

# CAPE COD FAMILY RESOURCE CENTER






## MARCH 2021



29 Bassett Lane, Hyannis MA 02601

Monday 9 am - 5 pm, Tuesday - Thursday 10 am - 7 pm, Friday 9 am - 5 pm  
1<sup>st</sup> and 3<sup>rd</sup> Saturdays 9 am - 11 am

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 School Q&amp;A Series 1:00 – 2:00 pm</p> <p>Active Parenting 4<sup>th</sup> Edition 1:00 – 2:30 pm</p>	<p>2 Afterschool Line 5:00 – 7:00 pm</p> <p>Mindfulness Hour 5:30 – 6:30 pm</p>	<p>3 Little Artists 11:00 - 12:00 pm</p> <p>Resource Table Talk 12:00 - 1:00 pm</p> <p>Nurturing Father's 6:00 – 8:00 pm</p>	<p>4 Family Cafe 11:00 – 12:00 pm</p> <p>Elephant in the Room 4:00 – 5:00 pm</p>	<p>5 Nature Crafts 11:00 - 12:00 pm</p>	<p>6 <b>Open</b> <b>9:00 – 11:00 am</b></p> <p>Dads' Squad 10:15 – 11:00 am</p> <p>Creative Journal Writing! 10:00 – 10:45 am</p>
<p>8 DIY Family Fun Kit Pick –up from 9:30 – 4:30 pm</p> <p>School Q&amp;A Series 1:00 – 2:00 pm</p>	<p>9 DIY Family Fun Kit Pick –up from 10:30 – 6:30 pm</p> <p>Afterschool Line 5:00 – 7:00 pm</p> <p>Dads' Talk 6:30 – 7:30 pm</p>	<p>10 Little Artists 11:00 - 12:00 pm</p> <p>Resource Table Talk 12:00 - 1:00 pm</p> <p>Grandparents Raising Grandchildren 5:00 – 7:00 pm</p> <p>Nurturing Father's 6:00 – 8:00 pm</p>	<p>11 DIY Family Fun Kit Pick –up from 10:30 – 6:30 pm</p> <p>Family Cafe 11:00 – 12:00 pm</p> <p>Elephant in the Room 4:00 – 5:00 pm</p>	<p>12 DIY Family Fun Kit Pick –up from 9:30 – 4:30 pm</p> <p>Nature Crafts 11:00 - 12:00 pm</p>	<p>13</p> 
<p>15 Movie Night Pick-up from 9:30 – 4:30 pm</p> <p>School Q&amp;A Series 1:00 – 2:00 pm</p>	<p>16 Afterschool Line 5:00 – 7:00 pm</p> <p>Single Parenting Group 5:30 – 6:30 pm</p>	<p>17 Little Artists 11:00 - 12:00 pm</p> <p>Resource Table Talk 12:00 - 1:00 pm</p> <p>Nurturing Father's 6:00 – 8:00 pm</p>	<p>18 Family Cafe 11:00 – 12:00 pm</p> <p>Elephant in the Room 4:00 – 5:00 pm</p>	<p>19 Nature Crafts 11:00 - 12:00 pm</p> <p>Mindfulness Hour 12:00 – 1:00 pm</p>	<p>20 <b>Open</b> <b>9:00 – 11:00 am</b></p> <p>Nature Crafts 10:00 – 10:30 am</p>
<p>22 Game Night Pick-up from 9:30 – 4:30 pm</p> <p>School Q&amp;A Series 1:00 – 2:00 pm</p>	<p>23 Creative Journal Writing! 4:00 – 5:00 pm</p> <p>Afterschool Line 5:00 – 7:00 pm</p>	<p>24 Little Artists 11:00 - 12:00 pm</p> <p>Resource Table Talk 12:00 - 1:00 pm</p> <p>Nurturing Father's 6:00 – 8:00 pm</p>	<p>25 Family Cafe 11:00 – 12:00 pm</p> <p>Elephant in the Room 4:00 – 5:00 pm</p> <p>Anger Management Support for Teens 5:00 PM</p>	<p>26 Nature Crafts 11:00 - 12:00 pm</p>	<p>27</p> <p><b>For additional Information on any of our programs, please see the reverse side, or contact us at 508-815-5100.</b></p>
<p>29 Art Night Pick-up from 9:30 – 4:30 pm</p> <p>School Q&amp;A Series 1:00 – 2:00 pm</p>	<p>30 Afterschool Line 5:00 – 7:00 pm</p> <p>Sweet Creations 6:00 – 6:30 pm</p>	<p>31 Little Artists 11:00 - 12:00 pm</p> <p>Resource Table Talk 12:00 - 1:00 pm</p> <p>Nurturing Father's 6:00 – 8:00 pm</p>	<p><b>Please visit us at our New Facebook Page!</b></p> <p> <b>Facebook.com/</b> <b>capecodfamilyresourcecenterofbarnstable</b></p>  <p><b>Family Resource Centers</b></p>		

# Cape Cod Family Resource Center – March 2021

***All programs and classes are FREE! Check out all our GREAT new programs!***

## Dads' Squad

Father figures and caregivers are welcome to join us virtually on the first Saturday of the month. This month we will learn about playful Leprechauns and make some crafts. For more information, and to register, please contact us at 508-815-5100.

## Single Parenting Support Group

Join our monthly group, in a supportive environment for single moms and dads to share successes, challenges, and resources. All single parents are welcome at this non-therapeutic gathering, regardless of child(ren)'s age(s) and parenting situation. This will be offered in an online platform. For additional information, and to register, please contact us at 508-815-5100.

## Dads' Talk

Join us on the second Tuesday of the month for Dads' Talk! This group is designed for Dads and father figures at a time when stress can be high, life is unpredictable, and there is less social time in our lives. This will be offered in an online platform. For more information, and to register, please contact us at 508-815-5100.

## School Questions & Answers Series

Join us virtually on Monday's for a live Q&A Series to ask questions regarding school – COVID-19 related, and other. We're here to support you! For more information, and to register, please contact us at 508-815-5100.

## Little Artists

Join us virtually to create fun art projects designed for children ages 2-8 years old. These are hands-on activities to teach basic art skills. This will be offered in an online platform. For more information, and to register, please contact us at 508-815-5100.

## Resource Table Talk

Join the Cape Cod Family Resource Center team and occasional special guest to discuss important topics every Wednesday. Each week we will alternate discussing local resources for food and household supplies, housing, utilities, technology and education. This will be offered in an online platform. For more information, and to register, please contact us at 508-815-5100.

## Afterschool Line

This call in line is available from 5:00 -7:00 pm every Tuesday to assist with incorporating study tips, homework help, hybrid and remote learning, and more! Registration is not required. Please feel free to contact us at 508-815-5100.

## Sweet Creations

Join us for a virtual ice cream social or sweet treat activity on March 30th! We will provide the ice cream or sweet treats for your family. Registration is required. This event will be offered in an online platform. For more information, and to register please contact us at 508-815-5100.

## DIY Family Fun Kit, Movie Night, Game Night, and Art Night

Interested in DIY activities at home? Be sure to register for our DIY fun activities for the whole family! After registering come to the Cape Cod Family Resource Center March 8th – 12th to pick up your DIY Family Fun Kit supplies! This month we will also be offering a Movie Night Kit on March 15<sup>th</sup>, Game Night Kit on March 22<sup>nd</sup>, and Art Night Kit on March 29th! For more information on any of the kits, please contact us at 508-815-5100. Registration is required for each of these activity kits.

## Elephant in the Room

Elephant in the Room is a virtual support group for children ages 9 – 12 years old who have been impacted by a family member's substance use or addiction. The group will run for 6 - 8 weeks, and is facilitated by our clinician. For more information, and to register, please contact us at 508-815-5100.

## Mindfulness Hour

Come as you are for an hour of your day to peacefully turn inward as we engage in the many practices and benefits of mindfulness. This group will be held virtually Monday, March 2<sup>nd</sup>, and Friday, March 19<sup>th</sup>. For more information please call 508-815-5100.

## Nature Crafts

Come and join us for an interactive craft class! Families are encouraged to go outside and participate in a scavenger hunt for materials to use during the class. With guidance, imagination, and a few items, fun crafts can be accomplished. For more information, and to register, please contact us at 508-815-5100.

## Grandparents Raising Grandchildren Support Group

Join our grandparents group on Wednesday, March 10<sup>th</sup> from 5:00 – 7:00 pm. This is a virtual group facilitated by Kerry Bickford. To inquire about the group, or register for this month's group, please contact us at 508-815-5100.

## Creative Journal Writing

Creative Journal Writing for children ages 8 – 14 years old. This is a guided program to inspire children to learn more about themselves through writing and drawing. This program will be held virtually. To register, please contact us at 508-815-5100.

**Please visit us at our New Facebook Page!**

**Visit us on Facebook at [fFacebook.com/capecodfamilyresourcecenterofbarnstable](https://www.facebook.com/capecodfamilyresourcecenterofbarnstable)**

