



# cape cod children's place FAMILY NEWSLETTER

for families and caregivers of children living  
on the Lower and Outer Cape

## Special Thanks!

Thanks to the League Club of Cape Cod for collecting books for the children in our classroom programs. Books are always a wonderful gift! Thanks to Jane

Dannemiller of Brewster for donating her collection of coins and change, found on the ground over the past 25 years, to CCCP. Thank you to the Mollie Hirshberg Fund, for a generous grant award that will bring Denya LeVine's music to the Sea-Babies program throughout the coming year, and will also pay for more Literacy Totes to lend out to families who attend our Road Show series. Thanks to everyone who voted for our Build A Reading Generation project. Thank you to Gui Yingling for helping us prepare our Family Feast, and to all the parents who contributed food items and joined us for the event. Thank you to all the parents who helped at our Free Clothing Swap on Nov. 19: to Tessa Szedlak for organizing, collecting & storing donated clothes; to Kelly Medeiros and other parents who brought in items & helped to set up in advance; to "Tots to Teens Fashion Exchange" and "Repeat After Me" for donating items; and to everyone who helped to publicize this event.

## Happy New Year!

It's that time again when we start changing over our planning calendars for the new year. For many of us the days are filling up quickly as we face the challenge of trying to fit all of the family's activities and commitments into our busy schedule. If you find yourself wondering whether you should head back out to the store for a planner with larger boxes to write in, maybe it's time to consider removing some of the activities from the schedule. Why not begin the new year on the right foot by slowing down the pace and giving your family the gift of time.

You could start by rethinking the family calendar. Take a look at all of the activities that take up your family's time and see what you might be able to let go. Be sure to involve your children in the process so that all of you can start to appreciate how you value your time.

Is it possible for your family to adopt a policy of one structured activity per child (or adult)? It means that sports, music and art lessons can still happen, just not all at once. One benefit of this is more time for unstructured activities or free play. According to a recent report by

the American Academy of Pediatrics, unstructured play time, gives children space to create, reflect, problem solve and become more resilient human beings.

A great way to ensure you have free time is to schedule it in like everything else. Reclaim your time by declaring a certain day of the week or month "family day" and do not let anything else encroach upon that time together. May 2012 be a year in which we all find the time for what is most important for our families.

## Inside this issue:

Council News	2
Advocacy Corner	2
Annual Meeting	2
Raising Healthy Families	3
Winter Safety Tips Cont.	3
News You Can Use	4
Playgroup Calendar	5, 6
Workshops/Support Groups	7
News You Can Use	8
and so much more!	

## \*Winter Safety Tips...

**What to Wear.** Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat. The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an

adult would wear in the same conditions. Blankets, quilts, pillows, sheepskins and other loose bedding may contribute to Sudden Infant Death Syndrome (SIDS) and should be kept out of an infant's sleeping environment. Sleep clothing like one-piece sleepers is preferred. If a blanket must be used to keep a sleeping

infant warm, it should be tucked in around the crib mattress, reaching only as far as your baby's chest, so the infant's face is less likely to become covered by bedding materials.

### **Hypothermia.**

Hypothermia develops when a child's temperature falls

(Continued on page 3)



## Advocacy Corner

### Cape Cod Children's Place Annual Meeting

Parents and other interested persons are invited to attend the Cape Cod Children's Place Annual Meeting on

Wednesday, January 25th  
at 7pm

This is a great opportunity to meet the Board of Directors and hear what's coming up in the new year. Come and share your thoughts and ideas, or just listen and meet some new friends.

### Grant updates...

Cape Cod Children's Place is working through a Rural Communities grant from the Mass. Department of Early Education and Care, to design a plan to align assessment and screening procedures for children aged birth-8 years living in the seven Lower and Outer Cape towns from Brewster to Provincetown. Call Cindy or Elizabeth at 508-240-3310 if you want to know more about this project.

Due to the award of a generous grant from the Mary Louise and Ruth N. Eddy Foundation, the Brewster Ladies' Library will continue to offer the Toddler Town Playgroup with Lucy Gilmore for

children birth to 3 years on Thursday mornings at 10 am from January 2012 to mid-May 2012. This funding supplements the state grant funds administered by Cape Cod Children's Place. In addition, funding from the Eddy grant will provide creative movement equipment, multiple copies of sturdy board books to be shared with parents and children, a Story Hour rug to provide a welcoming reading area and two interactive parent workshops.

## The Lower Cape Early Childhood Council

Come and join us on Wednesday, January 18, 6 pm at Cape Cod Children's Place, at a meeting of the Lower Cape Early Childhood Council. This informal group is currently planning an Early Literacy training in March, and our annual Family Fun Fair. Information about grants and grant-funded programs is also provided. Everyone is

welcome; call Elizabeth at 508-240-3310 for more information. Council meeting dates are generally the third Wednesday of each month. February 15 will be the next meeting date.





## Winter Safety Tips (continued from page 1)...

below normal due to exposure to colder temperatures. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing or when clothes get wet. It can occur more quickly in children than in adults. As hypothermia sets in, the child may shiver and become lethargic and clumsy. Speech may become slurred and body temperatures will decline in more severe cases. If you suspect your child is hypothermic, call 911 at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap him in blankets or warm clothes.

**Frostbite.** Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears, and nose. They

may become pale, gray and blistered. At the same time, the child may complain that his/her skin burns or has become numb. If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. 104 degrees Fahrenheit (about the temperature of most hot tubs) is recommended. Warm washcloths may be applied to frostbitten nose, ears and lips. Do not rub the frozen areas. After a few minutes, dry and cover the child with clothing or blankets. Give him/her something warm to drink. If the numbness continues for more than a few minutes, call your doctor.

**Winter Health.** If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night, Saline nose drops or petroleum jelly may help keep

tissues moist. If bleeding is severe or recurrent, consult your pediatrician. Many pediatricians feel that bathing two or three times a week is enough for an infant's first year. More frequent baths may dry out the skin, especially during the winter. Cold weather does not cause colds or flu. But the viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of her elbow may help reduce the spread of colds and flu. Children 6 months of age and up should get the influenza vaccine to reduce their risk of catching the flu.

\*adapted from the American Academy of Pediatrics website [www.healthychildren.org](http://www.healthychildren.org)

## Raising Healthy Families

**Thursdays**

**January 19, 26, and**

**February 2 & 9**

**5:30-7:30 pm**

At Meeting House  
Preschool, 162 Main St.,  
Orleans with Cindy Horgan,  
Family Support  
Coordinator at Cape Cod  
Children's Place. This four-  
week parenting series will  
provide skills to support  
parents with some of the  
challenges that make this  
job so difficult. Topics

include:

- Discipline without yelling
- How to handle tantrums
- Understanding temperament
- The value of routines
- Setting limits and boundaries, and much more.

Free pizza, beverages and dessert for all and free childcare for the children while parents attend the

workshop.

Preregistration is required; call Cape Cod Children's Place at 508.240.3310 to register and arrange transportation as needed. Babies under 6 months are welcome, but will stay with their parents during the program.

This program is funded by a grant from the Children's Trust Fund administered by Cape Cod Children's Place, and by an anonymous donation.





## NEWS YOU CAN USE...

### **Breastfeeding Support Group**

*Wednesday, January 18th*

*10 - 11 a.m.*

At the Outer Cape WIC office, 79 Finlay Road, Orleans, with Gabrielle Hathaway, lactation consultant. All pregnant and breastfeeding women and babies under six months are welcome. Get your breastfeeding questions answered and learn the latest information in a confidential and sympathetic group environment. Snacks provided.

Sponsored by Outer Cape WIC.  
Information: 508-240-0853.

### **"Happiest Baby on the Block"**

*Wednesday, February 15th*

*11 - 11:30 a.m.*

At the Outer Cape WIC office, 79 Finlay Road, Orleans, with Gabrielle Hathaway. Open to WIC participants who are pregnant or who have a baby under three months.

Sponsored by Outer Cape WIC.  
Information: 508-240-0853.

### **Truro Tots Playgroup**

*Mondays, 9-11 am*

At Truro Public Library. Call Maggie Hanelt at 508-487-2693 for details and to learn about special events. This group follows the Truro Central School calendar.

### **Eastham Public Library**

- Lego Club; Tuesdays 4-5 pm
- Toddler Time with Lucy, Wednesdays at 10:30
- Preschool Storytime, Fridays at 10:30

Call Fran McLoughlin for details; 508-240-5950.

### **Eldredge Public Library**

- Wee Read Storytime/Playgroup Fridays at 10 am for 12 mos to 3 yrs. Registration required.

- Drop-in Story hour Saturdays at 10:30 am for ages 3 & up. No Registration required.
- Monomoy Story hour 2nd Tuesday at 3:30 Registration required.
- Book Clubs; Sign up is required, call for dates & times:  
My FIRST Book Group (Gr. K to 2)  
Chat and Chew (Gr. 3 & 4)  
Novel Conversations (Gr 5-8)
- Itsy Bitsy Yoga Thursdays: 9:30 am Tyke; 10:30 am Tot; 11:30 am Infant  
Call to register ; 508-945-5170



### **Brewster Ladies' Library**

- Story Hour: Wednesdays at 10:30 am. Children ages 2 and up are invited to this weekly program featuring songs, stories, and crafts. Story hour takes place in the Children's room.

Call the library at 508-896-3913 for more information.

### **"Red Flags in Early Childhood"**

*Tuesday, January 10th*

*5:30-7:00 pm*

At Harwich Elementary School activity room. All educators, parents and friends are welcome to attend. Facilitated by Marie Enochty. Suggested donation is \$5 at the door. Receive 1 1/2 EEC training hours in special needs. Please email Abby at anewberry@hech.org to save your

space. Do you need childcare during the training? Cost is \$2.50 per child. Please include this in your email to register.

### **Free Music Programs with Denya Levine:**

#### **"Multicultural sing-along with rhythm band and movement"**

*January 17, 2012*

*10:15 a.m.*

*At Wellfleet Council on Aging  
715 Old Kings Highway*

For children age birth to 3 accompanied by an adult and friends of all ages!  
Sponsored by Cape Cod Children's Place. Funding provided by the Molly Hirshberg fund.

#### **"Multicultural sing-along with rhythm band and movement"**

*Monday January 30, 2012*

*Monday, February 27, 2012*

*9:30 a.m.*

*Eastham Council on Aging  
1405 Nauset Road*

Sponsored by Cape Cod Children's Place with funding provided by the Eastham Cultural Council.

#### **"Pitter Patter Puppets"**

*Tuesday, January 10, 2012*

*10:45 a.m.*

At the Harwich Community Center 100 Oak Street, Harwich Mary Wilson's Pitter Patter Puppets will perform at this intergenerational event sponsored by the Harwich Early Childhood Council in collaboration with the Harwich Council on aging. The event will take place during the Tuesday Playgroup time in the cafeteria adjacent to the playroom.

# January 2012 Playgroups

Healthy Families = Strong Communities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3 *Harwich 9:30-10:30—Gym Time 10:30-11:30—Playroom	4 10:30-11:30 am Eastham Public Library	5 10—11:30 am Brewster Ladies Library	6 * Wellfleet Library: 10:30 am Stories, games & crafts 11 am—1 pm Toddler Town	7 *Wellfleet Library Toddler Town 10-1
8	9 *Moms & Babies 10:30-noon at Harwich Community Center *Orleans 10:30-noon at Orleans COA	10 *Harwich 9:30-10:30—Gym Time 10:30-11:30—Playroom **Mary Wilson's Pitter Patter Puppets will perform at 10:45**	11 10:30-11:30 am Eastham Public Library	12 10—11:30 am Brewster Ladies Library	13 * Wellfleet Library: 10:30 am Stories, games & crafts 11 am—1 pm Toddler Town  *Provincetown 10:30 am	14 *Second Saturday Science for families with young children at Truro Public Library 10-noon
15	16 No Playgroups	17 *Harwich 9:30-10:30—Gym Time:10:30-11:30— Playroom	18 10:30-11:30 am Eastham Public Library	19 10—11:30 am Brewster Ladies Library	20 *Wellfleet Library: 10:30 am Stories, games & crafts 11 am—1 pm Toddler Town	21 *Young Family Science at Chatham's Monomoy Community Center 1-3 pm
22	23 *Moms & Babies 10:30-noon at Harwich Community Center *Orleans 10:30-noon at Orleans COA	24 *Harwich 9:30-10:30—Gym Time:10:30-11:30— Playroom	25 10:30-11:30 am Eastham Public Library	26 10—11:30 am Brewster Ladies Library	27 *Wellfleet Library: 10:30 am Stories, games & crafts 11 am—1 pm Toddler Town  *Provincetown 10:30 am	28
29	30 *Moms & Babies 10:30-noon at Harwich Community Center *Orleans 10:30-noon at Orleans COA	31 *Harwich 9:30-10:30—Gym Time:10:30-11:30— Playroom				



## Cape Cod Children's Place

P.O. Box 1935  
10 Ballwic Road (off Nauset Road)  
North Eastham, MA 02651

Phone: 508-240-3310  
Fax: 508-240-2352  
E-mail:  
info@capecodchildrensplace.org

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

These are drop-in groups, no pre-registration required. These playgroups do not meet on Nauset School vacation days. If Nauset schools are closed due to weather, then the playgroup is also cancelled.

Call 508-240-3310 for more information; or contact Lucy Gilmore (phone) 508-255-8357 (email) [mkgilmor@comcast.net](mailto:mkgilmor@comcast.net). Contact Monica Keefe-Hess at [mkeefe@capecodchildrensplace.com](mailto:mkeefe@capecodchildrensplace.com) for Moms & Babies information.

\*Funding support for most of these programs is provided by grants

from the Massachusetts Department of Early Education and Care, administered by Cape Cod Children's Place.

- Brewster Playgroup meets at the Brewster Ladies' Library, 1822 Main St., Brewster\* supported by a grant from the Eddy Foundation
- Eastham Playgroup meets at the Eastham Public Library Children's Room, 190 Samoset Rd., Eastham
- Harwich Playgroups meets at the Harwich Community Center, 100 Oak St., Harwich information.
- Orleans Playgroup meets at

the Orleans COA, 150 Rock Harbor Rd., Orleans

- Provincetown Playgroup meets at Provincetown Library, 366 Commercial St., Provincetown
- Wellfleet Playgroup meets at the Wellfleet Public Library, 55 West Main St., Wellfleet

Want information about other playgroups or activities happening on the Lower/Outer Cape? See the "News You Can Use" section of the January/February 2012 issue of the Cape Cod Children's Place Family Newsletter.

# February 2012 Playgroups

Healthy Families = Strong Communities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:30-11:30 am Eastham Public Library	2 10-11:30 am Brewster Ladies Library	3 *Wellfleet Library: 10:30 am Stories, games & crafts 11 am-1 pm Toddler Town	4 *Wellfleet Library Toddler Town 10-1
5	6 *Moms & Babies 10:30-noon at Harwich Community Center *Orleans 10:30-noon at Orleans COA	7 *Harwich 9:30-10:30- Gym Time 10:30-11:30-Playroom	8 10:30-11:30 am Eastham Public Library	9 10-11:30 am Brewster Ladies Library	10 *Wellfleet Library: 10:30 am Stories, games & crafts 11 am-1 pm Toddler Town *Provincetown 10:30 am	11 *Second Saturday Science for families with young children at Truro Public Library 10-noon
12	13 *Moms & Babies 10:30-noon at Harwich Community Center *Orleans 10:30-noon at Orleans COA	14 *Harwich 9:30-10:30- Gym Time; 10:30-11:30-Playroom	15 10:30-11:30 am Eastham Public Library	16 10-11:30 am Brewster Ladies Library	17 *Wellfleet Library: 10:30 am Stories, games & crafts 11 am-1 pm Toddler Town	18
19	20 No Playgroups	21 No Playgroups	22 No Playgroups	23 No Playgroups	24 No Playgroups	25
26	27 *Moms & Babies 10:30-noon at Harwich Community Center *Orleans 10:30-noon at Orleans COA	28 *Harwich 9:30-10:30- Gym Time; 10:30-11:30-Playroom	29 10:30-11:30 am Eastham Public Library			



## Cape Cod Children's Place

P.O. Box 1935  
10 Balwic Road (off Nauset Road)  
North Eastham, MA 02651

Phone: 508-240-3310  
Fax: 508-240-2352  
E-mail:  
info@capecodchildrensplace.org

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

These are drop-in groups, no pre-registration required. These playgroups do not meet on Nauset School vacation days. If Nauset schools are closed due to weather, then the playgroup is also cancelled.

Call 508-240-3310 for more information; or contact Lucy Gilmore (phone) 508-255-8357 (email) [mgilmon@comcast.net](mailto:mgilmon@comcast.net). Contact Monica Keefe-Hess at [mkeefe@capecodchildrensplace.com](mailto:mkeefe@capecodchildrensplace.com) for Moms & Babies information.

\*Funding support for most of these programs is provided by grants

from the Massachusetts Department of Early Education and Care, administered by Cape Cod Children's Place.

- Brewster Playgroup meets at the Brewster Ladies' Library, 1822 Main St., Brewster\* supported by a grant from the Eddy Foundation.
- Eastham Playgroup meets at the Eastham Public Library Children's Room, 190 Samoset Rd., Eastham
- Harwich Playgroups meets at the Harwich Community Center, 100 Oak St., Harwich
- Orleans Playgroup meets at

the Orleans COA, 150 Rock Harbor Rd., Orleans

- Provincetown Playgroups meets at Provincetown Library, 356 Commercial St., Provincetown
- Wellfleet Playgroup meets at the Wellfleet Public Library, 55 West Main St., Wellfleet

Want information about other playgroups or activities happening on the Lower/Outer Cape? See the "News You Can Use" section of the January/February 2012 issue of the Cape Cod Children's Place Family Newsletter.



## Lower Cape Dads' Talk *First Wednesday of every month*

**6:00-7:30 p.m.**

At the Harwich Community Center, 100 Oak St., with Paul Melville, family support specialist. A monthly opportunity to get together with local fathers and other male caregivers. This is a great place to connect with other Dads and chat about being a father (or whatever else is on your mind). All Dads are welcome to this non-therapeutic gathering, regardless of their child(ren)'s age(s), their parenting situation, and where they live. Free pizza and child care. Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place, Harwich Early Childhood Council, and Cape Cod's Youth Suicide Prevention Project. Information or registration: Paul Melville at 508-771-4335 ext. 2 or paul@capecoalition.com.

## **A Mother's Gathering** **at Cape Cod Children's Place**

*Monday, January 30, 2012*

*Monday, February 27, 2012*

**6:00-7:30 pm**

A time for moms to share some uninterrupted, adult conversation and a hot meal; while their children have their own "play date" and dinner under the supervision of our capable child care providers. Facilitated by Cindy Horgan; Family Support Coordinator at Cape Cod Children's Place. Upcoming topics to include (but not limited to): Making Time for Yourself, Handling "Mother Guilt", and Changing Family Dynamics. We welcome the group's input for developing future topics of interest. So let us take care of dinner, clean-up and the children, while you enjoy a much deserved break with good friends! FREE. Pizza dinner and childcare included. Pre-registration by the Thursday before group date is required; call 508-240-3310. A minimum of 5 moms needed in order hold group.

\*This is a non-therapeutic group designed to provide moms with the opportunity to connect in a safe, supportive environment. If you find your needs are beyond the scope of this group, we encourage you to contact our Family Support offices to schedule an appointment to meet for some individual support.

Funding support provided by a Mass. Family Centers grant through Children's Trust Fund, and a C.F.C.E. grant through Mass. Dept. of Early Education and Care, administered by Cape Cod Children's Place.

## **Is My Child Ready for Kindergarten?**

**Monday**  
**February 27, 2012**  
**5:30-7:30 p.m.**

**Stony Brook Elementary**  
**School, 384 Underpass**  
**Road, Brewster**

Join Cindy Horgan, Family Support Coordinator for Cape Cod Children's Place and Kelly Barnatchez, Kindergarten teacher at Stony Brook Elementary, in a discussion about how

to prepare your child socially and emotionally, as well as to handle separation anxiety for a healthy transition. Free childcare and pizza dinner. You'll have a chance to ask questions, share ideas and go home with education and resource materials.

Pre-registration is required. Call Cape Cod Children's Place; 508-240-3310 with your

name and telephone number, number of adults and name and ages of children who will attend. Please let us know if you are in need of transportation.

This program is funded by a Massachusetts Family Centers grant through the Children's Trust Fund, administered by Cape Cod Children's Place.





# Thanks and Giving...

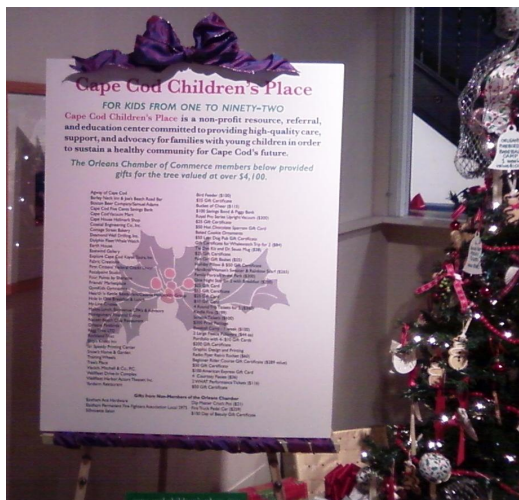
*We are grateful to all of the businesses and community members who sponsored the many benefits to raise funds for the Cape Cod Children's Place in recent weeks.*

*A Musical Afternoon on the Cove, hosted by Deborah Geithner was a great success. We are very grateful to Deborah and her fellow musicians, Kwon Faith and Lisa Gross, for*



**• TOWN COVE •  
CHAMBER PLAYERS**

*generously contributing their time and talent to our cause. The afternoon raised over \$2300 to benefit our organization.*



*The Spectacle of Trees event raised over \$1400. Special thanks go out to the members of the Orleans Chamber of Commerce who donated the gifts for under the tree. Our gratitude to Michelle Desmond, Board Member and her cousins Suzanne and Diane Burke for lending their decorating talents!*

*Thank you to all of the hard-working members of Brewster for the Holidays, who once again selected Cape Cod Children's Place as the beneficiary of their wonderful holiday raffle, featuring generous gifts from many Brewster businesses.*



*Thank you to Silhouette Salon in Orleans for selecting CCCP as the beneficiary of their Cut-A-Thon on December 10.*

*Thank you to David Roth, for selecting Cape Cod Children's Place as the beneficiary of his Full Moon Open Mic on November 21.*

*Thank you to Stu and Charlotte Fyfe of the Candleberry Inn in Brewster for donating the proceeds from their Scottish Teas for the month of December.*

*Thank you to our friends at NY Hair Co. & Spa for creating their beautiful wreaths as a fundraiser and donation of a spa package.*

### **Donations Appreciated...**

*Many families face challenges at different times, for different reasons. Cape Cod Children's Place is committed to supporting families, and we welcome your donations. Thank you on behalf of our families and our community. Please use the enclosed envelope or go to our website & press the Donate Now button to donate online.*



NON PROFIT STD  
 U.S. POSTAGE PAID  
 ORLEANS, MA 02653  
 PERMIT NO. 54

cape cod children's place  
 P.O. Box 1935  
 10 Ballwic Road, off Nauset Road  
 N. Eastham, MA 02651  
 508.240.3310 telephone  
 800.871.9535 toll free  
 508.240.2352 fax  
[info@capecodchildrensplace.com](mailto:info@capecodchildrensplace.com)  
[www.capecodchildrensplace.com](http://www.capecodchildrensplace.com)  
 Check out this newsletter "in color"  
 on-line at our website.

*Our newsletter is funded by grants from the Massachusetts Department of Early Education and Care as well as other sources.*



## HELPFUL FAMILY CONTACTS & RESOURCES

*For a more comprehensive list of resources and services check out [The Lower Cape Family Resource Guide](http://www.capecodchildrensplace.com) on-line at [www.capecodchildrensplace.com](http://www.capecodchildrensplace.com) or request a copy at 508.240.3310.*

<b>A Baby Center</b>	508.771.8157	Basic items for infants and toddlers up to age three living on Cape Cod and Islands
<b>Al-anon</b>	508.394.4555	Offering support for friends and families of problem drinkers
<b>Cape &amp; Island Breast Feeding Warm Line</b>	888.890.2229	Lactation services and classes are available to local Cape and Islands mothers
<b>Child Support Enforcement-Mass DOR</b>	508.771.2414 x 3	Assistance in enforcing the financial responsibilities of parenthood
<b>Consumer Credit Counseling</b>	800.208.2227	Budgeting and debt consolidation assistance
<b>Family Support Program and Maternal Depression/Cindy Horgan</b>	508.240.3310	Free referrals to parenting resources, child and family therapists, etc.
<b>Fuel Assistance Program</b>	508.746.6707	Emergency fuel/heating help
<b>Healthy Connections</b>	508.255-1903	Referrals for free/low cost health insurance
<b>Homeless Prevention Council</b>	508.255.9667	Counseling, advocacy, resources and referral services
<b>La Leche League/Gabrielle</b>	508.237.8786	Providing education, information, and support to women who want to breastfeed
<b>Lower Cape Outreach Council</b>	508.240.0694	Providing short-term emergency assistance to Lower Cape families and individuals
<b>Mass APEAL</b>	508.349.1173	Free clothing as well as information on Serve New England Program
<b>MSPCC</b>	800.272.9722	Protecting and promoting the rights and well-being of children & families
<b>Outer Cape Health Services</b>	508.349.3131	Providing high quality primary healthcare to those living in or visiting the 8 Lower/Outer Cape towns, regardless of their financial situation
<b>Outer Cape Women, Infants and Children's (WIC) Nutrition Program</b>	800.675.1188	Supplemental foods, health care referrals, and nutrition education
<b>Parental Stress Line</b>	800.632.8188	A free, confidential, and anonymous 24-hour parent helpline for parental support
<b>Provincetown Family Resource Center</b>	800.871.9535 or 508.237.2688	Providing support, referrals, and financial aid through the John A. Henry Trust administered by Cape Cod Children's Place
<b>WE CAN</b>	866.430.8111	Assisting Cape Cod women through the transition of divorce, career change or growth, job loss, illness, or retirement