



Town of Barnstable  
**BARNSTABLE RECREATION**



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## RESOURCES FOR PARENTS

**Cape Cod Children's Place:** As a grassroots foundation, Cape Cod Children's Place develops free parent education programs and free playgroups promoting early literacy and community connections for isolated families. These programs are offered at other locations throughout the Lower and Outer Cape and are now reaching the Mid-Cape region. As community needs have evolved, CCCP has continued to develop new services to meet those needs, including programs to support families affected by substance use disorder and support groups for grandparents raising grandchildren.

Website: <https://capecodchildrensplace.com/>

Monthly Activity and Group Calendar:

<https://capecodchildrensplace.com/family-support/program-calendar/>

**Family Resource Center:** Funded by DMH & DCF, the Family Resource Center is located in Hyannis and is free and accessible to all providing resources, support, and referral to families. Their space has computers available to use and assistance if needed. Parent groups and school liaison services are also provided here.

Website: <https://capecodfamilyresourcecenter.org/>

**Department of Transitional Assistance:** The Department of Transitional Assistance (DTA) assists and empowers low-income individuals and families to meet their basic needs, improve their quality of life, and achieve long term economic self-sufficiency. DTA serves one in seven residents of the Commonwealth with direct economic assistance (cash benefits) and food assistance (SNAP benefits), as well as workforce training opportunities. Office located in Hyannis.

Website: <https://www.mass.gov/orgs/departments-of-transitional-assistance>

**Project Bread:** Nutrition Hotline assistance: Free & confidential for all Massachusetts residents, our expert counselors are ready to assist callers in 180 languages. Our Food Source Hotline provides free, expert assistance in understanding what programs are out there to help you go beyond just making ends meet, stretch your food budget, and reliably feed yourself or your family. They can help you access local food resources and federal nutrition programs. They can tell you if you qualify for SNAP - a.k.a. money for groceries - and help you apply, where you can find free meals for your kids, and many other local food programs. Hotline Number: 1-800-645-8333. Representatives are available Monday-Friday 8am-7pm and Saturdays from 10am-2pm.  
Website: <https://www.projectbread.org/>

**Independence House:** The Cape's leading source of support, advocacy, counseling, and prevention of Domestic Violence. Independence House provides services to anyone in the community experiencing domestic violence and can provide referrals, legal advocacy, and information on how to cope with and move forward after DV.  
Website: <https://independencehouse.org/>

**Housing Assistance Corporation:** Homeless prevention, housing voucher programs, energy efficiency programs, first time homebuyer programs, foreclosure education, and advocacy. State funded with offices in Hyannis and Orleans. Phone: 508-771-5400.

**WE CAN:** WE CAN (Women's Empowerment through Cape Area Networking) was founded in 2001 to empower Cape Cod women by providing unique services that inspire hope and bring increased stability, self-sufficiency, and opportunity to their lives. WE CAN serves more than 2,400 women each year across Cape Cod with free and confidential legal services, employment and business support, financial empowerment, mentoring, and personal development programs. Office is located in Harwich. Phone: 508-430-8111.

