

The Lower Cape Family Resource Guide

Sponsored by the Lower Cape Early Childhood Council

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This guide is compiled and produced by Cape Cod Children's Place in June 2009, with support from the Nauset Public Schools Early Childhood/School Readiness Committee.

Early Childhood

Licensed Care & Education

includes Ages, Days, Hours and Summer or Vacation Care

for information updates, subsidies, and vouchers, call:

Cape Cod Children's Place 508-240-3310
10 Forest Avenue, N. Eastham or 800-871-9535
POB 1935 , 02651
capecodchildrensplace.com

Child Care Network of the Cape and Islands
115 Enterprise Rd., Hyannis 508-778-9470
childcarenetwork.cc or 888-530-2430

Cape Cod Child Development Program, Inc.
83 Pearl St., Hyannis 508-775-6240
or 806-253-4619

MA Department of Early Education and Care
51 Sleeper St., Boston 02210 617-988-6600

BREWSTER:

The Family Schools - Brewster Day Camp 508-896-6555
3570 Main St., Brewster
thefamilyschools.com
2 months - 5yrs, Sept.-June,
2 months - 13 years summer M-F 7:30 - 5:30

The Laurel School 508-896-4934
1436 Long Pond Rd, Brewster
laurel-school.com
2.9 years - 5yrs M-F 7:30 - 5:00 year-round
5+ years Sept-June school and summer programs

Owl Moon Child Care 508-240-3500
383 S. Orleans Rd, Brewster ext. 1128
2.9 - 5yrs. M-F 7 -4 year-round

Cape Cod Child Development, Headstart 866-253-4619
884 Underpass Rd, Brewster (at Stony Brook School)
3-5 yrs. M-F 10am - 2pm Sept. - June

CHATHAM:

Chatham Integrated Preschool 508-945-5135
147 Depot Rd., Chatham ext. 212
2.9 - 5 yrs. M-Th am & pm sessions Sept. - June

Monomoy Community Services 508-945-1501
5+ years M-F 8:30 - 5:30 year-round

Rocking Unicorn 508-945-0611
1509 Main St., W. Chatham
2.9 - 5 yrs. M-F 8-3 Sept.-June 1.

EASTHAM:

Cape Cod Children's Place 508-240-3310
10 Ballwic Rd, Eastham
2 months- 15 months & 2 yrs. - 6 yrs. M-F 7am-5:30
capecodchildrensplace.com

HARWICH:

A Child's Wonderland 508-432-4400
35 Rt. 137, Harwich, 02645
childswonderland@netzero.com
2.9 - 5yrs M-F 7:30 - 5:30 year-round

Cape Tech Preschool 508-432-4500
351 Pleasant Lake Ave., Harwich, 02645
2.9 - 5 yrs. M - Th 7:30 - 3 Sept.-June

Children's Center 508-432-0152
115 Sisson Rd., Harwichport, 02646
15 months + M-F 7:30 - 5:30 year-round

Harwich Integrated Preschool 508-430-7216
South St., Harwich, 02645
2.9 5yrs. Fall 8:30 - 2:30, Summer 9 - 3

Make Way for Kids 508-430-7220
South St., Harwich, 02645
2.9 - 5 yrs. M-F 8 - 3

My School 508-432-5358
257 Main St., Harwich 02671
1 month - 6 yrs. M-F 7-5:30 year-round

Penny Lane Day School 508-432-2439
16 Sixpenny Ln, Harwichport, 02646
2.9 - 7 yrs. M-F 7-3 year-round

YMCA Child Care @ 508-432-5737
St. Peter's Lutheran Church
310 Rt, 137, E. Harwich, 02645

NAUSET DISTRICT:

Nauset Integrated Preschool 508-349-2553
100 Lawrence Rd., Wellfleet 02667
2.9 - 5 yrs. M-Th Sept.-June 4
preschool classrooms within Nauset School District

ORLEANS:

Learning Garden 508-255-7328
63 Hopkins Ln., Orleans
2.9 - 5 yrs. M-F 8-5 Sept.-June limited summer program

Meeting House Preschool 508-255-8793
162 Main St., E. Orleans, 02643
2.9 - 5 yrs. 9-3 or 9-12:30, Sept.-June
6 weeks summer camp: 2.9 - 5 yrs. Tu-W&Th 9-12:30

WELLFLEET:

Wellfleet Preschool Playgroup 508-349-6252
100 Lawrence Rd., Wellfleet
2.9 - 5 yrs. M-F 9-2 Sept.-June 2.

Cape Cod Children's Place Sea Babies 508-349-3052
715 Old King's Highway, Wellfleet @ Wellfleet C.O.A.
1 month - 2.9 years, 7:30 - 4:30 M-F year-round

TRURO:

Truro Central School Preschool 508-487-1558
2.9 - 5 yrs. 8:30-2:50 M-F Sept.-June

PROVINCETOWN:

Provincetown Preschool 508-487-5020
Mayflower Lane, Provincetown
2.9 - 5 yrs. 8-2 M-F Sept.-June
extended day in summer

Licensed Home Day Care Providers

(listed alphabetically within each town)

This list of licensed family daycare providers in the 8 towns from Harwich to Provincetown is compiled by the Cape Cod Children's Place, providing information and referral to Lower/Outer Cape families. This list is for information only. No recommendations of individual providers are intended or implied.

For web-based referrals, including all other towns on the Cape, you may go to childcarenetwork.cc

BREWSTER

Inger Montgomery 1286 Long Pond Rd.	508-896-3163
Cynthia Sears 27 Old Chatham Rd.	508-896-7368
Kristine Taylor 18 Ebeneazer Ln.	508-896-6549

CHATHAM

Heather Hellstrom 11 Cockle Cove Rd.	508-430-0859
Allison Gage 579 Old Comers Rd.	508-945-7786

EASTHAM

Nancy Ambrose Aspinet Rd. N. Eastham	508-255-1937
Kathryn Davis 18 Settlers Trace Rd.	508-255-8535

HARWICH

Sharon Bunting 271 Church St.	508-432-3048
Bridgette Carty 132 Queen Anne Rd.	508-432-9448
Janice Clark 10 Captain's Ln.	508-432-1678
Kerry Darling 90 Cemetery Ln.	508-435-5136
Cape Cod Child Development (Family Care Dept ext. 316)	866-253-4619
Jen Gould 40 Bell's Neck Rd. W. Harwich	508-432-8776
Kerrie Greene 15 Ryder Rd. N. Harwich	508-430-7442
Karen Howes 1012 Queen Anne Rd. E. Harwich	508-423-3793
Heidi Kampersal 8 Valley Ln.	508-432-3379
Roberta Laffey 16 Elliott Wy E. Harwich	508-432-0843
Meaghan Smith 2 Cindy's Ln.	508-430-7274
Tina Varrichhio 26 Rest A Bit Rd.	508-685-3553
Jaqueline Watson 1734 Orleans Rd.	508-432-4267
Shannon Watson 18 McGuerty Rd. E. Harwich	508-430-1665
Greg and Chie Young 112 Cottonwood Rd.	508-432-8555

ORLEANS

Dawn Davis 21 Tonset Rd.	508-240-0102 /	508-237-4030
Paula Diaz 127 S. Orleans Rd.		508-240-5342
Tiffany McCarthy 52 Baker's Pond Rd.		508-876-4902

NORTH TRURO

Rudelle Falkenburg		508-487-0888
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WELLFLEET

Patty Carreiro 40 Lt Island Rd.		508-349-0834
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Playgroups and Birth - 3 Activities

Free activities are offered in the Lower / Outer Cape area for children aged birth - 3, accompanied by a parent or caregiver. All programs are drop-in. These Playgroups and Activities are subject to change.

Lower Cape Playgroup Information,	508-240-3310
Cape Cod Children's Place capecodchildrensplace.com	
Dennis/Harwich area playgroups	capecodplaygroups.org

Town Libraries

Call Town Libraries for information on story hours and other children's activities

Cape Libraries Automated Materials sharing		clamsnet.org
Brewster	brewsterladieslibrary.org	508-896-3913
Chatham	eldredgelibrary.org	508-945-5170
Eastham	easthamlibrary.org	508-240-5950
Harwich	vsg.cape.com/brooks	508-430-7562
Orleans	snowlibrary.org	508-240-3760
Provincetown	ptownlib.org	508-487-1125
Truro	trurolibrary.org	508-487-1125
Wellfleet	wellfleetlibrary.org	508-349-0310

Education

Local Public Schools

Stony Brook Elementary (Brewster grades K-2)	508-896-4545
Eddy Elementary (Brewster grades 3-5)	508-896-4531
Chatham Elementary	508-896-4531
Eastham Elementary	508-255-0808
Harwich Elementary	508-430-7216
Orleans Elementary	508-240-3760
Provincetown Elementary	508-487-7049
Truro Central School	508-487-1558
Wellfleet Elementary	508-349-3101

After School Child Care, Enrichment & Summer Programs

Brewster After School Child Care Program (BACC) 508-896-7900
year-round ages 5-14, 2:30 - 6pm Sept.-June
Summer Program: ages 5 - 14 7:30 - 5:45 June 30-Aug. 15

Brewster Recreation Program 508-896-9430
2298 Main St., Brewster town.brewster.ma.us
year round programs for all ages

The Family School Afterschool Program 508-896-6555
ages 5 - 11, 2:30- 5:30 M-F
thefamilyschools.com

Brewster Day Camp, Summer Program 508-896-6555
ages 5-13, M-F, 8:30-4:30
brewsterdaycamp.com

Cape Cod Sea Camps, Summer Program 508-896-3451
resident camp 8-17, MonomoyDay Camp
capecodseacamps.com
ages 4-17 M-F, 9-3
free lunch and transportation provided

Eastham Committee for Early Childhood (ECEC) 508-240-6900

Harwich Community Learning Center Program 508-430-2355
year round ages 5-11 , 2:45 - 6pm ext. 2
Sept-June, summer 7:30-5:30
Monomoy Community Services 508-945-1501

Orleans After School Activities Program (OASAP) 508-240-1546

Wellfleet Childcare Association 508-349-3101
Sept-June M-F, 2:15-5:30 ext.41

Adult Education and Training

Cape Cod Community College 508-362-2131

Cape Cod Regional Technical School 508-432-8701
career training opportunities for adults

JTEC Career Opportunities 508-771-5627

Activities

Town Recreation Departments

(call or check websites for information on summer and after school programs)

Brewster	508-896-9430
Chatham	508-945-5175
Eastham	508-240-5974
Harwich	508-430-7553
Orleans	508-240-3785
Provincetown	508-487-1632
Wellfleet	508-349-0330

Transportation

B-Bus door to door rides by appointment 508-352-7155
800-385-1430
The Breeze Info Line 800-352-7155
also offers M-F service to Boston Hospital thebreeze.info

Cape Cod Rail Trail - Bicycle Path mass.gov/dcr/parks/ccrt.htm
paved bike path from Dennis to Chatham & Wellfleet

Cape Cod Regional Transit Authority	800-352-7155 capecodtransit.org
Helping our Women transportation, financial resources for women E'ham to P-town	508-487-4357
Hyannis Transportation Center information on Cape transportation options	508-775-8504 ext. 206
Flex Bus full schedule Harwich - Provincetown	800-352-7155 theflex.org
Plymouth and Brockton Bus Line	508-746-0378 p-b.com

Nature & the Arts

BREWSTER

Cape Cod Museum of Natural History	508-896-3867
Cape Repertory Theatre	508-896-1888

CHATHAM

Creative Arts Center	508-945-1589
Monomoy Theater	508-945-1589
Chatham Drama Guild	508-945-0510

EASTHAM

Salt Pond Visitors Center- C.C. Nat'l Seashore	508-255-3421
Hiking Trails on Cape Cod: www.Eastham-ma.gov/Public_Documents/EasthamMa_HikingTrails	

HARWICH

Harwich Junior Theater	508-432-2002
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ORLEANS

Academy of Performing Arts	508-255-5510
Orleans Conservation Areas	town.orleans.ma.us

PROVINCETOWN

Provincelands Visitor Center- C.C. Nat'l Seashore	508-487-1256
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TRURO

Castle Hill Center for the Arts	508-349-7511
Payomet Performing Arts Center	508-487-5400

WELLFLEET

Audubon Society	508-349-2615
Wellfleet Harbor Actors Theater (WHAT)	508-349-9428

Playgrounds

BREWSTER

- *Drummer Boy Park, Route 6A
- Eddy Elementary School, 2298 Main St.
- Stony Brook Elementary School, Underpass Rd.

CHATHAM

- *Chatham Playground, Depot Rd.

EASTHAM

- Eastham Elementary School, South St.
- *Wiley Park, Herringbrook Rd.

HARWICH

- Harwich Elementary School, South St.
- *Brooks Park Playground
- Make Way for Kids at Harwich High School

ORLEANS

- Orleans Elementary School, Eldredge Pkwy
- *Eldredge Park, Route 28 & Eldredge Pkwy

PROVINCETOWN

- *East End Playground, Bradford & Howland Sts.
- *West End Playground, Bradford & Nickerson Sts.

TRURO

- Truro Central School, Route 6
- Puma Park, Library Lane (next to Truro Comm. Ctr.)

*Always open. Other playgrounds, located at schools, are closed to the public during school hours.

Family Support Services

Alanon	508-394-4555
Alcohol Abuse and Drug Hotline	800-252-6465
Alcoholics Anonymous	800-637-6237
for meetings check website:	capecod.aa.com
Cape Cod Children's Place	508-240-3310
Family Support Program	800-871-9535
Parent Education & support groups	capecodchildrensplace.com
Free consultations and referrals to services	
for families with children birth - 6 years.	
Cape Cod Healthy Families Early Childbearing Program	
	508-540-2968

Cape Cod Child Development, Early Childhood Intervention developmental assessment and services, birth to age 3, are offered in-home, on-site, and at several community sites.	508-775-6240 866-253-4619
Teen Parent Program serves teen mothers and their children	508-755-6240 866-253-4619
Child Care Network Referrals for families seeking licensed and legally operating child care & subsidies Consumer education about child care issues workshops	508-778-9470 888-530-2430 childcarenetwork.cc
Children's Cove referrals, assessments, interventions for child victims of sexual abuse and family members	508-375-0410
Consumer Credit Counseling (non-profit) assistance with budgeting & debt consolidation	800-208-2227
Hospice of Cape Cod bereavement groups, Kids Grieve Too grief support and referral center	800-642-2423 www.hospicecapecod.org 508-957-0200
Healthy Children Center for Breastfeeding warm line breastfeeding support	888-890-2229 508-888-7774
John A. Henry Trust Services for Provincetown families with children 0-18	508-240-3310
La Leche League Carolyn Witt: Gabrielle Hathaway	508-255-8521 508-349-3988
Monomoy Community Services Services for Chatham residents information on counseling	508-945-1501
MSPCC (Mass. Society for the Prevention of Cruelty to Children) counseling, support services for families with young children, including Good Start and First Steps programs	800-272-9722
Parents Helping Parents Group stress hotline	800-882-1250 800-632-8188
WE CAN - services for women in transition wecancenter@comcast.net legal & career counsel, mentor program, support for divorced women, information and referral, career change workshops & skills training.	508-430-8111 866-430-8111
Parents Professional Advocacy League	866-815-8122
Children's Law Center of Massachusetts	781-581-1997

Disabilities Resources

Alliance for the Mentally Ill information on Cape resources	781-938-4048
Cape Organization for the Disabled Advocacy group for the disabled Educational advocates on staff	508-775-8300 cordonline.org
Federation for Children with Special Needs information, referrals on services	800-331-0688
Sight Loss Services Information, referrals, adaptive aids outreach, support groups	800-427-6842
Disability Law Center	800-872-9992
MA Dept. of Education Problem Resolution	781-338-3700

Massachusetts State Legislators lower cape

(Current as of June 2009. Please call Elizabeth Aldred at the Cape Cod Children's Place for updated information at 508-240-3310)

Senator Robert O'Leary State House Rm. 511B, Boston, 02133 Email: robert.oleary@state.ma.us	617-722-1570 (fax) 617-722-1271
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Representative Cleon Turner (Brewster & Dennis) State House Rm. 540, Boston, 02133 Email: cleonturner@hou.state.ma.us	617-722-2090 (fax) 617-722-2848
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Representative Sarah Peake (Chatham, Eastham, Harwich, Orleans, Provincetown & Wellfleet) State House Rm. 473-F, Boston, 02133 Email: sarahpeake@hou.state.ma.us	617-722-2210 (fax) 617-722-2239
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Food, Clothing & Emergency Funds

Cape Cod Children's Place information on childcare funds, referrals to resources for Lower and Outer Cape children and families	508-240-3310
Department of Transitional Assistance (Welfare) & Massachusetts Rehabilitation Coalition	800-295-8318
Fuel Assistance Program Emergency assistance for fueling/heating needs	508-746-6707

Harwich Family Food Pantry 133 Queen Anne Rd, Harwich Hours of Operation: Tu&Ths 10-noon & 1:30-3:30 Saturdays 10-noon	508-432-6519
Interfaith Council for the Homeless local help for people at risk of losing their housing Advocacy, referrals, information	508-255-9667
The Free Shop at the Church of the Holy Spirit 204 Monument Rd., S. Orleans Free clothing shop open M 12-2 W 10-12	508-255-0433
Local Lunch & Dinner at St, Joan of Arc Church 61 cove rd., Orleans free lunch and dinner served twice a week please call Sister Katherine for info.	508-255-1094
Legal Services of the Cape & Islands legal advice to low-income people	800-742-4107
Lower Cape Outreach Council Financial assistance for emergency needs Food pantries, Katy's Corner free shop	508-240-0694 lcoutreach.org
Mass-APEAL Free shop (clothing, etc.) 2393 Cove Corner, Wellfleet M-W-F 9-noon call for information on food co-ops	508-349-1173
Soup Kitchen in Provincetown (SKIP) 10 Shankpainter Rd., Provincetown serves lunch 12:30 - 1:30 M-F November - April	508-487-8331
Provincetown United Methodist Church Shankpainter Rd., Provincetown children's clothing and equipment, Birth - teens	508-487-4925
WIC (Women, Infants, and Children) Appointments available in Chatham, Harwich, Orleans, Provincetown, Wellfleet	800-675-1188

HEALTH

Medical and Dental Services

Cape Cod Children's Place	508-240-3310
maternal depression resource, referrals	
Cape Cod Healthcare Information Line	877-227-3263
M-F, 9-5 except holidays	capecodhealth.org
Cape Cod Hospital	508-771-1800
	capecodhospital.com
Dental Hygiene Clinic	508-362-2131
at Cape Cod Community College	ext. 4371
Ellen Jones Community Dental Center	504-430-7710
free and sliding scale fee dentistry	
Healthy Connections	508-255-1903
resources and referrals	outercape.org
Health Care for All	800-272-4232
help line for healthcare and insurance	hcfama.org
MassHealth / Medicaid	800-841-2900
	masshealth.org
Mustard Seed Kitchen	508-349-2049
Main St., Wellfleet	
Tues. & Thurs. meal delivery for people who need short term help	
Outer Cape Health Services	
community health center with sliding fee scale	
walk-in clinic in Wellfleet, Route 6	508-349-3131
walk-in Saturdays only clinic in Provicetown,	
49 Harry Kemp Wy	508-487-9395
Poison Control Center	800-862-9211
Smoking Cessation	800-TRY-TO-STOP
	trytostop.org
Visiting Nurse Association (VNA)	800-631-3900

