



The Lower Cape

Family

Resource

Guide

The Lower Cape Family Resource Guide

Sponsored by the 10 Town Early Childhood Council

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Updated Dec 2019

Early Childhood Licensed Education & Care

For information updated, subsidies, and vouchers, call:

Cape Cod Children's Place 10 Ballwic Rd, PO Box 1935 N. Eastham, MA 02651	508-240-3310 or 800-871-9535 www.capecodchildrensplace.com
Childcare Network of the Cape & Islands 372 North Street Hyannis, MA 02601	508-778-508 ext. 223 888-530-2430 www.childcarenetwork.com
Monomoy Family Resource Center Harwich Elementary School 263 South Street Harwich, MA 02645	508-430-1692 lgilmore@monomoy.edu
MA Dept. of Early Education and Care (EEC) 51 Sleeper Street 4th floor Boston, MA 02210	617-430-1692 www.mass.gov/edu/birth-grade12/early-education-and-care
EEC Regional Office 1 Washington Street, Suite 20 Taunton, MA 02780	508-828-5025
Brewster The Family Schools 3570 Main Street Brewster, MA 02631	508-896-6555 www.thefamilyschools.com 2 months - 5 years, Sept.-June 2 months - 13 years - summer
The Laurel School 1436 Long Pond Road Brewster, MA 03631	508-896-4934 www.laurel-school.org 15 months - 5 years, Sept - June 15 months - 13 years, summer

Massachusetts State Legislators Lower Cape

Call Elizabeth Aldred at the Cape Cod Children's Place for updated information at 508-240-3310

State Rep. Sarah Peake Sarah.Peake@mahouse.gov	617-722-2040
State Rep. Tim Whelan Timothy.Whelan@mahouse.gov	617-722-2014
State Senator Julian Cyr julian.cyr@masenate.gov	617-722-1570
U.S. Rep. Bill Keating	508-771-6868 or 202-225-3111
U.S. Senator Ed Markey	202-224-2742
U.S. Senator Elizabeth Warren	202-224-4543

Education

Local Public Elementary Schools

Brewster*	www.nausetschools.org	
Stony Brook Elementary: (pre K—grade 2)		508-896-4545
Eddy Elementary (grades 3-5)		508-896-4531
Chatham Elementary **	www.monomoy.edu	508-945-5135
Eastham Elementary *	www.nausetschools.org	508-255-0808
Harwich Elementary**	www.monomoy.edu	508-430-7216
Orleans Elementary*	www.nausetschools.org	508-255-0380
Provincetown Schools	www.provincetownschoools.com	508-487-5020
Truro Central School	www.truromass.org	508-487-1558
Wellfleet Elementary	www.nausetschools.org	508-349-3101

*Brewster, Eastham, Orleans, & Wellfleet form the Nauset Regional District

**Chatham & Harwich form the Monomoy Regional District

Adult Education and Training

ACCESS (at CCCC)		508-362-2131
Adult Collaborative of Cape Cod for Education and support Services	www.capecod.edu/web/access	
Cape Cod Community College		508-362-2131 www.capecod.edu
Cape Cod Regional Technical High School		508-432-8701 www.capetech.us
Job Training & Employment Corp.		508-771-5627 508-240-1900 www.capejobs.com

YMCA Child Care
Stony Brook Elementary School
884 Underpass Road
Brewster, MA 02631

508-362-6500 ext. 135
774-323-3286
1 mo. - 5 years, year-round
www.ymcacapecod.org

Head Start, CDI
Stony Brook Elementary School
884 Underpass Road
Brewster, MA 02631

508-355-3136
3 - 5 years, Sept. - June
Free for families who qualify

Chatham:

Monomoy Regional School District
Chatham Integrated Pre-school
147 Depot Road
Chatham, MA 02669

508-945-5135 ext. 220
3 - 5 years, Sept - June
www.monomoy.edu

Head Start, CDI
Chatham Elementary School
147 Depot Road

508-355-3136
3 - 5 years, Sept - June
Free for families who qualify

Monomoy Community Services
166 Depot Road
Chatham, MA 02669

508-945-3737 or 508-945-1117
Toddler Occasional Care
www.monomoy.org

Rocking Unicorn Preschool
1762 Main Street, PO Box 1509
West Chatham, MA 02669

508-945-0611
2.9 - 5 years, Sept. - June
www.therockingunicorn.com

Eastham:

Cape Cod Children's Place
10 Ballwic Road
North Eastham, MA 02651

508-240-3310 or 800-871-9535
8 weeks - 5 years year - round
www.capecodchildrensplace.com

Harwich:

Monomoy Regional School District, Harwich Integrated Pre-school, 263 South Street
Harwich, MA 02645

508-430-7216
3 - 5 years old Sept - June
www.monomoy.edu

Make Way for Kids Preschool
Harwich Elementary School
3 to 5 yrs old Sept.—June

508-430-7216
mlevy@monomoy.edu
5 week summer program

YMCA Child Care
Harwich Technical Regional
School
351 Pleasant Lake Avenue
Harwich, MA 02645

508-362-6500 ext. 146
3 months—5 years
jwhelan@ymcacapecod.org

YMCA Child Care
Harwich Elementary School
263 South Street
Harwich, MA 02645

774-237-9081
3 months—5 years
kloonan@ymcacapecod.org

Children's Center
115 Sisson Road
Harwichport, MA 02646

508-432-0152
2.9 - 5 years, year - round
www.hech.org

Three Harbors Preschool
257 Main Street
West Harwich, MA 02671

774-237-0193
12 weeks - 5 years, year - round
www.threeharborspreschool.com

Nauset Regional School Dis-
trict:

Nauset Integrated Preschools
(classrooms at several schools)
200 School Street Road
Eastham, MA 02642

508-255-2903
3 - 5 years old, Sept. - June

Orleans:

Learning Garden Preschool
63 Hopkins Lane
Orleans, MA 02653

508-255-7328
2.9 - 5 years, Sept - June
www.thelearninggardenpreschool.org

Meeting House Preschool
162 Main Street
East Orleans, MA 02643

508-255-8793
2.9 - 5 years, Sept - June
www.fedchurchorleans.org/preschool

The Partnership School of Cape
Cod
17 Nell's Way
Orleans, MA 02653

774-801-2287
2.9 - 5 years, Sept. - June
www.thepartnershipschool.org

Thrift Shops

St. Joan of Arc Hours: 10 a.m. to 4 p.m. Monday-Friday, 10 a.m. to 1 p.m. Saturday
61 Canal Road, Orleans 508-255-4476

Chatham

Bearly Used Hours: 10 a.m. to 3 p.m. Monday-Friday
819 Main St., Chatham Benefits Unitarian Universalist 508-945-2075

St. Christopher's Gift and Consignment Hours: 10 a.m. to 4 p.m. Monday-Saturday
637c Main St., Chatham 508-945-2211

Wellfleet

AIM Thrift Hours: 10 a.m. to 4 p.m. Tuesday-Saturday, closed February
305 Main St., Wellfleet Benefits Outer Cape Health Services and others 508-349-6622

Brewster

Brewster Thrift Store Hours: 10 a.m. to 4 p.m. Monday-Saturday
1960 Rte. 6A, Brewster Benefits Unitarian Universalist Church 508-896-8744

Our Lady of the Cape Thrift Store Luke's Liquor Plaza Rte. 6A,
Brewster Hours: 10 a.m. to 4 p.m. Monday-Friday, 10 a.m. to 3 p.m. Saturday 508-896-5377

Sea Captain's Thrift Shop Hours: 10 a.m. to 3 p.m. Tuesday-Saturday
1673 Main Street (Rte. 6A), Brewster Benefits Friends of Brewster Elders

Provincetown

Provincetown United Methodist Church Hours: 10 a.m. to 2 p.m. Monday-Saturday 20 Shankpainter Rd., Provincetown
Benefits local nonprofits 508-487-0584

Ruthie's Boutique Hours: 10 a.m. to 4 p.m. Tuesday-Saturday
14 Center St., Provincetown Benefits local nonprofits 508-487-3820

Thrift Shops

Harwich

Cape Cod Council of Churches Hands of Hope Outreach Center
Hours: 10 a.m. to 4 p.m. Monday-Thursday, 10 a.m. to 3 p.m. Friday,
10 a.m. to 1 p.m. Saturday
49 Route 28, West Harwich 508-432-1312

Harwich United Methodist Thrift Shop Hours: 10 a.m. to 2 p.m. Monday,
Friday, Saturday, 10 a.m. to 4 p.m. Tuesday, Wednesday, Thursday
1 Church St., East Harwich 508-432-3734

Holy Trinity Church Thrift Shop The hours are: 12-3 Monday, 9:30-3
Tuesday-Friday and 11-3 on Saturday
245 Main Street (Route 28), West Harwich 508-432-7625

Noah's Ark Hours: 11 a.m. to 3 p.m. Tuesday-Saturday
671 Rte. 28, Harwich Port
Benefits Christ Episcopal Church 508-432-1787

Second Glance Hours: 10 a.m. to 5 p.m. Monday-Saturday
265 Main St. (Rte. 28), West Harwich
Benefits The Family Pantry 508-432-0636

The Corner Thrift Shop Hours: 10 a.m. to 2:30 p.m. Wednesday-
Saturday 697 Main St., Harwich
Benefits First Congregational Church 508-432-1053

Eastham

Thrift Shop Friends of the Eastham COA
580 Massasoit Rd, Eastham Hours: 10 a.m. to 3 p.m. Monday, Tues-
day, Thursday-Saturday Benefits Eastham COA 508-255-0264

Orleans

Hope Chest Hours: 10 a.m. to 4 p.m. Monday-Saturday
7 Brewster Cross Rd., Orleans Benefits Lower Cape Outreach
Council 508-255-5565

Orleans Community Exchange Hours: 10 a.m. to 4 p.m. Monday-
Saturday 64 Main St., Orleans
Benefits Scholarships for Nauset, Cape Tech 508-237-4794

Wellfleet:

Wellfleet Montessori Preschool 508-349-6252
100 Lawrence Road
Wellfleet, MA 02667
2.9 - 5 years, Sept - June
www.wellfleetmontessori.com

Cape Cod Children's Place Sea 508-349-3052 or 508-240-3310
Babies @Wellfleet C.O.A.
715 Old King's Highway
Wellfleet, MA 02667
1 month - 3 years, year - round
www.capecodchildrensplace.com

Truro:

Truro Central School Preschool 508-487-1558
317 Rte. 6
PO Box 2029
Truro, MA 02666
3 - 5 years, Sept. - June
www.truromass.org

Provincetown:

Provincetown Early Education 508-487-5260
Center
Mayflower Place
Provincetown, MA 02667
2 mos. - 5 years, year - round
www.provincetown-ma.gov

Licensed Family Child Care Providers

Operate an early education program in their home. This list is subject to change.

Brewster:

Curious Kids

Kristine Taylor 508-896-6549
18 Ebenezer Lane
Brewster, MA 02631
ktebenazar@gmail.com

Lollie's Lullabies 508-221-5718
Ellen Brookhart
283 Bog Pond Road
Brewster, MA 02631
e_brookhart@aol.com

Emma's Home Day Care 508-360-4982
Megan Colebourn
63 Captain Perry Road
Brewster, MA 02631
camenablefree@yahoo.com

Harwich:

Sharon Bunting
271 Church Street
Harwich, MA 02645

508-432-3048
sharbunting@aol.com

Janice Clark
Bright Beginnings
10 Captain's Lane
Harwich, MA 02645

508-432-1678
Janiceclarke1@gmail.com

Jenn Gould
Monkey Business
40 Bell's Neck Road
W. Harwich, MA 02647

508-432-8776
monkey.biz@comcast.net

Roberta Laffey
Watch Me Grow
16 Elliott Way
E. Harwich, MA 02646

774-368-0802
rlaffey10@comcast.net

Jackie Watson
Cuddle Time
1734 Orleans Rd.
Harwich, MA 02645

508-432-4276
jwdreams@comcast.net

Orleans:

Dawn Davis
21 Tonset Road
Orleans, MA 02653

508-240-0102
508-237-4030

Wellfleet:

My Little Island Preschool
Patty Carreiro
40 Lt. Island Road
Wellfleet, MA 02667

508-349-0834
www.mylittleislandpreschoolprog
ram.com

Truro:

Earthstar Play School
Nola Glatzel
2 Adams Way
Truro, MA 02666

774-722-2876
nolaglatzel@gmail.com

Poison Control

800-222-1222
www.poison.org

Smoking Cessation

800-784-8669
www.makesmokinghistory.org

Visiting Nurse Association (VNA)

800-631-3900
www.vnacapecod.org

GENERAL HELPLINES

Cape and Island Breastfeeding Warm line

508-888-7794
Child Support Enforcement- Mass DOR
508-771-2414 ext 3
800-332-2733
www.mass.gov/dor/child-support

National Suicide Prevention Lifeline

1-800-273-8255
www.suicidepreventionlifeline.org

Mass 2-1-1

A free 24/7 resource to locate services
Dial: 211

Parents Helping Parents Group

Stress hotline
1-800-632-8188
www.parentshelpingparents.org

St. Vincent de Paul helpline

Food, clothing, emergency funds
508-255-8080

The Samaritans of Cape Cod and the Islands

Provide support to those who are lonely, depressed or suicidal
508-548-8900 / 800-893-9900

HEALTH MEDICAL AND DENTAL SERVICES

Cape Cod Children's Place Family Support Program

Maternal depression resources, referrals
10 Ballwic Road Eastham, MA (satellite offices in Hyannis, Dennis and Harwich).
508-240-3310 / 800-871-9535 Capecodchildrensplace.com

Cape Cod Healthcare

Cape Cod Hospital- 27 Park St Hyannis, MA 508-771-1800
Referrals- 877-227-3263

Dental Hygiene Clinic

At Cape Cod Community College, 2240 Iyannough Rd West Barnstable, MA
508-362-2131 ext 4371
774-338-4371 www.capecod.edu/web/dental/clinic

Ellen Jones Community Dental Care

Division of Harbor Health- free and sliding scale dentistry
508-778-5400 www.hhsi.us

Healthy Connections

Information and enrollment in Mass Health and other programs and services
508-255-1903 www.outercaple.org

Health Care for All

Help line for healthcare and insurance
800-272-4232 www.hcfama.org

MassHealth/ Medicare

Children's medical security plan; CommonwealthCare; Health Safety Net
800-841-2900 www.mass.gov/orgs/masshealth

Cape and Islands NAMI - National Alliance on Mental Health

Support groups, education and referrals
508-778-4277 www.namicapecod.org

Outer Cape Health Services

Community health center, sliding fee scale
710 MA-28 Harwichport, MA 508-432-1400
Rt 6 Wellfleet, MA 508-349-3131
49 Harry Kemp Way Provincetown, MA 508-487-9395

Playgroups and Activities

For Playgroup information on the Lower and Outer Cape

Cape Cod Children's Place 508-240-3310
Www.capecodchildrensplace.com find us on Facebook

Connect on Facebook for these sites:

Cape Cod Moms, Cape Cod Activities/Events for children
Cape Cod Parents & Caregivers (Playgroups & events calendar)
The Bumps, Homeschool Cape Cod, Holistic Families, Cape Cod
Breastfeeding Support

Town Libraries

Call for information on story hours and other children's activities

Cape Libraries Automated Materials 508-240-3310
Sharing www.clamsnet.org

Brewster Ladies Library 508-896-3913
1822 Main Street www.brewsterladieslibrary.org

Chatham: Eldredge Library 508-945-5170
564 Main Street www.eldredgelibrary.org

Eastham Public Library 508-240-5950
190 Samoset Road www.easthamlibrary.org

Harwich: Brooks Free Library 508-430-7562
739 Main Street www.brooksfreelibrary.org

Orleans: Snow Library 508-240-3760
67 Main Street www.snowlibrary.org

Provincetown Public Library 508-487-7094
356 Commercial Street www.provincetownlibrary.org

Truro Public Library 508-487-1125
5 Library Lane www.trurolibrary.org

Wellfleet Public Library 508-349-0310
55 West Main Street www.wellfleetlibrary.org

Town Recreation Departments

Brewster	508-896-9430
Chatham	508-945-5175
Eastham	508-240-5974
Harwich	508-430-7553
Orleans	508-240-3790 ext 3104
Provincetown	508-487-7097
Truro	508-487-1632
Wellfleet	508-349-0314

Transportation

Cape Cod Regional Transit Authority	1-800-352-7155
Hyannis Transportation Center	
www.capecodtransit.org	
DART (Dial a Ride Transportation)	
Flex Bus (Lower/Outer Cape)	
PT 1 transport (Mass Health)	
Service to Boston Hospitals	
Seasonal Shuttle Service	
Cape Cod Rail Trail	
Bicycle Path	www.mass.gov/locations/cape-cod-rail-trail
Helping Our Women	508-487-4357
Transportation & Financial resources for women	
www.helpingourwomen.org	Eastham-Provincetown
Plymouth & Brockton Bus Line	508-746-0378
www.b-b.com	

Legal Services for Cape And Islands

Legal advice to low-income people
information@usattorneylegalservices.com
www.usattorneylegalservices.com

Lower Cape Outreach Council

Financial assistance for emergency needs; food pantry, Katy's Corner free shop
19 Brewster Cross Rd Orleans, MA
508-240-0694 www.lcoutreach.org

Mass-APEAL

Free shop: clothing, toys, books
2393 Cove Corner Wellfleet, MA 508-349-1173

Mustard Seed Kitchen

Meals prepared and delivered to Outer Cape
155 Hopkins Dr Wellfleet, MA 508-349-2049

Soup Kitchen in Provincetown (SKIP)

Provides a hot and nourishing lunch to Outer Cape residence; November to April Monday-Friday
10 Shankpainter Rd Provincetown, MA 508-487-8331
www.skipfood.org

South Coastal Counties Legal Service

Legal assistance Monday-Friday 9am-1pm
460 W. Main st Hyannis, Ma 508-775-7020
1-800-742-4107 www.sccls.org

Sustainable CAPE (Center for agricultural preservation and education)

Truro Agricultural Fair, Children's community gardens, Farmer in the School Programs, Cape Farmers' Market Coalition
www.sustainablecape.org

WIC (Women, Infants, and Children)

Program for healthcare and nutrition for low-income pregnant or breastfeeding women and infants and children under the age of 5
Appointments available in Harwich, Orleans, and Provincetown
508-240-0853
800-675-1188 www.outercape.org

Katelynn's Closet

Katelynn's Closet serves children ages 4-18 who are in need and live on Cape Cod and the Islands. All orders for children in need must be placed by a social service agent or school nurse. All emails must be sent through a verifiable agency/school email. We also serve fire victims per request coming from the fire department.
508-367-2587 www.katelynns-closet.org

FOOD, CLOTHING, AND EMERGENCY FUNDS

A Baby Center

Basic items- clothing, toys, food and formula, shoes, and diapers
81 Willow Ave Hyannis, MA
A Baby Center phone- 508-771-8157
Council Office- 508-775-5073

www.ababycenter.org

Cape Cod Children's Place Family Support Program

Information on childcare funds, food, referrals, and more
10 Ballwic Road Eastham, MA (satellite offices in Hyannis, Dennis and Harwich).
508-240-3310 / 800-871-9535 www.capecodchildrensplace.com

Department of Transitional Assistance AND Supplemental Nutrition Assistance Program (SNAP)

Cash assistance, Supplemental Nutrition Assistance Program (SNAP- provide nutrition benefits to supplement the food budget of families in need) SSI, employment support
508-862-6600

www.mass.gov/dta

Fuel Assistance Program—Emergency assistance for fuel/heat

20 Willow Ave Hyannis, Ma
508-778-0870

www.sscac.org

The Family Food Pantry—Emergency food assistance for families in need

133 Queen Anne Rd Harwich, MA
508-432-6519

www.thefamilypantry.com

Monomoy Family Resource Center

Offers food, diapers, clothing, books, resources for parents, and tuition subsidies
Harwich Elementary School, 263 South St Harwich, MA
508-430-1692 lgilmore@monomoy.edu

Homeless Prevention Council

Comprehensive case management, professional counseling and guidance to those at risk of becoming homeless. Our client services include advocacy and access to housing programs and funding, and budgeting and negotiation for rent and mortgage payments. In addition, our case managers assist clients in assessing their ability to earn a living and, if appropriate, encourage them to pursue further job training and/or education.
14 Old Tote rd Orleans, MA
508-255-9667

www.hpccapecod.org

Women of Fishing Families

Financial assistance for Cape Cod Fishing families
508-274-2092 Karen@womenoffishingfamilies.org

Nature & The Arts

Brewster

Cape Cod Museum of Natural History 508-896-3867
Cape Repertory Theater 508-896-1888
Timbernook Nature's Playground 508-681-5278

naturesplaygroundkids@gmail.com

Town information:

www.town.brewster.ma.us

Chatham

Atwood Museum 508-945-2493
Creative Arts Center 508-945-3583
Chatham Drama Guild 508-945-0510
Chatham Marconi Maritime Center 508-945-8889
Monomoy National Wildlife Refuge

www.fws.gov/refuge/Momomoy

Town Information

www.town.chatham.ma.us

Eastham

Salt Pond Visitor's Center/CC National Seashore 508-255-3421

Town Information

www.eastham-ma.gov

Harwich

Brooks Academy Museum 508-432-8089
Cape Cod Theater Co/Harwich Jr. Theater 508-432-2002
Dot to Dot Art Workshop 508-367-4479

alex@dottodotartworkshop.com

Town Information:

www.harwichma.com

Harwich Cultural Ctr.

508-430-7568

Orleans

Academy of Performing Arts 508-255-5510
Orleans Historical Society Museum 508-240-1329
Town Information

www.town.orleans.ma.us

Provincetown

Provincelands Visitor Ctr 508-487-1256
Provincetown Monument 508-487-1310
Town information

www.town.provincetown.ma.us

Truro

Castle Hill Center for the Arts 508-349-7511
Payomet Performing Arts Center 508-487-5400
Town information: www.truro-ma.gov

Wellfleet

Audubon Society 508-349-2615
Wellfleet Harbor Actors Theater (WHAT) 508-349-9428
Town information www.town.wellfleet.ma.us

Cape Cod Museum information:
www.capecodmuseumtrail.com

Playgrounds:

Brewster: Drummer Boy Park, Rte 6A; Eddy Elementary School, 2298 Main St.; Stony Brook Elementary School, Underpass Rd.

Chatham: Chatham Playground, Depot Rd.; Chatham Volunteer Park, Sam Ryder Road (skateboard park)

Eastham: Eastham Elementary School, Schoolhouse Rd.; Wiley Park, Herringbrook Rd.. ; Field of Dreams Rt. 6 Town Hall

Harwich: Harwich Elementary School, South St.; Brooks Park Playground,; Make Way for Kids. Harwich Elementary School

Orleans: Orleans Elementary School, Eldredge Pkwy; Eldredge Park, Route 28 & Eldredge Pkwy

Provincetown: East End Playground, Bradford & Howland Sts.; West End Playground, Bradford & Nickerson Sts.

Truro: Puma Park, Library Ln off Rt 6

Wellfleet: Baker's Field Playground, Kendrick Ave.; Wellfleet COA, 715 Old Kings Hwy.

DISABILITIES RESOURCES

National Alliance on Mental Illness (NAMI)

The National Alliance on Mental Illness (NAMI) Cape Cod is a grass-roots non-profit organization serving the families and friends of people with mental illness, as well as the individuals who have a mental illness themselves on Cape Cod and The Islands. Programs and Services are provided through Support, Education and Advocacy. We are an affiliate of both NAMI Massachusetts and NAMI National in Washington D.C.
5 Mark Ln Unit 3 Hyannis, Ma
508-778-4277 www.namicapecod.org

Cape Cod Challengers

For children and adults with physical and/or developmental disabilities
418 Bumps River rd Osterville, MA
508-420-6950
Wwwcapecodchallengers.org

Cape Organization for the Rights of the Disabled

Advocacy group for the disabled; free services for all types of disabilities
106 Bassett Ln Hyannis, Ma
508-775-8300
800-541-0280
www.cordcapecod.org

Federation for Children with Special Needs

Information and referrals to services
617-236-7210/800-331-0688
www.fcsn.org

Kennedy Donovan Center

Supports people with developmental delays, disabilities, or family challenges
30 Ansal Hallet rd West Yarmouth, MA
508-385-6019 www.kdc.org

Sight Loss Services

Information, referrals, adaptive aids, outreach, support groups
900 MA-134 South Dennis, MA
508-394-3904
www.sightloss.org

Disability Law Center

800-872-9992
www.dlc-ma.org

Monomoy Family Resource Center

Offers food, diapers, clothing, books, resources for parents, and tuition subsidies for Harwich and Chatham families
 Harwich Elementary School 263 South St Harwich, MA
 508-430-1692 / lgilmore@monomoy.edu

Monomoy Community Services

Services for Chatham residents, including childcare vouchers
 508-945-1501
www.monomoy.org

Outer Cape Health Services Community Resource Navigator Program

Helps with unmet medical, behavioral health, and human service needs
 774-209-3222

Parenting on the Other Side

Support for families and caregivers impacted by trauma
 508-240-3310
capecodchildrensplace.com

Parent Professional Advocacy League

Provide hope for children with mental health needs and their families through education, advocacy, outreach, and support
 Toll free- 866-815-8122
www.ppal.net

PFLAG of Cape Cod

Providing support, education, and advocacy to parents, families, friends, allies, and members of the LGBTQ community
info@pflagcapecod.org / www.pflagcapecod.org

Provincetown Family Resource

Provincetown families with children 0-18 years
 800-871-9535
 508-240-3310

We Can

Services for women in transition, legal clinics, mentoring, and divorce support
 783 MA-28 Harwich Port, MA
 508-430-8111
www.wecancenter.org

After School Child Care, Enrichment & Summer Programs

Ages 5 and up

(Additional summer programs are also listed with Licensed Childcare Providers)

Eastham Committee on Early Childhood	508-240-6900
Eastham After School & summer program	www.ececafterschool.com
Nauset Youth Alliance	508-896-7900
Brewster After School and summer program	www.nausetyouthalliance.org
Cape Cod Sea Camps, Summer Program	508-896-3541
	www.capecodseacamps.com
Monomoy Community Services (Chatham)	508-945-1501 & 508-945-1117
After School and summer programs	www.monomoy.org
PARK After School Program (Chatham)	508-945-5175
	stark@chatham-ma.gov
YMCA @ Harwich Elementary School	774-237-9081
Afterschool program	
Pilgrim Congregational Church (Harwichport)	508-395-9207
Drop-in care K-3 After School	learningfunfriendships@gmail.com
Harwich Rec After School Program	508-430-7553
Orleans After School Activities Program	508-240-1546
Provincetown After School Program	508-487-7097
Truro Central School After School	508-487-1558
Truro Recreation	508-487-1632
	www.truro-ma.gov/recreation
Wellfleet ASCC	508-349-3101
Harwich Community Center	508-430-7568
Chatham Community Center	508-945-5175
Provincetown Community Center	508-487-7080

Family Support Services

Alanon and Alateen

A program of support for the families and friends of alcoholics; Information service center (pamphlet center)

Westborough, MA 508-366-0556

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Alcohol Anonymous

Holds weekly 12 Step meetings for individuals in recovery, and offers peer support via various locations on Cape Cod. Provides information and referrals pertaining to substance abuse treatment services.

396 Main Street Hyannis, MA (9am - 1pm)

508-775-7060 / 800-637-6273

Barnstable County Human Services

Develops programs and coordinates regional committees, services and funding support for Cape Cod's most pressing health and human service issues.

3195 Main Street Barnstable, MA

508-375-6628

www.bchumanservice.net

Cape Cod Children's Place Family Support Program

Parent education and support groups. Free consultations, references and information

10 Ballwic Road Eastham, MA

508-240-3310

capecodchildrensplace.com

Catholic Social Service

Provides basic and emergency support to families and individuals in need of food, utility, and rental assistance, and as needed financial assistance. CSS also acts as a mediator between clients and utility or credit card companies.

261 South St Hyannis, MA

508-771-6771

www.cssdioc.org

Cape Cod Family Resource Center

Family support services, family partners, clinical assessments, referrals and school support

29 Bassett Ln Hyannis, MA

508-815-5100

www.capecodfamilyresourcecenter.org

Healthy Children's Project, Inc.

Breastfeeding support for mothers and babies on Cape and the Islands

327 Quaker Meeting House Rd East Sandwich, MA

508-888-8044

WARM LINE- 508-888-7794

www.centerforbreastfeeding.org

Healthy Families

Parent program for Teen Parents (up to age 21)

1019 Iyanough Rd Hyannis, Ma

508-540-2968

info@healthimperatives.org

Hope Health

Bereavement group, Kids Grieve Too, grief support, pediatric care

844-671-4673

www.hopehealthco.org

Independence House

Cape Cod's resource, support and advocacy center for victims and survivors of domestic violence and sexual assault; shelter assistance 160 Bassett Ln Hyannis, Ma

508-771-6507/800-439-6507

www.independencehouse.org

Institute for Health and Recovery

Provides a comprehensive continuum of care for families, individuals, youth and pregnant and parenting women affected by alcohol, tobacco and other drug use, violence/trauma, mental health challenges and other health issues.

617-661-3991 - **Boston**

Southeast Massachusetts—IHR Fall River

275 Martine Street, Suite 203 (Box B11)

Fall River, MA 02723

Tel: 1-866-705-2807

<http://www.healthrecovery.org/>

John A. Henry Trust Services

For Provincetown families with children ages 0-18 years

508-240-3310

capecodchildrensplace.com

LGBTQ Resource Library

Books for children and adults

At Cape Cod Children's Place

508-945-1501

www.monomoy.org

Department of Children and Families

The MA Department of Children and Families (DCF) works in partnership with families and communities to keep children safe from abuse and neglect.

508-760-0200/800-792-5200

Early Intervention (EI)

A program for children birth to three years old who have developmental delays or are at risk of a developmental delay

Kennedy Donovan Cape and Islands Early Intervention program

508-775-6340

Family Continuity Program

Family and Community based support services, including outpatient mental health services.

29 Bassett Ln Hyannis, MA

www.familycontinuity.org

Toll free- 1-866-219-3320

508-862-0273

First Steps (Families in Recovery Support) Together

Home Visiting Program for Families in Recovery

Cape Cod Children's Place

508-240-3310

Gosnold

Inpatient and outpatient substance abuse treatment, and outpatient mental health treatment at cape wide locations.

Admissions- 800-444-1554

General info- 508-540-6550

www.gosnold.org

MA Commission on the Status of Grandparents Raising Grandchildren

Support groups, financial and legal assistance

600 Washington Street Boston

617-748-2454

colleen.pritoni@state.ma.us

Harwich Family Resource Center

Offers food, diapers, clothing, books, resources for parents, and tuition subsidies for Harwich and Chatham families

263 South St Harwich, MA

508-430-1692

Harwich Youth and Family Services

Free therapeutic counselling and support for Harwich youth ages 11 - 24 years old.

Sheila House, MS

The Albro House 728 Main Street Harwich, MA

508-430-7836

Cape Cod Neighborhood Support Coalition

Free confidential information about resources, referrals to health and human services including parenting education and support

56 Barnstable Rd Hyannis, MA

508-771-4336

www.capecoalition.com

Child and Family Services of Cape Cod

Counseling, therapy, and comprehensive services to individuals and families.

100 Independence Way Unit 8 Hyannis, MA

Lower Cape- 466 Main st Harwichport, MA

800-576-9444

www.child-family-service.org

Cape and Island Gay and Straight Youth Alliance

CIGSYA (The Cape & Islands Gay & Straight Youth Alliance) is a community-based alliance of young people from fourteen to twenty-two that exists to improve the lives of LGBTIQQS (lesbian, gay, bisexual, transgender, intersex, queer, questioning and straight) youth on Cape Cod and the Islands. The CIGSYA House is a place where young people can enjoy meetings, drop in times and special events where there is camaraderie and support, in a peer lead, adult advised environment, free from judgment based on inherent differences.

56 Barnstable Rd Hyannis, MA

508-778-7744

www.cigsya.com

Child Care Network

Child care resources, vouchers, and referrals

372 North St Hyannis, MA

508-778-9470/800-530-2430

www.childcarenetwork.com

Children's Cove

Child Advocacy Center that works in partnerships to provide a comprehensive multidisciplinary response to child sexual abuse cases.

508-375-0410/888-863-1900

www.childrencove.org

Cape Cod Community Resource Navigator Program

Assists residents with unmet medical, behavioral health or human service needs through referrals and collaboration with local agencies, providers and community groups.

774-209-3222

crnavigator@outercape.org

Department of Transitional Assistance AND Supplemental Nutrition Assistance Program (SNAP)

Cash assistance, Supplemental Nutrition Assistance Program (SNAP- provide nutrition benefits to supplement the food budget of families in need), SSI, employment support

508-862-6600

www.mass.gov/dta