

"Making Ends Meet"

Wednesday, November 12, 2008
at Eastham Elementary School

Information & Resources



for information call Cape Cod Children's Place 508-240-3310
capecodchildrensplace.com

*Organized by: Cape Cod Children's Place
Sponsored by: the Lower Cape Early Childhood Council,
and H.A.R.T., a Community Development Partnership program*

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Funding support provided by Seamen's Bank, Cape Cod Five Cents Savings Bank, Eastham Discount Oil, Lower Cape Outreach Council

FOOD ASSISTANCE

Around the Table

Meal program providing lunch
St Barnabus Church Paris House, Falmouth
508.548.4863

Bourne Friends Food Pantry

6B Colonial Drive, Bourne
508.759.3351

Chatham Food Pantry

Serving Chatham residents
St. Christopher's Church
625 Main Street, Chatham
508.945.1813

Damien's Food Pantry

Red Brook Road, Wareham
508.295.3486

Eastwind SERVE

Stretch your food dollars, food cooperative
508.432.4931

The Falmouth Service Center & Food Pantry

Serving Falmouth & Mashpee residents
Will help clients apply for food stamps online in their office
611 Gifford Street, Falmouth
508.548.2794

The Family Pantry

133 Queen Anne Road, Harwich
508.432.6519

First Baptist Church Food Pantry

Serving Yarmouth, Barnstable, Mashpee, & Hyannis
486 Main Street, Hyannis
508.775.1846

Food Source Hotline

Resources, Food Stamps, free/low cost foods
1.800.645.8333

Hands of Hope Outreach Food Pantry

355 Main Street, Dennisport
508.432.1312

Harwich Family Food Pantry

133 Queen Anne Rd, Harwich
508.432.6519

Jewish Federation of Cape Cod

396 Main Street, Hyannis
508.778.5589

Lower Cape Outreach Council

Harwich to Provincetown
Food, clothing, & emergency assistance
1.866.879.5262 / 508.240.0694

Missie's Closet

Emergency food pantry & clothing
115 Enterprise Road, Hyannis
508.771.1727

Mustard Seed Kitchen

Serving Eastham, Wellfleet, Truro
Main Street, Wellfleet
1.508.349.2049

Nutrition Mission

Calvary Baptist Church Pantry
25 Lincoln Road, Hyannis
508.775.7018

Salvation Army – Hyannis

100 North Street, Hyannis
508.775.0364
By appointment only – call at least 1 day before

Sandwich Food Pantry

331 Cotuit Rd, Sandwich
508.888.3816

Serve New England

Food Packages for a nominal fee
1.888.742.7363

Soup Kitchen in Provincetown (SKIP)

24 Shank Painter Rd., Provincetown
508.487.8331

St. Christopher's Episcopal Church

Chatham 508.945.2832

St. Francis Food Pantry

347 South Street, Hyannis
508.775.3073

St. Vincent DePaul / Christ the King Church Food Pantry

Route 151 & Jobs Fishing Rd, Mashpee
508.477.7710

St. Vincent dePaul / St. Joan of Arc Church

63 Canal Road, Orleans
508-255-8080

St. Vincent DePaul / Our Lady of the Cape

468 Stoney Brook Road, Brewster
508.385.7582

WIC (Women, Infants, and Children)

Appointments available in Chatham, Harwich, Orleans, Provincetown, Wellfleet
1.800.675.1188

SPECIALIZED FOOD ASSISTANCE

AIDS Support Group of Cape Cod

Lunch program and emergency food pantry
96-98 Bradford Street, Provincetown
Provincetown: 508.487.9445 ask for Bill Furdon
Barnstable: 508.778.1954 ask for Krystin St. Onge
or 508.539.2364 ask for Mimi Razon

Cape AIDS Ministry Food Pantry

Call for information, clients only
155 Winter Street, Hyannis
508.775.9730

Elder Services of Cape Cod

*Meals on Wheels, Senior Dining Centers,
Senior Nutrition Program, Call for more info*
68 Route 134 South Dennis
508.394.4630, 1.800.244.4630

Independence House

*Cape Cod's Resource Center for Victims & Survivors
of Domestic Violence & Sexual Assault*
160 Bassett Lane, Hyannis 508.771.6507
Call for info, clients only

Nam Vets Assoc. of Cape & Islands Pantry

All veterans and their families – Must furnish a DD214
565 Main St, Hyannis
508.778.1590

CLOTHING RESOURCES

The Free Shop at the Church of the Holy Spirit

Free clothing shop open M 12-2, W 10-12
204 Monument Road, S. Orleans
508.255.0433

Lower Cape Outreach Council

Katy's Corner free shop
Confidential food, clothing, & financial assistance
Lc outreach.org
508.240.0694

Mass-APEAL

Free shop (clothing, etc.) MWF 9-noon
Call for info on food co-ops
2393 Cove Corner, Wellfleet
508.349.1173

Provincetown United Methodist Church

Children's clothing and equipment, birth-teens
508.487.4925

HOUSING RESOURCES

Catholic Social Services

508.771.6771

Community Action Committee

508.771.1727, ext 146 or ext 162

Harwich Ecumenical Council for the Homeless

*Affordable rental housing, rent/mortgage assistance,
affordable pre-school care, youth chaplain for at-risk
teens and their families*
508.240.7499

Home Modification Loan Program, South Shore Housing

781.422.4225

Homeless Prevention Council

*Rental & Mortgage assistance, referrals to health care,
insurance, food, clothing, childcare, job training &
counseling*
14 Old Tote Rd, PO Box 828, Orleans
1.877.349.6962 / 508.255.9667

Housing Assistance Corporation

Mortgage & Foreclosure Prevention Counseling
508.771.5400

Lower Cape Outreach Council

Serving Brewster to Provincetown
508.240.0694

Salvation Army Social Services

Hyannis office: 508.775.0364
Falmouth Residents: 617.542.5420

USDA Rural Development Loan Programs

508.295.5151 ext. 3

FUEL ASSISTANCE & UTILITY DISCOUNTS

Most electric and gas companies have low-income discount programs. You automatically qualify for the discounts if you receive food stamp benefits, Mass Health, SSI, Fuel Assistance, or if your child is in the School Free Lunch Program or Head Start. These discounts can save you 25-35% on each bill. To apply for discounts, call your gas and electric companies and ask for an application. A great resource for comparison-shopping is newenglandoil.com, which provides daily updates on retail heating oil and kerosene prices available in your area.

Caleb Chase Fund – Town of Harwich

One-time payments for utility bills through the Caleb Chase Fund
508.430.7513

Cape Cod Cooperative Extension

Mercury Thermostat program
508.375.6690

Cape Cod Times Needy Fund

508.778.5661 / 1.800.422.1446

Cape & Islands Self Reliance Corp.

A consumer cooperative that negotiates prices for members with inexpensive home heating oil
www.reliance.org
508.457.7679 / 1.800.808.0120

Cape Light Compact

Provides free energy audits for Cape Cod residents regardless of income
www.capelightcompact.org
1.800.797.6699

Catholic Social Services

Provides financial assistance for gas or electric bills through a payment plan
508.771.6771

Citizens Energy

Provides assistance regardless of income level
www.citizensenergy.com
508.JOE.4OIL / 1.877.563.4645

Community Action Committee

Provides info & advocacy when a resident has received a utility shut-off notice
508.771.1727

Department of Telecommunications & Energy

1.800.392.6066

Energy Bucks

Income-eligible participants can qualify for discounted rates on utilities & home weatherization programs
www.energybucks.com
1.866.LESS.COST

Massachusetts Rehabilitation Coalition Fuel Assistance Program

508.746.6707

Fuel Assistance, Hyannis

508.778.0870

Fuel Assistance, Plymouth

1.877.383.5243

Good Neighbor Energy Fund

1.800.334.3047

Housing Assistance Energy Department

508.790.7105

Keyspan Energy

Energy efficiency help
1.800.292.2032
Discount Rates & Budget Billing
1.800.532.9600

Lower Cape Outreach

Serving Harwich to Provincetown
Food, clothing, & emergency assistance
508.240.0694

NSTAR Electric

Utility discount rate
1.800.566.2080
Billing payment plans
1.800.592.2000

Salvation Army Good Neighbor Fund

Helps families who are not eligible for state or federal energy assistance but are in temporary financial crisis pay their energy bills
1.800.334.3047 / Hyannis: 508.775.0364

St. Vincent dePaul Society

Our Lady of Lourdes

Funds for food, heat, electricity, rent or other essentials
508.240.7772

FAMILY SUPPORT RESOURCES

Alanon

508.394.4555

Alcohol Abuse & Drug Hotline

800.252.6465

Alcoholics Anonymous

For meetings, check website: capecodaa.com

800.637.6237

Barnstable County Human Services

Access to all available human resources on Cape Cod

www.bchumanservices.net

Big Brothers / Big Sisters

15 Main Street, Box 2168, Orleans, MA 02653

508.247.9107

Cape Cod Child Development,

Early Childhood Intervention

Developmental assessment and services, birth to age 3, 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 on the Cape

508.755.6240 / 866.253.4619

Cape Cod Children's Place

Non-profit family resource center; Parent education & support groups; free consultations & referrals to services for families with children birth-6 years

Capecodchildrensplace.com

508.240.3310 / 800.871.9535

Cape Cod Healthy Families Early Childbearing Program

508.540.2968

Chatham Angel Fund

Chatham Teachers Children's Friend

Provides assistance to Chatham's families with children

425 Cromwell Rd., Chatham

508.945.5140

Chatham Youth Services

Identifying and addressing youth needs for ages 12-18

774.353.7079

Child Care Network

Referrals for families seeking licensed and legally operating childcare & subsidies

Consumer education about childcare issues, workshops

Childcarenetwork.cc

508.778.9470 / 888.530.2430

Children at Risk Hotline

Reporting for children at risk

800.792.5200

Children's Cove

Referrals, assessments, interventions for child victims of sexual abuse and family members

508.375.0410

Children's Law Center of Massachusetts

781.581.1997

The Community Coalition of Cape Cod

Promotes positive youth development (from 0-20), ensures access to health & human services, addresses quality of life for elders, and promotes economic self-sufficiency for all

PO Box 2486, Orleans, MA 02653

kbrauncoalition@verizon.net

508.255.2163

Healthy Children Center for Breastfeeding

Warm line breastfeeding support

888.890.2229 / 508.888.7774

Hospice of Cape Cod

Bereavement groups, Kids Grieve Too, grief support and referral center

www.hospicecapecod.org

508.957.0200 / 800.642.2423

John A. Henry Trust Services

For Provincetown families with children 0-18

508.240.3310

LaLeche League

Carolyn Witt: 508.255.8521

Gabrielle Hathaway: 508.349.3988

Legal Services of the Cape & Islands

Legal advice to low-income clients

800.742.4107

Monomoy Community Services

Services for Chatham residents, family/individual counseling, child and youth programs

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

Nauset Together We Can

Prevention Council, Inc., The Juice Bar, Finch Skateboard Park

Offers safe and desirable places for youth with diverse programming to encourage and promote positive youth behavior, and ultimately a strong community

P.O. Box 792, Orleans

508.240.0288

FAMILY SUPPORT RESOURCES *(continued)*

Outer Cape WIC Program

Nutrition education and supplemental food program for women, infants, and children to age five.

79 Finlay Rd, Orleans, MA 02653

508.240.0533

Parental Stress Hotline

Crisis processing, referral/resources

800.632.8188

Parents Helping Parents Group

Stress hotline

800.882.1250 / 800.632.8188

Parents Professional Advocacy League

866.815.8122

WE CAN

Services for women in transition

Legal and career counsel, mentor program, support for divorced women, info and referral, career change workshops & skills training

www.wecancenter.org

508.430.8111 / 866.430.8111

ELDER RESOURCES

Brewster Council on Aging

1673 Main St, Brewster

508.896.2737

Eastham Council on Aging

P.O. Box 1203, N. Eastham

508.240.3237

Elder Services of Cape Cod

68 Rt. 134, S. Dennis

508.394.4630

Harwich Council on Aging

100 Oak Street, Harwich

508.430.7550

Home Care Assistance

Non-medical in-home care

1279 Millstone Road, Brewster

508.896.4HCA

Lower Cape Adult Day Center

P.O. Box 1203, N. Eastham

508.255.6734

Orleans Council on Aging

150 Rock Harbor Rd., Orleans

508.255.6333

Wellfleet Council on Aging

715 Old King's Highway, Wellfleet

508.349.2800

GENERAL FINANCIAL ASSISTANCE

Cape Cod Times Needy Fund

All towns except Falmouth

508.778.5661

Consumer Credit Counseling Service (CCCS)

Non-profit assistance with budgeting and debt consolidation

800.208.2227

Council of Churches & Hands of Hope

355 Main St, Dennisport

508.394.6361

Department of Transitional Assistance

Falmouth: 508.495.1400

All towns except Falmouth: 508.771.1201

Dexter Keezer Community Fund

Established to support the residents of

Truro for charitable purposes

Box 572, Truro, MA 02666

508.487.4603

Eastham Chamber Philanthropic Committee

Provides assistance to Eastham residents in crisis

PO Box 1574, Eastham

508.255.9654 / 800.228.4907

Eastham / Orleans Elks

Money for an emergency, Thanksgiving & Christmas baskets

1 McKoy Road, Eastham

508.255.4258

Falmouth Service Center

Mandatory 1-hour budget class to be eligible for financial assistance

611 Gifford Street, Falmouth

508.548.2794

Lower Cape Outreach Council

Food, clothing, and emergency assistance from Harwich to Provincetown

19 Brewster Cross Rd, Orleans

508.240.0694

Salvation Army Social Services

Hyannis office: 508.775.0364

St. Vincent DePaul

Financial assistance & food pantry

PO Box 1799, Brewster

508.385.7582

MEDICAL RESOURCES

AIDS Support Group of Cape Cod

Provides health education, prevention, and services that maintain and enhance the quality of life for persons living with HIV and AIDS within the Cape Cod communities
96-98 Bradford Street, Provincetown, MA
800.905.1170

Cape Cod Children's Place

*Childbirth education classes
Maternal depression resource, referrals*
508.240.3310

Cape Cod Healthcare Information Line

M-F, 9-5 except holidays
Capecodhealth.org
877.227.3263

Cape Cod Hospital

Capecodhospital.com
508.771.1800

Children's Immunization Clinic

800.631.3900

Duffy Health Center

Health care and support services to those who are homeless and at risk of homelessness
105 Park Street, Hyannis
508.771.9599

Helping Our Women

Provides resources & referrals to women with chronic & life threatening and disabling diseases in Eastham to Provincetown
PO Box 1376, Provincetown, MA
508.487.4357

Healthy Connections

A free confidential service that provides advocacy, information, resources and referrals to health and human service programs
508.255.1903

Health Care for All

Help line for healthcare & insurance
Hcfama.org
800.841.2900

Lighthouse Health Access Alliance

Collaborative Health care access, interpreters
508.775.7234

MassHealth / Medicaid

Masshealth.org
800.841.2900

Mobile Health Link Van

Episodic health care, consultation and referral
888.557.9994 x 6506

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 Provincetown
508.487.9395

Poison Control Center

800.862.9211

Smoking Cessation

Trytostop.org
800-TRY-TO-STOP

Visiting Nurse Association

Immunization clinics, medical interpreters, referrals
888.557.9994 / 877.267.7700 / 800.631.3900

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*
cordonline.org
508.775.8300

CORD

Cape Organization for the Rights of the Disabled
508.775.8300

Disability Law Center

800.872.9992

Federation for Children with Special Needs

Information, referrals on services
800.427.6842

MA Dept. of Education Problem Resolution

781.338.3700

Sight Loss Services

*Information, referrals, adaptive aids,
outreach, support groups*
800.427.6842

INSURANCE RESOURCE

Healthy Connections

Assistance in accessing available insurance
508.255.1903

DENTAL RESOURCES

Dental Hygiene Clinic

At Cape Cod Community College
508.362.2131 x 4371

Ellen Jones Community Dental Center

Free and sliding scale fee dentistry
508.255.1903

Cape Cod Dentists Care

Partnership with local dentists for affordable care through the Lower/Outer Cape Community Coalition
508.255.2163

Ellen Jones Dental Clinic

Community Dental Clinic
508.430.7710

EYE CARE / GLASSES

Local Eye Care Professionals

Multiple community resources to assist children
Contact your child's school nurse

Sight Loss Services

Information, referrals, adaptive aids, outreach, support groups
800.427.6842

PRESCRIPTION ASSISTANCE

RETAILERS

Wal-Mart, Stop & Shop and other major retailers offer monthly supplies of certain generic medications for a flat rate, regardless of insurance. Please contact the store's pharmacy directly for specific information.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

Call 1.888.477.2669 or www.pparx.org for information on specific resources:

- Patients provide certain information, such as home, age, household size and income, specific medication(s) they are taking/were prescribed, etc.—and then are directed to public or private programs most likely to meet their needs.
- Qualifying patients without any prescription coverage will receive assistance in enrolling in patient assistant programs (such as through the drug companies) that should allow them access to the particular medication(s) they have been prescribed.

BARNSTABLE COUNTY PRESCRIPTION DRUG DISCOUNT CARD

These cards provide an average savings of 20% off retail. The savings amount varies with the type of medication; and the discount amount cannot be used in conjunction with any health insurance deductible or co-pay. Discount cards may be used by all County residents, regardless of age, income, or existing health coverage, at many Cape Cod pharmacies, including CVS, Walgreen's, Stop & Shop, Wal-Mart, and Brooks. There is no enrollment form, approval process, or wait time. One card per family is all that is required.

Cards are available at County offices off Route 6A in Barnstable Village, at town health departments, and at many social services agencies including Independence House, the Kids and Teens Behavioral Health Assessment Center, Bridges Associates, Family Continuity, Cape Cod Children's Place, Big Brothers/Big Sisters, Cape Cod Neighborhood Support Coalition, Cape Cod Child Development, The Cape Cod Foundation, the Barnstable County Sheriff's Office, South Bay Medical Health Center, Community Action Committee of Cape Cod and the Islands, and the Barnstable Housing Authority.

For more information: 1.877.321.2652

PRIVATE, PRIMARY CARE PHYSICIAN

Contact a private, primary care physician or make an appointment at a local community health center and specify that prescription assistance is needed due to underinsurance or a lack of insurance. Free samples of required prescription medication may be available, and/or the physician/health center staff may assist the patient in applying to the drug manufacturer for low-cost or free doses of the required prescription medication.

