



cape cod children's place FAMILY NEWSLETTER

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

Special Thanks!

A Big THANK YOU to the following people who spent two days on a recent weekend working on getting the Sea-Babies shed winterized: Jackson Dutra, Aaron Francis, Bob Fitzgerald, Barbara Boone and Vince Vasquez. And thanks also to Ambrose Construction, Silva Construction, and Shepley Lumber in Wellfleet for donating materials for that project. Thanks to the Eastham Fire Department officers who came to teach children at CCCP about fire safety, and to Eastham Police Officer Diana Back who also visited the children and showed them her police car. Thank you to Savory and Sweet Escape in Truro for donating pizza for week one of our Truro "Positive Discipline" series; and to the Yingling family for donating pizza from Spiritus for week three of the Truro series. Thank you to Rob Hess, Jim Connolly (Eldredge and Bourne Moving Co.), Tom Malone and Nick Horgan for their act of kindness in helping a family with their move to a new home. Thank you to the hard-working and talented members of the Harwich Quilt Bank group, who donated quilts for babies and young children in particular situations when a handmade quilt can provide comfort at a difficult time. Call Elizabeth at 508-240-3310 if you know a child in those circumstances.

HAPPY * Holidays

The holiday season is all about families, so it is very appropriate that November has become Family Literacy month. Research shows that children raised in homes that promote family literacy grow up to be better readers and do better in school than children raised in homes where literacy is not promoted. Here are some great ways to promote literacy in your home:

Make a special place to keep your child's books. Place books on a low shelf or in a bin where he can

get to them easily.

Create your own picture book using photos or your child's drawings to tell the story. Telling a story through pictures from beginning to end helps your child develop the concept of sequencing (an important part of emerging literacy skills).

Family storytelling is a great way to share family history and build literacy skills at the same time. Family members of all ages can participate.

What better place to start than around the holiday table?

Write notes. Leave notes in your child's lunch box or on her pillow. Have your child dictate notes to you or write his own (scribbles count).

Visit the library as a family. Attend a story time or other special event while you're there.

Make reading together a part of your daily routine. Whether it is at bedtime or before school, it doesn't matter—find a time that works best for you!

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*Ease Holiday Stress: Helpful Hints for the holidays...

Make a holiday plan with your children. Gather the family & discuss all the upcoming school, church, community & other holiday activities. Talk about what events mean the most to each family member. Schedule in the most important & cut back on the ones that will cause stress in terms

of money, time, transportation and energy. Let your kids be a part of the process. If something has to be missed, they are more likely to understand why.

Relax with your family. Set aside "family time". Enjoy the season in a simple way. Go for a walk

or drive & look at holiday decorations. Read a holiday classic or watch a holiday movie together. Spend time making holiday crafts that you & your children will all have fun creating.

Learn to say "no". Set limits. Say "yes" to activities that matter but
(continued on page 4)



Advocacy Corner

Children keep us in check. Their laughter prevents our hearts from hardening. Their dreams ensure we never lose our drive to make ours a better world. They are our greatest disciplinarians known to mankind.

—Queen Rania of

Jordan

Most readers of this newsletter know that state funds have been cut drastically in the past three years, eliminating and cutting programs administered by Cape Cod Children's Place that were very important to families, like the Community Partnerships childcare and preschool vouchers, and the playgroups in each town. Cindy Horgan's parent education programs have also been reduced because of these cuts.

Here's where YOU come in! We are encouraging you to write to your legislators, telling them why these programs matter, and why the funds should be restored as the state economy recovers. We can give you the addresses of your State Senator, Dan Wolf—who has

asked for this information—and State Representatives Sarah Peake and Cleon Turner. Or you can give your letter to us and we will deliver all the letters together, to have more of an impact.

Our goal is to collect a pile of letters by the end of November and deliver them in early December to our legislators. Then they will have your statements in hand before the battle begins in January for next year's state budget.

Call Elizabeth at 508-240-3310 or email ealdred@c4.net with your questions and ideas, or to get the addresses; or just send your letter to me at Cape Cod Children's Place, P.O. Box 1935, N. Eastham, MA 02651.

The Lower Cape Early Childhood Council

You are invited! Come on Wednesday, November 16 to Lower Cape Early Childhood Council meeting, and find out about two great upcoming projects—a clothing swap on November 19 and a professional workshop day in the winter. Maybe you will want to participate in one of them!

The meeting on November 16 will be from 6-7:30 pm at Cape

Cod Children's Place.

Everyone is welcome. This Council works with grant-funded programs and other activities serving families on the Lower and Outer Cape.

The Council is also scheduled to meet December 14 (that date is subject to confirmation).

Call Elizabeth at 508-240-3310 for more information or to RSVP for either meeting.





Is your home warm enough? Need help with your Fuel Bills?

You may be eligible for assistance if you meet the Income Eligibility Guidelines below. Call for information on what you need to apply: Proof of income, Proof of Identity, Fuel bill and heating costs (printouts from utilities, if you have gas or electric heat)

SSCAC, Inc
Cape & Islands
66-B Willow Ave
Hyannis, MA 02601
508-778-0870

Fuel Assistance Automated interactive voice retrieval system
(7 days/week, 24 hours/day)

<u>Household Size</u>	<u>Max. Gross Annual Income</u>
Family of 1	\$31, 218
Family of 2	\$40, 824
Family of 3	\$50, 429
Family of 4	\$60, 035
Family of 5	\$69, 641
Family of 6	\$79, 246
Family of 7	\$81, 047
Family of 8	\$82, 848



Lower Cape Outreach Council Holiday Assistance

Lower Cape Outreach Council (LCOC) will distribute hundreds of turkeys, 2 day packs of food & fixings this November to clients who are registered with their office. If you live in the 8 towns from Harwich to Provincetown, you are eligible for this assistance.

You can call the LCOC office to register as a client if you aren't already at 508-240-0694.

Deadline to register is November 14th.



Want a new look for the holidays?

Silhouette Salon in Orleans is holding

a

Cut-a-Thon

To benefit Cape Cod Children's Place

Saturday, December 10th

2-5:30 pm

No appointment necessary.

*Minimum donation of \$15 requested

57 Route 6A (by the Double Dragon)

Orleans, MA

774-316-4281

www.salonsilhouette.com



Silhouette
Your Full Service Salon

Help the Cape Cod Children's Place "Build a Reading Generation"

With the Pepsi Refresh Project

Vote Here:

<http://www.refresheverything.com/buildareadinggenerataion#>

Or

Text*109573 to pepsi (73774) to vote from you mobile phone

*standard text messaging rates may apply

The Cape Cod Children's Place "Build A Reading Generation" project will make reading a part of children's daily lives in hundreds of families on Cape Cod. Today's focus on technology and social media has taken time away from the pleasures of books and the value of reading, and children are losing out. This project will help families develop a "reading habit" together!

The \$25,000 from this Pepsi Refresh project will pay for:

- Weekly playgroups led by Lucy Gilmore, a gifted and experienced early childhood teacher, focused on the joys of reading and early literacy at 5 sites.
- 100 Literacy Totes for families to borrow and take home, with books for children and adults on specific topics (animals, holidays, loss, new siblings, every topic of interest to families with young children).

We need thousands of votes to win the \$25,000 from Pepsi Refresh to make this happen. Help us by voting today!

<http://www.refresheverything.com/buildareadinggeneration#>

Ease Holiday Stress continued...

decline those that put you over the top. Remember, you do not have to attend every party, volunteer at every function, and buy your kids every toy they want. Do what is important and realistic for you and your family.

Be open to change. Keep in mind that life requires flexibility. Be prepared to change plans if something comes up. Be prepared for something new that may arise and that your family may want to do. The holiday season is about making

memories for you and your children, whether by celebrating a tradition or creating a new one.

Give back to others. Include in your family plan an activity that gives back to others and involves your children. As a family, donate holiday gifts, visit a nursing home, serve meals at a food bank, or join an event sponsored by your church, community center, place of work, or local family organization.

Remember you're not

alone. Being a parent is tough. When you feel overwhelmed, it's important to remember that you are not alone. Talking to someone can make you feel better. Parents Helping Parents offers a Parent Stress Line that you can call toll-free in Massachusetts at (800) 632-8188. Joining a parenting group for support will also help; contact family support at Cape Cod Children's Place at 508-240-3310.

***Information from onetoughjob.org**



Calling all musicians, poets, friends, neighbors...
Join us for a song at the next

Full Moon Open Mic



Monday, November 21st ~ 7-9 PM
Cape Cod Museum of Natural History
869 Main Street ~ Brewster, MA
show up at 6:30 PM to sign up for a slot
POT LUCK SNACKS and AUDIENCE welcomed
NO COVER ... AND we'll gladly accept donations for a Cape Cod non-profit, as we always do...this time:

... a non-profit resource, referral, and education center committed to providing high-quality care, support, and advocacy for families with young children in order to sustain a healthy community for Cape Cod's future.
NOTE: EVERY donation made on this night will get you free raffle tickets for "Brewster for the Holidays" - over \$1000 in gift certificates to local businesses!

hosted by David Roth ~ www.davidrothmusic.com

November 2011 Playgroups

Healthy Families = Strong Communities

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



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. Contact Monica Keefe-Hess at 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
- Eastham Playgroup meets at the Eastham Public Library, 190 Samoset Rd., Eastham
- Harwich Playgroups meets at the Harwich Community Center, 100 Oak St., Harwich
- Orleans Playgroup meets in the Day Center at the Orleans Senior Center, 150 Rock Harbor Rd., Orleans
- Provincetown Playgroups: Tuesday's group meets at the Veteran's Memorial School,


Mayflower Place Provincetown and Friday's group meets at Provincetown Library, 356 Commercial St., Provincetown

- Truro Second Saturday Science Saturdays meets at the Truro Public Library, 7 Standish Way, N. Truro
- 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 November/December 2011 issue of the Cape Cod Children's Place Family Newsletter.

December 2011 Playgroups

Healthy Families = Strong Communities

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



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- Brewster Playgroup meets at the Brewster Ladies' Library, 1822 Main St., Brewster
- 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

- Provincetown Playgroups: Tuesday's group meets at the Veteran's Memorial School, Mayflower Place Provincetown and Friday's group 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 November/December 2011 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, November 28, 2011
Monday, October 24, 2011
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.

**Toilet Training 101: Everything you wanted to know
about potty training and more!**

Tuesday
November 15, 2011
5:30-7:30 pm
At Eldredge Public
Library
564 Main St., Chatham

covers signs of readiness, individual child temperaments, and how to support your child through the potty training process.

Free dinner and child care will be provided. Please register by calling 508-240-3310.

With Cindy Horgan, Family Support Coordinator for Cape Cod Children's Place. Come join us for a workshop that





NEWS YOU CAN USE...

Breastfeeding Support Group

Wednesday, November 16th

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, December 21st

10 - 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.

On Saturday, 11/19 at NRHS cafeteria from 12-4pm, the Eastham library's Turnip Festival will be held. Entertainment, kids' activities, merchandise to buy, and, of course,

turnips will be available. Check out the library website for more information.

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



Water fun at Truro Second Saturday Science Playgroup!

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.
- Santa Visits the Brewster Ladies' Library: All are invited to a holiday party with Santa at on Saturday, December 10 at 10:30 am. Santa will read "How the Grinch Stole Christmas". After Story time, children are

invited to visit with Santa. At 11 am, Cathy Hatch will lead the group in a sing-along featuring holiday songs. Refreshments will be served & a take home craft will be available.

- Nauset High School Honors Chorus Enjoy the music of the holidays by bringing the family to a Friday night on December 9th at 7 pm.

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

Clothing Swap

Saturday, November 19th

9 am—12 noon

*At Cape Cod Children's Place
10 Ballwic Rd., off Nauset Rd.
Eastham*

All Sizes, all ages, all items
(including shoes, belts, purses, winter items)

For more information: contact
Tessa at 508-662-0923

or

Elizabeth or Karen at 508-240-3310

Holiday Nutrition for Kids:

Fun, Informative and Yummy! A workshop for families & early childhood professionals

*Wednesday, December 7th
Harwich Elementary Activity Room
263 South St, Harwich
5:30-7:00 pm*

Join Kim Conera, LDN, Nutrition Educator with Cape Cod Cooperative Extension for:

Discussion of food, including pyramids & portion size. Hands-on make it holiday treats & nutritious "mini meals". Time to find answers for your nutritional questions

Call Francie Joseph to register & reserve child-care; 508-430-1692

*This program is made possible through a grant from the Cape Cod 5 Cents Savings bank in partnership with Harwich Early Childhood Council



Thanks and Giving...



Bindy Johnston, Kate MacAulay and Liz Rowley

Thank you to everyone who sold or bought tickets to our Elizabeth Rowley Gallery Raffle last month. We raised over \$1100. Special thanks to artists John Clayton, Mary Giammarino, Janet Gilmore, Susie Kanaga, Page Railsback, Dorothy Strauss and Lorraine Trenholm for generously donating your work. Thanks to board members Gary Senecal, Liz Sorrell and Gail Briere. Everyone enjoyed the food, drink, and entertainment by Tim Sweeney. (www.timsweeney.us/) Congratulations to all of our winners and we hope to enjoy your works of art.

Oh no, how will we get all this much sand spread in our playground? Cape and Islands United Way, Cape Cod Young Professionals and Cape Associates to the rescue! A big thanks to Michael Denton (Cape Associates), Jack Curtis (CCYP), Anne Van Vleck (Ex. Dir. CCYP) and Karen Seidewand (CCYP) for their help.



Michael Denton, Jack Curtis, Ann Van Vleck and Karen Seidewand



Kathy Fee, Cindy Horgan, Bob Borghi & Michelle Desmond

Congratulations and thank you to the CCCP Last Gasp riders; Michelle Desmond (Board Member), Bob Borghi, Beth Calderwood, Leah DeSantos, Brian Winstanley, Paul Garganigo (Board Member), Pete Donovan, Kerry Boyle, Joseph Armenti, Tom Whiteley and our own staff members Cindy Horgan and Kathy Fee. The team raised over \$8,000 for the Children's Place!



Paul Garganigo & Joseph Armenti



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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 or request a copy at 508.240.3310.

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