

CAPE COD FAMILY RESOURCE CENTER

October 2021



29 Bassett Lane, Hyannis MA 02601
 Monday 9 am - 5 pm, Tuesday - Thursday 10 am - 7 pm, Friday 9 am - 5 pm
 1st and 3rd Saturdays 9 am – 11 am



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please visit us at our New Facebook Page! Visit us on Facebook at  Facebook.com/ Capecodfamilyresourcecenterofbarnstable</p>					
<p>4 School Q & A 11:00-12:00 pm</p> <p>Family Fun Time 3:30-4:30 pm</p>	<p>5 Active Parenting First Five Years 11:30-1:00 pm</p> <p>Single Parenting Support Group 5:30 – 6:30 pm</p>	<p>6 Little Artists 11:00 - 12:00 pm</p> <p>Housing Resource Table Talk 12:00 - 1:00 pm</p> <p>Homework Help 3:00-4:00 pm</p>	<p>7 Family Cafe 11:00 – 12:00 pm</p> <p>Active Parenting of Teens 2:00-3:30 pm</p> <p>Teen Talks 5:30-6:30 pm</p> <p>Nurturing Fathers 6:00-8:00 pm</p>	<p>8 Nature Crafts 11:00 - 12:00 pm</p> <p>Reading Fun and Family Activities 3:00 – 4:00 pm</p>	<p>9 Open 9 -11 am</p> <p>Dads' Squad 10:15 – 11:00 am</p> <p>For additional information on any of our programs, please see the reverse side, or contact us at 508-815-5100.</p>
<p>11 The Cape Cod Family Resource Center is closed today.</p> 	<p>12 Active Parenting First Five Years 11:30-1:00 pm</p> <p>Dads' Talk 6:30 – 7:30 pm</p>	<p>13 Little Artists 11:00 - 12:00 pm</p> <p>Housing Resource Table Talk 12:00 - 1:00 pm</p> <p>Homework Help 3:00-4:00 pm</p>	<p>14 Family Cafe 11:00 – 12:00 pm</p> <p>Active Parenting of Teens 2:00-3:30 pm</p> <p>Teen Talks 5:30-6:30 pm</p> <p>Nurturing Fathers 6:00-8:00 pm</p>	<p>15 Nature Crafts 11:00 - 12:00 pm</p> <p>Reading Fun and Family Activities 3:00 – 4:00 pm</p>	<p>16 Open 9 – 11 am</p> <p>Mom and Me Playtime Drop-in 9:30 – 10:30 am</p>
<p>18 School Q & A 11:00-12:00 pm</p> <p>Family Fun Time 3:30-4:30 pm</p>	<p>19 Active Parenting First Five Years 11:30-1:00 pm</p> <p>Grandparents Raising Grandchildren Support Group 5:00 – 7:00 pm</p>	<p>20 Little Artists 11:00 - 12:00 pm</p> <p>Housing Resource Table Talk 12:00 - 1:00 pm</p> <p>Homework Help 3:00-4:00 pm</p>	<p>21 Family Cafe 11:00 – 12:00 pm</p> <p>Teen Talks 5:30-6:30 pm</p> <p>Nurturing Fathers 6:00-8:00 pm</p>	<p>22 Nature Crafts 11:00 - 12:00 pm</p> <p>Reading Fun and Family Activities 3:00 – 4:00 pm</p>	
<p>25 School Q & A 11:00-12:00 pm</p> <p>Family Fun Time 3:30-4:30 pm</p> <p>Halloween Safety DIY Kit 3:00-6:00 pm</p>	<p>26 Active Parenting First Five Years 11:30-1:00 pm</p> <p>Sweet Creations Ice Cream Social 5:45 – 6:45 pm</p>	<p>27 Little Artists 11:00 - 12:00 pm</p> <p>Housing Resource Table Talk 12:00 - 1:00 pm</p> <p>Homework Help 3:00-4:00 pm</p>	<p>28 Family Cafe 11:00 – 12:00 pm</p> <p>Teen Talks 5:30-6:30 pm</p> <p>Nurturing Fathers 6:00-8:00 pm</p>	<p>29 Nature Crafts 11:00 - 12:00 pm</p> <p>Reading Fun and Family Activities 3:00 – 4:00 pm</p>	

For information about any of the programs listed or for registration, please
 call 508-815-5100

Visit us on the web: www.CapeCodFamilyResourceCenter.org/



Follow us on Facebook: Facebook.com/CapeCodFamilyResourceCenterofBarnstable

Cape Cod Family Resource Center – October 2021

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

Active Parenting of Teens

In this class you will gain understanding on communicating with your teen, direction with setting limits, and discuss insight into today's teen issues. This class will be offered in an online platform. To register, call 508-815-5100.

Active Parenting First Five Years

In this class you will gain the skills to positively parent your child and foster healthy growth and development from ages birth to five years old. This class will be offered in an online platform. To register, call 508-815-5100.

Dads' Squad

Fathers, father figures, and caregivers are welcome to pick up a Fun Activity Kit for this month's Dads' Squad. Please feel welcome to pick up the kits at your convenience. For more 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.

Family Cafe

Join us in-person for conversation and light refreshments. We will discuss a variety of topics relevant to families living on the Cape. Drop-ins welcome. Call 508-815-5100 for more information.

Family Fun Time

Create lasting memories with these free family night activities. Join us each week for a themed activity the whole family will enjoy. These will be held in person. Register by calling 508-815-5100.

Grandparents Raising Grandchildren Group

Join our grandparents group on Tuesday, October 19th from 5:00 – 7:00 pm. This is an in person event facilitated by Kerry Bickford. To inquire about the group, or to register, please contact us at 508-815-5100.

Halloween Safety DIY Kit

Register your child/ren for a Halloween Safety DIY Kit and make sure your Halloween is both fun and safe. Call 508-815-5100 to register.

Homework Help

Do your kids need extra help with their homework? Bring them to the Center Wednesdays from 3:00-4:00 pm for Homework Help. This is an in person activity. Drop ins welcome, no registration required.

Housing Resource Table Talk

If you are in need of housing resources join us in-person Wednesdays to learn more about help available or to file for housing assistance. 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 is being offered in person. For more information, and to register, please contact us at 508-815-5100.

Nature Crafts

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

Nurturing Fathers

Join us in-person on Wednesday evenings for a 13 week interactive class that offers all dads an opportunity to enhance their fatherhood skills. Registration is required, this will be offered in person. For more information, please contact us at 508-815-5100.

Reading Fun and Family Activities

Join us in person as we read a story aloud, enjoy a healthy snack, and provide some fun family activities. Parents will be provided with coordinated family activity resources from our Cape Cod community. For more information, and to register, please contact us at 508-815-5100.

School Liaison

Join our School Liaison for this weekly Q & A session. Bring your questions and concerns regarding school to get advice and guidance. This will be offered in person, to register call 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-person and in an online platform. For additional information, and to register, please contact us at 508-815-5100.

Sweet Creations

Join us for an ice cream social on October 26th at the Cape Cod Family Resource Center. We will provide the ingredients for you and your family to create a sweet family memory together. Registration is required. For more information, and to register please contact us at 508-815-5100.

Teen Talks

Join us in person each week for a stimulating discussion on topics of interest such as money management, nutrition, social etiquette, and life skills. This program is for teens 12-17 years old. For more information, and to register, please contact us at 508-815-5100.