




CAPE COD FAMILY RESOURCE CENTER



29 Bassett Lane, Hyannis MA 02601

Monday 9 a.m. - 5 pm, Tuesday-Thursday 10 am - 7 pm, Friday 9 am - 5 pm

1st and 3rd Saturdays 9 am - 11 am

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Story Time 10:30 - 11 am Nature Crafts 2 - 2:30 pm	2 Open 9-11 am
4 Family Coffee Chat 10 - 11 am School Q&A Series 1-2 pm	5 Story Time 11:30 - 12 pm Nurturing Father's Group 6:30 - 8 pm	6 Nature Crafts 11:30 - 12 pm Active Parenting of Teens 1-2:30 pm	7 Active Parenting of Teens 5 - 6:30 pm Nurturing Father's Group 6:30 - 8 pm	8 Story Time 10:30 - 11 am Nature Crafts 2- 2:30 pm	9
11 Family Coffee Chat 10 - 11 am School Q&A Series 1-2 pm	12 Story Time 11:30 - 12 pm Nurturing Father's Group 6:30 - 8 pm	13 Nature Crafts 11:30 - 12 pm Active Parenting of Teens 1-2:30 pm	14 Active Parenting of Teens 5 - 6:30 pm Nurturing Father's Group 6:30 - 8 pm	15 Story Time 10:30 - 11 am Nature Crafts 2- 2:30 pm	16 Open 9-11 am Self-Care Saturday 9:30 - 10:15 am
18 Family Coffee Chat 10 - 11 am School Q&A Series 1-2 pm	19 Story Time 11:30 - 12 pm Single Parenting Group 5:30 - 6:30 pm Nurturing Father's Group 6:30 - 8 pm	20 Nature Crafts 11:30 - 12 pm Active Parenting of Teens 1 - 2:30 pm Grandparents Raising Grandchildren 5 - 7 pm	21 Active Parenting of Teens 5 - 6:30 pm Nurturing Father's Group 6:30 - 8 pm	22 Story Time 10:30 - 11 am Nature Crafts 2- 2:30 pm	23
25 Open 9-5 pm 	26 Story Time 11:30 - 12 pm Nurturing Father's Group 6:30 - 8 pm	27 Nature Crafts 11:30 - 12 pm Active Parenting of Teens 1 - 2:30 pm	28 Active Parenting of Teens 5 - 6:30 pm Nurturing Father's Group 6:30 - 8 pm	29 Story Time 10:30 - 11 am Nature Crafts 2 - 2:30 pm	30 

For more information, please see the reverse side, or call us at **508-815-5100**.

Visit us on Facebook at  Facebook.com/capecodfamilyresourcecenter

MAY HAPPENINGS 2020

In May

All programming will continue to be held in an online platform

- Multicultural Story Time
- Family Coffee Chat
- Single Parenting Support Group
- Grandparents Raising Grandchildren
- Active Parenting of Teens
- Nature Crafts
- Nurturing Father's Program
- Self-Care Saturday

- Open on the 1st and 3rd Saturday of the month

Coming In June

- Active Parenting First Five Years

All Programs and Classes are **FREE**

For registration information or details about classes and programs, please see reverse side.

Family Coffee Chat

Start your week with the Cape Cod Family Resource Center team. We can discuss topics such as; parent education, support groups, community resources, and family fun activities. Whether you just transitioned to Cape Cod or have always lived here, please join us on Monday mornings. Registration is required, this will be offered in an online platform. For more information please call 508-815-5100.

Single Parenting Support Group

Join our monthly group, in a supportive environment for single moms and dads to share successes, challenges, and resources. All single parents are welcome at this non-therapeutic gathering, regardless of child(ren)'s age(s) and parenting situation. Registration is required, this will be offered in an online platform. For information and registration, please contact us at 508-815-5100.

Multicultural Story Time

Diverse books, cultural stories, new lands explored all through the pages of picture books! Join the Cape Cod Family Resource Center team for a global story time. This is offered twice a week and is open to all families. Registration is required, this will be offered in an online platform. For more information please call us at 508-815-5100.

Nature Crafts

An online interactive course that encourages families to get outside to participate in a scavenger hunt for items to make crafts. With guidance, imagination and a few materials, fun crafts can be accomplished. Must collect own materials in nature. Will require staple household items such as tape, glue, paper and markers. Registration is required, this will be offered in an online platform. For more information, please contact us at 508-815-5100.

Grandparents Raising Grandchildren

Our Grandparents Raising Grandchildren Support Group with Kerry Bickford meets on the third Wednesday of the month. This group provides a supportive environment for all grandparents who play a significant role in raising their grandchild(ren). Registration is required, this will be offered in an online platform. For more information and registration, please contact us at 508-815-5100.

Active Parenting of Teens

This class provides guidance and support regarding raising teenagers, and exploring opportunities for growth between parents and teens. The program is designed to serve all parents of teens and preteens. Registration is required, this will be offered in an online platform. For additional information and registration please contact us at 508-815-5100.

Nurturing Father's Program

Join us virtually on Tuesday and Thursday evenings. This 13 week interactive class offers all dads an opportunity to enhance their fatherhood skills. Registration is required, this will be offered in an online platform. For more information and registration, please contact us at 508-815-5100.

Self-Care Saturday

Join us virtually on May 16th for a self-care workshop. We'll be addressing ways to care for yourself, how it varies from person to person, and ways to explore what works best for you! Registration is required and this will be offered in an online platform. For more information and registration, please contact us at 508-815-5100.

School Questions & Answers Series

Join us virtually on Monday's for a live Q&A to ask questions regarding school – COVID-19 related, and other. We're here to support you! For more information and registration, please contact us at 508-815-5100.



Celebrating all mothers who have birthed, raised and guided children
"Being a mother is an attitude, not a biological relation." – Robert Heinlein



Thank you to those who have served and those who are actively serving.

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Visit us on Facebook at [f Facebook.com/capecodfamilyresourcecenter](https://www.facebook.com/capecodfamilyresourcecenter)