

# CAPE COD COLLABORATIVE



## Family Resource Guide 2026

Clear pathways. Trusted support. Stronger families.

**Here to help every family's journey by connecting them to what they need.**

A comprehensive directory of resources for children and families across the Region.



## WHO WE ARE

# The Cape Cod Collaborative: Serving Children, Families, and Districts.

For more than fifty years, the Cape Cod Collaborative (CCC) has partnered with school districts across Cape Cod, Martha's Vineyard, Nantucket, Wareham, and Plymouth to support neurodivergent children and students with diverse learning needs, to empower families, and to strengthen educational opportunities across the Region. Through shared resources and truly collaborative programming, CCC helps communities offer specialized services, clear guidance, and reliable pathways for caregivers seeking support for their children.

Cape Cod Collaborative is also entering a new phase of unified services and expanded programming, reflected in its updated organizational identity. This growth highlights CCC's core services, including STAR Program, Waypoint Academy, ASLP, and transportation services, alongside a strengthened commitment to professional growth and development, offering workshops, training sessions, and collegial learning opportunities that support educators across the Region.



You're welcome to follow Cape Cod Collaborative on Instagram, Facebook, LinkedIn, and YouTube. More information is available at [www.capecodcollaborative.org](http://www.capecodcollaborative.org), where families can explore programs and learn more about our work across the Region.

### CONNECT WITH CAPE COD COLLABORATIVE

Phone number: 508-420-6950

Star Program-

418 Bumps River Road, Osterville MA 02655

Waypoint Academy-

1175 Route 28 S.Yarmouth MA, 02664

## INTRODUCTION

# A Guide Created With Families

Families across our membership Region deserve support that is clear, welcoming, and easy to navigate. For decades, the Cape Cod Collaborative has been committed to understanding and responding to the needs of families across the Region, ensuring that caregivers never feel alone as they seek guidance. The Family Resource Guide 2026 was created as part of that ongoing commitment: a single, accessible place where caregivers can see what services exist, how they work, and where to begin.

This Guide was shaped by caregivers whose lived experiences guided its design. Their voices, and their help in shaping the structures, ensured that it reflects real needs and real journeys. Community service providers also played an essential role by offering clear information about their programs and expressing genuine interest in being more reachable to families. Thanks to this shared effort, the Guide brings together perspectives that strengthen the guide and make it more meaningful for families across the Region.



## INTRODUCTION

# A Guide Created With Families

Many caregivers described the early stages of seeking support as a period filled with confusion and uncertainty, especially when navigating specialized support for neurodiverse children. To ease that experience, the Route Map was created as a simple, universal "Start Here If You Are Unsure" tool that helps caregivers understand their first steps and see clear pathways to the services available across the Region.

As the community continues to grow and change, the FRG will evolve with it, and the Cape Cod Collaborative remains grateful to every caregiver and partner who contributed and continues to stand ready to support families whenever they need it.

This project is made possible through funding support from the "Implementing of Updated Regulations Regarding Time-Out Practices Grant". This funding specifically aligns with the grant priority that encourages development of tools that strengthen family well-being, by fostering collaboration with families and caregivers, including parent advisory councils (SEPAC and ELPAC) and community members to create a holistic support system.



# Find the support you need

Five connected pathways designed around real family journeys.

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# SECTION **A**

## Immediate Needs and Stabilization

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This first section is where families begin when life feels urgent. This part of the Guide brings together the support that helps stabilize safety, meet essential needs, and respond quickly during moments of crisis. Whether a family needs food, clothing, housing help, or emergency guidance, this section connects them to resources that are available in the community right now -practical, accessible, and ready to help.

**“ When things were at their worst, I didn’t even know who to call. I just needed someone to help us stabilize the situation.”**

**-Caregiver receiving STAR Program services**

| <b>Crisis Intervention</b>                             |                |                                                                                  |
|--------------------------------------------------------|----------------|----------------------------------------------------------------------------------|
| American Red Cross – Cape & Islands                    | 508-775-1540   | Disaster response, emergency assistance, and crisis support for families.        |
| A Safe Place Nantucket                                 | 508-228-0561   | Domestic violence and sexual assault crisis intervention and counseling.         |
| Baby Safe Haven (MA)                                   | 1-888-510-BABY | 24/7 hotline for safe, legal surrender of newborns under MA Safe Haven Law.      |
| Bridge Over Troubled Waters                            | 617-423-9575   | Crisis support, shelter, and services for homeless & at-risk youth.              |
| Cape & Islands District Attorney's Office              | 508-362-8113   | Safety support, law-enforcement, and court guidance for victims and witnesses.   |
| Cape Cod Center for Women (Domestic Violence Shelter)  | 800-745-0003   | Confidential shelter and support for survivors of domestic violence.             |
| Cape Cod Hospital Behavioral Health Crisis Team (PAT)  | 800-513-4728   | 24/7 psychiatric crisis evaluations and emergency mental health support.         |
| Children's Cove – Cape & Islands Child Advocacy Center | 508-375-0410   | Child abuse intervention, advocacy, and coordinated family support.              |
| Child-At-Risk Hotline (DCF)                            | 800-792-5200   | 24/7 reporting line for child abuse or neglect.                                  |
| CONNECT to End Violence (MVCS – MV)                    | 508-696-7233   | Domestic violence and sexual assault crisis response and counseling.             |
| Department of Children & Families (DCF)                | 508-760-0200   | Child protection, family support, crisis intervention across Cape Cod & Islands. |
| Dennis Police Department – Victim Services             | 774-352-1472   | Support and advocacy for victims of crime                                        |
| Disabled Persons Protection Commission (DPPC)          | 800-426-9009   | 24-hour hotline for reporting abuse of adults with disabilities.                 |
| Independence House                                     | 508-771-6507   | DV/SA crisis support, advocacy, shelter.                                         |
| Independence House Sexual Assault Hotline              | 800-439-6507   | Crisis response and support for survivors of sexual assault.                     |
| Massachusetts Poison Control Center                    | 800-682-9211   | Statewide poison exposure consultation and emergency guidance.                   |
| Mobile Crisis Intervention (MCI)                       | 877-382-1609   | 24/7 emergency mental health crisis response.                                    |
| Parental Stress Hotline                                | 800-632-8188   | 24/7 confidential support for parents in crisis.                                 |
| Poison Emergency (National Poison Help Line)           | 800-222-1222   | 24/7 emergency guidance for poison exposures.                                    |

|                                                        |                           |                                                                                                               |
|--------------------------------------------------------|---------------------------|---------------------------------------------------------------------------------------------------------------|
| Safe Harbor Women & Children Shelter                   | 508-790-2933              | Shelter, safety planning, and support for survivors of domestic violence.                                     |
| Samaritans on Cape Cod & Islands                       | 800-893-9900              | Suicide prevention hotline offering emotional support.                                                        |
| Veteran Crisis Line                                    | 800-273-8255<br>(Press 1) | 24/7 confidential crisis support for veterans and service members.                                            |
| <b>Basic Needs</b>                                     |                           |                                                                                                               |
| <b>Food Assistance</b>                                 |                           |                                                                                                               |
| Around the Table – St. Barnabas Episcopal Church       | (508) 548-3863            | Community meals and food support for individuals and families.                                                |
| Bourne Food Pantry                                     | (508) 759-3351            | Groceries and emergency food assistance for Bourne residents.                                                 |
| Building a Bigger Table (BBT)                          | 508-237-3141              | Community nonprofit providing free meals, food access, and support for families experiencing food insecurity. |
| Cape Cod Cooperative Extension                         | (508) 375-6690            | Nutrition education, food safety programs, and SNAP-Ed support for families.                                  |
| Cape Kids Meals                                        | (508) 419-1734            | Weekend meal bags for children facing food insecurity across Cape communities.                                |
| Christ the King Food Pantry                            | 508-477-7700              | Groceries and emergency food support for families in need.                                                    |
| Department of Transitional Assistance – SNAP (Hyannis) | (508) 862-6600            | SNAP applications, case management, and food benefits for eligible households.                                |
| Dukes County Social Services (SNAP)                    | 508-696-3840              | SNAP applications, food benefits, and social service support for eligible families in Dukes County.           |
| Island Food Pantry (MV)                                | 508-296-8384              | Weekly food distribution and emergency groceries.                                                             |
| Family Pantry of Cape Cod (Harwich)                    | 508-432-6519              | Full food pantry serving Cape Cod residents.                                                                  |
| Family Table Collaborative                             | (508) 348-9777            | Prepared meals and nutrition education for families experiencing food insecurity.                             |
| Family Faith Kitchen                                   | 508-775-5073              | Free nutritious meals for Hyannis neighbors facing food insecurity.                                           |
| Food 4 Kids                                            | 508-255-0433              | Free summer meals for children and teens at multiple Cape Cod community sites.                                |
| Lower Cape Outreach Council – Food Pantries            | (508) 240-0694            | Operates multiple food pantries across Brewster, Orleans, Eastham, Wellfleet, and                             |
| Nantucket Food Pantry                                  | 508-228-7438              | Weekly food distribution and emergency groceries.                                                             |
| Nantucket Food, Fuel & Rental Assistance               | 508-901-1320              | Financial help for rent, utilities, heating fuel, basic needs                                                 |

|                                     |                            |                                                                                       |
|-------------------------------------|----------------------------|---------------------------------------------------------------------------------------|
| Project Bread – Food Source Hotline | (800) 645-8333             | Statewide hotline offering SNAP help, food resources, and hunger support.             |
| Salvation Army                      | (508) 775-0364             | Food pantry, emergency meals, and crisis assistance for families.                     |
| Sustainable CAPE                    | jackie@sustainablecape.org | Center for agricultural, Local Food access & education                                |
| WIC – Cape Cod                      | (508) 771-7896             | Nutrition assistance, formula, breastfeeding support, and food benefits for families. |
| Yarmouth Food Pantry                | (508) 394-0880             | Groceries and emergency food support for Yarmouth residents.                          |

| Clothing                                              |                |                                                                                                    |
|-------------------------------------------------------|----------------|----------------------------------------------------------------------------------------------------|
| A Baby Center                                         | (508) 771-8157 | Diapers, wipes, baby clothing, and essentials for infants and toddlers.                            |
| Cape Cod Foster Closet                                | (508) 514-7125 | Clothing, shoes, backpacks, and essentials for foster and kinship families.                        |
| Goodwill Thrift Store                                 | (508) 790-0671 | Low-cost clothing and household goods; vouchers available through partner agencies.                |
| Hand in Hand Thrift Shop                              | (508) 457-0770 | Affordable clothing and household items supporting local community programs.                       |
| Hands of Hope Food Pantry & Outreach Center           | (508) 432-1312 | Free clothing for adults and children is available with food and emergency assistance.             |
| Heritage Christian Church – Clothing Ministry         | 508-432-1312   | Emergency assistance clothing, and need of groceries and financial support for utilities and rent. |
| Katelynn’s Closet                                     | (508) 364-3927 | Free clothing for children ages 4–18 referred by schools or social service agencies.               |
| Mary’s Closet Thrift Shop                             | (508) 888-6637 | Affordable clothing and household items                                                            |
| Salvation Army Thrift Store                           | (508) 775-0364 | Clothing vouchers and low-cost clothing options for families in need.                              |
| Second Glance Thrift Shop (Family Pantry of Cape Cod) | (508) 432-0636 | Clothing vouchers and affordable clothing through the Family Pantry’s thrift store.                |
| St. Vincent de Paul                                   | (508) 775-3073 | Clothing assistance, vouchers, and compassionate support for families facing hardship.             |

| <b>Fuel/ Utilities Assistance</b>              |                               |                                                                                                               |
|------------------------------------------------|-------------------------------|---------------------------------------------------------------------------------------------------------------|
| Arrearage Management Programs (AMPs)           | Contact your electric utility | Payment plans that forgive past-due electric balances for eligible customers who maintain monthly payments.   |
| Cape & Islands Self-Reliance Corporation       | (508) 563-6633                | Energy education and efficiency guidance; helps households navigate fuel-saving programs and resources.       |
| Cape Light Compact – Energy Efficiency Program | (508) 375-6644                | Free home energy assessments, rebates, weatherization support, and electric rate programs for Cape residents. |
| Cold Relief Hotline (Massachusetts)            | (800) 632-8175                | Statewide hotline connecting households to LIHEAP, fuel assistance, and winter heating resources.             |
| Department of Public Utilities (DPU)           | (617) 305-3500                | Consumer protection for electric and gas customers; oversees shut-off rules and utility assistance programs.  |
| Good Neighbor Energy Fund                      | (800) 334-3047                | Emergency heating assistance for households not eligible for LIHEAP during winter months.                     |
| Mass Save                                      | (866) 527-7283                | Income-eligible energy upgrades, home assessments, weatherization, and utility savings programs.              |
| Nantucket Food, Fuel & Rental Assistance       | 508-901-1320                  | Financial help for rent, utilities, heating fuel, basic needs                                                 |

| <b>Housing &amp; Homelessness</b>                        |              |                                                                                       |
|----------------------------------------------------------|--------------|---------------------------------------------------------------------------------------|
| Angel House                                              | 508-862-6600 | Shelter and recovery support for mothers and children.                                |
| Carriage House                                           | 508-771-0885 | Transitional housing with support for women and children.                             |
| Community Action Committee of Cape Cod & Islands (CACCI) | 508-771-1727 | Rental, utility, and housing stabilization assistance.                                |
| Community Development Partnership (CDP)                  | 508-240-7873 | Housing, financial, business, and community support for Lower & Outer Cape residents. |
| Federal Consumer Info Hotline                            | 800-422-1446 | Federal guidance and referrals for housing and consumer issues.                       |
| Habitat for Humanity – Cape Cod                          | 508-362-3559 | Affordable homebuilding and homeownership opportunities.                              |

|                                                    |              |                                                                                                                                       |
|----------------------------------------------------|--------------|---------------------------------------------------------------------------------------------------------------------------------------|
| Hands of Hope Outreach Center (Harwich)            | 508-432-1312 | Emergency aid, basic needs support, and homelessness prevention.                                                                      |
| Housing Assistance Corporation of Cape Cod         | 508-771-5400 | Housing assistance, Section 8, and homelessness prevention.                                                                           |
| Harwich Ecumenical Council for the Homeless (HECH) | 508-432-0015 | Emergency rental assistance and affordable housing support.                                                                           |
| Homeless Prevention Council                        | 508-255-9667 | Rental assistance and housing stability support for Lower Cape residents.                                                             |
| H.U.D. Hotline                                     | 800-569-4287 | Free housing counseling and rental assistance information.                                                                            |
| Interfaith Council for the Homeless                | 508-255-9667 | Faith-based emergency and homelessness prevention support.                                                                            |
| MV Island Elderly Housing (IEH)                    | 508-693-7557 | Affordable rental housing for low-income elderly and disabled residents across 165 apartments in Vineyard Haven & Oak Bluffs.         |
| Safe Harbor Women & Children Shelter               | 508-790-293  | Emergency shelter for women and children experiencing homelessness due to domestic violence; offers safety and stabilization support. |
| Sherburne Commons (Nantucket Senior Living)        | 508-228-4080 | Independent senior living with apartments and Nantucket-style cottages; supportive services available on-site                         |
| Rural Development (USDA)                           | 508-295-5151 | Loans and housing assistance for rural residents.                                                                                     |

| <b>Housing Authorities Programs</b> | <b>Varies by town</b> |                                                            |
|-------------------------------------|-----------------------|------------------------------------------------------------|
| Bourne                              | 508-563-7485          | Public housing, Section 8, and rental assistance programs. |
| Falmouth                            | 508-548-1977          | Public housing, Section 8, and rental assistance programs. |
| Mashpee                             | 508-477-6200          | Public housing, Section 8, and rental assistance programs. |
| Sandwich                            | 508-888-4213          | Public housing, Section 8, and rental assistance programs. |
| Barnstable                          | 508-771-7222          | Public housing, Section 8, and rental assistance programs. |
| Dennis                              | 508-394-3120          | Public housing, Section 8, and rental assistance programs. |
| Yarmouth                            | 508-398-2920          | Public housing, Section 8, and rental assistance programs. |
| Harwich                             | 508-430-6010          | Public housing, Section 8, and rental assistance programs. |
| Chatham                             | 508-945-1900          | Public housing, Section 8, and rental assistance programs. |
| Orleans                             | 508-255-0065          | Public housing, Section 8, and rental assistance programs. |
| Provincetown                        | 508-487-7087          | Public housing, Section 8, and rental assistance programs. |

| <b>Financial Assistance &amp; Benefits</b>        |              |                                                                                                                                |
|---------------------------------------------------|--------------|--------------------------------------------------------------------------------------------------------------------------------|
| American Red Cross (Disaster Services)            | 800-733-2767 | Disaster relief and emergency financial assistance.                                                                            |
| Cape Cod Times Neighbors Fund                     | 508-778-5661 | Assistance with Basic Human Needs including Rent/Mortgage, Food, Utility, Heat Assistance                                      |
| Department of Transitional Assistance – Hyannis   | 508-862-6600 | SNAP, cash assistance, and emergency benefits.                                                                                 |
| Falmouth Service Center                           | 508-548-2794 | Emergency limited financial assistance and basic needs support.                                                                |
| Salvation Army – Hyannis                          | 508-775-0364 | Emergency food, clothing, and financial assistance.                                                                            |
| St. Vincent de Paul Society                       | 800-548-1944 | Emergency financial help and basic needs support.                                                                              |
| Social Security Administration – Hyannis          | 866-467-0440 | SSI, SSDI, and retirement benefits assistance.                                                                                 |
| Veterans Benefits / Veterans Services Offices     | 800-827-1000 | Financial, housing, and service-connected benefits.                                                                            |
| Veterans Affairs – Dukes County Veterans Services | 508-693-6887 | Assistance with veterans' benefits, claims, financial support, and resource navigation for Dukes County veterans and families. |

# SECTION **B**

## Core Family Supports

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Section B highlights the core support that strengthens a family’s daily stability and long-term growth. This part of the Guide connects families to parenting resources, mentoring programs, transportation options, employment, adult education & development opportunities, and legal guidance, practical tools that help households move forward with confidence. These services are designed to support everyday needs, reduce barriers, and make it easier for families to access what is available in the community as they build toward greater stability and independence.

**“I was trying to keep my job while managing all the appointments. It felt impossible without support.”**

**-Caregiver receiving Waypoint Program services**

| <b>Parenting &amp; Family Support</b>                                 |              |                                                                                                             |
|-----------------------------------------------------------------------|--------------|-------------------------------------------------------------------------------------------------------------|
| Amazing Grace of Cape Cod                                             | 617-669-8411 | Summer camp, mentoring, and support for children impacted by incarceration.                                 |
| Barnstable County Information & Referral                              | 508-375-6628 | County resource hub connecting families to human services and behavioral health.                            |
| Barnstable County Sheriff's Office – Bridge Center (Reentry Services) | 508-563-4300 | Reentry support, case management, and stabilization services for individuals returning after incarceration. |
| Big Brothers Big Sisters of Cape Cod & Islands                        | 508-771-5150 | One-to-one mentoring program for children and youth.                                                        |
| Bourne For Children CFCE                                              | 508-743-3800 | Family engagement early childhood support and caregiver resources.                                          |
| Boys & Girls Club of Cape Cod                                         | 508-477-8845 | After-school, summer, educational, and youth development programs.                                          |
| Cape & Islands Gay & Straight Youth Alliance (We Thrive)              | 508-778-7744 | Support & community programs for LGBTQ+ youth.                                                              |
| Cape Cod Ambassadors                                                  | Website      | Therapeutic camps & mentoring for children affected by foster care, trauma, abuse, neglect.                 |
| Cape Cod Children's Place                                             | 508-240-3310 | Parenting classes, playgroups, childcare assistance.                                                        |
| Monomoy Early Childhood Family Resource Center                        | 508-430-7216 | Early childhood family support, navigation, and resources for Harwich and Chatham.                          |
| Cape Cod Family Resource Center                                       | 508-815-5100 | Parenting workshops, support groups, crisis guidance.                                                       |
| Cape Cod Neighborhood Support Coalition                               | 508-771-4336 | Family support resources, caregiver education, community connections.                                       |
| Cape & Islands United Way                                             | 508-775-4746 | Programs supporting financial stability, health, education, and housing across Cape Cod & the Islands       |
| Cape Cod Toy Library                                                  | 508-470-0511 | Toy-lending library with playgroups, early childhood activities, and parent-child learning                  |
| Cape Cod WIC Programs                                                 | 508-771-7896 | Nutrition assistance for women, infants, and children; breastfeeding support and WIC benefits.              |
| Child Care Network                                                    | 508-778-9470 | Child care referrals, family resources, early education support.                                            |
| Children's Trust                                                      | 617-727-8957 | Parent education, home visiting, and family support to prevent child abuse.                                 |

|                                                          |                       |                                                                                                    |
|----------------------------------------------------------|-----------------------|----------------------------------------------------------------------------------------------------|
| Coalition for Children                                   | 508-548-0151 ext. 172 | Free playgroups, parenting support, and early childhood resources.                                 |
| Community Action Committee of Cape Cod & Islands (CACCI) | 508-771-1727          | Family support, childcare resources, housing stabilization, and self-sufficiency.                  |
| Community Connections (Family Support)                   | 508-771-4336          | Family support, parenting resources, community referrals.                                          |
| Deaconess Home                                           | 508-984-8155          | Support for youth with trauma and behavioral health needs.                                         |
| Dennis-Yarmouth CFCE                                     | 508-778-7988          | Playgroups, parent workshops, childcare referrals.                                                 |
| Department of Transitional Assistance (DTA)              | 877-382-2363          | SNAP food benefits, cash assistance, and employment support.                                       |
| Driven Cape Cod for Women                                | 508-237-9090          | Empowerment and support programs for Cape Cod women and families.                                  |
| Falmouth Services Resource Center                        | 508-548-2794          | Food pantry, emergency financial help, family support, and basic-needs navigation.                 |
| Family Services Association (FSA)                        | 508-678-7542          | Counseling and family support services.                                                            |
| Family Nurturing Center of Massachusetts                 | 617-474-1143          | Parenting groups and family-strengthening programs.                                                |
| FIRST STEPS TOGETHER – Cape Cod Children’s Place         | 774-722-3305          | Home-visiting support for parents recovering from substance use.                                   |
| Grandparents Raising Grandchildren                       | 508-815-5100          | Support group & resources for kinship caregivers.                                                  |
| Go-Go Grandparents (Beth Kramer)                         | 774-563-8391          | Support, guidance and resources for grandparents raising grandchildren.                            |
| Harwich Children’s Fund                                  | 508-430-7510          | Seasonal clothing, holiday support, school supplies, and emergency assistance for Harwich families |
| Healthy Families Program – Health Imperatives            | 508-771-8010          | Home visiting & parenting support for young parents.                                               |
| Independence House                                       | 508-771-6507          | Counseling, advocacy, shelter, and support for Domestic Violence survivors.                        |
| Keeping Pace with Multiple Miracles                      | 508-559-0040          | Support programs for families with multiples (twins, triplets).                                    |
| Kind Hearts for Kids                                     | 801-403-9770          | Support & enrichment for children in foster/kinship care.                                          |

|                                                               |              |                                                                                                                                |
|---------------------------------------------------------------|--------------|--------------------------------------------------------------------------------------------------------------------------------|
| Kinship Navigator                                             | 844-924-4546 | Support for grandparents/relatives raising children.                                                                           |
| Mass Advocates for Children (MAC)                             | 617-357-8431 | Advocacy for children with disabilities, trauma, mental health needs, and education rights.                                    |
| Massachusetts MENTOR                                          | 617-790-4800 | Foster care, mentoring, family support.                                                                                        |
| Mashpee Human Services                                        | 508-539-1400 | Information, referral, advocacy, counseling, and assistance for residents and families.                                        |
| Martha's Vineyard Community Services (MVCS)                   | 508-693-7900 | Family support, youth programs, mental health services, disability support.                                                    |
| MV Family Center (MV)                                         | 508-687-9182 | Parenting programs, playgroups, workshops, developmental support.                                                              |
| Nantucket Family Resource Center                              | 508-221-0193 | Parenting programs, youth support, referrals, case management.                                                                 |
| Outer Cape Community Solutions                                | 508-514-7170 | Community organization offering family support, resource navigation, and wellness programs for Lower and Outer Cape residents. |
| Parents Helping Parents                                       | 800-882-1250 | Parent support groups & family resources.                                                                                      |
| Parental Stress Hotline                                       | 800-632-8188 | 24/7 confidential emotional support for parents in crisis.                                                                     |
| Pitter Patter Puppets                                         | 508-737-2567 | Early-childhood program with puppet show and developmental play.                                                               |
| PFLAG Cape Cod                                                | 508-469-9640 | Support & advocacy for LGBTQ+ individuals and families.                                                                        |
| Sandwich Mothers Club                                         | Website      | Parent networking, family activities, community support.                                                                       |
| Sandwich Partnership for Families                             | 508-888-9525 | Playgroups, parent workshops, and early childhood resources for Sandwich families                                              |
| TAFDC – Transitional Aid for Families with Dependent Children | 877-382-2363 | Cash assistance & employment supports for families.                                                                            |
| WIC Services (Women, Infants & Children)                      | 508-771-7896 | Nutrition support, healthy foods, breastfeeding guidance, and referrals.                                                       |
| WE CAN                                                        | 508-430-8111 | Mentoring, education, financial, legal, and career support for women & families.                                               |
| Barnstable No Place for Hate                                  | 508-221-5490 | Community coalition promoting inclusion and anti-bias education.                                                               |

| <b>Transportation</b>                                        |              |                                                                                                              |
|--------------------------------------------------------------|--------------|--------------------------------------------------------------------------------------------------------------|
| Atlas Medical Transportation                                 | 508-562-7390 | Wheelchair-accessible medical transportation; 24/7 service.                                                  |
| B-Line / Sealine / H2O (CCRTA)                               | 800-352-7155 | Public bus routes serving multiple Cape towns.                                                               |
| Cape Cod Regional Transit Authority (CCRTA)                  | 800-352-7155 | Public buses, DART rides, ADA Paratransit, CapeFLYER train.                                                  |
| CapeFLYER Train                                              | 800-352-7155 | Weekend summer train service Boston ↔ Hyannis.                                                               |
| CCRTA ADA Paratransit                                        | 800-352-7155 | Shared-ride transportation for eligible individuals with disabilities.                                       |
| CCRTA DART (Dial-A-Ride)                                     | 800-352-7155 | Door-to-door rides by appointment for Cape residents.                                                        |
| Coastal Medical Transportation Systems                       | 508-694-6687 | 24-hour ambulance and medical transport.                                                                     |
| GATRA – Greater Attleboro Taunton Regional Transit Authority | 508-222-6106 | Public transit and PT-1 medical transportation supporting Cape families traveling for off-Cape medical care. |
| MassHealth PT-1 Transportation                               | varies       | Families request PT-1 forms through MassHealth portal or provider office.                                    |
| Peter Pan Bus Lines                                          | 800-343-9999 | Intercity bus service connecting Cape Cod with major MA/RI destinations.                                     |
| Plymouth & Brockton Street Railway Co.                       | 508-746-0378 | Bus service between Cape Cod, Plymouth, and Boston.                                                          |
| Prime Medical Transport                                      | 508-258-3787 | Non-emergency medical rides; wheelchair-accessible.                                                          |
| Red Cross Medical Transportation                             | 508-775-1540 | Volunteer-based medical transportation for eligible residents.                                               |
| Veterans Transportation (Town Veterans Agent)                | varies       | Coordinated by each town's Veterans Agent; call locally for availability.                                    |

| <b>Senior Transportation</b>  |              |                                                                         |
|-------------------------------|--------------|-------------------------------------------------------------------------|
| Brewster Council on Aging     | 508-896-2737 | Senior transportation for medical appointments and local errands.       |
| Chatham Council on Aging      | 508-945-5190 | Transportation for seniors to medical visits and errands.               |
| Eastham Council on Aging      | 508-255-7122 | Transportation for seniors to medical appointments and errands.         |
| Harwich Council on Aging      | 508-430-7550 | Senior rides for medical appointments and essential errands.            |
| Orleans Council on Aging      | 508-255-6333 | Senior van service for medical visits and shopping.                     |
| Provincetown Council on Aging | 508-487-7080 | Senior van service for medical appointments and errands.                |
| Truro Council on Aging        | 508-487-2462 | Transportation for seniors to medical appointments and essential trips. |
| Wellfleet Council on Aging    | 508-349-0313 | Senior rides for medical visits and essential errands.                  |

| <b>Employment &amp; Adult Education</b>                  |              |                                                                             |
|----------------------------------------------------------|--------------|-----------------------------------------------------------------------------|
| Academy for Lifelong Learning (Cape Cod CC)              | 774-330-4400 | Non-credit adult learning courses.                                          |
| CACCI (Community Action Committee of Cape Cod & Islands) | 508-771-1727 | Employment support, housing, immigration; bilingual staff.                  |
| Cape & Islands Workforce Board                           | 508-775-5900 | Workforce planning, youth programs, employer partnerships.                  |
| Cape Cod Community College (CCCC)                        | 508-362-2131 | Adult education, certificates, ESL; bilingual support.                      |
| Cape International Language Academy (CILA)               | 508-760-4000 | ESL, multilingual classes, and cultural education for families and adults.” |
| Cape Cod Tech – Community School (Harwich)               | 508-432-4500 | Adult vocational training and certifications.                               |
| Hyannis Adult Education Center (AEC – CCCC)              | 508-375-5000 | Adult education, HiSET/GED, ESL, workforce readiness.                       |
| JTEC (Job Training & Employment Corp)                    | 508-771-5627 | Workforce development, job readiness, training programs.                    |

|                                               |              |                                                              |
|-----------------------------------------------|--------------|--------------------------------------------------------------|
| Libraries (Cape-wide)                         | varies       | ESL, digital literacy, job search help; bilingual options.   |
| Massachusetts Rehabilitation Commission (MRC) | 508-862-6600 | Vocational rehab, employment and training support.           |
| MassHire Cape & Islands Career Center         | 508-771-5627 | Job search, training, workshops; some bilingual support.     |
| Mature Workers Program (ESCCI)                | 800-244-4630 | Paid training + part-time work for adults 55+.               |
| Upper Cape Technical School (Bourne)          | 508-759-7711 | Adult vocational programs and trade certifications.          |
| Wampanoag Indian Tribal Council               | 508-477-0208 | Employment and adult education support for tribal community. |

| <b>Legal Services</b>                     |              |                                                         |
|-------------------------------------------|--------------|---------------------------------------------------------|
| Barnstable County Bar Advocates Inc.      | 508-362-2123 | Court-appointed legal defense for eligible individuals. |
| Cape Mediation                            | 508-240-1717 | Conflict resolution and mediation services.             |
| Catholic Social Services                  | 508-675-3406 | Immigration legal help and family support.              |
| Consumer Assistance Council (Cape Cod)    | 508-349-7511 | Help with scams, contracts, and consumer complaints.    |
| Consumer Product Safety Commission (CPSC) | 800-638-2772 | Safety complaints and product hazard reporting.         |
| Dial-A-Lawyer (Mass Bar Association)      | 617-338-0610 | Free legal advice from volunteer attorneys.             |
| Harvard Legal Aid Bureau                  | 617-495-4408 | Free legal services for low-income residents.           |
| Legal Services of Cape Cod / SCCLS        | 800-244-9023 | Civil legal aid for housing, benefits, family law.      |
| Massachusetts Bar Association             | 617-654-0400 | Lawyer referrals and legal resources.                   |
| Massachusetts Child Support Enforcement   | 800-332-2733 | Child support establishment and enforcement.            |
| Mass Legal Assistance Corp (MLAC)         | 617-367-8544 | Funding and support for legal aid programs.             |
| Mass Office of Disability                 | 617-727-7440 | Disability rights, advocacy, and legal guidance.        |
| Volunteer Lawyers Project                 | 617-423-0648 | Free civil legal help for low-income residents.         |
| WE CAN                                    | 508-430-8111 | Legal workshops and consultations for women.            |

# SECTION

## Health & Navigation

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Section C serves as the centerpiece of the Guide — the place where families most often begin, return to, and cross-reference as they navigate health, behavioral, and developmental systems. Every family interacts with health and wellness resources at some point, whether through community health departments, maternal and infant support, developmental evaluations, disability services, behavioral health care, or counseling and recovery programs. Caregivers shared that navigating these systems, especially when seeking specialized assessments or support for neurodiverse or developing children, can feel confusing and overwhelming.

The ‘Start Here If You Are Unsure’ Route Map gives families a clear first step when they are unsure where to begin. This Hub brings together the core services that stabilize well-being across medical care, developmental pathways, emotional wellness, recovery, and long-term support.

**“I didn’t know what services existed until someone finally explained the steps clearly.”**

**-Caregiver receiving Waypoint Program services**

| <b>Community Health &amp; Care</b>                           |              |                                                                                                               |
|--------------------------------------------------------------|--------------|---------------------------------------------------------------------------------------------------------------|
| Bourne Health Department                                     | 508-862-4644 | Food safety, septic oversight, environmental monitoring.                                                      |
| Cape Cod Healthcare – Psychiatric Center                     | 508-862-5566 | Psychiatric evaluations, inpatient behavioral health, crisis stabilization.                                   |
| Carelon Behavioral Health                                    | 800-495-0086 | Behavioral health care coordination, referrals, crisis support, and insurance navigation.                     |
| Center for Hope & Healing – Grief Support Groups             | 978-452-7721 | Grief support groups, counseling, and healing programs for individuals and families coping with loss.         |
| Community Health Center (CHC)                                | 508-477-5990 | Medical dental, and behavioral health care                                                                    |
| Dennis Health Center                                         | 508-760-6158 | Public health, inspections, septic oversight, and community health guidance.                                  |
| Duffy Health Center                                          | 508-771-9599 | Primary care, behavioral health, homeless outreach.                                                           |
| Eastham Health Department                                    | Eastham      | Public health services, environmental monitoring, community health programs.                                  |
| Falmouth Health Department                                   | 508-495-7485 | Public health education, environmental health leadership.                                                     |
| Good Grief Cape Cod                                          | 774-487-5227 | Grief groups, family programs, and school-based support for children, teens, and caregivers coping with loss. |
| Harbor Community Health Center (Harbor Health – Hyannis CHC) | 508-778-0300 | Medical, dental, behavioral care.                                                                             |
| Harwich Health Department                                    | 508-430-7509 | Public health inspections, disease surveillance, community health.                                            |
| Helping Hands – Cape Cod Healthcare                          | 508-862-5658 | Volunteer support with patient assistance, outreach, and basic-needs help during medical hardship.            |
| Helping Our Women (HOW)                                      | 508-487-4357 | Support for women with chronic illness; outreach and care planning.                                           |
| HopeHealth                                                   | 800-642-2423 | Hospice, palliative care, home-based health support.                                                          |
| HopeHealth Grief Support Program                             | 800-642-2423 | Bereavement counseling and grief support.                                                                     |
| Island Health Departments (Various Towns)                    | 508-696-4200 | Public health services, immunizations, inspections, health education.                                         |

|                                          |                                  |                                                                                                             |
|------------------------------------------|----------------------------------|-------------------------------------------------------------------------------------------------------------|
| Mashpee Board of Health                  | 508-539-1426                     | Vaccine clinics, disease surveillance, beach water quality monitoring.                                      |
| Martha's Vineyard Hospital               | 508-693-0410                     | Full medical services, urgent care, pediatrics, women's health, primary care.                               |
| Nantucket Cottage Hospital               | 508-825-8100                     | Full medical services, urgent care, pediatrics, women's health, primary care                                |
| Nantucket Health Department              | 508-228-7200                     | Public health services, immunizations, inspections, health education.                                       |
| Orleans Health Department                | 508-240-3700                     | Health education, environmental health, community wellbeing.                                                |
| Outer Cape Health Services (OCHS)        | Provincetown, Wellfleet, Hyannis | Primary care, walking care, pediatrics, Healthy Connections program.                                        |
| Provincetown Health Department           | 508-487-7020                     | Public health programs, environmental monitoring.                                                           |
| Sandwich Health Department               | 508-888-4200                     | Licensing, communicable disease reporting, food protection.                                                 |
| Sharing Kindness                         | 508-246-1555                     | Grief and suicide-loss support with peer groups, education, and community healing.                          |
| Spaulding Rehabilitation Centers         | 508-833-4141                     | Physical therapy, pediatric therapy, and outpatient medical rehab services.                                 |
| Truro Health Department                  | 508-349-7004                     | Public health inspections, environmental health.                                                            |
| VNA of Cape Cod                          | 508-957-7400                     | Home health, hospice, skilled nursing, community health programs.                                           |
| Vineyard Health Care Access Program (MV) | 508-696-0020                     | Help with MassHealth, insurance enrollment, billing issues.                                                 |
| Yarmouth Health Department               | 508-398-2231                     | Disease monitoring, environmental inspections, food safety, and health guidance.                            |
| Westgate Medical                         | 508-775-3339                     | Primary care and medical services for individuals and families; support routine health needs and referrals. |
| Wellfleet Health Department              | 508-349-0308                     | Public health services, environmental monitoring.                                                           |

| <b>Maternal &amp; Infant Health</b>                                             |              |                                                                                                                               |
|---------------------------------------------------------------------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------|
| Cape & Islands Breastfeeding Support                                            | 508-888-7794 | Lactation counseling and breastfeeding support.                                                                               |
| Cape Cod Healthcare — Maternity/Postpartum Services                             | 508-862-5123 | Maternity and postpartum education, childbirth classes, and RN-led support for new and expecting parents.                     |
| March of Dimes                                                                  | 508-366-9066 | Maternal and infant health support, birth defect prevention, family education.                                                |
| Massachusetts Department of Public Health – Bureau of Family Health & Nutrition | 800-882-1435 | Maternal/child health programs, WIC, nutrition services.                                                                      |
| Maternal Child Health – VNA of Cape Cod Healthcare                              | 774-487-7443 | Prenatal, postpartum, and infant home-visiting services supporting maternal health, newborn care, and early family wellbeing. |
| Perinatal Wellness Support Center                                               | 413-203-1300 | Pregnancy/postpartum mental health support.                                                                                   |
| Postpartum DOULA Program CACCI Grant Founded                                    | 508-771-1727 | Free postpartum doula home visits for families on Cape Cod or the Islands with a baby under 12 months.                        |
| The Warm Line – Breastfeeding Support                                           | 508-862-7266 | Phone support from lactation consultants.                                                                                     |

# Understanding the “Start Here If You Are Unsure” Route Maps

Created in collaboration with the Coalition for Children, Kennedy-Donovan Center Early Intervention Program, Bourne for Children, and Barnstable County Children’s Behavioral Health Work Group, whose meaningful insight strengthened this work, these Route Maps help caregivers know where to begin. Each chart is organized by developmental milestones — Birth to 36 Months, Ages 3–5, and Age 5+ through kindergarten and beyond — offering a simple visual guide to screening, evaluation, and early school transitions.

Child Find, the state requirement information, ensures caregivers are informed of their child’s right to be evaluated. Following the Route Map section, the Guide outlines specialized service categories and contacts that complement each chart.





# START HERE IF YOU ARE UNSURE

YOUR CHILD'S DEVELOPMENT JOURNEY



## Birth to 36 Months

A simple guide for families with concerns about their child's development



### START:

You know your child best. If something feels different, you do not have to wait. Start with the person or service that is easiest for you to reach.

### 1 SHARE YOUR CONCERN

Start with any trusted provider:

- Pediatrician
- Early childhood educator
- Early Intervention (EI) Intake line
- Home visitor or daycare provider
- Trusted agency, community provider



### 2 ASK FOR A SCREENING OR EVALUATION

You can ask for:

- A developmental screening
- A behavioral observation
- A referral or help contacting Early Intervention- EI



### 3 EARLY INTERVENTION EVALUATION

- EI serves children from birth to 36 months.
- EI determines eligibility.
- Screenings and services are **free cost**, and offered in multiple languages.



### IF ELIGIBLE

Your family creates an Individualized Family Service Plan (IFSP) and receives support.



### ? NOT ELIGIBLE, BUT CONCERNS CONTINUE

Talk with your pediatrician about next steps for specialized evaluation.



### 4 SPECIALIZED EVALUATION, WHEN NEEDED

Your pediatrician may refer your child to:

- Spaulding Rehabilitation



You are not alone, and help is available. Early support can make a big difference.

Trust your instincts.  
You are your child's best advocate.





# START HERE IF YOU ARE UNSURE

YOUR CHILD'S DEVELOPMENT JOURNEY



## Age 3–5

A simple guide to moving from Early Intervention to public school services



### START:

Your child is turning 3. You can begin planning before the third birthday. You may ask the public school district for an evaluation directly. EI can help guiding the transition to school screening, even if your child was not evaluated before

### 1

#### START THE TRANSITION

You can begin in either way:

- Contact your public school district directly
- Ask EI, daycare, or an early childhood educator for help
- EI can send the request to the district



### 2

#### REQUEST A SCHOOL EVALUATION

The caregiver may request it directly. The district evaluates your child for IEP eligibility and considers the impact on learning and school participation.



### 3

#### SCHOOL EVALUATION & IEP ELIGIBILITY

- The public school district completes the evaluation and determines whether your child is eligible for an IEP.
- Schools must inform caregivers of "Child Find" rights.



#### IF ELIGIBLE

The district develops an Individualized Education Program (IEP). Services begin through the school system.



#### IF MORE SUPPORT IS NEEDED

Your pediatrician may still refer your child for specialized medical evaluations.



### 4

#### ADDITIONAL EVALUATION, WHEN NEEDED

Specialized medical evaluations may continue alongside school services, such as:

- Spaulding Rehabilitation
- Boston Children's Hospital



You can contact the school district directly. You do not have to navigate this transition alone.

School evaluations focus on educational impact. Medical evaluations can provide additional information.

"Child Find" is a state requirement that protects your child's right to be evaluated. More details on the next pages.





# START HERE IF YOU ARE UNSURE

YOUR CHILD'S DEVELOPMENT JOURNEY



## Age 5+ • Kindergarten & Beyond

A simple guide to school, health, and family support pathways



### START:

Concerns can arise at any age. Start with the school district or your child's pediatrician. Both can help your family find the next step.

1

### SHARE YOUR CONCERN

If concerns appear before or after kindergarten entry:

- Contact your child's pediatrician
- Contact the public school district
- Ask trusted community, agency provider support for help navigating



2

### REQUEST A SCHOOL EVALUATION

Your pediatrician may refer you to the district. Caregivers may also contact the district directly. The district evaluates for IEP eligibility.



3

### SCHOOL EVALUATION & IEP ELIGIBILITY

The school evaluation considers educational impact and determines whether your child is eligible for an IEP. Schools must inform caregivers of "Child Find" rights.



### IF ELIGIBLE

The district develops an Individualized Education Program (IEP). School-based services and supports begin.



### IF CONCERNS GO BEYOND SCHOOL

Your pediatrician may refer your child for specialized medical evaluations.



4

### HEALTH & NAVIGATION PATHWAY

Specialized medical evaluations may include:

- Spaulding Rehabilitation
- Boston Children's Hospital

School and medical evaluations may happen at the same time.



One family journey:

Stability → Family Supports → Health & Navigation → Education → Long-Term Supports

School and medical evaluations have different roles. Together, they can build a fuller picture of your child's needs.

"Child Find" is a state requirement that protects your child's right to be evaluated. More details on the next pages.



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# **Child Find: A Legal Safeguard That Protects Children’s Rights to Be Identified for Support**

## **What is Child Find?**

Child Find is a federal and Massachusetts requirement that ensures school districts actively look for, identify, and evaluate children ages 3–21 who may have a disability.

## **Who is Covered?**

All children within a district’s responsibility — including those in public, private, or religious schools, homeschooled students, children in foster care or experiencing homelessness, and students who may have an unidentified disability.

## **What Must School Districts Do?**

- Identify & locate children who may need special education.
- Diagnose & evaluate their needs through formal assessments.
- Provide appropriate special education services.

## **How Do Schools “Find” These Children?**

Districts post Child Find information on school websites, social media, doctors’ offices, hospitals, autism centers, private schools, and local daycares- so caregivers know evaluations are available.

## **Who Shares This Information With Caregivers?**

Caregivers may learn about Child Find through their public school district, but also through pediatricians, Early Intervention (EI) program, and community providers who help guide families toward school-based evaluations.

## **Where Can Caregivers Find Further Information About Child Find?**

Local school district websites (under Special Education or Student Services) and the Massachusetts Department of Elementary and Secondary Education (DESE): [www.doe.mass.edu/specialeducation](http://www.doe.mass.edu/specialeducation)

| <b>Specialized Medical &amp; Developmental Assessments</b>             |              |                                                                                                         |
|------------------------------------------------------------------------|--------------|---------------------------------------------------------------------------------------------------------|
| Boston Children's Hospital                                             | 617-355-6000 | Pediatric specialty care, developmental evaluations, neurology, behavioral health assessments.          |
| Boston Medical Center – Child & Adolescent Behavioral Health           | 617-414-4501 | Trauma-informed behavioral health, psychiatric evaluations, developmental assessments.                  |
| Brigham & Women's Hospital – Maternal Mental Health Program            | 617-732-5500 | Perinatal psychiatry, postpartum mental health, trauma-informed OB/GYN support.                         |
| Community Solutions for Behavioral Health (Nantucket)                  | 508-257-1317 | Therapy, psychiatry, behavioral health support.                                                         |
| Franciscan Children's Hospital (Brighton)                              | 617-254-3300 | Pediatric behavioral health, developmental evaluations, autism services, inpatient and outpatient care. |
| Island Counseling Center (MVCS – MV)                                   | 508-693-7900 | Therapy, psychiatry, crisis intervention, substance use support.                                        |
| Mass General Hospital – Lurie Center for Autism                        | 781-860-1700 | Autism evaluations, developmental assessments, neurology, behavioral pediatrics.                        |
| Mass General Hospital – Pediatric Neurology                            | 617-726-2000 | Neurological evaluations, seizure disorders, developmental delays, specialty pediatric care.            |
| Shriners Children's Boston                                             | 617-722-3000 | Pediatric orthopedic care, burn care, rehab, developmental support for mobility-related conditions.     |
| Southcoast Health – Pediatric Rehabilitation (Fall River / Dartmouth)  | 508-973-3900 | Pediatric rehab, PT/OT, developmental therapy, outpatient specialty services.                           |
| Spaulding Rehabilitation Centers – Cape Cod (Sandwich)                 | 508-833-4141 | Pediatric therapy, physical rehab, outpatient medical rehabilitation (Cape Cod location).               |
| Spaulding Rehabilitation Hospital – Boston (Charlestown)               | 617-952-5000 | Advanced rehab, neuro rehab, trauma recovery, pediatric specialty services.                             |
| Tufts Medical Center – Developmental Pediatrics                        | 617-636-5000 | Developmental evaluations, behavioral pediatrics, trauma-informed child psychiatry.                     |
| UMass Memorial – Child Psychiatry & Developmental Services (Worcester) | 508-334-1000 | Child psychiatry, developmental evaluations, trauma-informed pediatric behavioral health.               |

| <b>Support for Diverse Abilities</b>                                        |              |                                                                                                                                               |
|-----------------------------------------------------------------------------|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| ARC of Cape Cod                                                             | 508-771-6595 | Advocacy, case management, PCA surrogacy, social programs.                                                                                    |
| Barnstable Children's Behavioral Health Work Group                          | 508-375-6628 | Collaborative group improving children's behavioral health coordination.                                                                      |
| Behavioral Connections                                                      | 508-815-4220 | In-home and center-based ABA therapy and social skills groups.                                                                                |
| Cape Cod Challenger Club                                                    | 508-420-6950 | Inclusive sports and social activities offering supervised recreation and caregiver respite.                                                  |
| Cape Cod Village                                                            | 508-815-4114 | Community inclusion and social programs providing safe, supported respite time for teens and adults with ASD.                                 |
| Children's Behavioral Health Initiative (CBHI) Family Continuity            | 866-219-3320 | Statewide behavioral health services offering IHT, IHBS, TM, ICC, and Family Partner support for children with emotional and behavioral needs |
| Cultural Broker CSP Services – Family Continuity                            | 866-219-3320 | Culturally responsive case management and behavioral health navigation services.                                                              |
| Family TIES of Massachusetts                                                | 800-331-0688 | Parent-to-parent support and statewide disability resources.                                                                                  |
| Early Intervention Parent Leadership Project (EIPLP)                        | 877-353-4757 | Parent-run project supporting families in Early Intervention.                                                                                 |
| Family TIES of Massachusetts                                                | 800-331-0688 | Parent-to-parent support and statewide disability resources.                                                                                  |
| Federation for Children with Special Needs (FCSN)                           | 617-236-7210 | Advocacy, training, and support for families of children with disabilities.                                                                   |
| Kennedy-Donovan Center (KDC Early Intervention)                             | 508-385-6019 | Early intervention and developmental services for children.                                                                                   |
| Latham Centers                                                              | 508-896-5776 | Residential and therapeutic programs for youth with complex needs.                                                                            |
| MA Dept of Elementary and Secondary Education (DESE) – Child Find Resources | 781-338-3000 | Child Find guidance on evaluation timelines and district responsibilities; families contact their local district.                             |
| May Institute – Autism & ABA Services                                       | 800-778-7601 | Home-based ABA, autism evaluations, BCBA services.                                                                                            |
| March of Dimes – SE MA Birth Defects Foundation                             | 508-366-9066 | Maternal/child health programs and birth-defects prevention.                                                                                  |
| Mass Dept of Public Health – Case Management                                | 617-624-6000 | Case management for medically complex children and families.                                                                                  |

|                                       |              |                                                                      |
|---------------------------------------|--------------|----------------------------------------------------------------------|
| May Institute – Autism & ABA Services | 800-778-7601 | Home-based ABA, autism evaluations, BCBA services.                   |
| The Arc of Plymouth & Upper Cape Cod  | 508-732-9292 | Advocacy, family support, disability services for children & adults. |
| The Arc of Plymouth & Upper Cape Cod  | 508-732-9292 | Advocacy, family support, disability services for children & adults. |

| <b>Disability Services</b>                                      |                             |                                                                                                                             |
|-----------------------------------------------------------------|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Barnstable County Information & Referral                        | 508-375-6628                | Regional human services referral for disability and community resources.                                                    |
| Bay Cove Human Services                                         | 617-371-3000                | Behavioral health, disability services, community supports.                                                                 |
| Bridging Out Program – Bridge Associates                        | 508-362-7692                | Community-based mental health and disability supports building skills, independence, and stability                          |
| Cape Abilities                                                  | 508-778-5040                | Day programs and community support offering caregiver respite and skill-building for adults with disabilities.              |
| Cape Cod Community College – Disability Accessibility Resources | 508-362-2131                | Academic accommodation and accessibility support.                                                                           |
| Cape Organization for Rights of the Disabled (CORD)             | 508-775-8300                | Independent living services and disability rights advocacy.                                                                 |
| Colorful Kidz Inc                                               | 508-744-7366                | Pediatric OT specializing in sensory integration, fine motor skills, feeding therapy, and play-based developmental support. |
| Community Connections                                           | 508 362 1140                | Day habilitation with structured respite and daily support for adults with disabilities.                                    |
| Department of Developmental Services (DDS)                      | 617-727-5608 / 508-771-2595 | State disability services: case management, family support, referrals.                                                      |
| Department of Mental Health (DMH)                               | 617-626-8000                | Mental health services and disability-related behavioral health.                                                            |
| Disabled Persons Protection Commission (DPPC)                   | 800-426-9009                | Investigates abuse/neglect of adults with disabilities ages 18–59.                                                          |
| Easter Seals Massachusetts                                      | 800-244-2756                | Assistive technology, equipment loans, statewide disability support.                                                        |
| Easter Seals Equipment Loan Program                             | 800-244-2756                | Short-term loan program for assistive technology and adaptive equipment.                                                    |

|                                                                  |              |                                                                                                                       |
|------------------------------------------------------------------|--------------|-----------------------------------------------------------------------------------------------------------------------|
| Emergency Aid to the Elderly, Disabled & Children (EAEDC)        | 877-382-2363 | Cash assistance program for eligible elders, disabled adults, and children.                                           |
| Fairwinds Clubhouse                                              | 508-540-6011 | Psychiatric rehabilitation, employment support, social programs.                                                      |
| Life Cape Cod                                                    | 508-790-3600 | Day habilitation, employment support, community living services.                                                      |
| Lifeline Free Wireless Cell Phone Program                        | 800 723 3536 | Free or discounted cell phone service for eligible individuals.                                                       |
| Mass Advocacy Center                                             | 617-357-8431 | Advocacy and legal support for individuals with disabilities.                                                         |
| MassAbility Hyannis (MRC)                                        | 508-775-6173 | Vocational rehabilitation, job coaching, employment supports.                                                         |
| March of Dimes – Southeastern MA Birth Defects Foundation        | 508-366-9066 | Maternal and child health programs supporting healthy pregnancies and birth-defects prevention.                       |
| Massachusetts Commission for the Blind (MCB)                     | 617-727-5550 | Services for individuals with visual impairments.                                                                     |
| Massachusetts Commission for the Deaf & Hard of Hearing (MCDHH)  | 617-740-1600 | Communication access, interpreting, and support services.                                                             |
| Mass Office on Disabilities (MOD)                                | 800-322-2020 | Disability rights, ADA guidance, accessibility support.                                                               |
| Nantucket Aging & Disability Services                            | 508-228-4490 | Case management and support for older adults and individuals with disabilities.                                       |
| S.H.A.R.E. Foundation                                            | 774-992-0674 | Adaptive equipment and assistive device support.                                                                      |
| Sight Loss Services                                              | 508-394-3904 | Support groups, mobility training, and vision-loss resources.                                                         |
| Vinfen                                                           | 617-441-1800 | Behavioral health and disability supports with community programs and care coordination for individuals and families. |
| Youth MOVE Massachusetts                                         | 617-279-0220 | Youth-led peer support and advocacy with leadership development and community engagement.                             |
| Edward Jones – Financial Planning for Transition (Chris Wiklund) | 774-343-5449 | Financial education for families, including benefits guidance and long-term planning for youth entering adulthood.    |

| <b>Behavioral Health &amp; Wellness</b>                     |                            |                                                                                  |
|-------------------------------------------------------------|----------------------------|----------------------------------------------------------------------------------|
| Cape Cod Healthcare – Psychiatric Center                    | 508-862-5566               | Psychiatric evaluations, inpatient behavioral health, crisis stabilization.      |
| CredibleMind – Lower & Outer Cape Mental Wellbeing Platform | lowercape.crediblemind.com | Free mental-wellbeing platform with evidence-based resources and local supports. |
| Duffy Health Center                                         | 508-771-9599               | Behavioral health, addiction support, homeless outreach.                         |
| Massachusetts Behavioral Health Access (MABHA)              | MABHAccess.com             | Statewide portal to locate openings in mental health & substance use services.   |
| <b>Family &amp; Services Counseling</b>                     |                            |                                                                                  |
| Ala-Teen Service Center                                     | 508-366-0556               | Peer support groups for teens affected by family alcohol misuse.                 |
| Allied Health Providers                                     | 508-362-1180               | Counseling, therapy, and behavioral health services for families.                |
| Bridge Associates, LLC                                      | 508-362-7692               | Outpatient mental health counseling, therapy, and psychiatric services.          |
| Child & Family Services, Inc.                               | 508-778-1839               | Outpatient counseling, psychiatry, family therapy, youth behavioral health.      |
| Cape Cod & Islands Community Mental Health Center (DMH)     | 508-564-9600               | State-operated mental health services, outpatient support, referrals.            |
| Cape Cod Human Services, Inc.                               | 508-790-3360               | Behavioral health counseling, outpatient therapy, psychiatric services.          |
| Cape Behavioral Health Center                               | 508-862-0514               | Outpatient therapy, counseling, and psychiatric care for all ages.               |
| Family Continuity / Advocates                               | 508-747-6762               | Family counseling, behavioral health, crisis stabilization.                      |
| Gosnold Thorne Clinic Inc / Gosnold Behavioral Health       | 800-930-0006               | Substance use treatment, counseling, and mental health services.                 |
| South Bay Community Services                                | 508-521-1020               | Outpatient counseling and community support.                                     |

|                                  |              |                                                                     |
|----------------------------------|--------------|---------------------------------------------------------------------|
| Justice Resource Institute (JRI) | 508-208-1395 | Behavioral health services for children, adolescents, and families. |
| Massachusetts Mentor             | 617-790-4800 | Foster care, disability services, and family support programs.      |
| NAMI Cape Cod & The Islands      | 508-778-4277 | Mental health education, peer support, and advocacy.                |
| South Bay Community Services     | 508-521-1020 | Outpatient mental health counseling and community support.          |

| <b>Substance Use &amp; Recovery</b>             |              |                                                                                                   |
|-------------------------------------------------|--------------|---------------------------------------------------------------------------------------------------|
| Alcoholics Anonymous (AA) – Cape Cod Intergroup | 508-775-7060 | Support groups for individuals seeking recovery from alcohol use; daily meetings across Cape Cod. |
| Al-Anon / Alateen (Cape Cod)                    | 508-366-0556 | Support groups for families and teens affected by someone else's drinking.                        |
| B Free Wellness                                 | 508-815-7450 | Peer recovery support with coaching and holistic programs.                                        |
| Cape Cod Recovery – Alcohol Rehab               | 508-680-8533 | Alcohol rehab and recovery support services.                                                      |
| Compass Retreat (Sandwich)                      | 781-733-5742 | Addiction treatment center offering recovery programs.                                            |
| Falmouth Recovery Center                        | 508-996-8900 | Addiction treatment and recovery support.                                                         |
| Falmouth Prevention Partnership                 | 508-540-2200 | Community coalition focused on substance-use prevention, youth education, and family support.     |
| FIRST STEP Program – Cape Cod Children's Place  | 774-722-3305 | Home-visiting and recovery support for parents in substance-use recovery.                         |
| Foundations at the Miller House (Falmouth)      | 508-326-6006 | Residential recovery program, open 24 hours.                                                      |
| Foundations Group Recovery Centers (Mashpee)    | 508-501-3131 | Addiction treatment center, open 24 hours.                                                        |

|                                                                                              |               |                                                                                                                                 |
|----------------------------------------------------------------------------------------------|---------------|---------------------------------------------------------------------------------------------------------------------------------|
| Gosnold Recovery Services                                                                    | 800-444-1554  | Comprehensive addiction treatment includes detox, residential programs, outpatient counseling, and recovery support.            |
| High Point Treatment Center                                                                  | 508-994-0888  | Comprehensive addiction treatment, inpatient care, outpatient counseling, and recovery support across MA.                       |
| Institute for Health and Recovery (IHR)                                                      | 617-661-3991  | Trauma-informed substance-use and mental health services, parenting, with family recovery support.                              |
| Learn 2 Cope                                                                                 | 508-738-5148  | Peer-led support groups for families impacted by substance use, offering education, resources, and statewide community support. |
| PIER Recovery Center of Cape Cod (Hyannis)                                                   | 508-827-6150  | Recovery support center offering services and groups.                                                                           |
| Parents Supporting Parents, Inc.<br><i>(used in place of Cape Cod Council on Alcoholism)</i> | 508-419-3434  | Peer support for families affected by addiction.                                                                                |
| Recovery Without Walls (Falmouth)                                                            | 508-540-5867  | Recovery support for women in early sobriety; mentoring and stabilization services.                                             |
| Relief Recovery Center                                                                       | 508) 715-8558 | Outpatient addiction treatment offering counseling, group programs, and recovery stabilization.                                 |
| Samaritans of Cape Cod & the Islands                                                         | 800-893-9900  | 24/7 emotional support and suicide prevention hotline.                                                                          |
| Shore Point Recovery – Luxury Rehab & Detox (Wareham)                                        | 508-938-8079  | Luxury rehab and alcohol detox center, open 24 hours.                                                                           |
| Samaritans of Cape Cod & the Islands – Local Crisis Hotline                                  | 800-893-9900  | Local crisis hotline offering confidential emotional support for individuals in distress.                                       |
| The Recovery Team – Cape Cod (East Falmouth)                                                 | 855-269-9647  | Addiction treatment center, open 24 hours.                                                                                      |

# SECTION **D**

## Education, Learning & Multilingual Services

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Education, learning, and early developmental supports give children the tools they need to grow with confidence. This section connects families to the Early Childhood Systems' Support, and early learning opportunities including licensed nursery and preschool programs that serve infants through young children, offering fee-based, center-based supervision, care, and early education that lay the foundation for school readiness.

It also links families to public school resources, including Special Education (SPED) services and district evaluation offices that help students succeed throughout their academic journey. Multilingual and immigrant support ensure families can access services with dignity and cultural responsiveness, reducing barriers and fostering belonging as they navigate community systems. Together, these resources promote equitable access to education and learning opportunities for children, adults, and families from all communities.

**“As a multicultural family, clear communication is everything.  
Without it, you feel lost.”**

**-Former caregiver recipient of CCC services**

| <b>Early Childhood System Supports</b>                |              |                                                                                                                                       |
|-------------------------------------------------------|--------------|---------------------------------------------------------------------------------------------------------------------------------------|
| MA Department of Early Education & Care (EEC)         | 617-988-6600 | State Childcare licensing, early childhood support, family resources.                                                                 |
| Child Care Network – Cape Cod                         | 508-778-9470 | Childcare referrals, voucher assistance, and early education support; keeps the official list of licensed family childcare providers. |
| EEC Region 5 Office – Taunton                         | 508-828-5025 | Regional office for childcare licensing, family support, and early education assistance for Cape families.                            |
| Martha Vineyard Family Center                         | 508-687-9182 | Parenting programs, early childhood workshops, and developmental support for families.                                                |
| Nantucket Early Childhood Center / Early Intervention | 508-825-5080 | Developmental screenings and early intervention services.                                                                             |

| <b>Lower &amp; Mid Cape Preschool &amp; Childcare Centers</b> |              |                                                                                        |
|---------------------------------------------------------------|--------------|----------------------------------------------------------------------------------------|
| Building Block Child Care Center – Barnstable                 | 508-362-8272 | Licensed childcare and preschool program for toddlers and young children.              |
| Cape Symphony Preschool Program – Barnstable                  | 508-362-2772 | Music-integrated preschool promoting early learning through arts and creativity.       |
| Cotuit Nursery School – Barnstable                            | 508-428-1470 | Community preschool offering early learning and social development for young children. |
| Crystal Garden – Dennis                                       | 508-398-0300 | Preschool and childcare center supporting early learning and development.              |
| Dennis Scargo School Preschool – Dennis                       | 508-398-7621 | Public preschool program offering early learning for Dennis families.                  |
| Dennis Windmill Children’s Center – Dennis                    | 508-398-7690 | Licensed childcare and preschool program for young children.                           |
| DY Early Education Program – Yarmouth                         | 508-398-7600 | Public preschool program serving Dennis-Yarmouth families.                             |
| Enoch Cobb Learning Center – Barnstable                       | 508-790-6493 | Early learning and preschool programs for Barnstable families.                         |
| Kiddie College Early Learning Center – Yarmouth               | 508-771-1800 | Licensed childcare and preschool program supporting early learning and development.    |
| Little Stars Learning Center – Dennis                         | 508-385-0400 | Preschool and childcare center offering early learning activities for young children.  |

|                                                |              |                                                                                       |
|------------------------------------------------|--------------|---------------------------------------------------------------------------------------|
| North Side Nursery School – Barnstable         | 508-362-6500 | Community preschool providing early learning and social development.                  |
| South Shore Early Education – Head Start       | 508-775-6240 | Free preschool and family support services for eligible families.                     |
| Sunshine & Rainbows Preschool – Dennis         | 508-398-2231 | Community preschool supporting early learning for young children.                     |
| The Learning Garden Preschool - Orleans        | 508-255-7328 | Preschool program supporting early learning and school readiness.                     |
| West Parish Family School – Barnstable         | 508-362-6500 | Preschool and early learning program serving Barnstable families.                     |
| Whiz Kids – Yarmouth                           | 508-778-8484 | Preschool and childcare center offering early learning activities for young children. |
| YMCA Cape Cod Early Education – Multiple Towns | 508-362-6500 | Licensed childcare, preschool programs, and youth development activities.             |

#### **Upper Cape Preschool & Childcare Centers**

|                                               |              |                                                                                           |
|-----------------------------------------------|--------------|-------------------------------------------------------------------------------------------|
| Integrative Preschool Program – Falmouth      | 508-548-0151 | Public integrated preschool offering early learning and developmental support.            |
| Falmouth High School Preschool – Falmouth     | 508-540-2200 | High-school-based early childhood program providing structured preschool learning.        |
| Mashpee Preschool Program – Mashpee           | 508-539-1520 | Public preschools offer early learning for Mashpee families.                              |
| Bournedale Integrated Preschool – Bourne      | 508-759-2129 | Public integrated preschools support early learning and developmental needs.              |
| Sandwich Integrated Preschool – Sandwich      | 508-888-1053 | Public preschool offering early learning and developmental support for Sandwich families. |
| Montessori Beginning School – Sandwich        | 508-888-3567 | Montessori-based preschool promoting independence and hands-on learning.                  |
| The Sandwich Montessori School LLC – Sandwich | 508-888-0489 | Montessori preschool offering child-centered early learning.                              |
| The Hundred Acre School – Sandwich            | 508-888-3300 | STEAM-based preschool integrating science, technology, engineering, arts, and math.       |

|                                                        |              |                                                                            |
|--------------------------------------------------------|--------------|----------------------------------------------------------------------------|
| Cadence Academy Preschool – Bourne                     | 508-743-0400 | Licensed early learning center offering structured preschool programs.     |
| Canalside Early Learning Center – Bourne               | 508-743-0400 | Preschool and childcare center providing early learning and development.   |
| Coast Guard Child Development Center – Bourne          | 508-968-6444 | Licensed childcare and preschool program serving military families.        |
| Discovery Preschool – Sandwich                         | 508-888-5437 | Preschool offers early learning and social development for young children. |
| The Rainbow Preschool – Sandwich                       | 508-888-5437 | Community preschools provide early learning and social development.        |
| YMCA Early Education Center – Falmouth Hospital Campus | 508-548-8200 | Licensed childcare and preschool program supporting early learning.        |
| North Falmouth YMCA Early Childhood Center – Falmouth  | 508-563-4058 | Preschool and childcare center offering early learning programs.           |
| Friendship Garden Nursery School – Falmouth            | 508-548-1966 | Preschool offers early learning and social development.                    |
| West Falmouth Preschool – Falmouth                     | 508-548-5449 | Community preschool provides early learning for young children.            |

#### **Public Schools' Main Contacts, SPED & Support**

|                                                    |              |                                                              |
|----------------------------------------------------|--------------|--------------------------------------------------------------|
| <b>Barnstable Public Schools – District Office</b> | 508-862-4953 | Main district line                                           |
| Barnstable Student Support Services                | 508-862-4951 | General student support line                                 |
| Barnstable High School                             | 508-790-6445 | Main school office                                           |
| Barnstable Intermediate School                     | 508-420-2272 | Main school office                                           |
| Barnstable United Elementary School (Gr. 4–5)      | 508-420-2272 | Main school office                                           |
| Barnstable West Barnstable Elementary              | 508-420-1100 | Main school office                                           |
| Barnstable Community Innovation School             | 508-771-2600 | Main school office                                           |
| Centerville Elementary School                      | 508-790-6480 | Main school office                                           |
| Enoch Cobb Early Learning Center – Barnstable      | 508-420-2272 | Special needs and early childhood evaluations and education. |
| Hyannis West Elementary School                     | 508-790-6485 | Main school office                                           |
| West Villages Elementary School                    | 508-420-1100 | Main school office                                           |

|                                                         |              |                              |
|---------------------------------------------------------|--------------|------------------------------|
| <b>Bourne Public Schools – District Office</b>          | 508-759-6600 | Main district line           |
| Bourne Student Support Services                         | 508-759-6600 | General student support line |
| Bourne High School                                      | 508-759-6484 | Main school office           |
| Bourne Middle School                                    | 508-759-0670 | Main school office           |
| Bourne SPED / Evaluation Office                         | 508-759-6600 | SPED evaluations             |
| Bournedale Elementary School                            | 508-759-7431 | Main school office           |
| Peebles Elementary School                               | 508-759-7376 | Main school office           |
| <b>Dennis-Yarmouth Regional Schools District Office</b> | 508-398-7600 | Main district line           |
| Dennis-Yarmouth Student Support Services                | 508-398-7615 | General student support line |
| Dennis-Yarmouth SPED / Evaluation Office                | 508-398-7600 | SPED evaluations             |
| Dennis-Yarmouth High School                             | 508-398-7630 | Main school office           |
| Dennis-Yarmouth Preschool                               | 508-398-7695 | Main school office           |
| Marguerite E. Small Elementary School                   | 508-760-3530 | Main school office           |
| Mattacheese Middle School                               | 508-398-7677 | Main school office           |
| Wixon Innovation School                                 | 508-398-7695 | Main school office           |
| Station Avenue Elementary School                        | 508-760-5593 | Main school office           |

|                                                  |              |                              |
|--------------------------------------------------|--------------|------------------------------|
| <b>Falmouth Public Schools – District Office</b> | 508-548-0151 | Main district line           |
| Falmouth Student Support Services                | 508-548-0151 | General student support line |
| East Falmouth Elementary School                  | 508-548-0108 | Main school office           |
| Falmouth High School                             | 508-540-2200 | Main school office           |
| Lawrence School (Middle)                         | 508-548-0606 | Main school office           |
| Mullen-Hall Elementary School                    | 508-548-0220 | Main school office           |
| North Falmouth Elementary School                 | 508-563-2334 | Main school office           |
| Teaticket Elementary School                      | 508-548-1550 | Main school office           |
| <b>Mashpee Public Schools – District Office</b>  | 508-539-1500 | Main district line           |
| Forestdale Elementary School                     | 508-833-1100 | Main school office           |
| Mashpee Student Support Services                 | 508-539-1500 | General student support line |
| Mashpee Middle-High School (High School Grades)  | 508-539-3600 | Main school office           |
| K.C. Coombs School (PK–2)                        | 508-539-1520 | Main school office           |
| Mashpee SPED / Evaluation Office                 | 508-539-1500 | SPED evaluations             |
| Oak Ridge Elementary School                      | 508-833-0110 | Main school office           |
| Quashnet School (Grades 3–6)                     | 508-539-1550 | Main school office           |

|                                                                     |              |                                       |
|---------------------------------------------------------------------|--------------|---------------------------------------|
| <b>Monomoy Regional Schools – District Office</b>                   | 508-945-5130 | Main district line                    |
| Chatham Elementary School                                           | 508-945-5135 | Main school office                    |
| Harwich Elementary School                                           | 508-430-7216 | Main school office                    |
| Monomoy Regional High School                                        | 508-430-7200 | Main school office                    |
| Monomoy Regional Middle School                                      | 508-945-5140 | Main school office                    |
| Monomoy SPED / Evaluation Office                                    | 508-945-5130 | SPED evaluations                      |
| <b>Nauset, Truro, Provincetown Public Schools – District Office</b> | 508-255-8800 | Main district line                    |
| Brewster – Eddy Elementary                                          | 508-896-4500 | Main school office                    |
| Brewster – Stony Brook Elementary                                   | 508-896-4500 | Main school office                    |
| Eastham Elementary School                                           | 508-255-0380 | Main school office                    |
| Nauset Student Support Services                                     | 508-255-8800 | General student support line          |
| Nauset Regional High School                                         | 508-255-1505 | Main school office                    |
| Nauset SPED / Evaluation Office                                     | 508-255-8800 | SPED evaluations                      |
| Nauset Regional Middle School                                       | 508-896-4500 | Main school office                    |
| Orleans Elementary School                                           | 508-255-0380 | Main school office                    |
| Provincetown Schools (PK–8)                                         | 508-487-5070 | Main school office                    |
| Provincetown Schools – Special Education                            | 508-487-5000 | SPED office & evaluation coordination |
| Truro Central School                                                | 508-487-1558 | Main school office                    |
| Wellfleet Elementary School                                         | 508-349-3101 | Main school office                    |

|                                                                   |              |                                                                   |
|-------------------------------------------------------------------|--------------|-------------------------------------------------------------------|
| <b>Sandwich Public Schools – District Office</b>                  | 508-888-1055 | Main district line                                                |
| Sandwich Student Support Services                                 | 508-888-1055 | General student support line                                      |
| Sandwich High School                                              | 508-888-4900 | Main school office                                                |
| Sandwich STEM Academy (Middle School)                             | 508-888-4900 | Main school office                                                |
| Sandwich SPED / Evaluation Office                                 | 508-888-1055 | SPED evaluations                                                  |
| <b>Upper Cape Cod Regional Technical School – District Office</b> | 508-759-7711 | Main district line                                                |
| Upper Cape Tech Student Support Services                          | 508-759-7711 | General student support line                                      |
| Upper Cape Cod Regional Technical School (High School)            | 508-759-7711 | Main school office                                                |
| Upper Cape Tech SPED / Evaluation Office                          | 508-759-7711 | SPED evaluations                                                  |
| <b>Islands</b> -Martha’s Vineyard Public Schools                  | 508-693-2009 | Counseling, special education evaluations, behavioral supports.   |
| Nantucket Public Schools – Student Support Services               | 508-228-7285 | Counseling, special education evaluations, school-based supports. |

|                                         |              |                                                                          |
|-----------------------------------------|--------------|--------------------------------------------------------------------------|
| <b>Private Schools &amp; Academies</b>  |              |                                                                          |
| Cape Cod Academy                        | 508-428-5400 | K–12; independent college-prep school.                                   |
| Pope John Paul II High School           | 508-862-6336 | Grades 9–12; private Catholic high school.                               |
| Saint Francis Xavier Preparatory School | 508-771-7207 | Grades 5–8; private Catholic middle school.                              |
| St. Pius X School                       | 508-398-6112 | PreK–8; private Catholic elementary & middle school.                     |
| Riverview School                        | 508-888-0489 | Ages 11–22; specialized school for students with complex learning needs. |
| The Laurel School                       | 508-896-4934 | K–8; small private school supporting diverse learning needs.             |
| Veritas Academy                         | 508-694-7821 | Grades K–12; Christian classical education.                              |

| <b>Specialized Education (SPED)&amp; Therapeutic School Programs</b> |                                |                                                   |
|----------------------------------------------------------------------|--------------------------------|---------------------------------------------------|
| Cape Cod Collaborative – Main Office                                 | 508-420-6950                   | Regional SPED & student services                  |
| Cape Cod Collaborative – Transportation                              | 508-420-6950 ext. 1119 or 1118 | School transportation office                      |
| Cape Cod Collaborative – SPED Programs                               | 508-420-6950                   | Specialized programs & evaluations                |
| Cape Cod Collaborative – STAR Program (Osterville)                   | 508-420-6950                   | Therapeutic & specialized education program       |
| Cape Cod Collaborative – Waypoint Academy (South Yarmouth)           | 508-790-3660                   | Alternative therapeutic high school program       |
| North River School                                                   | 508-830-4400                   | CCC therapeutic day school partnership _ Plymouth |
| Pilgrim Academy                                                      | 508-830-4350                   | CCC therapeutic day school partnership _ Plymouth |
| Pilgrim Area Collaborative (PAC)                                     | 508-747-6686                   | highly CCC Collaborative school - Plymouth        |

| <b>Specialized Private Schools</b> |              |                                                                          |
|------------------------------------|--------------|--------------------------------------------------------------------------|
| Riverview School                   | 508-888-0489 | Ages 11–22; specialized school for students with complex learning needs. |
| The Laurel School                  | 508-896-4934 | K–8; small private school supporting diverse learning needs              |

| <b>Multilingual &amp; Interpretation Services</b>   |              |                                                                    |
|-----------------------------------------------------|--------------|--------------------------------------------------------------------|
| Barnstable Public Schools – ELL Family Support      | 508-862-4953 | Assistance for multilingual families navigating school services.   |
| Brazilian Resource Center (Hyannis)                 | 508-771-3772 | Support for Brazilian, Portuguese, and Hispanic communities.       |
| Cape Cod Hospital Interpreter Services              | 508-862-5000 | Medical interpretation for patients in multiple languages.         |
| Catholic Charities – Immigration & Language Support | 508-771-6771 | Assistance for immigrants including language and translation help. |
| Community Action Committee of Cape & Islands        | 508-771-1727 | Multilingual assistance for families accessing community services. |

|                                                    |              |                                                                      |
|----------------------------------------------------|--------------|----------------------------------------------------------------------|
| Community Health Center (CHC)                      | 508-477-7090 | Multilingual medical support and interpretation services.            |
| Duffy Health Center                                | 508-771-9599 | Medical care with interpreter access for multiple languages.         |
| Falmouth Public Schools – ELL Program              | 508-548-0151 | Language support and interpretation for multilingual students.       |
| Health Care Access Line (Multilingual)             | 800-531-2229 | Multilingual help connecting families to health coverage.            |
| Hyannis Public Library – ESL & Conversation Groups | 508-775-2280 | Free English practice groups for multilingual adults.                |
| Independence House                                 | 800-439-6507 | Multilingual domestic-violence support with interpreters available.  |
| Latinx in Action (Cape Cod)                        | 508-957-2310 | Multilingual family support, ESOL classes, and community navigation. |
| MassHire Cape & Islands                            | 508-771-5627 | Employment services with multilingual support available.             |
| Mashpee Public Schools – ELL Services              | 508-539-1500 | Support for multilingual learners and families.                      |
| Outer Cape Health Services                         | 508-905-2888 | Multilingual medical support and interpreter access.                 |
| Sturgis Library – Language Learning Support        | 508-362-6636 | ESL conversation circles and language resources.                     |
| VNA Interpretive Services                          | 800-631-3900 | Medical interpretation available for VNA patients.                   |
| WIC Cape Cod (Multilingual)                        | 508-771-7896 | Nutrition services with bilingual staff and interpreter access.      |

# SECTION E

## Community Life & Long Term Support



Community life and long-term support help families stay connected, active, and supported across every stage of life. This section highlights recreation and family activities that strengthen social-emotional well-being, along with elder services and resources available in our communities that promote safety, dignity, and meaningful engagement for aging adults. Together, these resources enrich daily life, encourage connection, and ensure that both families and seniors have access to opportunities that help them thrive within the community.

**“ My child needs places to belong — safe activities, social spaces, somewhere to feel included.”**

**-Caregiver receiving STAR Program services**

| <b>Elderly Services</b>                  |              |                                                                             |
|------------------------------------------|--------------|-----------------------------------------------------------------------------|
| AmeriCorps Seniors RSVP (Cape Cod)       | 508-375-6690 | Volunteer placements for adults 55+.                                        |
| Elder Abuse Hotline                      | 800-922-2275 | Report elder abuse, neglect, exploitation.                                  |
| Elder Services of Cape Cod & the Islands | 508-394-4630 | Home care, meals, caregiver support, protective services.                   |
| Family Caregiver Support Program         | 508-394-4630 | Support groups + caregiver assistance.                                      |
| Long-Term Care Ombudsman Program         | 508-229-7000 | Advocacy for nursing/rest home residents.                                   |
| Martha's Vineyard Center for Living      | 508-939-9440 | Supports older adults and individuals with disabilities, dementia programs. |
| Meals on Wheels (Cape & Islands)         | 508-394-4630 | Home-delivered meals for homebound seniors.                                 |
| Options Counseling (ESCCI)               | 800-243-4636 | Short-term guidance for long-term care planning.                            |
| Senior Dining Centers (Cape-wide)        | varies       | Congregate lunches for older adults.                                        |
| Barnstable Senior Center (COA)           | 508-862-4750 | Programs, outreach, transportation, senior support.                         |
| Brewster Council on Aging                | 508-896-2737 | Outreach, support, activities, transportation.                              |
| Dennis Senior Center (COA)               | 508-385-5067 | Programs, outreach, transportation, senior services.                        |
| Eastham Senior Center (COA)              | 508-255-6164 | Activities, outreach, senior support.                                       |
| Falmouth Senior Center (COA)             | 508-540-0196 | Programs, support, transportation, senior services.                         |
| Harwich Council on Aging                 | 508-430-7550 | Senior programs, support, transportation.                                   |
| Mashpee Senior Center (COA)              | 508-539-1440 | Senior programs, support, meals, transportation.                            |
| Orleans Senior Center (COA)              | 508-255-6333 | Programs, support, meals, transportation.                                   |
| Provincetown Council on Aging            | 508-487-7080 | Activities, support, transportation.                                        |
| Sandwich Council on Aging                | 508-88-4737  | Independent, active aging supported through outreach and programs           |

| Family Recreation & Activities by Region        |                 |                                      |
|-------------------------------------------------|-----------------|--------------------------------------|
| Upper Cape                                      |                 |                                      |
| Aptuxet Trading Post Museum                     | (508) 759-8167  | Historic trading post museum.        |
| Cape Cod Children's Museum                      | (508) 539-8788  | Hands-on indoor play museum.         |
| Cape Cod Farm & Garden                          | (508) 477-1350  | Farm stand with seasonal activities. |
| Coonamessett Farm                               | (508) 563-2560  | Family farm with animals.            |
| Falmouth Ice Arena                              | (508) 548-7080  | Ice skating rink & youth hockey.     |
| Green Briar Nature Center                       | (508) 888-6870  | Nature center with trails.           |
| Gus Canty Recreation Center                     | (508) 540-2957  | Indoor gym & youth recreation.       |
| Harbor Lights Mini Golf                         | (508) 548-4747  | Outdoor mini golf.                   |
| Heritage Museums & Gardens                      | (508) 888-3300  | Gardens, exhibits, family events.    |
| John Gallo Ice Arena                            | (508) 759-9846  | Ice arena for skating & hockey.      |
| Mass Audubon Long Pasture Wildlife Sanctuary    | (508) 362-7475  | Wildlife sanctuary with trails.      |
| Museums on the Green                            | (508) 548-4857  | Local history museum.                |
| Ryan's Family Amusements                        | (508) 548-2444  | Bowling & arcade.                    |
| Sandwich Glass Museum                           | (508) 888-0251  | Glassmaking exhibits.                |
| Shining Sea Bike Path                           | No phone listed | Scenic coastal bike path.            |
| Spohr Gardens                                   | (508) 548-0623  | Waterfront gardens & walking paths.  |
| Waquoit Bay National Estuarine Research Reserve | (508) 457-0495  | Coastal reserve & nature programs.   |
| Woods Hole Oceanographic Exhibit Center         | (508) 289-2663  | Ocean science exhibits.              |
| Woods Hole Science Aquarium                     | (508) 495-2001  | Small marine life aquarium.          |
| Buzzards Bay Park Playground                    | No phone listed | Playground in Buzzards Bay Park.     |

|                                             |                 |                                                    |
|---------------------------------------------|-----------------|----------------------------------------------------|
| Falmouth Heights Playground                 | No phone listed | Waterfront playground.                             |
| Mashpee Heritage Park Playground            | No phone listed | Community playground.                              |
| Sandwich Marina Playground                  | No phone listed | Playground near marina.                            |
| Water Wizz                                  | (508) 295-3255  | Seasonal water park popular with Cape families.    |
| <b>Mid Cape</b>                             |                 |                                                    |
| Cape Cod Inflatable Park                    | (508) 771-6060  | Large inflatable play park for families.           |
| Cape Cod Maritime Museum                    | (508) 775-1723  | Maritime exhibits & boat-building history.         |
| Cape Cod Central Railroad                   | (508) 771-3800  | Scenic train rides & excursions.                   |
| Cape Codder Water Park                      | (508) 771-3000  | Indoor/outdoor water park for families.            |
| Crow Farm                                   | (508) 385-5551  | Farm stand with seasonal activities.               |
| Hyannis Youth & Community Center (Ice Rink) | (508) 790-6345  | Ice skating rink & recreation center.              |
| JFK Hyannis Museum                          | (508) 790-3077  | Museum on JFK's Cape Cod legacy.                   |
| Just For Fun Play Center                    | (508) 771-5437  | Indoor play space for young children.              |
| Long Pasture Wildlife Sanctuary             | (508) 362-7475  | Wildlife sanctuary with trails & programs.         |
| Pirate's Cove Adventure Golf                | (508) 394-6200  | Pirate-themed mini golf course.                    |
| Ryan's Family Amusements                    | (508) 394-5644  | Bowling & arcade for families.                     |
| Skull Island Adventure Golf                 | (508) 398-8100  | Large mini golf & family fun center.               |
| Ten Pin Eatery                              | (508) 470-1800  | Bowling, arcade & family entertainment.            |
| The Playroom                                | (774) 810-8687  | Indoor play space for toddlers/preschoolers.       |
| Whydah Pirate Museum                        | (508) 534-9571  | Pirate shipwreck museum with interactive exhibits. |
| Tony Kent Arena                             | (508) 385-6652  | Ice arena for skating & hockey.                    |
| Hyannis Pals Park Playground                | No phone listed | Central playground for families.                   |
| Johnny Kelley Recreation Area Playground    | No phone listed | Large playground with fields & trails.             |

|                                                       |                 |                                                 |
|-------------------------------------------------------|-----------------|-------------------------------------------------|
| Luke's Love Boundless Playground                      | No phone listed | Inclusive, accessible playground.               |
| Peter Homer Park Playground                           | No phone listed | Playground with sports fields.                  |
| <b>Lower &amp; Outer Cape</b>                         |                 |                                                 |
| Cape Cod Lavender Farm                                | (508) 430-0917  | Lavender fields with family-friendly trails.    |
| Cape Cod Museum of Natural History                    | (508) 896-3867  | Nature museum with trails & family programs.    |
| Cape Cod National Seashore Visitor Center (Salt Pond) | (508) 255-3421  | National Seashore visitor center with exhibits. |
| Chatham Shark Center                                  | (508) 348-5901  | Shark education exhibits for families.          |
| Holiday Hill Mini Golf                                | (508) 398-8858  | Family mini golf course.                        |
| Monomoy National Wildlife Refuge                      | (508) 945-0594  | Wildlife refuge with trails & coastal habitats. |
| Nickerson State Park                                  | (508) 896-3491  | State park with ponds, trails & camping.        |
| Pilgrim Monument & Provincetown Museum                | (508) 487-1310  | Monument & museum on Pilgrim history.           |
| Wellfleet Bay Wildlife Sanctuary                      | (508) 349-2615  | Wildlife sanctuary with trails & programs.      |
| Brooks Park Playground                                | No phone listed | Community playground in Brooks Park.            |
| Community Playground                                  | No phone listed | Large playground near community center.         |
| Drummer Boy Park Playground                           | No phone listed | Playground & family event space.                |
| Eldredge Park Playground                              | No phone listed | Playground near baseball field & park.          |
| Elementary School Playground                          | No phone listed | School playground open after hours.             |
| Field of Dreams Playground                            | No phone listed | Popular playground near fields.                 |
| Motta Field Playground                                | No phone listed | Playground & recreation area.                   |
| Puma Park Playground                                  | No phone listed | Community playground.                           |

| <b>Towns' Recreation &amp; Programs</b> |                |                                              |
|-----------------------------------------|----------------|----------------------------------------------|
| Barnstable Recreation                   | (508) 790-6345 | Town recreation programs & youth activities. |
| Barnstable Youth Hockey Association     | (508) 685-0429 | Youth hockey league & training programs.     |
| Bourne Recreation                       | (508) 759-0600 | Recreation programs, sports & events.        |
| Brewster Recreation                     | (508) 896-9430 | Youth programs, sports & community events.   |
| Chatham Recreation                      | (508) 945-5151 | Recreation programs & seasonal activities.   |
| Dennis Recreation                       | (508) 760-6143 | Youth sports & community recreation.         |
| Dennis Youth Baseball                   | (508) 694-7891 | Youth baseball league & seasonal programs.   |
| Eastham Recreation                      | (508) 240-5974 | Recreation programs & family events.         |
| Falmouth Recreation                     | (508) 457-2567 | Recreation programs, camps & sports.         |
| Harwich Recreation                      | (508) 430-7553 | Youth programs & community recreation.       |
| Mashpee Recreation                      | (508) 539-1400 | Recreation programs & family activities.     |
| Orleans Recreation                      | (508) 240-3700 | Recreation programs & youth sports.          |
| Provincetown Recreation                 | (508) 487-7097 | Recreation programs & community events.      |
| Sandwich Recreation                     | (508) 888-4361 | Recreation programs & youth activities.      |
| Truro Recreation                        | (508) 487-1632 | Recreation programs & family events.         |
| Wellfleet Recreation                    | (508) 349-0314 | Youth programs & recreation activities.      |
| Yarmouth Recreation                     | (508) 398-2231 | Recreation programs, sports & events.        |

| <b>Libraries</b>                   |                |                                                  |
|------------------------------------|----------------|--------------------------------------------------|
| Bourne Public Library              | (508) 759-0600 | Public library with programs & events.           |
| Brewster Ladies' Library           | (508) 896-3913 | Public library with community programs.          |
| Centerville Public Library         | (508) 790-6220 | Public library with youth activities.            |
| Eldredge Public Chatham Library    | (508) 945-5170 | Public library with events & resources.          |
| Dennis Public Library              | (508) 760-6219 | Public library with programs & services.         |
| Eastham Public Library             | (508) 240-5950 | Public library with community events.            |
| Falmouth Public Library            | (508) 457-2555 | Public library with youth programs.              |
| Harwich Brooks Free Library        | (508) 430-7562 | Public library with programs & events.           |
| Hyannis Public Library             | (508) 775-2280 | Public library with youth activities.            |
| Mashpee Public Library             | (508) 539-1435 | Public library with community programs.          |
| Snow Library Orleans               | (508) 240-3760 | Public library with events & resources.          |
| Osterville Village Library         | (508) 428-5757 | Public library with community programs & events. |
| Provincetown Public Library        | (508) 487-7094 | Public library with exhibits & programs.         |
| Sandwich Public Library            | (508) 888-0625 | Public library with youth activities.            |
| South Yarmouth Library             | (508) 760-4820 | Public library with programs & events.           |
| Sturgis Library Barnstable Village | (508) 362-6636 | Historic public library with programs.           |
| Truro Public Library               | (508) 487-1125 | Public library with community events.            |
| Wellfleet Public Library           | (508) 349-0310 | Public library with programs & services.         |
| West Falmouth Library              | (508) 548-4709 | Public library with community programs.          |
| West Yarmouth Library              | (508) 775-5206 | Public library with youth activities.            |

# Closing Reflections for Our Community

## HONORING YOUR VOICES

To every caregiver who shared their story, thank you. Your honesty and experience shaped this guide in ways that will support families for years to come. We are equally grateful to the community partners whose clarity, collaboration, and commitment made this resource possible.

## LET'S KEEP BUILDING TOGETHER

We welcome organizations across the Region to stay connected with us. If your services evolve or new programs emerge, please reach out so we can continue keeping families informed.

## SPREAD THE SUPPORT

Please help us share this guide with caregivers, families, and professionals. The more hands it reaches, the easier the journey becomes for those seeking support.

## OUR COMMITMENT TO CHILDREN

At the Cape Cod Collaborative, our commitment to children remains at the center of everything we do. We will continue working alongside families and partners — with their voices at the core — to ensure every child has access to the support they need to help them grow and thrive in life.

### Credits / Acknowledgments

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