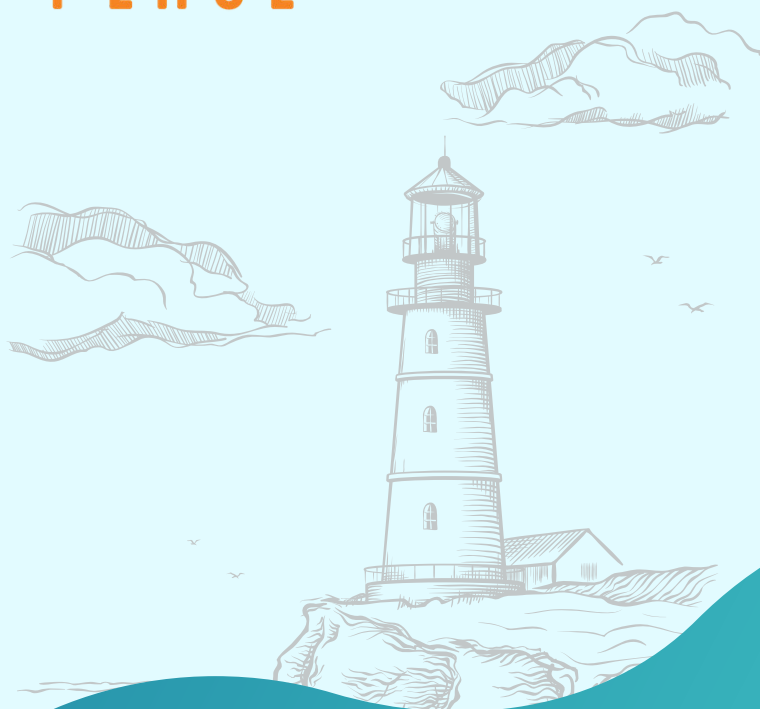




FAMILY RESOURCE GUIDE

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CHILD CARE & EARLY LEARNING

Information & Support – Early Childhood Education

Cape Cod Children's Place

10 Ballwic Rd

PO Box 1935

N. Eastham, MA 02651

Harwich office

Harwich Elementary School

263 South Street, Door 6A

Harwich, MA 02645

508-240-3310

capecodchildrensplace.org

508-430-7216 x 3044

Childcare Network

372 North Street

Hyannis, MA 02601

508-778-9470

caccci.cc

MA Dept. of Early Education and Care (EEC)

50 Milk St., 14th floor

Boston, MA 02109

617-988-6600

mass.gov/eec

EEC Regional Office

100 Myles Standish Blvd, Suite 100

Taunton, MA 02780

508-828-5025

Early Intervention & Developmental Supports

Kennedy Donovan Center EI

30 Ansel Hallet Road

West Yarmouth, MA 02673

*Serves eligible families of children from birth
to 3 years old when there are concerns about
development.*

508-418-5540

kdc.org

Childcare & Early Learning Centers

Midcape

Barnstable

AquaNest Learning Center 508-815-9489

421 Wianno Avenue, Osterville, MA 02655

Bayside Montessori Preschool 617-888-4939

1498 Falmouth Rd baysidemontessoripreschool.com
Centerville, MA 02632

Building Blocks Child Care Center 508-778-8200

546 Phinneys Lane buildingblocksofbarnstable.com
Centerville, MA 02632

Bright Promises 508-428-5010

57 Pond Street brightpromisespreschool.com
Osterville, MA 02655

Cape Symphony Preschool 774-470-2282 ext. 121

2235 Iyannough Road capesymphony.org
West Barnstable, MA 02668

Cotuit Nursery School 508-428-1470

40 School Street, Cotuit, MA 02635 cotuitnurseryschool.org

Enoch Cobb Inclusive Early Learning Center 508-790-6493

Old Craigville Road ecelc.barnstable.k12.ma.us
Hyannis, MA 02601

Fair Acres Country Day School 508-420-3288

35 Fair Acres Drive fairacrescapecod.com
Marstons Mills, MA 02648

Kiddie Kollege 508-775-1830

154 Bearses Way, Hyannis, MA 02601 kkelc.com

Little Munchkins and Discovery Preschool 508-280-5882
116 Camp Street, Hyannis, MA 02601

Our World United Preschool 508-774-7036
3055 Main St, Barnstable, MA 02630 owupreschool.com

South Shore Early Education 508-927-5771
979 Falmouth Road, Hyannis, MA 02601 ssac.org

The Crystal Garden Children's Center 508-790-0012
103B Enterprise Road, Hyannis, MA 02601

West Parish Family School 508-362-4967
2049 Meetinghouse Way wpfamilyschool.org
West Barnstable, MA 02668

Whiz Kids 508-428-0188
593 Flint Street whizkidschildrenscenter.com
Marstons Mills, MA 02648

YMCA Cotuit Early Learning Center 508-362-6500 x 2005
4978 Falmouth Road, Cotuit, MA 02635 ymcacapecod.org

**YMCA Hyannis Village Marketplace
Early Education Center** 508-362-6500 x 1905
261 Stevens St Unit E, Hyannis, MA 02601 ymcacapecod.org

**YMCA Lyndon P. Lorusso Early
Education Center** 508-362-6500 x 1205
2245 Iyannough Road ymcacapecod.org
West Barnstable, MA 02668

Yarmouth

Dennis-Yarmouth Integrated Preschool 508-778-7975
440 Higgins Crowell Rd dy-regional.k12.ma.us
West Yarmouth, MA 02673

North Side Nursery School 508-362-9742
165 Main Street northsidenurseryschool.com
Yarmouth Port, MA 02675

South Shore Early Education

367 Route 28, West Yarmouth, MA 02673

508-428-0188

ssac.org

The Sunflower School

923 Route 6A

Yarmouth Port, MA 02675

508-362-5439

capecodpreschool.com

**Wise Kids Language and Discovery
Preschool**

134 Ansel Hallet Road

West Yarmouth, MA 02673

774-487-6895

wisekidspreschool.com

Dennis**Dennis-Yarmouth Integrated Preschool**

810 MA-28, West Dennis, MA 02670

508-398-7690

dy-regional.k12.ma.us

Early Childhood Christian University

49 Main Street

Dennis Port, MA 02639

774-368-4814

earlychildhoodchristianuniversity.com

Fine Futures

109 Route 28 #7, West Dennis, MA 02670

508-398-6363

finefuturesece.com

Little Stars Learning Center

434 Route 134, Units E & F

South Dennis, MA 02660

508-760-2772

starpreschools.com

Scargo School

218 Main Street,

South Dennis, MA 02660

508-394-4104

capecodpreschool.com

Sunshine and Rainbows

585 Main Street

Dennis, MA 02638

508-385-2948

sunshineandrainbowscapecod.com

Lower Cape

Nauset Integrated Preschool Programs

508-362-9742

Serves children residing in the Nauset Regional School District communities.

- Brewster
- Orleans
- Eastham
- Wellfleet

Harwich

Monomoy Integrated Preschool

508-430-7216

At Harwich Elementary School
263 South Street
Harwich, MA 02645

monomoy.edu

YMCA Cape Tech EEC

508-362-6500 x 1005

351 Pleasant Lake Ave
Harwich, MA 02645

ymcacapecod.org

YMCA Harwich Elementary EEC

508-362-6500 x 1805

At Harwich Elementary School
263 South Street
Harwich, MA 02645

ymcacapecod.org

The Children's Center

508-432-0152

115 Sisson Road
Harwich Port, MA 02646

childrenscenterharwich.org

Three Harbors Preschool

774-237-0193

257 Main Street
West Harwich, MA 02671

threeharborspreschool.com

Chatham

Monomoy Pups Preschool

At Chatham Elementary School
147 Depot Road
Chatham, MA 02633

617-314-8937
monomoy.edu

Rocking Unicorn Preschool

1762 Main Street
PO Box 1509
West Chatham, MA 02669

508-945-0611
therockingunicorn.com

Brewster

The Family Schools

3570 Main Street
PO Box 1816
3570 Main Street
Brewster, MA 02631

508-896-6555
thefamilyschools.com

The Laurel School

1436 Long Pond Road
Brewster, MA 02631

508-896-4934
laurelschoolcapecod.org

Orleans

The Learning Garden

63 Hopkins Lane
Orleans, MA 02653

508-255-7328
thelearninggardenpreschool.org

Meetinghouse Preschool

162 Main Street
East Orleans, MA 02643

508-255-8793
fedchurchorleans.org

Eastham

Cape Cod Children's Place

10 Ballwic Road
PO Box 1935
North Eastham, MA 02651
508-240-3310

508-240-3310
capecodchildrensplace.org

Wellfleet

Wellfleet Montessori Preschool

100 Lawrence Road
Wellfleet, MA 02667

508-349-6252
wellfleetmontessori.com

Truro

Truro Central School Preschool

317 Route 6
PO Box 2029
Truro, MA 02666

508-487-1558
truromass.org

Provincetown

Provincetown Early Learning Center

12 Winslow Street
Provincetown, MA 02657

508-487-5201
provincetownschools.com

Licensed Family Childcare Providers

Availability may change throughout the year. For assistance locating licensed family child care programs and current openings, contact Child Care Network or search the Massachusetts EEC Child Care Search database.

Scan to search licensed child care programs

Massachusetts EEC Child Care Search
childcare.mass.gov/findchildcare



AFTER-SCHOOL, ENRICHMENT & SUMMER PROGRAMS

Note: Many of the early learning centers, preschool programs, and family child care providers listed in this guide offer summer camps, vacation-week programming, after-school care, and enrichment activities. Families are encouraged to contact programs directly or visit program websites for current offerings, schedules, and registration information.

Community-Based Programs

AlphaBEST (afterschool) alphabest.org/dennisyarmouthma

- **Ezra H. Baker Innovation School**

810 Route 28, West Dennis, MA, 02670

- **Marguerite E. Small Elementary School**

440 Higgins Crowell Road, West Yarmouth, MA, 02673

- **Station Avenue Elementary School**

276 Station Avenue, South Yarmouth, MA, 02664

- **Dennis-Yarmouth Intermediate Middle School**

286 Station Avenue, South Yarmouth, MA, 02664

YMCA Cape Cod (summer camp) ymcacapecod.org

- **Lyndon P. Lorusso**

2245 Iyannough Rd, West Barnstable, MA 02668

- **Harwich Elementary School**

263 South St, Harwich MA 02645

Pilgrim Congregational Church [508-395-9207](tel:508-395-9207)

(after-school)

pcchp.org

533 MA-28, Harwich Port, MA 02646

Nauset Youth Alliance [508-896-7900](tel:508-896-7900)

(after-school & summer program) nausetyouthalliance.org

384 Underpass Rd, Brewster MA 02631

PAAM Little Artists gemmet@paam.org

(after-school & summer program)

paam.org

460 Commercial Street, Provincetown

Wellfleet Bay Nature Camp Programs massaudubon.org

Town Recreation Departments

Many Cape Cod recreation departments offer summer camps, youth sports, enrichment activities, and seasonal programs for children and families.

- **Barnstable Recreation Department** [508-790-6345](tel:508-790-6345)
- **Yarmouth Recreation Department** [508-398-2231](tel:508-398-2231) x 1520
- **Dennis Recreation Department** [508-760-6159](tel:508-760-6159)
- **Harwich Recreation Department** [508-737-9692](tel:508-737-9692)
- **Chatham Recreation Department** [508-945-5175](tel:508-945-5175)
- **Brewster Recreation Department** [508-896-9430](tel:508-896-9430)
- **Orleans Recreation Department** [508-255-0380](tel:508-255-0380) x 3105
- **Eastham Recreation Department** [508-240-5974](tel:508-240-5974)
- **Wellfleet Recreation Department** [508-349-0314](tel:508-349-0314)
- **Truro Recreation Department** [508-487-1632](tel:508-487-1632)
- **Provincetown Recreation Department** [508-487-7097](tel:508-487-7097)

Playgroups, Family Support & Early Childhood Resources

Families with young children can access free playgroups, parent-child activities, developmental screenings, parent education programs, and family support services through Cape Cod Children's Place, serving families across the Mid, Lower, and Outer Cape.

Free Developmental Screenings

Available for children ages 1 month to 5 years. Families with questions about their child's development, communication, learning, motor skills, or social-emotional growth can contact Cape Cod Children's Place for screening, guidance, and referrals.

Looking for More Family Activities?

Families can also find story times, playgroups, nature programs, parent-child activities, and community events through local libraries, recreation departments, conservation organizations, and community groups.

for more information:

Cape Cod Children's Place

10 Ballwic Rd

Eastham, MA 02642

[508-240-3310](tel:508-240-3310)

capecodchildrensplace.org

FAMILY ACTIVITIES, NATURE & CULTURE

Explore libraries, museums, nature centers, cultural organizations, historic sites, wildlife sanctuaries, and other family-friendly destinations throughout the Mid, Lower, and Outer Cape. Many of these organizations offer programs, events, and activities for children and families year-round.

Barnstable

- **Cape Cod Maritime Museum** capecodmaritimemuseum.org
- **Cape Cod Toy Library** capecodtoylibrary.org
- **Centerville Library** centervillelibrary.org
- **Cotuit Library** cotuitlibrary.org
- **Hyannis Public Library** hyannislibrary.org
- **Long Pasture Wildlife Sanctuary** 508-362-7475
- **Marstons Mills Library** marstonsmillslibrary.jimdoweb.com
- **Osterville Public Library** ostervillevillagelibrary.org
- **Sturgis Public Library** sturgislibrary.org
- **Whelden Memorial Library** wheldenlibrary.org

Yarmouth

- **Cultural Center of Cape Cod** cultural-center.org
- **Yarmouth Town Libraries** yarmouthlibraries.org
 - **South Yarmouth Library**
 - **West Yarmouth Library**
- **Yarmouth Port Library** yarmouthportlibrary.org

Dennis

- **Cape Cod Museum of Art** ccmoa.org
- **Dennis Conservation Trust** dennisconservationlandtrust.org
- **Jacob Sears Memorial Library** jacobsearslibrary.org
- **Dennis Memorial Library** dennismemoriallibrary.org
- **Dennis Public Library** dennispubliclibrary.org
- **South Dennis Free Public Library** southdennislibrary.org
- **West Dennis Free Public Library** westdennislibrary.org

Harwich

- **Brooks Free Library** brooksfreelibrary.org
- **Chase Library** chase-library.com
- **Dot to Dot Art Workshop** dottodotartworkshop.com
- **Harwich Conservation Trust** harwichconservationtrust.org
- **Harwich Port Library** harwichportlibrary.org
- **Seaside Play** seasideplaycc.com

Chatham

- **Atlantic White Shark Conservancy** atlanticwhiteshark.org
- **Chatham Marconi Maritime Center** chathammarconi.org
- **Eldredge Public Library** eldredgelibrary.org
- **South Chatham Public Library** [508-430-7989](tel:508-430-7989)

Brewster

- **Brewster Ladies' Library** brewsterladieslibrary.org
- **Cape Cod Museum of Natural History** ccmnh.org
- **Stony Brook Grist Mill & Museum** [508-896-3701](tel:508-896-3701) ext. 1100

Orleans

- **Orleans Conservation Trust** orleansconservationtrust.org
- **Snow Library** snowlibrary.org

Eastham

- **Salt Pond Visitor Center** [508-255-3421](tel:508-255-3421)
- **Eastham Public Library** easthamlibrary.org

Wellfleet

- **Wellfleet Bay Wildlife Sanctuary** [508-349-2615](tel:508-349-2615)
- **Wellfleet Public Library** wellfleetlibrary.org

Truro

- **Truro Center for the Arts at Castle Hill** castlehill.org
- **Truro Public Library** trurolibrary.org

Provincetown

- **Province Lands Visitor Center** [508-487-1256](tel:508-487-1256)
- **Provincetown Public Library** provincetownlibrary.org

TRANSPORTATION

Need help getting to medical appointments, work, school, or other essential services? The following resources may provide low-cost or specialized transportation options on Cape Cod.

- **Cape Cod Regional Transit Authority (CCRTA)** capecodrta.org

Includes DART, Flex Bus, ADA paratransit services, and transportation options throughout Cape Cod.

- **American Red Cross Medical Transportation** [508-775-1540](tel:508-775-1540)

Transportation to medical appointments for eligible Cape Cod residents.

- **Helping Our Women** helpingourwomen.org

Transportation and other support services for women facing serious health conditions.

FAMILY SUPPORT & PARENTING RESOURCES

Whether you're looking for parenting support, family resources, referrals, or help navigating community services, the following organizations can connect families with programs and assistance throughout Cape Cod.

Barnstable County Human Services

[508-375-6628](tel:508-375-6628)

Provides information, referrals, community resource guides, and connections to health and human services throughout Barnstable County.

capecod.gov

Big Brothers Big Sisters

[508-771-5150](tel:508-771-5150)

Matches children and youth with caring adult mentors to support positive development, confidence, and life skills.

emassbig.org

Cape and Islands United Way

[508-775-4746](tel:508-775-4746)

Connects individuals and families with community resources and supports local programs that strengthen health, education, and financial stability.

capeandislandsuw.org

Cape Cod Children's Place

[508-240-3310](tel:508-240-3310)

Parenting education, home visiting, family support, resource navigation, and connections to community services for families across Cape Cod.

capecodchildrensplace.org

Cape Cod Family Resource Center

508-815-5100

Provides family support, referrals, behavioral health services, and connections to community resources. capecodfamilyresourcecenter.org

Cape Cod Neighborhood Support Coalition

508-771-4336

Provides support, education, information, and referrals for families with children, including single parents, foster families, grandparents raising grandchildren, and other kinship caregivers. capecoalition.com

Catholic Charities of the Diocese of Fall River

508-771-6771

Provides housing support, food assistance, immigration services, financial counseling, and other family support programs. ccfrdioc.org

Health Imperatives

508-583-3005

Provides WIC, home visiting, parent education, maternal and child health services, behavioral health support, and other programs that support healthy families. healthimperatives.org

Mass211

2-1-1

A free, confidential 24/7 service that connects individuals and families to health, housing, food, financial assistance, child care, and other community resources. mass211.org

Monomoy Community Services

508-945-1501

Connects Chatham residents with childcare assistance, community resources, referrals, and family support services. monomoy.org

Parents Helping Parents

800-632-8188

Provides parent support groups, a parenting stress hotline, referrals, and resources for parents, caregivers, and families. parentshelpingparents.org

We Thrive

508-778-7744

Provides support, leadership opportunities, community connections, and affirming programs for LGBTQ+ youth and young adults on Cape Cod and the Islands. wethrive.us

CHILD & FAMILY COUNSELING, MENTAL HEALTH & RECOVERY

The following organizations provide counseling, mental health services, crisis intervention, recovery support, grief support, and resources for children, youth, adults, and families throughout Cape Cod.

Al-Anon & Alateen

Provides support groups and resources for families, friends, and youth affected by someone else's alcohol use.

508-366-0556

alanonma.org

Alcoholics Anonymous (Cape Cod Intergroup)

Provides 12-step recovery meetings, peer support, and information for individuals seeking recovery from alcohol use.

508-775-7060

capecodaa.net

Bay Cove Human Services

Provides outpatient mental health services, urgent behavioral health support, and mobile crisis intervention for children, youth, and adults.

833-229-2683

baycovecapecod.org

Behavior Health Innovators (BHI)

Provides prevention, treatment, recovery, and peer support services for youth and young adults affected by substance use and mental health challenges.

bhinnov.org

Behavioral Health Help Line

A free 24/7 service that connects individuals and families with mental health, substance use, and crisis support services.

833-773-2445

masshelpline.com

Cape Cod Children's Place

Recovery-focused family support services, parent coaching, and resources for families affected by substance use disorders

508-240-3310

capecodchildrensplace.org

Child-At-Risk-Hotline

Provides 24/7 reporting and support for concerns about child abuse or neglect.

800-792-5200

Child & Family Services

Provides mental health services, family support, community-based programs, and resources that promote well-being and resilience for children, youth, adults, and families.

508-778-1839

cfservices.org

Children's Cove

Provides support, advocacy, and coordinated services for children and families affected by child sexual abuse.

508-375-0410
childrenscove.org

Crisis Text Line

Provides a free 24/7 text service that connects individuals in crisis with trained crisis counselors.

text 741741
crisistextline.org

Department of Children and Families

Works with families and communities to promote child safety, support family well-being, and protect children from abuse and neglect.

508-760-0200
mass.gov/dcf

Gosnold Behavioral Health

Provides mental health services, substance use treatment, and recovery support at locations throughout Cape Cod.

800-444-1554
gosnold.org

Harwich Youth & Family Services

Provides free counseling, support, advocacy, and referrals for Harwich youth ages 11-21 and their families.

508-430-7836

Independence House

Provides advocacy, counseling, safety planning, emergency shelter, and support services for survivors of domestic violence and sexual assault.

508-771-6507 | 800-439-6507
independencehouse.org

National Alliance on Mental Illness (NAMI)

Provides education, support groups, advocacy, and resources for individuals living with mental health conditions and their families.

508-778-4277
namicapecod.org

National Suicide Prevention Lifeline

Provides free, confidential 24/7 support for people experiencing emotional distress, mental health concerns, substance use challenges, or suicidal thoughts.

Call or text: 988
988lifeline.org

Northeast Health Services

Provides outpatient counseling, mental health treatment, and psychiatric services for children, youth, and families.

Hyannis: 508-568-9230
Orleans: 508-623-5003
nehs.transformationsnetwork.com

Parent/Professional Advocacy League

Provides education, advocacy, support, and resources for families raising children and youth with mental health, emotional, or behavioral challenges.

866-815-8122
ppal.net

PFLAG Cape Codpflagcapecod.org

Provides support groups, education, advocacy, and resources for LGBTQ+ individuals, their families, and allies.

SAMHSA National Helpline[877-726-4727](tel:877-726-4727)

Provides free, confidential 24/7 treatment referrals, information, and support for individuals and families facing mental health or substance use challenges.

samhsa.gov**The Compassionate Friends**[508-221-2113](tel:508-221-2113)

Provides peer support, understanding, and resources for families grieving the death of a child at any age.

compassionatefriends.org**The Samaritans of Cape Cod & the Islands**[508-548-7999](tel:508-548-7999)

Provides suicide prevention services, grief support, outreach programs, and compassionate emotional support for individuals and families.

capesamaritans.org

FOOD, CLOTHING & BASIC NEEDS

The following organizations provide food assistance, clothing, essential items, community meals, and other resources that help individuals and families meet their basic needs.

A Baby Center (Cape Cod Council of Churches)[508-771-8157](tel:508-771-8157)

Provides diapers, clothing, baby equipment, and other essential items for infants and young children at no cost to eligible families.

capecodcouncilofchurches.org**Cape Cod Foster Closet**

Provides free clothing, shoes, school supplies, and other essential items for foster, kinship, pre-adoptive, and caregiver families with children from infancy through age 18.

[508-514-7125](tel:508-514-7125)capecodfostercloset.org**Department of Transitional Assistance (DTA)**[508-862-6600](tel:508-862-6600)

Administers SNAP (food assistance), cash assistance, and other benefit programs that help eligible individuals and families meet basic needs.

mass.gov/dta**Faith Family Kitchen (Cape Cod Council of Churches)**[508-775-5073](tel:508-775-5073)

Provides free community meals and nutritious food for individuals and families experiencing food insecurity.

capecodcouncilofchurches.org

Family Table Collaborative

Provides prepared meals and supports community food access initiatives, including community fridges and meal distribution programs.

877-726-4727

familytablecollaborative.org

Katelynn's Closet

Provides clothing, shoes, and other essential items for children and youth in need on Cape Cod and the Islands.

508-364-3927

katelynns-closet.org

Lasagna Love

Provides free home-cooked meals through a network of volunteer cooks for individuals and families experiencing hardship.

lasagnalove.org

Lower Cape Outreach Council

Provides food assistance, emergency pantry services, a free clothing and household goods shop, and emergency financial support for Lower Cape residents.

508-240-0694

lcoutreach.org

Mass Appeal

Operates a free store offering clothing, toys, books, and essential household items.

508-349-1173

ccmassappeal.org

Project Bread

Connects individuals and families with food assistance programs, SNAP benefits, and community food resources.

800-645-8333

projectbread.org

Soup Kitchen in Provincetown (SKIP)

Provides free nutritious meals and food assistance for Outer Cape residents experiencing food insecurity.

508-487-8331

skipfood.org

The 246 Community Kitchen

Provides free community meals and a welcoming gathering space for individuals and families on the Outer Cape.

wellfleet246.org

The Family Pantry of Cape Cod

Provides food assistance, fresh produce, and other essential grocery items for individuals and families experiencing food insecurity.

508-432-6519

thefamilypantry.com

The Salvation Army

Provides food assistance, emergency basic-needs support, seasonal programs, and other services for individuals and families in need.

800-645-8333

easternusa.salvationarmy.org

Truro Community Kitchen

Provides free community meals and home-delivered meals for Truro residents in need.

508-514-1833

trurocommunitykitchen.org

HOUSING, FINANCIAL & UTILITY ASSISTANCE

The following organizations provide housing assistance, homelessness prevention services, utility assistance, financial support, resource navigation, and other programs that help individuals and families maintain stability and meet essential needs.

American Consumer Credit Counseling

Provides budgeting, credit counseling, debt management, and housing counseling services for individuals and families.

877-440-1773

consumercredit.com

American Red Cross (Disaster Services)

Provides emergency disaster relief, including temporary shelter, food, clothing, and other immediate assistance for individuals and families.

508-775-1540

redcross.org

Cape Cod Times Neighbors Fund

Provides temporary emergency financial assistance to Cape Cod residents facing unexpected hardships.

508-778-5661

neighborsfund.org

Cape Light Compact

Provides energy-saving programs, rebates, home energy assessments, and resources that help residents reduce utility costs and improve energy efficiency.

800-797-6699

capelightcompact.org

Citizens Energy Corporation

Provides energy-assistance programs that help eligible Massachusetts households lower utility costs and improve energy affordability.

JOE-4-SUN (855-563-4786)

citizensenergy.com

Community Action Committee of Cape Cod & Islands

Provides rent and utility assistance, benefits enrollment support, case management, and connections to community resources for low-income individuals and families.

508-771-1727

cacci.cc

Consumer Assistance Council

Provides consumer advocacy, complaint assistance, and education related to housing, credit, contracts, and consumer protection issues.

508-771-0700

consumercouncil.com

Good Neighbor Energy Fund

Provides energy assistance and financial support to eligible households struggling with utility and heating expenses.

508-775-0364

magoodneighbor.org

Habitat for Humanity of Cape Cod

Provides affordable homeownership opportunities, housing support, and programs that help families achieve long-term housing stability.

508-432-1312

habitatcapecod.org

Hands of Hope (*Cape Cod Council of Churches*)

Provides emergency assistance, food support, rent and utility assistance, and homelessness-prevention services for Mid-Cape individuals and families.

508-362-3559

capecodcouncilofchurches.org

Harwich Ecumenical Council for Housing

Provides rental assistance, emergency housing loans, and affordable housing programs that help individuals and families maintain stable housing.

508-432-0015

hech.org

Homeless Not Hopeless

Provides transitional housing, life-skills education, and support services that help adults experiencing homelessness move toward stable and independent living.

508-957-2334

homelessnothopeless.org

Homeless Prevention Council

Provides housing stabilization, homelessness prevention, case management, financial counseling, and connections to housing resources for individuals and families.

508-255-9667

hpccapecod.org

Housing Assistance Corporation (HAC)

Helps individuals and families find and maintain stable housing through rental assistance, housing counseling, homelessness prevention, and supportive services.

508-771-5400

haconcapecod.org

Mass Save

Provides home energy assessments, rebates, insulation upgrades, and other energy-efficiency programs that help residents reduce utility costs.

866-527-7283

masssave.com

Society of St. Vincent de Paul

Provides emergency assistance with food, housing-related expenses, utilities, and other basic needs through local parish-based volunteer programs.

svdpcapecod.com

Women of Fishing Families

Provides financial assistance, support, and emergency resources for Cape Cod commercial fishing families experiencing hardship.

508-274-2092

fishingfamilies.org

HEALTH RESOURCES

The following organizations provide medical care, preventive services, health education, insurance enrollment assistance, and other health-related resources for individuals and families throughout Cape Cod.

AIDS Support Group of Cape Cod (ASGCC)

Provides HIV prevention, education, case management, support services, and resources for individuals living with or affected by HIV/AIDS.

Hyannis: 508-778-1954

Provincetown: 508-487-9445

asgcc.org

Cape Cod Healthcare

Provides hospital care, primary and specialty care, behavioral health services, urgent care, and other healthcare services throughout Cape Cod.

capecodhealth.org

Duffy Health Center

Provides medical care, mental health services, substance use treatment, case management, and housing support for individuals experiencing housing instability or other barriers to care.

508-771-9599

duffyhealthcenter.org

Harbor Health

Provides primary medical care, dental services, pharmacy services, behavioral health care, and other health services for individuals and families.

Health Center: 508-778-5420

Dental Center: 508-778-5400

hhsi.us

Health Care for All

Provides information, advocacy, and assistance with health insurance coverage and access to health care services.

800-272-4232

hcfama.org

MassHealth

Provides health insurance coverage and benefits for eligible children, adults, seniors, and individuals with disabilities in Massachusetts.

800-841-2900

mass.gov/masshealth

Mobile Dental Hygiene Services

Provides mobile dental hygiene services, including preventive dental care, cleanings, screenings, and oral health education.

508-827-6725

mobiledentalhygiene.com

National Lead Information Center

800-424-5323

Provides information, education, and resources about lead poisoning prevention, testing, and exposure concerns.

Outer Cape Health Services

outercape.org

Provides primary care, behavioral health services, dental care, and other healthcare services on a sliding-fee scale, with locations throughout the Outer Cape.

Poison Control

800-222-1222

Provides free, confidential 24/7 expert guidance for poison emergencies, medication concerns, and exposure to potentially harmful substances.

poison.org

The Wilkens Family Dental Hygiene Clinic

774-330-4371

Provides affordable dental hygiene care, cleanings, and preventive oral health services through Cape Cod Community College.

capecod.edu/dental-clinic

VNA of Cape Cod

508-957-7400

Provides skilled nursing, home health care, hospice, rehabilitation, and community health services throughout Cape Cod.

capecodhealth.org

DISABILITY & ACCESSIBILITY RESOURCES

The following organizations provide advocacy, support services, accessibility resources, independent living assistance, and other programs that help individuals with disabilities and their families participate fully in their communities.

Bridges Associates

508-362-7692

Provides evaluations, consultation, and support services for individuals with learning, developmental, and behavioral challenges.

bridgesassociates.com

Cape Cod Challenger Club

508-420-6950

Provides recreational and social programs that promote inclusion, friendship, and community participation for individuals with disabilities.

capecodchallenger.org

Cape Organization for the Rights of the Disabled

Provides advocacy, independent living support, information, referrals, and accessibility resources for individuals with disabilities.

508-775-8300
cordcapecod.org

Commission for the Protection of Persons with Disabilities (CPPD)

Provides a 24/7 hotline for reporting abuse, neglect, and mistreatment of adults with disabilities.

800-426-9009
cppdmass.gov

Community Connections

Provides day habilitation, life-skills training, employment services, and community-based supports for individuals with disabilities.

508-362-1140
communityconnectionsinc.org

Department of Developmental Services (DDS)

Provides service coordination, family support, and access to community-based programs and services for individuals with intellectual and developmental disabilities.

508-771-2595
mass.gov/dds

Disability Law Center

Provides legal advocacy, education, and assistance on disability rights issues, including access to services, education, housing, and employment.

dlc-ma.org

Easterseals Massachusetts

Provides disability services, assistive technology resources, rehabilitation support, and programs that promote independence and community participation.

774-330-4371
easterseals.com

Federation for Children with Special Needs (FCSN)

Provides advocacy, information, referrals, training, and parent-to-parent support for families of children and youth with disabilities and special health care needs.

800-331-0688
fcsn.org

MassAbility

Provides vocational rehabilitation, career planning, job training, employment support, and independent living services for individuals with disabilities.

508-775-6173
mass.gov/massability

Massachusetts Advocates for Children (MAC)

Provides advocacy and resources to help children and youth access educational supports, services, and opportunities, including special education.

617-357-8431
massadvocates.org

**Massachusetts Division for Children
& Youth with Special Needs**

800-882-1435

mass.gov/community-support-line

Provides information, referrals, and support to help families of children and youth with special health care needs access services and resources.

Massachusetts Commission for the Blind (MCB)

617-727-5550

mass.gov/mcb

Provides services, training, advocacy, and support to help individuals who are blind or visually impaired live independently and access employment, education, and community resources.

**Massachusetts Commission for the Deaf
and Hard of Hearing (MCDHH)**

617-740-1600

mass.gov/mcdhh

Provides advocacy, communication access services, information, referrals, and resources for individuals who are deaf or hard of hearing.

Massachusetts Office on Disability (MOD)

800-322-2020

mass.gov/mod

Provides information, guidance, and referrals on disability rights, accessibility, reasonable accommodations, and disability-related resources.

Sight Loss Services

508-394-3904

sightloss.org

Provides information, referrals, adaptive aids, support groups, and outreach services for individuals experiencing vision loss.

Social Security Administration (SSA)

800-772-1213

ssa.gov

Provides disability benefits and financial assistance programs for eligible children and adults with disabilities.

The SHARE Foundation

774-992-0674

thesharefoundation.org

Provides evaluations, adaptive equipment, and support services that help individuals with physical disabilities live more independently.

ADULT EDUCATION, JOB TRAINING & CAREER RESOURCES

Looking to continue your education or develop new job skills? The following organizations offer higher education opportunities, adult education classes, HiSET/GED preparation, English language learning (ESOL), workforce training, career counseling, and employment support services.

Cape Cod Community College

capecod.edu

Provides adult education, HiSET/GED preparation, ESOL classes, workforce training, degree and certificate programs, and career development opportunities.

MassHire Cape & Islands Career Center

masshire-capeandislands.com

Provides career counseling, job search assistance, workforce training, and employment support services to help individuals achieve their education and career goals.

The Community School At Cape Cod Regional High School

communityschoolcct.org

Provides adult education, workforce training, ESOL classes, trade certifications, technology training, and enrichment courses that support career advancement and lifelong learning.

WE CAN

wecancenter.org

Provides career counseling, financial empowerment programs, mentoring, educational opportunities, and support services that help women achieve economic stability and personal goals.

LEGAL ASSISTANCE

The following organizations provide legal assistance, advocacy, and information to help individuals and families understand their rights and address civil legal issues.

Child Support Services Division

Helps parents establish paternity, obtain child support orders, collect child support payments, and enforce child support obligations.

800-332-2733

mass.gov/css

MassLegalHelp

Provides free legal information, self-help resources, forms, and referrals to help Massachusetts residents understand their rights and address civil legal issues.

masslegalhelp.org

South Coastal Counties Legal Services

Provides free civil legal assistance for eligible individuals and families with issues related to housing, public benefits, family law, disability rights, consumer protection, elder law, and domestic violence.

800-244-9023

sccls.org

Volunteer Lawyers Project

Provides free civil legal services through volunteer attorneys, including assistance with benefits, housing, family law, and other legal issues.

617-603-1700

vlpnet.org

ACKNOWLEDGEMENTS

This guide was developed by Cape Cod Children's Place and funded in part through a Massachusetts Department of Early Education and Care (EEC) Coordinated Family and Community Engagement (CFCE) Grant.

Information is subject to change. Families are encouraged to contact organizations directly to confirm services, eligibility requirements, locations, and hours of operation.



