### Cape Cod Family Resource Center

#### April 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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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| **Please visit us at our New Facebook Page!**  
Facebook.com/capecodfamilyresourcecenterofbarnstable | | | | | |
| **5** School Q&A Series  
1:00 – 2:00 pm  
Active Parenting 4th Edition  
1:00 – 2:30 pm | **6** Active Parenting of Teens  
1:00 – 2:30 pm  
Mindfulness Hour  
5:00 – 6:00 pm  
Afterschool Line  
5:00 – 7:00 pm | **7** Little Artists  
11:00 – 12:00 pm  
Resource Table Talk  
12:00 – 1:00 pm  
Nurturing Father’s  
6:00 – 8:00 pm | **8** Family Cafe  
11:00 – 12:00 pm  
Anger Management Support for Teens  
5:00 – 6:00 pm | **9** Active Parenting First Five Years  
10:00 – 11:30 am  
Nature Crafts  
11:00 – 12:00 pm | **10** Open 9 -11 AM  
Dads’ Squad  
10:15 – 11:00 am  
Creative Journal Writing  
10:00 – 10:45 am |
| **12** School Q&A Series  
1:00 – 2:00 pm  
Active Parenting 4th Edition  
1:00 – 2:30 pm | **13** Active Parenting of Teens  
1:00 – 2:30 pm  
Afterschool Line  
5:00 – 7:00 pm  
Dads’ Talk  
6:30 – 7:30 pm | **14** Little Artists  
11:00 – 12:00 pm  
Resource Table Talk  
12:00 – 1:00 pm  
Grandparents Raising Grandchildren  
5:00 – 7:00 pm  
Nurturing Father’s  
6:00 – 8:00 pm | **15** Family Cafe  
11:00 – 12:00 pm  
Anger Management Support for Teens  
5:00 – 6:00 pm  
Active Parenting of Teens  
5:00 – 6:30 pm | **16** Active Parenting First Five Years  
10:00 – 11:30 am  
Nature Crafts  
11:00 – 12:00 pm | **17** Open 9 – 11 AM  
Nature Crafts  
10:00 – 10:30 am |
| **19** DIY Family Fun Kit  
Pick –up from  
9:30 – 4:30 pm  
School Q&A Series  
1:00 – 2:00 pm  
Active Parenting 4th Edition  
1:00 – 2:30 pm | **20** DIY Family Fun Kit  
Pick –up from  
10:30 – 6:30 pm  
Active Parenting of Teens  
1:00 – 2:30 pm  
Afterschool Line  
5:00 – 7:00 pm  
Single Parenting Group  
5:30 – 6:30 pm | **21** DIY Family Fun Kit  
Pick –up from  
10:30 – 6:30 pm  
Little Artists  
11:00 – 12:00 pm  
Resource Table Talk  
12:00 – 1:00 pm  
Nurturing Father’s  
6:00 – 8:00 pm | **22** DIY Family Fun Kit  
Pick –up from  
10:30 – 6:30 pm  
Family Cafe  
11:00 – 12:00 pm  
Anger Management Support for Teens  
5:00 – 6:00 pm  
Active Parenting of Teens  
5:00 – 6:30 pm | **23** DIY Family Fun Kit  
Pick –up from  
9:30 – 4:30 pm  
Active Parenting First Five Years  
10:00 – 11:30 am  
Nature Crafts  
11:00 – 12:00 pm | **24** For additional Information on any of our programs, please see the reverse side, or contact us at 508-815-5100. |
| **26** Sweet Creations Pick-up  
9:30 – 4:30 pm  
School Q&A Series  
1:00 – 2:00 pm  
Active Parenting 4th Edition  
1:00 – 2:30 pm | **27** Active Parenting of Teens  
1:00 – 2:30 pm  
Creative Journal Writing  
4:00 – 5:00 pm  
Afterschool Line  
5:00 – 7:00 pm | **28** Little Artists  
11:00 – 12:00 pm  
Resource Table Talk  
12:00 – 1:00 pm  
Nurturing Father’s  
6:00 – 8:00 pm | **29** Family Cafe  
11:00 – 12:00 pm  
Elephant in the Room  
4:00 – 5:00 pm  
Anger Management Support for Teens  
5:00 – 6:00 pm  
Active Parenting of Teens  
5:00 – 6:30 pm | **30** Active Parenting First Five Years  
10:00 – 11:30 am  
Nature Crafts  
11:00 - 12:00 pm | |
# Cape Cod Family Resource Center – April 2021

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

<table>
<thead>
<tr>
<th>Dads’ Squad</th>
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<tbody>
<tr>
<td>Father figures and caregivers are welcome to join us virtually on the first Saturday of the month. This month we will be making rubber band race cars. For more information, and to register, please contact us at 508-815-5100.</td>
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<tr>
<th>Single Parenting Support Group</th>
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<tr>
<td>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.</td>
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<tr>
<th>Dads’ Talk</th>
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<tr>
<td>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.</td>
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<tr>
<th>School Questions &amp; Answers Series</th>
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<tr>
<td>Join us virtually on Monday’s for a live Q&amp;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.</td>
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<tr>
<th>Little Artists</th>
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<td>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.</td>
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<tr>
<th>Resource Table Talk</th>
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<tr>
<td>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.</td>
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<tr>
<th>Afterschool Line</th>
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<tr>
<td>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.</td>
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<tr>
<th>Sweet Creations</th>
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<tr>
<td>Join us for an ice cream social or sweet treat activity on April 26th. We will provide the ice cream or sweet treats for your family. Registration is required. For more information, and to register please contact us at 508-815-5100.</td>
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<tr>
<th>DIY Family Fun Kit</th>
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<tr>
<td>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 April 19th – 23rd to pick up your DIY Family Fun Kit supplies. For more information on the DIY kit, please contact us at 508-815-5100. Registration is required for each of these activity kits.</td>
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<tr>
<th>Elephant in the Room</th>
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<tr>
<td>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 on this new series, and to register, please contact us at 508-815-5100.</td>
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<th>Mindfulness Hour</th>
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<td>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 Friday, April 2nd, and Tuesday, April 6th. For more information please call 508-815-5100.</td>
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<th>Nature Crafts</th>
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<td>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.</td>
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<th>Grandparents Raising Grandchildren Support Group</th>
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<tr>
<td>Join our grandparents group on Wednesday, April 14th 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.</td>
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<tr>
<th>Creative Journal Writing</th>
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<tr>
<td>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.</td>
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