



Cape Cod Children's Place Family Newsletter

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

Happy New Year!

2008 promises to be another great year for the Cape Cod Children's Place as we continue in our resolve to serve the working families on the Lower and Outer Cape. We'll begin by launching a new infant program here at the Children's Place which will supplement our existing satellite infant program at Sea Babies in Wellfleet. Applications will be accepted beginning in January. Also in January, is the first of our new monthly support group for fathers called *Dads' Talk*.

In February we will begin a pilot program which will bring Family Support to the Stony Brook Elementary School in Brewster. The program, which is called *Parent Chat with Cindy Horgan*, will meet once a month and parents can drop in to discuss different topics that will help to strengthen their skills and support them in their parenting journey.

Whatever it is we resolve to do this year as parents, caregivers and family members, one way we can help support working families is to participate in the 2008 Presidential Elections and stay on top of the issues of importance to them. The deadline to register for new voters or to change party affiliation before the February 5th Presidential Primary is January 16th.

Have a happy and healthy New Year!

Thanks and Giving...

Thanks! To Laura Handville for starting Project 5 Cents, a fundraising drive to raise money for enrichment programs for the preschool classroom.

Thanks! To Cape Cod 5 in Eastham & Orleans and Seamen's Bank in Eastham for their generous donations to our holiday diaper drive.

Thanks! To all of the Brewster businesses that contributed to the Brewster for the Holidays raffle. Proceeds from the tickets went to benefit the Cape Cod Children's Place.

NEW PARENT, BABY & TODDLER NEWS

New Moms: Meet other moms!

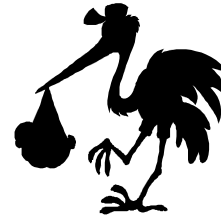
Free Moms & Babies groups :

These groups are informal gatherings of moms 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.

**** All groups meet from 10:30-noon!**

Mondays, Harwich Community Center, Oak St. With Monica Keefe: 508-240-3310

Thursdays, Cape Cod Children's Place, N. Eastham. With Monica Keefe: 508-240-3310
(funding for these groups from Children's Trust Fund)



Free Childbirth Classes for Lower/Outer Cape residents

A new Childbirth Preparation class will meet 3 consecutive Sundays starting on January 6, 2008 from 4:30-6:00 pm at Cape Cod Children's Place on Forest Ave. off Nauset Rd. in N. Eastham. Each of the **3 classes** in the series will help prepare you for the process of labor and delivery, what to take to the hospital, natural and medicinal ways to stay comfortable throughout the labor process, newborn and postpartum care. All pregnant women and their partners or labor attendants are invited to attend. Pre-registration is required.

Register online at www.capecodchildrensplace.com or by calling the Children's Place at 508-240-3310 and leaving a message for Charlotte Fyfe. Registration materials and course descriptions will be mailed to you before classes begin.

La Leche League

Information and support for breastfeeding moms and moms-to-be!

at Cape Cod Children's Place on Forest Ave. in North Eastham from 3:30-5 pm

Tuesday, Jan. 29th

Tuesday, Feb. 26th

For more information, call Carolyn:
508-255-8521



Dippy Breakfast

1 container (6 ounces) fat-free vanilla yogurt; 1/4 cup peanut butter; 2 tbs. breakfast cereal; 1 apple, cored; 1 orange, peeled; 2 slices cinnamon or whole wheat bread, toasted

1. Combine yogurt and peanut butter in small bowl and stir until blended. Divide mixture between 2 small bowls; sprinkle with cereal. Place bowls on serving plates.
2. Cut apple into wedges and separate orange into segments. Arrange fruit pieces around dip. Cut toast into strips and place half of strips on each plate.

Preschool Years / Announcements

Brewster Ladies' Library

Special Story Hour: Sat., Jan. 26 10 am—Gung Hay Fat Choy (Happy New Year) Stories from China, Crafts, Chinese tea party

Children's Program: Tues., Feb. 19 10:30 am—"The

Secret World of Bubbles". Family fun featuring bubble artist, Keith Michael Johnson.

Craft: Tues., Feb. 12 4 pm—Valentine Craft—Make a valentine decoration and valentine cards.

Dr. Seuss breakfast: Sat., March 1 9 am—Celebrate Dr. Seuss's birthday. Green Eggs and Ham/Pancake breakfast. Dr. Seuss will read "The Cat in the Hat" and a visit from the Cat himself. Sign-up Requested.

Contact the Children's Room at 869-3913.

Orleans Playgroup Special Events

Monday, Jan. 28th Cindy Horgan, Family Support Coordinator at Cape Cod Children's Place joins us to discuss parenting issues.

Monday, Feb. 18th Meet at the Museum of Natural History in Brewster. Admission for playgroup members will be paid for by

Orleans MFN playgroup.

There will be no playgroup on Monday, Jan. 21 and Monday, Feb. 25th

Call Allison Pillsbury at 508-737-6094 for information.

Truro Tots Playgroup

The month of January: Genie Morrow from Cape Cod Kids Yoga will teach yoga from 11-11:30

February 11—Mary Wilson from Pitter Patter Puppets and the preschool class from Truro Central School will join us at 10 am for a puppet show.

EASTHAM'S TUESDAY TODDLER TIME PLAYGROUP

Eastham Methodist Church 10-11:30

Coming in January:

1st No playgroup—Happy New Year!

8th KIDS YOGA with Genie Morrow of Cape Cod Kids Yoga

15th W.I.C. visits with information

22nd Outing to Eastham Library

29th Field Trip to Bonkerz!

Coming in February:

5th Hands and Feet Placemats

12th Valentine's Crafts!

19th Canvas Painting

26th Homemade Play Dough and Baby Wipes

Call Laura Handville at 508-255-7452 for more information.

Family Literacy Event (rescheduled from November)

The Elbows

Music for Kids!

February 16, 2008

1pm

Tilden Arts Center

Cape Cod Community College

This event is sponsored by the Cape Cod Children's Librarians and Cape Cod Community College.

Tickets: \$2.00 in advance at participating Libraries, \$3.00 at the door

On-site ticket sales will begin at 11:30 am the day of the concert.

FREE!!!

Cape Cod Children's Place Family Roadshows and Parenting

Workshops January/February 2008:

(Call Cape Cod Children's Place 2508-240-3310 to register!)

- Jan. 9 & Feb. 13 **Grandparents as Caregivers Support Group** Noon-1:30 pm at Harwich Community Center, 100 Oak St., Harwich. Join Mary Keefe and Cindy Horgan for discussion, support and resources to help with raising grandchildren. This group meets monthly.
- Jan. 10 **Raising Respectful Children** 5:30-7:30 pm at Meeting House Pre-school, Orleans. Raising polite, respectful children can be difficult in today's world. Learn how to develop respectful relationships with your children. Taught by Cindy Horgan, Family Support Coordinator at Cape Cod Children's Place. Free pizza dinner & childcare provided.
- Jan. 12 **Dads & Me Day** 9:00-11:00 am at Willy's Gym, 4730 State Highway 6, Eastham. Dads, bring your kids for a fun morning at Willy's Playworld, the Cape's largest indoor soft play structure. Includes slides, tunnels, tubes, toddler play area and more!
- Jan. 17 **Setting Limits and Boundaries** 5:30—7:30 pm at Veteran's Memorial Elementary School, Provincetown. Children thrive when they have clear limits and boundaries. Learn the skills you need to set healthy limits and boundaries that are comfortable for your family. Taught by Cindy Horgan, Family Support Coordinator at Cape Cod Children's Place. Free pizza dinner & childcare provided.
- Jan. 24 **Raising Emotionally Intelligent Children** 5:30—7:30 pm at Wellfleet Elementary School. Giving your children a good start means fostering emotional intelligence. Learn skills to help support emotional development in your children. Taught by Cindy Horgan, Family Support Coordinator at Cape Cod Children's Place. Free pizza dinner & childcare provided.
- Jan. 28 & Feb. 25 **Single Moms** 5:30 -7:00 pm at Cape Cod Children's Place, N. Eastham. Come join Kate and Cindy 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. This group meets monthly. Free pizza dinner & childcare provided.
- Jan. 28 & Feb. 25 **Dads' Talk** 6:00—7:30 pm at Harwich Community Center, 100 Oak St., Harwich. This safe, **non-therapeutic** group provides an opportunity for dads to talk about the issues of being a father in today's world. Come gain support and share experiences and strategies to help in the important job of being a father. Facilitated by Matt Daniels of Child Health & Behavior, Inc. Free pizza dinner & childcare provided.
- Feb. 5, 12, & 26 **Parenting Differences** 5:30—7:30 pm at Monomoy Comm. Center, Chatham. This workshop focuses on effective communication, rules for fair fighting, handling the stresses of life, elements of teamwork, and how to handle outside influences. Participants come away with a different perspective of the other person as well as how their reactions or lack of can play a role in the behavior of their partner.

*funding for the above programs is provided by a Mass. Family Centers grant through Children's Trust Fund, and grants from the Mass. Department of Early Education and Care.

Free Cape & Islands Events and Activities for Fathers - Winter 2008

All events and activities are provided at no charge to the participating children and fathers (or other important male caregivers). Space may be limited.

Please call the listed phone numbers for more information or to register.

Mondays: Jan. 28, Feb. 25, Mar. 24, Apr. 28, & May 19, 6-7:30 p.m. **"Dads Talk"** at *Harwich Community Center*, 100 Oak St. with Matt Daniels of Child Health & Behavior, Inc. A safe, non-therapeutic group providing an opportunity for dads to talk about the issues of being a father in today's world. Come gain support and share experiences and strategies to help you in the important job of being a father. Pizza and childcare provided. Sponsored by Cape Cod Children's Place and its program partners: Harwich CPC and the Families United Network of Cape Cod Child Development. For more information or to register, call the Cape Cod Children's Place at 508-240-3310.

Tuesdays-ongoing, 5:30-7 p.m. **"Dads' Playgroup"** with Clark Myers at the Family Center at Martha's Vineyard Regional High School, Vineyard Haven-Edgartown Rd., *Oak Bluffs*. The Dads' Playgroup is an open playtime for dads and their kids birth through age six to spend some quality time together. Pizza and drinks are provided. To register or for more information, call Jen at 508-693-7900 Ext. 288.

Thursdays: Mar. 6, 13, 20, 27, & Apr. 3, 5:30-7:30 p.m. **"Dads' Group"** at *Harwich Community Center*, 100 Oak St. with Cindy Horgan, Family Support Coordinator at Cape Cod Children's Place, and Adam Pettengill, Early Childhood Educator and father. Dads, bring your children for a free pizza dinner. After dinner, the children will play in a supervised area while you gain skills for the important job of being a father and share the parenting tools you already have with other dads in the group. Sponsored by Cape Cod Children's Place. For more information or to register, call 508-240-3310.

Thursday Mar. 13, 5:30-7 p.m. **"Dads & Kids Pizza Night"** at *Nantucket High School Cafeteria* and the Early Childhood Center (NHS Rm. 106), 10 Surfside Rd. A special night for dads and kids birth through age five to spend time together. After dinner, we'll do a craft and play with the kids' favorite toys. For more information, call Pauline at Community Network for Children at 508-228-7257 Ext. 1166.

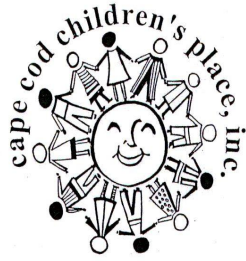
Thursday Feb. 7, 6-8 p.m. **"Father & Baby Pizza Party"** at Cape Cod Hospital (Lorusso Board Room), 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. A great place for dads to show off their babies from newborn to 14 months old and to connect with other Cape Cod fathers. A local pediatrician will be available to answer your questions and staff from Cape Cod Child Development's Families United Network and the Cape Cod Neighborhood Support Coalition will let you know about other fun and informational opportunities available to Cape and Islands families. Pizza dinner provided. For more information and to register, call Ann Macdonald at 508-862-5123.

Saturday Jan. 12, 9-11 a.m. **"Dad & Me Day"** at Willy's Gym, 4730 State Highway 6, Eastham. Dads, bring your kids birth through age six for a fun morning at Willy's Playworld, the Cape's largest indoor soft play structure. Includes slides, tunnels, tubes, toddler play area, and more! Sponsored by Cape Cod Children's Place. For more information or to register, call 508-240-3310.

Saturdays: Jan. 12, Feb. 8, & Mar. 15. Cape Cod Child Development's Families United Network Program **"Father/Child Activities"**. Fun activities for fathers and other important male caregivers of children birth through age five. Facilitated by Paul Melville, Family Support Specialist and father. Jan. 12, 11 a.m.-noon, **"Cooking w/ My Pal"** at Cape Cod Child Development, 83 Pearl St. *Hyannis* Feb. 8, 11 a.m.-noon, **"Create a Valentine Gift"** at *Hyannis Public Library*, 401 Main St. Mar. 15, 10:15-11:15 a.m. at **"Gymport Kidz Gymnastics"**, 42 Mid Tech Dr., *West Yarmouth*

For more information or to register, call Paul at 508-775-4260 Ext. 514.

Distributed by the Cape Cod Neighborhood Support Coalition (www.capecoalition.com).



Free Family Concert!

January 26, 2008

6-7pm

-featuring-

James from

The Munchkin Music Club

at

Willy's Gym

Route 6, North Eastham

Come early and eat - Full menu available at

Willy's World Grille

* * *

sponsored by

Cape Cod Children's Place

Information: 508-255-6370 or 508-240-3310

ACTIVITIES & ANNOUNCEMENTS...

WE CAN

537 Main St., Suite 2H
Harwichport

Free Legal Clinics for women:

Thursday, January 10
9-11 am and 1-3 pm—Family Law

Thursday, February 14
1-3 pm—Family Law

Call 508-430-8111 for an appointment

WE CAN Workshop:
The Finances of Divorce Workshop
By Susan Huettner, Attorney

Saturday, January 26
9:00 am—12:00 pm
Meeting Room at the Cape Cod Five
Hyannis

Learn what divorce is all about, how to fill out the financial form, the 18 factors that judges consider, child support guideline, about alimony & pensions.

Call WE CAN to register 508-430-8111
\$10 registration fee.

The 2008 Lunchbox Auction "Art Outside the Box" Committee is looking for volunteers interested in working on this fundraiser scheduled for July 2008. If you are interested please call Karen at Cape Cod Children's Place, 508-240-3310 more information.

We are also looking for artists interested in creating a lunchbox to be auctioned.

New Infant Program Addition

Here at
Cape Cod Children's Place
We are Accepting enrollment for
Infants 1 month to 15 months.
Please check with Karen or Kate for
enrollment information.

Cape Cod Children's Place collecting children's clothing & diapers

The Cape Cod Children's Place is accepting donations of children's clothing, diapers and formula for local families that need these items. This project will continue after the holidays and through the Winter.

New diapers for any age child, and gently used children's clothing will be accepted and made available to families at several Locations. Call 508-240-3310 for information or stop by Cape Cod Children's Place at 10 Forest Avenue, off Nauset Road in North Eastham, with your donations.

National Women's Law Center

Tax filing season is right around the corner. Tax credits can provide thousands of dollars to families struggling to make ends meet—but only if families are informed of the credits and claim them on their tax returns. The National Women's Law Center's Tax Credits Outreach Campaign website can help you prepare. Stay informed about tax credits and available resources by visiting www.nwlc.org/loweryoutaxes.

MORE ACTIVITIES & ANNOUNCEMENTS...

Council Plans

The Lower Cape Early Childhood Council is incorporating several workshops into its meeting schedule this year. All individuals working in any capacity with young children are welcome to join the group, which meets monthly at the Cape Cod Children's Place during the school year and oversees grant-funded programs for children and families on the Lower and Outer Cape.

Wednesday, January 16: 6-8:00 pm:

"Red Flags" workshop presented by Bambi Rosario (Early Intervention) and Jen Thibeault (Chatham Integrated Preschool) for early childhood professionals. They will discuss the signs to look for in children who may have developmental differences, and how to talk to parents to encourage them to seek a screening. Training credits will be available.

Wednesday, February 27: 6-7:00 pm:

Business meeting; updates, state budget plans, etc.

Happening Monthly Beginning in February...

Parent Chat with Cindy Horgan

At Stony Brook Elementary, Brewster

2nd Wednesday of the month
8:30—10:00

Sign-in at the front desk and get a Cape Cod Children's Place name tag.

February's topic: **Setting Healthy Limits and Boundaries.**

*You are invited to attend the
Cape Cod Children's Place*

Annual Meeting

Wednesday, January 9, 2008; 7 pm

We will share information about our programs and plans and changing demographics

RSVP requested

10 Forest Ave., off Nauset Road,
North Eastham

Tel: 508-240-3310 Fax: 508-240-2352

www.capecodchildrensplace.com

Children's Place creates new Scholarship Fund

Cape Cod Children's Place is accepting donations for its new CCCP Scholarship Fund, Created to help families pay for childcare. This new Fund, and our existing Lower and Outer Cape Emergency Fund, are available to all families living in the 8 Lower and Outer Cape towns who are having difficulty meeting childcare costs for children of any age. The new fund has been launched with a generous contribution from the League Club of Cape cod, and other donations from organizations and individuals. It is administered by Cape Cod Children's Place, which continues to seek new resources to support local families. To make a contribution or receive information, call 508-240-3310.

THANKS TO ALL OF THE FRIENDS AND SUPPORTERS OF THE CAPE
COD CHILDREN'S PLACE...

ARTISTS

Roy Thurston
Julie McAskill
Dorothy Strauss
Vera Chaplin
Anne Packard
Jim Holland
John Neubauer
Cynthia Samuelson
John Mulcahy
Donna Mahan
Jesse Blanchard
Vincente Amicosante
Pauline Lim
Bruce McFadden
Rick Fleury
Blossom Newman
Beverly Bridgewater Fuller
John Clayton
Pharr Schulenburg
Janet Gilmore
Lorraine Trenholm
George Lynde
Larry Horowitz
James Maddocks
Stephen Roth
Cynthia Guild
Lynn F. Walker
Shirley Aleman Carson
Paul Suggs
Hilda Neily
TJ Walton
Anne Hartley
Mary Giammarino
Rohkaya Waring

BUSINESSES

Bob Korn Imaging
Winslow Tavern
Windmill Liquors
Tristan Gallery
Chris Green, Photographer
Truro Vineyards
Framing Gallery
Rowely Gallery
Cape Cod Museum of Art
Snow Library
The Beacon Room
Mac's Shack
Charles Moore Arena
Wellfleet Harbor Arts Theatre
Sir Speedy Printing
Fitness Revolution
Stella's Pizza
Belmont Springs
Cobie's Ice Cream
Village Farm Market
Brewster Pizza House
Friends Marketplace
Emack & Bolio
Sam's Deli
Flowers by Cathy Malone
Wellfleet Spirits Shoppe
Stop & Shop
Shaw's Market
Staples
Hot Chocolate Sparrow
The Baseball Shop
Candleberry Inn
Inn at The Oaks
Seamans Bank
Cape Cod Five Cents Savings Bank
Brewster Wine Cellars
FishAye Trading Co.

PROFESSIONAL and LOCAL
SPORTS TEAMS

The Red Sox Foundation—
Courtesy of: Justin Prettyman
and Meg Valencourt
Josh Beckett
Mike Timlin
Javier Lopez
Boston Bruins Organization:
Jason York
Boston Celtics Organization:
Tony Allen
N.E. Patriots Photo—
Courtesy of: Larry Squire
Brewster Whitecaps—
Courtesy of: Clair Gradone
and the players
Orleans Cardinals—
Courtesy of: Sue Horton
and the players
Chatham A's—
Courtesy of: Virginia Kangas
and the players
Tennis Stars: Courtesy of Epic
Sports—Ryan Macauley
Mike Bryan
Bob Bryan
Marat Safin

FRIENDS OF THE CAPE COD CHILDREN'S PLACE

Dorothy Strauss
Judy Lynch—Community Artist
Rebecca Nolan—Parent
Kristen Hilley—Cape Cod Computer
Marianne and Michael Quinn
Babe Weinstein
Beth Seizer—Parent
Sue Kiklis—Parent
Gail Fee—The Boston Herald



Winter 2008

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

Brewster

Playgroup: Thurs, 9 –10:30 am at Stony Brook Elementary School. Call Raegan at 508-255-6132
Toddler Story Hour Fri, 10-11 am at Brewster Ladies' Library
Call Pat Policastro 508-896-2136 for more info.

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

Eastham

Moms and Babies Thurs. 10:30-12 at Cape Cod Children's Place for moms and their babies from birth to pre-walking. Call Monica 508-240-3310
Toddler Time Playgroup: Tue, 10-11:30 am at Eastham Methodist Church. Call Laura Handville at 508-255-7452 for information
Parent Chat & Playgroup Wed., 10:30-11:30 am at Eastham Public Library. Weekly storytime and craft with Lucy Gilmore. Call Natalie Marsh 508-240-5950

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

Chatham

"Nothing But Art" Tues. & Wed. 9:30– 11am. A wonderful messy chance for parents & children to play together in weekly art & expression based activities. Paint, paper, clay, and much more. Birth—5 years w/parent. No fee 6-8 week sessions.

Wee Read Storytime/Playgroup Fridays at 9:30 or 11:00 for children 12 mos. To 3 yrs. This early literacy program includes developmentally appropriate stories, songs, fingerplays, craft and play activities. Registration is required.

Itsy Bitsy Yoga Thurs. at Eldredge Public Library. Tyke (2 to 4 yrs) at 9:00 am, Tots (almost crawling to 24 mos) at 10:15 am, Baby (pre-crawling infants) at 11:30 am. Join certified IBY facilitator for this unique parent/child bonding opportunity. 8 week session offered Fall, Winter, Spring, and Summer.

Call Eldredge Public Library (508-945-5170) or Monomoy Community Services (508-945-1501) for details.

Provincetown

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

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 at 508-240-3310

Playgroups: Tue, Thu; 9-10:30 am and 10:30-noon
Parent Coordinator: Melanie Bach. Call 508-430-8603 for information

* *

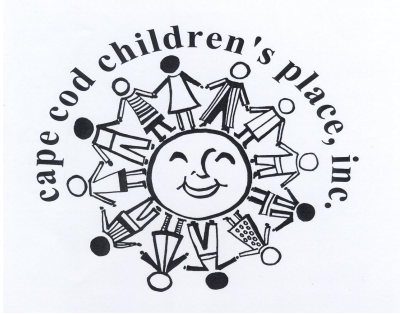
Above groups meet at Harwich Community Center

Orleans

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

Parent Coordinator: Allison Pillsbury 508-945-8089

Funding support for most of the above programs is provided by grants from the Children's Trust Fund and 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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EASTHAM, MA
PERMIT NO. 14

Cape Cod Children's Place, Inc.
PO Box 1935
Forest Avenue, off Nauset Road
North Eastham, MA 02651

Phone: 508-240-3310 or
800-871-9535
Fax: 508-240-2352
www.capecodchildrensplace.com

This newsletter is funded by grants from the Massachusetts Department of Early Education and Care and the Children's Trust Fund



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
- **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
- **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
- **Maternal Depression** (resources and referrals): Cindy Horgan 508-240-3310
- **Provincetown Family Resource Center** (support, referral and financial aid through John A. Henry Trust, administered by CCCP. Located at the Grace Goveia building, limited hours. Call CCCP 1-800-871-9535 or Tuesdays call 508-237-2688.

Children's Trust Fund



Preventing Child Abuse * Strengthening Families