

## Are you an employee *and* a parent?

These resources can help you balance work and family obligations, and provide great opportunities for your child!

For more information about licensed early education and care and school-age programs in the region, referrals, or subsidies, please contact the following organizations:

**Child Care Network of the Cape and Islands, 508-778-9470 or 888-530-2430, <http://www.childcarenetwork.cc/>**  
**Massachusetts Department of Early Education and Care, <http://www.eec.state.ma.us/>, 617-988-6600**  
**Cape Cod Chamber of Commerce, 508-362-3225 or 888-332-2732, [www.ecapechamber.com](http://www.ecapechamber.com)**

### Local Referrals and Provider Organizations

Organization	Phone	Infant/Toddler (birth-2 yrs., 9 mos.)	Preschool (2 yrs., 9 mos. – eligible for Kind.)	After-School*	Summer*
Barnstable Community Partnership	508-775-2770		X		
Bourne Community Partnership	508-563-1739		X		
Boys and Girls Club of Cape Cod ( <a href="http://boysgirlsclubcapecod.org">http://boysgirlsclubcapecod.org</a> )	508-477-8845			X	X
Cape Cod Child Development ( <a href="http://www.cccdp.org">www.cccdp.org</a> )	508-775-6240	X	X	X	X
Cape Cod Children's Place ( <a href="http://www.capecodchildrensplace.com">www.capecodchildrensplace.com</a> )	508-240-3310 800-871-9535	X	X	X	X
Community Network for Children (Nantucket)	508-228-7285 Ext. 1166		X		
Dennis/Yarmouth Community Partnership ( <a href="http://www.dy-regional.k12.ma.us">www.dy-regional.k12.ma.us</a> )	508-398-7626		X		
Harwich Community Partnership ( <a href="http://www.harwich.edu/depts/hsfrc/hec/harwichcpc.htm">www.harwich.edu/depts/hsfrc/hec/harwichcpc.htm</a> )	508-430-1692		X		
Mashpee Community Partnership ( <a href="http://www.mashpee.k12.ma.us">www.mashpee.k12.ma.us</a> )	508-539-3048		X		
Sandwich Community Partnership ( <a href="http://www.sandwich.k12.ma.us/cpc">www.sandwich.k12.ma.us/cpc</a> )	508-888-9525		X		
Stepping Stones Too	508-420-7293	X	X		
Vineyard Affordable Child Care Project	508-696-6568		X		
Young Children First! (Falmouth)	508-548-0151		X		
YMCA Cape Cod ( <a href="http://www.ymcacapecod.org">www.ymcacapecod.org</a> )	508-362-6500	X	X	X	X

*\*Local school districts and recreation departments may offer preschool, after-school, or school vacation programs. Please contact your local schools or town offices for more information.*

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## Are you caring for an aging parent? These resources can help!

For general information about caregiver assistance and respite resources, contact Elder Services of Cape Cod and the Islands at 508-394-4630, ext. 181, or [caregiver@escci.org](mailto:caregiver@escci.org), or visit [www.escci.org](http://www.escci.org).

### Caregiver Support Resources

Organization	Phone	Services Offered*
Alzheimer's Services of Cape and Islands	508-775-5656	Adult Day Care Services for individuals with Alzheimer's Disease or other forms of dementia; caregiver support services
Suzanne Baybutt, RN	508-760-4771	Specializing in the management of Alzheimer's Disease and related dementia
Barnstable Senior Center	508-862-4750	General support for seniors; supportive day program; caregiver support services
Bourne Council on Aging	508-743-3004	Caregiver's Toolbox series of seminars; general support for seniors; supportive day program; caregivers support group
Brewster Council on Aging	508-896-2737	General support for seniors
Chatham Council on Aging	508-945-5190	General support for seniors
Comfort Keepers	508-778-8770	Senior health resources; trained dementia home health aids
Dennis Council on Aging	508-385-5067	General support for seniors
Eastham Council on Aging	508-255-6164	Comprehensive day program for those who have decreased mental, physical, and/or social functioning; outreach services to seniors in their homes; general support for seniors
Falmouth Council on Aging	508-540-0196	General support for seniors
Harwich Council on Aging	508-430-7550	General support for seniors
Hospice of Nantucket	508-825-8301	Individual assessments and educational consultations identifying caregivers' needs; support services as appropriate
Mashpee Council on Aging	508-539-1440	General support for seniors
Orleans Council on Aging	508-255-6333	General support for seniors; caregivers support group; supportive day program
Provincetown Council on Aging	508-487-7080	General support for seniors; caregivers support group
Sandwich Council on Aging	508-888-4737	General support for seniors
Truro Council on Aging	508-487-2462	General support for seniors
Vineyard Nursing Association	508-957-7428 or 1-800-330-8048	Comprehensive home health services
Visiting Nurses Association of Cape Cod and the Islands	800-631-3900	Home health care support and services; social work services for patients and their caregivers
Yarmouth Council on Aging	508-394-7606	General support for seniors
YMCA Cape Cod	508-362-6500	Cape Cod Caregivers – YMCA Memberships for Caregivers
Wellfleet Council on Aging	508-349-0313	General support for seniors; caregivers' support group

*\*General support for seniors at local Councils on Aging typically includes transportation services, health information and clinics such (e.g. flu shots, assistance with health coverage), referrals, Meals on Wheels, social opportunities, outreach and other services. For more information, contact your local Council on Aging.*

