health 800-242-1340
Low cost or no cost medical insurance

Good Grief Program 617-414-4005
Grief education and counseling

Health (cont.)

- Harbor Community Health Center - Hyannis** 508-778-0300
Family medicine, dental services, clinical and retail pharmacy. Assistance applying for Mass Health, Commonwealth Care and Health Safety Net (free care). We speak Portuguese.
- Health Care for All**..... 800-272-4232
Help line for answers to insurance and health care access
- Healthy Connection** 508-255-1903
Bilingual health outreach for individuals and communities in rural Mass. Free & confidential service that provides advocacy, information, re-sources, referral and support for people seeking answers to and programs of health and human services
- Helping Our Women** 508-487-4357
Services for women with chronic, life threatening or disabling illnesses. Support groups, case management, transportation
- LaLeche League**.....800-LA-Leche (525-3243)
Telephone counseling on breast feeding, new mothers' groups, and information on breast pump rentals and sales
- Lead Poisoning Information**..... 800-532-9571
- Mass Center for SIDS Hotline**.....800-641-SIDS (7437)
- Mass Dental Society**800-342-8747 / 800-943-9200
Dentistry for all program, partial reduction of fees with participating dentists
- Ellen Jones Community Dental Center-Harwich**..... 508-778-5400
- Massachusetts Immunization Program**..... 617-983-6800
Information about immunizations and where to get shots
- Massachusetts League of Community Health Centers** 800-475-8455
Referrals to local health care centers and information about free or reduced-cost health care
- Nursing Mothers' Council**..... 617-244-5102
Breast feeding counseling and rental of breast feeding pumps and other aids plus child-birth education
- Poison Control Center** 800-682-9211
- Sexually Transmitted Disease Program** 617-983-6940
- Smokers Quit Line** 800-TRY-TO-STOP
- United Way of Cape Cod Info-Line (Referral)** 800-462-8002

Health (cont.)

Visiting Nurse Association (VNA) of Cape Cod..... 508-957-7400
Wide range of services and programs serving the community. Serves the insured and uninsured

VNALifeServices.....508-394-2230x259 / 800-631-3900
Breast and cervical cancer screening for uninsured or under insured women over 40

Disability Services



ARCofCapeCod.....508-771-6595 / 888-593-8068
www.arcofcapecod.org Provides opportunities for developmentally disabled to find work, access education, and integrate into the community

Cape Organization for Rights of the Disabled (CORD)508-775-8300 / 800-541-0282
An advocacy group and independent living center for all persons with disabilities

Community Connections 508-362-1140
Provides quality employment, residential, habilitative and recreational services. Promotes self-sufficiency, personal growth and community involvement

Office of Health & Disability (DPH) 617-624-5070

Early Childhood Intervention 800-974-8860
Program for birth to age three. Developmental evaluations. Free services. A Cape Cod Child Development Program.

Early Intervention Parent Leadership Project 877-35-EI-PLP

Easter Seal Society of Mass..... 800-922-8290
Provides rehabilitation services to people with physical disabilities regardless of age

Easter Seals Equipment Loan Program..... 800-922-8290

Family Ties508-947-1231 / 800-905-8437

Federation for Children with

Special Needs.....617-236-7210 / 800-331-0688
Advocacy and service referrals for children with special needs and their parents or guardians

Disability Services (cont.)

Kennedy Donovan Center-Dennis..... 508-385-6019
Provides individual support services to developmentally delayed children and adults and their families

March of Dimes Birth Defects Foundation 508-790-1093
Materials in English and Spanish on genetic services, birth defects, and children with special needs

Mass. Advocacy Center 617-357-8431
Advocacy for children needing special education services

Mass. Assistive Technology
Partnership Center..... 617-355-7820 / TTY 617-355-7301

Mass. Commission for the Blind..... 800-392-6450
Access to legal rights and benefits, counseling, training and advocacy

Mass. Commission for the Deaf and Hard of Hearing 800-882-1155

Mass. Dept. of Developmental Disabilities 508-771-2595

Mass Dept. of Public Health Case Management..... 508-778-7561
Case management, support and technical assistance to help parents of children with special health care needs to get services from public and private agencies

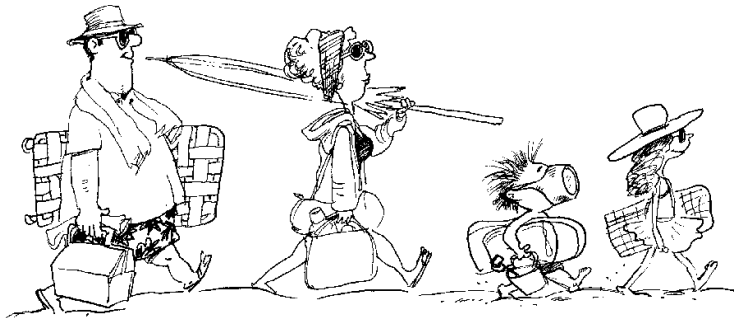
Mass. Office on Disabilities 800-322-2020

Mass Rehabilitation Commission..... 508-862-6600
Vocational assessment/guidance, career planning, skills/job training, job-seeking assistance for individuals with disabilities

SHARE Foundation: Society for Human
Advancement Through Rehabilitation..... 508-999-8482
Evaluation, equipment and services for people with physical disabilities



Recreation & Family Outings



Mid Cape Libraries

Centerville Library	508-790-6220
Cotuit Library	508-428-8141
Dennis Memorial Library	508-385-2255
Jacob Sears Public Library.....	508-385-8151
Hyannis Public Library	508-775-2280
Marstons Mills Public Library	508-428-5175
Osterville Village Library	508-428-5757
South Dennis Free Public Library	508-394-8954
Sturgis Library.....	508-362-6636
West Dennis Public Library	508-398-2050
Whelden Memorial Library.....	508-362-2262
West Yarmouth Library	508-775-5206
Yarmouth Port Library.....	508-362-3717
South Yarmouth Library.....	508-760-4820
Dennis Public Library.....	508-760-6219

All Libraries offer Children's Programming. Call or log on to www.clamsnet.org for Story Hour Information and other programming for all age groups.



Town Recreation Departments

Barnstable Town Recreation Division	508-790-6345
Barnstable Youth Hockey Assoc.	508-778-0626
Yarmouth Recreation Dept.	508-790-9133
Town of Dennis	508-394-8300
Dennis Youth Baseball	508-385-5466

Outings Across the Cape Upper Cape

Aptucxet Trading Post Museum	508-759-9487
Cape Cod Children's Museum	508-539-8788
Green Briar Nature Center.....	508-888-6870
Gus Canty Recreation Center	508-457-2567
Heritage Plantation.....	508-888-3300
Northeast Fisheries Center Aquarium	508-495-2000
Thorton Burgess Museum.....	508-888-6870
Waquoit Bay National Estuarine Reserve	508-457-0495
Water Wizz	508-295-3255

Mid Cape Area

Cape Cod Potato Chip Tour	888-881-CHIP (2447)
Island Carousel / Cape Cod Mall.....	508-771-0200
Hyline Harbour Cruises.....	508-778-2600
JFK Museum.....	508-790-3077

Cape Cod Railroad	508-771-3800
Hyannis Youth and Community Center	508-790-6345
Tony Kent Arena	508-760-2400
Ryan Family Amusements	508-759-9892
Ryan Family Amusements	508-775-3411

Lower Cape

Cape Cod National Seashore	508-349-3788
Cape Cod Museum of Natural History	508-896-3867
Nickerson State Park	508-896-3491
Salt Pond Visitor Center	508-255-3421
Wellfleet Bay Wildlife Sanctuary	508-349-2615
Pilgrim Monument & Provincetown Museum	508-487-1310

Public Schools



Barnstable School System

Barnstable School Administration	508-862-4953
Barnstable High School	508-790-6445
Barnstable Intermediate School	508-790-6460
Barnstable United Elementary School (Grades 4-5).....	508-420-2272
Special Education Services.....	508-862-4951

Elementary Schools

Barnstable-West Barnstable	508-362-4949
Centerville Elementary	508-790-9890
Barnstable Community Horace Mann.....	508-790-6485
Hyannis West Elementary	508-790-6480
West Villages Elementary	508-420-1100



Dennis-Yarmouth School System

D-Y Administration Office.....	508-398-7600
D-Y Pupil Services Office.....	508-398-7624
D-Y Regional High School.....	508-398-7630
Mattacheese Middle School.....	508-778-7979
Ezra Baker Elementary School.....	508-398-7690
Marguerite E. Small Elem. School.....	508-778-7975
Nathaniel H. Wixon School.....	508-398-7695
Station Ave Elementary School.....	508-760-5600
D-Y Early Education Program.....	508-778-7988

Higher Education

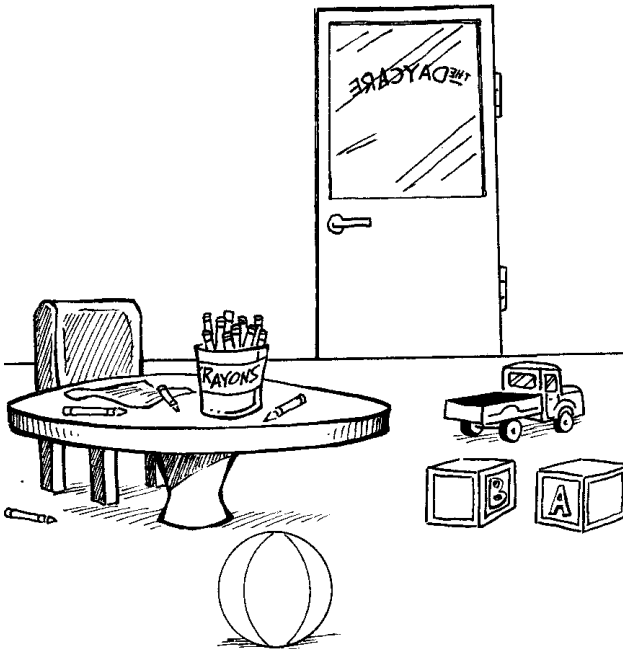
Cape Cod Community College508-362-2131 / 877-846-3672
www.capecod.edu

Bridgewater State University, BSU Cape Cod508-531-1844
www.bridgew/c/cs/bsu-cape-cod.edu

Employment / Job Training / Adult Education

ACCESS (GED/ESL).....	508-548-0151 x 135 / 508-778-2221
Barnstable Community School.....	508-790-6458
Cape Cod Community College.....	508-362-2131
Cape Cod Regional Technical High School	508-771-2600
Cape Cod Cooperative Extension.....	508-362-2511 x 585
Cape Cod Literacy Council	508-771-0211
Division of Employment & Training	508-775-5800
Fishing Family Assistance Center.....	800-656-FISH
JTEC	508-778-5656
Massachusetts Rehab. Commission	508-862-6600
Women and Men in Transition, Cape Cod Community College.....	508-362-2131
Upper Cape Regional Vocational School	508-759-7711
Wampanoag Indian Tribal Council	508-477-0208

Child Care Centers, Family Day Care Providers, Preschools & Head Start



Choosing Childcare

Choosing the right child care program for your child is an important task. There are many choices for parents and guardians and the process of making that decision can be involved. The choices include family day care, center based childcare and parent co-ops. These various providers may be large or small, profit or non-profit.

As each childcare program is different so is each family seeking childcare. When choosing a childcare program, each family should consider their individual needs. A visit to several childcare programs can help in the decision-making process. Be sure to ask a variety of questions at each visit and follow-up each discussion with additional questions. A good fit can help build a strong foundation for your child.

Please note that there are many licensed center-based child care providers in the Mid-Cape region offering child care for infants, preschoolers and school-age children. For a complete list please call the **Child Care Network at 508-778-9470**.

Some questions to keep in mind when choosing your day care provider include:

- Hours of operation
- Policy for Holidays/Vacation
- Food/Meals Provided
- Nap time policies
- Schedule of the activities
- How the center or provider will communicate with the parents or guardians.
- Safety and Medical Policies
- Cost and Payment Policies

Many times, two visits to a site can help with the transition to childcare. The first visit can be the parent or guardian alone. This will offer a chance for a more relaxed atmosphere in which to observe the center. The second visit should include the child in order to acquaint him/her with their new surroundings.

While your child is attending a program be sure to communicate with your provider regularly. Be sure to let them know how your child is doing at home and how they are transitioning to their new program. If you have any questions or concerns be sure to address them sooner than later. Your childcare provider wants to be aware of any concerns you may have. Also, be sure to praise your childcare providers, it is always a good feeling to know when you are doing a great job!



Cape Cod Child Development Head Start Program

*Chief of Education and Family Services Cape Cod
Child Development Program: Sonia Schonning*

www.cccdp.org

83 Pearl Street, Hyannis, MA 02601

508-775-6240

800-974-8860

Full Day, Full Year Programs

Dennisport, Hyannis, West Yarmouth,

West Main Street Preschool 7:30am-5:30pm

Part Day, Part Year Programs

Early Learning Center

Dennisport 8:30am-11:30am OR 12:30pm-4pm

Hours vary according to session

All Head Start Programs offer hands on experiences in science, math, language arts with a strong emphasis on self-esteem building and social skills as well as nutrition services and some transportation services.



“Caring for Children
and Families
In our Community”

- Open M-F 7:30 am-5:30 pm
- Serves 3-5 year olds
- NAEYC Accredited
- Vouchers Accepted
- Private Pay- Which includes breakfast, lunch and snack each day

Cape Cod Child Development
School Age Program
@ Founders Court
Director: Eileen Casey

979 Falmouth Road, Unit B1, Hyannis, MA 02601
508-418-5560

- Open Monday-Friday 11am-5:30pm
During School Year
- Open Monday - Friday 7:30am-5:30pm
Summer/School Vacations
- Serves 5-12 years old
- Sliding Fee Scale

***Enoch Cobb Early
Learning Center***

Special Education Coordinator: Stephanie Markwell

549 West Main Street, Hyannis, MA 02601 Main
Number: 508-790-6493 / 508-790-9832 Special
Education Services 508-790-9830

- Open Monday - Friday, half-day (2.5 hr) sessions, varied
student schedules, modified school calendar
- Serves 3 - 5 year olds
- Tuition Free for all students

The Enoch Cobb Early Learning Center is the home of Barnstable Public Schools' ***Inclusive Preschool***. We educate children ages 3-5 with disabilities alongside their typically developing peers. We believe that every child in our school is a valued, participating member of the community and that children with and without disabilities benefit when they learn, work, and play side by side.

Cape Conservatory Pre-School Program

Director: *Anne Kullas*

2235 Route 132, Iyanough Road, West Barnstable, MA 02668
508-362-2772

info@capecodconservatory.org - Anne Kullas

- Open: Half Days September-June
T/Th 3 & 4 years old, MWF 4 & 5 year olds
- Serves 3-5 years old
- NAEYC Accredited
- Summer Program

The preschool takes a “hands on” active learning approach. The curriculum includes visits by the conservatory dance, art and music faculty, including Suzuki-inspired violin instruction for students ages 4 & 5.

YMCA Cape Cod Children’s Crossing Childcare Center

2245 Route 132, Iyanough Road, West Barnstable, MA 02668
508-362-6500 x125

- Open Monday-Friday 7:30am-5:30pm year round
- Serves: 3 months-5 years
- State vouchers accepted, YMCA Scholarships for qualified families

The center provides for the holistic development of each child. Educators create an environment that is safe, nurturing, and non-sexist where children can reach out, explore, grow and share. This philosophy holds true for all ages - infants, toddlers and preschoolers. The YMCA’s long held mission is building strong families and communities.

West Main Street Preschool

Chief of Education and Family Services Cape Cod Child Development Program: Sonia Schonning

Barnstable High School, 744 West Main Street, Hyannis, MA 02601
508-775-2770 or 508-775-2581

- Open Monday-Friday year round 7:30am-5:30pm
- Serves 3 & 4 year olds
- State Sliding Scale
- All Vouchers Accepted

This program is a community partnership between the Barnstable schools preschool program, Head Start and the high school child development program. The program is designed to build preschool and readiness skills in an individualized and developmentally appropriate environment.

Kiddie Kollege Early Learning Center

Director: Susan C. Smith

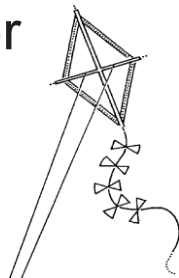
154 Bearses Way, Hyannis, MA 02601
508-775-1830 / www.kkelc.com

- Open Monday-Friday 7:30am-5:30pm year round
- Serves Infants-kindergarten
- NAEYC Accredited
- Vouchers Accepted

Kiddie Kollege has been offering quality childcare and Kindergarten experiences since 1973. Kiddie Kollege has been the choice of mid-Cape families seeking a quality early childhood experience for their children. Our newly renovated facility includes multiple classrooms for infants, toddlers, preschoolers, and kindergarteners. An outdoor playground with developmentally appropriate equipment completes our facility.

Stepping Stones Too Child Care Center

4978 Falmouth Road
Cotuit, MA 02632
508-778-1399
steppingstonescapecod.com



- Open 7:30am-5:30pm
- Serves 8 months to preschool
- Open Year Round

Stepping Stones is a high quality, multicultural program focusing on the needs of working families, featuring infant, toddler and preschool classrooms. There is a large, fenced in, outdoor playground along with an indoor gross motor room. A wide variety of enrichment opportunities are also available.

Building Blocks Child Care Center

Director: Eila Desrocher

546 Phinneys Lane Centerville, MA 02632
508-778-8200
bbofbarnstable@yahoo.com

- Open Monday-Friday 6:45am-5:30pm year round
- Serves infants 2-15 months, toddlers 15 months to 2.9 years & preschool 2.9-8 year old children.

Building Blocks was established to ensure a warm, nurturing and friendly environment for all children. The structure of the day allows for children to engage in curriculum that is hands on. Some of the activities include free choice, circle and group time, visits from Thornton Burgess, creative arts, outdoor play and story time. Healthy snacks are offered twice daily. The teachers encourage socialization and independence of each child as they learn and play with their peers and the adults in their surroundings.

Cotuit Nursery School

Directors: Cindy Faszewski and Carol-Jean O'Toole

40 School Street, Cotuit, MA 02635
508-428-1470

www.CotuitNurserySchool.org
cotuitnurseryschool@yahoo.com

- Open Monday-Friday, 9am-12pm
- Part day - Part Year Program (Sept-May)
- Serves 2.9 years to 7 Years

Each child is an individual with his/her own rate and style of learning. We strive to have your child learn comfortably within a group without losing his/her own individuality. We work on Kindergarten readiness using games and hands on activities. We nurture your child in a happy, loving atmosphere.

Crystal Garden Children's Center, Inc.

Director: Sharon Fletcher

103B Enterprise Road, Hyannis, MA 02601
508-790-0012

info@crystalgardencc.org

- Open Monday-Friday, 7:30am-5:30pm year round
- Serves 3 months to 6 years
- State Vouchers Accepted

The founding of Crystal Garden Children's Center Inc. is based on an educational philosophy that young children should be respected as unique individuals to meet their full potential. This philosophy breaks away from the rigid teaching practices and recognizes each child as an individual; respects and celebrates their individuality and cultural diversity; develops strong healthy self-esteem; employs creative teaching and assists parents in understanding the various stages of growth and development which transcend to positive guidance and reward discipline practices. Our goals and objectives are to provide experiences suitable to the child's age and individual needs.

West Parish Family School

Director: Kristen Lind

2049 Meetinghouse Way, West Barnstable, MA 02668
508-362-4967

www.westparishfamilyschool.org
office@westparishfamilyschool.org

- School Day 9am-3pm Monday-Friday, optional Early Care: 7:30am-9am, optional Late Care: 3pm-5:30pm
- Operating during the school year - Feb & April optional vacation week - 8-week Summer Program
- Serves 15 months through 6 years old
- State & Tribal Vouchers Accepted
- Scholarships available

Our experienced staff promotes active learning through play. Children acquire math, science, literacy, and social skills in our safe nurturing environment. Over 30 years in the community. Low staff turnover. Excellent child/staff ratio. Free enrichment activities.

Bright Promises

Director: Ellie Eaton

57 Pond Street, Osterville, MA 02655
508-428-5010

www.brightpromisespreschool.com
[brightpromise@gmail](mailto:brightpromise@gmail.com)

- Three half day programs. Tuesdays-Thursday, 8:45am-11:45am (3 Year olds) Monday, Wednesday, Friday, 8:45am-11:45 (4 Year Olds) Monday-Thursday, 12:30pm-3:30pm (4-5 Year Olds)
- Operating September-Mid June
- Serves 2.9-5 years old

We believe that every child holds a bright promise for the future. It is our goal to provide a warm, nurturing environment that encourages the development of the whole child. In meeting this responsibility, experiences will be planned to encourage all children to develop a healthy self-concept and positive self-esteem. This program recognizes the uniqueness of each child and provides positive encouragement for the child's continued growth and development.

Whiz Kids

Director: Sue Heinlein

593 Flint Street, Marstons Mills, MA 02648

508-428-0188

whiz.kids@comcast.net

- Monday-Friday, 7:30am-5:30pm
- Operating Full Year
- Serves 6 weeks-14 years
- State Vouchers Accepted
- Transportation provided to and from West Villages Elementary, Centerville Elementary and both Charter schools.

Helping children develop a positive healthy self-concept promoting the development of independence and self-reliance in each child.

St. Peter's Nursery School

Director: Charlene M. Krig

421 Wianno Avenue, Osterville, MA 02665

508-428-8857 / www.StPetersNurserySchool.org

- Open Monday-Friday 8:45am-3pm
- Academic Year September to mid-June
- 6-Week Summer Camp
- Serving Families with Children Ages 1.9-5+ years old

Established in the fall of 1982 as a self-sustaining independent non-profit entity. St. Peter's Nursery School has a rich history of serving the needs of families with toddlers and preschoolers. We believe in teaching to the whole child, recognizing that each child grows at his/her own rate in his/her own time. Children's brains are programmed to learn through sensory/physical interaction with their environment. This "play" is crucial for fostering imagination, brain growth and responsibility. Our curriculum provides a balance between directed and non-directed play where children learn to think creatively and critically, problem solve, negotiate, compromise, take turns, follow directions, make decisions and accept consequences.

We invite you to explore our website, learn about our programs and enrichment opportunities, schedule a visit, and experience firsthand what makes St. Peter's Nursery School truly exceptional.



Dennis

Scargo School

Director: Andrea Taylor

218 Main St., South Dennis, MA 02660
508-394-4104

www.scargoschool.org / scargoschool@yahoo.com

- Open Monday-Friday, 7:30am-5pm - School Year Only
- Serves 2.9-5 years old
- Grants are available

“We believe in the value of providing opportunities for children to creatively and joyously express themselves. We are dedicated to providing a safe and caring environment, in which children can experience, experiment and explore.”

Windmill Children’s Center

Director: Cindy Kent

109 Rt. 28 #7, West Dennis, MA 02670
508-398-6363 / windmillchildrenscenter@gmail.com

- Monday - Friday, 7:30 am - 5:30 pm, Year Round
- Serves 2.9 - 5 years old
- State Vouchers Accepted
- NAEYC Accredited

We are an academic program following NAEYC and MA DOE Standards. We offer full day for busy parents.

Cape Cod Child Development Dennisport Preschool Program

Director: Stephanie Welch

187 Depot Avenue, Dennisport, MA 02639
508-418-5585 / www.cccdp.org

- Full Day Program: 7:30am-5:30pm Year Round
- Part Day Program: 8:30am-11:30am or
12:30pm - 4pm Year Round
- Serves 3 years-5 years
- NAEYC Accredited
- Accepts all vouchers, Basic Income Eligibility

Cape Cod Child Development Program, Inc. is a private, non-profit human services agency founded in 1971. Our mission is to serve as a community resource that provides childcare, educational and developmental intervention, and family support services. We offer child-focused, family-centered programs that are affordable, accessible and of the highest quality. Agency staff and associated professionals work in partnership with families and others in the community to build on each child's unique strengths, ensuring positive growth and development.

Dennis-Yarmouth Early Education Program Coordinator: Carol Eichner

c/o Dennis - Yarmouth Regional Schools
Administration Center

296 Station Avenue, South Yarmouth, MA 02664
508-778-7988 / www.dy-regional.k12.ma.us

Yarmouth Classroom Site: Marguerite E. Small Elementary School
(West Yarmouth)

Dennis Classroom Site: Ezra Baker Elementary School
(West Dennis)

We Offer:

- High quality learning experiences
- MA DESE licensed teachers
- Special Education services available
- Integrated preschool (PreK) classes for children ages 3-5 years
- Low child/teacher ratio
- Half day program - 2 or 3 day options
- Sliding Fee scale for grant eligible children
- Follows local school district calendar (Sept-June)

The purpose of our program is:

- To motivate and respond to curiosity in children
- To encourage children to be critical thinkers and creative problem solvers
- To allow children to explore, experience, and be actively involved in finding order in their world and answers to their questions
- To meet children's developmental needs in all domains: cognitive, physical, social, and emotional
- To nurture and develop self-esteem, independence and competence, and instill responsibility and respect in children so that they can participate and contribute in a democratic society
- To instill the love of learning

Sweet Peas and Sunshine and Rainbows Early Learning Center

Directors: Caitlin Depuy & Kelly Berardi

585 Main Street
Route 6A Dennis, MA 02638
508-385-2948
sunnypeas@gmail.com

- Open Monday-Friday (Sept-June) 8am-4pm
- Serves 3 months-6 years old
- Summer Program

Sweet Peas and Sunshine and Rainbows provides social, emotional, physical and cognitive growth for young children in an atmosphere of loving guidance.

The Children's Workshop

434 Route 134
South Dennis, MA 02660
508-760-2772
southdennis@childrensworkshop.com

- Open Monday-Friday 7:00am-5:30pm Year Round
- Serves 6 weeks-7 years
- State Vouchers Accepted
- NAEYC Accredited

A devoted team of professionals creating fun learning environments, peace of mind, and flexibility for our families... because we care.

Yarmouth Cape Cod Child Development Yarmouth Preschool Program

Director: Stephanie Welch

367 Route 28, West Yarmouth, MA 02673

508-418-5574

www.cccdp.org

- Open Monday-Friday 7:30am-5:30pm
- Serves 2.9-5 years old/Preschool
- Preschool Summer Program Available
- NAEYC Accredited
- Vouchers Accepted

To provide a loving and caring environment that enhances cognitive, social emotional skills.

Cape Cod Child Development Yarmouth School Age Program

Director: Lauren Hedin

367 Route 28

West Yarmouth, MA

02673 508-418-5562

- Open Monday-Friday, 7:30am-5:30pm Before & After School Program during School Year
- Summer and School Vacations Open Monday- Friday, 7:30am-5:30pm
- Serves 5-12 years. Buses from ME Small School, Station Avenue School and Wixon Innovation School
- Vouchers Accepted



Northside Nursery School

Director: Laurel Galvin

165 Main St., Yarmouth Port, MA 02675

508-362-9742

laurel.galvin@comcast.net

- Full or half day programs
- Hours 8:30am-4pm
- Serves 2.9-5 years old
- July summer program

Home/Family Day Care Providers - Licensed

There are many licensed family childcare providers in the Mid-Cape region offering child care for infants, preschoolers and school-age children.

For a complete list please call the Child Care Network at 508-778-9470 or the Department of Early Education and Care website: www.eec.state.ma.us/childcaresearch

Cape Cod Child Development
Family Child Care System
Contact Nancy Sorbo
800-974-8860
30 Licensed Providers
Teen Parent Program
Providers are visited monthly and
supported by system staff

Playgroups

Playgroups, Family Support and Parent Education Programs for families with children up to 8 years old.

Barnstable CFCE

Contact: Laura D'Angelo 508-775-6240 x521

To learn more: www.cccdp.org

Dennis-Yarmouth CFCE

Contact: Mary Wilson 508-778-7988 x1

To learn more:

www.capecodchildrensplace.com

We also provide

Free Developmental Screenings

For children between 1 month and 5 years old. Babies and children grow and change so quickly! Young children are learning every day.

**Do you have questions about how your child is doing?
Do you wonder if there are ways you can help
your child's development?**

We will work with you to:

- Determine if your child is learning and gaining skills well.
- Share ideas to help you be your child's first teacher.
- Connect with programs and resources if you and your child need extra help.

Call your regional playgroup contact person for more information and to request a Free Developmental Screening.

Services Assisting Bi-lingual Families

Cape Cod Healthcare.....	508-862-7880
Cape Cod Child Development Program, Inc. (Child care)	508-775-6240 x312
HealthCare Access Line (Multi Lingual).....	800-531-2229
Women, Infants & Children (WIC) Multi lingual services-food & nutrition	800-942-2445

Servicos Assistindo Familias Bilingues

Cape Cod Healthcare.....	508-862-7880
Cape Cod Child Development Program, Inc. (Cuidados a crianca).....	508-775-6240 x312
Health Care Access Line (Multi Lingue).....	800-531-2229
Women, Infants & Children (WIC) Servicos-comida and nutricao emvarias linguas.....	800-942-2445

Play Dough Recipe

- 1 cup flour
- 1Tbsp cream of tartar
- 1/2 cup salt
- 1 cup water
- 2 Tbsp oil
- food coloring

Mix all ingredients together, and cook over medium heat, stirring constantly. When the dough forms and pulls away from the sides of the pan and is no longer “shiny”, remove from heat. Knead the dough until it’s smooth. Add different herbs, baking scents (vanilla, peppermint, coconut), spices, sand or cornmeal for texture, different things for the children to “build” with or create sculptures with.

**2018-2019 Mid-Cape Family Resource Directory
made possible by the Cape Regional Ten Town
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(CFCE) grant of the Massachusetts Department
of Early Education and Care.**



This material does not necessarily reflect the views or policies of the Massachusetts Department of Early Education and Care or the federal government.

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