



Spring Program Calendar

April to June 2022

Parent / Child Activities

Programs are in person unless otherwise noted. Limited space due to health guidelines to assure safety. Registration required.

Mondays:

- Baby's First Year** 11am-12pm, Snow Library, Orleans, weekly through June with Ali
Eldredge Park Playground 10:30-11:30 am, 4/4-6/20 (skip 4/18, 5/30), Orleans, with Lucy
Playground Playgroup 10-11am, 4/4-6/6, (skip 4/18, 5/23, 5/30), W Barnstable, with Ellen
Oaks & Acorns 10-11am, 4/4-5/23, (skip 4/18), Flax Pond, Yarmouth with Mary
Baby Yoga 10:15-11am, 4/25- 6/6, (skip 5/30), Snow Library, Orleans with Daniela
Tykes Creative Movement 11am-12pm, 4/4, 4/11 at Wellfleet Preservation Hall with Daniela
Tykes Creative Movement 9:30-10:30am, 4/4, 4/11 at Truro Community Center with Daniela

Tuesdays:

- Brooks Park Playground** 10:30-11:30 am, 4/5-6/13, (skip 4/19 & 5/31), Harwich, with Lucy
Little Naturalists 1-2 pm, 4/5-6/14, (skip 4/19), Long Pasture Audubon, Barnstable with Ellen & David
PJ Storytime: 6-6:30 pm virtual, 4/5-5/17, includes a Family Activity Kit with Mary
Fun on the Farm 10-11 am, 4/26-5/31, various locations with Ellen

Wednesdays:

- Read and Play** 10:30-11:30 am, 4/6-6/8, (skip 4/20), Eastham Public Library indoors with Lucy
Baby Yoga 11 am-12:00 pm, 4/6 & 4/13 at Dennis Public Library, indoors with Daniela
Hike, Build, Play 9:30 am-10:15 am, 4/6- 5/4, Brewster location with Miss Daniela
Mindfulness in Nature 11:15 am-12pm; 4/27- 6/8, Barnstable location with Daniela
Kids Movement Jamboree 10am-11am, 4/6- 6/1, (skip 4/20), Johnny Kelley Park, Dennis with Britt

Thursdays:

- Story & Craft** 10-11 am, 4/7- 6/9, (skip 4/21), Dennis Public Library, with Activity Kits and Jill
Book & Cook 5:30-6 pm, 4/28- 6/2, virtual with Activity Kits, Mary and Tomas
Tyke Hikes 10-11:15 am, 4/7-4/28 (skip 4/21) Wellfleet Audubon Sanctuary with Lucy and Jessica
Muddy Buddies 10 am - 11am, 4/28-5/26, Brewster location, outdoors with Haley
Kids Movement Jamboree 10am -11am, 4/7- 6/2, (skip 4/21), Whelden Memorial Library, WBarnstable with Britt
Kindergarten Readiness 3:30-4:15 pm, 4/28- 5/26, Harwich Community Center with Lucy
Preschool Explorers 10am - 11:15 am, 5/5-6/9, Harwich Conservation Trust trails with Lucy & naturalist Andrea
Little Artists 10-11 am, 4/7-5/19, (skip 4/21) Provincetown Art Assoc & Museum, with PAAM staff

Fridays:

- Spanish Playgroup!** 10:30- 11:30 am, 4/8-5/20 (skip 4/22), Brooks Free Library, Harwich with Claudia
Babies and Backpacks 11am-noon, 4/8-5/20, (skip 4/22), Long Pasture Audubon Sanctuary with Ellen
Music and Movement 10-11 am, 4/29-5/27, Dennis Public Library with Mary

Saturdays:

- Lego Time with Dad** 10-11 am, 3/26-4/16, Snow Library, Orleans with Justin
STEM Saturday 2-3 pm, monthly, 4/9, 5/14, 6/18, Hyannis Library with Lynne Belfiore of Elements, Etc.
Dad & Me 12- 1pm, monthly, 4/30, 5/21, 6/11, various locations with Tomas
Little Brazilians 10-11 am, 4/9-5/14 (skip 4/23), Health Ministries, Hyannis in Portuguese with Vanessa
PreK Art Series 10-11 am, 4/30-5/21, Cape Cod Art Museum, Dennis, with artists Sue, Jill & Alex
Loose Parts 10-11 am, 5/7, 5/14, (5/21 will be in Portuguese), artistic expression with PreK teacher Sue

Parent Education, Workshops & Support (all virtual)

Parent Education

Raising Healthy Families: 6 week series; 6-7:30 pm, Weds, 5/11-6/15, with Cindy and Carol

Positive Discipline, English: 6 week series; 10-11:30 am, Tues, 3/29-5/10, (skip 4/19), with Carol and Ali

Positive Discipline, Spanish; 6 week series; 6-7:30 pm, Weds, 3/23-4/27, with Marly and Cindy

Parent Workshops

Technicool: Keeping Kids Safe on the Internet; 6-7:30 pm, 5/3, with Tammy Bernardi from Children's Trust

Mindful Parenting: A three week course; 6-7:30 pm, 5/31, 6/7, 6/14, Calmer Choice presentation

Mindfulness & Stress; 6-7:30 pm, 4/25, learn tools to integrate into daily life; A Calmer Choice presentation

Starting Your Own Business or Side Hustle on Cape Cod; 4/13, 6-7 pm with Community Development Partnership

Parent Support

Sensational Chats; 6:30-7:30 pm, monthly, 3rd Tuesdays, (skip 4/19), 5/17, 6/21 with Melissa Alves, OT

Dads' Talk; 6:30-7:30 pm, monthly, Tuesdays, 4/12, 5/3, 6/14, with Paul Melville

Dads in Recovery Support; 6 pm, weekly on Tuesdays; To register email CapeDadsGroup@gmail.com

The Road Less Traveled; 7-8 pm, monthly, 4/26, 5/17, 6/21. Parent support for families with complex medical diagnoses, with Mary Wilson & Laura Will

Programs below are for First Steps Together participants

* **WRAP (Wellness Recovery & Assistance in Parenting),** 9:30 am Mondays

* **Rise,** 6-7 pm, Mondays, Peer Support Group for women affected by substance use disorders

* **Mindful Parenting,** 9:30 am Wednesdays; Strategies to incorporate mindfulness in your parenting

Pre-registration required for all programs by calling 508-240-3310. Visit our website, IG, Facebook page

