

Family Services and Support:

AIDS Support Group of Cape Cod 508-778-1954
Al-Anon/Alateen of Cape Cod 508-366-4663
Alcoholics Anonymous 800-839-1686
American Academy of Pediatrics 847-434-4000
American Cancer Society 800-ACS-2345
American Heart Association 508-760-6818
Barnstable County Human Services 508-362-2511
Big Brothers/Big Sisters 508-771-5150
Boys and Girls Club 508-477-8845
Cape & Islands Breastfeeding Warm-line
508-888-7794
Cape Behavioral Health 508-862-0514
Cape Cod Adoption Network 508-385-7815, ext.5
Cape Cod Behavioral Health 774-205-3793
Cape Cod Child Development 508-775-6240
Cape Cod Children's Place 508-240-3310
Cape Cod Council of Churches 508-775-5073
Cape Cod Family Resource Center 508-815-5100
Cape Cod Health Financial Aid Application Counselor
508-862-7019
Cape Cod Health Care Human Services 508-894-2247
Cape Cod Healthy Families 508-540-2968
Cape Cod Hospital 508-771-1800
Cape Cod Hospital/Childbirth Education 508-862-5520
Cape Cod Neighborhood Support Coalition
508-771-4336
Centers for Disease Control (CDC) 800-232-4636
Child & Family Services (*Outpatient Children's
Mental Health Services*) 508-778-1839
Child Care Network 508-778-9470
Coalition for Children 508-548-0151 Ext. 172
Community Action Committee 508-771-1727
Community Health Care Center 508-477-7090
Coordinated Family and Community Engagement
Bourne 508-743-3800, Ext. 4902
Mashpee 508-539-1520, Ext. 5118
Duffy Health Center 508-771-9599
Falmouth Hospital 508-548-5300
Falmouth Service Center 508-548-2794
Pitter Patter Programs 508-314-4776
Family Continuity 508-862-0600
Family Self Sufficiency – HAC 508-771-5400
Fenway Health-Violence Recovery Prog. 800-834-3242
Girls Scouts of Eastern Massachusetts 617-352-0141
Gosnold Counseling Center 508-540-6550
Health Connection 508-255-1903

Health Imperatives 508-540-2968
Hope Health 800-642-2423
Hope Care for Kids at Hope Health 800-642-2423
Hyannis Family Planning 508-771-8010
Hyannis Youth & Community Center 508-790-6345
JRI Community Service Agency 508-771-3156
Lead Poisoning Info. 617-624-5757/800-532-9571
Massachusetts Dental Society 800-342-8747
Mass. Dept. of Children & Families 508-760-0200
Mass. Dept. of Developmental Services
508-771-2595/800-352-0711
Mass Dept. of Mental Health 508-957-0900
Mass. Dept. of Public Health 617-624-6000
Massachusetts Mentor 508-862-2639
Mass. League of Community Health 800-475-8455
Military Family Outreach Cape Cod 508-375-6695
National Alliance for the Mentally Ill
(NAMI) 508-778-4277
Parent Information Network 508-947-8779
Parents Helping Parents 800-632-8188
Parents and Families of Lesbians and Gays
(PFLAG) 508-737-5832
Plymouth Family Network 508-830-4444
Sandwich Partnership for Families 508-888-9525
Smokers Quit Line 800-TRY-TO-STOP
Social Security Administration 800-772-1213
Spaulding Outpatient Center 508-833-1060
Sudden Infant Death Syndrome Center
800-641-7437
Thrive at Cape & Islands Gay & Straight Youth
Alliance (CIGSYA) 508-778-7744
VNA of Cape Cod 800-631-3900
Wareham Beyond School Time 508-291-3500
WE CAN 508-430-8111
Webster Light - Home Health Care 508-771-0893
WIC Cape Cod 508-771-7896
YMCA Cape Cod 508-362-6500

Clothing:

A Baby Center 508-771-8157
Emerald House Thrift Shop 508-457-0770
Goodwill Thrift Store 508-790-0046
Katie's Corner 508-255-0271
Mary's Closet 508-888-6637
Mass Appeal 508-349-1173
St. Vincent de Paul Thrift Shop 508-420-0949
Salvation Army Thrift Store 508-771-0307
Tots to Teens Fashion Exchange 508-255-9933

Emergency & Crisis Intervention:

Medical/Police/Fire Emergency 911

Medical Helplines

Cape Cod Hospital ER 508-771-1800
Falmouth Hospital ER 508-548-5300
Poison Control 800-222-1222

Suicide Prevention

Samaritans Cape Cod and Islands 800-893-9900
Suicide Prevention Lifeline 800-273-8255
Crisis Text Line Text **HOME** to 741-741

Military / Veteran Crisis

Veterans Crisis Line 800-273-8255
Text **HI** to 838-255
Military Helpline 888-457-4838
Text **Mil1** to **839-863**

Domestic Violence / Sexual Assault

National Domestic Violence Hotline 800-799-7233
Love I Respect Dating Abuse Helpline 866-331-9474
Text **LOVEIS** to 22522
Independence House Hotline 800-439-6507
Rape, Abuse, and Incest Hotline 800-656-4673
Rape Crisis Hotline 800-841-8371

Abuse / Neglect

MA Child-at-Risk Hotline 800-792-5200
Elder Abuse Hotline 800-922-2275
Disabled Person Protection 800-426-9009
Child Sexual Exploitation 800-843-5678

Alcohol & Drug

Alcohol & Drug Helpline 800-923-4357
Text **RecoveryNow** To 839-863
Substance Abuse Helpline 800-327-5050

Senior Crisis

MA Elder Hotline 888-243-5337
MA Senior Legal Helpline 866-778-0939

Mental Health

Mobile Crisis: 833-229-2683
Cape Cod Psychiatric Assessment 800-513-4728
NAMI Helpline 800-950-6264
National Grief Hotline 800-445-4808

Parenting Crisis

Parental Stress Hotline 800-632-8188
National Parent Helpline 855-427-2736
Baby Safe Haven Hotline 866-814-7233
Post-Partum Support Hotline 800-944-4773



Cape Cod Family Resource Center Guide to Community Resources and Services



Updated September 2018

Housing Assistance:

Housing Assistance Corp. on Cape Cod	508-771-5400
Habitat for Humanity	508-362-3559
Harwich Ecumenical Council for Housing	508-432-0015
Homeless Prevention Council for Lower Cape Cod	877-349-6962/508-255-9667
H.U.D. - Fair Housing Enforcement	800-347-3735
H.U.D. Housing Discrimination	800-669-9777
Rural Development (low interest loans)	508-295-5151
<u>Housing Authorities by Town:</u>	
Barnstable	508-771-7222
Bourne	508-563-7485
Brewster	508-896-9800
Chatham	508-945-0478
Dennis	508-394-3120
Eastham	508-240-5900
Falmouth	508-540-2956
Harwich	508-430-2390
Mashpee	508-477-6202
Orleans	508-255-0064
Plymouth	508-747-1620
Provincetown	508-487-0434
Sandwich	508-833-4979
Truro	508-349-7004
Wareham	508-295-8031
Wellfleet	508-349-0300
Yarmouth	508-398-2920

Financial Assistance:

American Red Cross Disaster Relief	508-775-1540
Cape & Islands Self Reliance	508-563-6633
Cape Cod Hospital Application Counselor	508-862-7019
Cape Cod Times Needy Fund	508-778-5661
Catholic Social Services	508-771-6771
Community Action Committee	508-771-1727
Cape Cod Council of Churches	508-775-5073
Department of Transitional Assistance	508-862-6600
Hands of Hope	508-432-1312
Falmouth Service Center	508-548-2794
Lombard Fund (<i>Barnstable only</i>)	508-862-4610
Lower Cape Outreach Council	508-240-0694
Needy Fund	508-778-5661
Salvation Army	508-775-0364
Sandwich COA over & under 60	508-888-4737
St. Vincent de Paul Society	800-675-2882
Hyannis	508-775-3073
Cotuit	508-420-0949
Falmouth	508-548-1944
Social Security Administration	800-772-1213
Veterans Benefits	800-827-1000

www.CapeCodFamilyResourceCenter.org

Fuel and Utility Assistance:

Cape & Islands Self Reliance Co-op	508-563-6633
Cape Light Compact	800-797-6699
Citizens Energy (Joe 4 Oil)	617-338-6300
Comcast	https://apply.internetessentials.com/
Department of Public Utilities	800-392-6066
Eversource Financial Assistance	866-861-6225
Fuel Assistance of Cape Cod and the Islands- South Shore Community Action Council	508-778-0870/877-FUEL-AID
Gas Assistance	800-548-8000
Good Neighbor Energy Group	800-334-3047
MASS Save Heat Loan	800-696-8077
MASS Save Home Energy Audit	800-632-8300
MASS Save Income Eligibility	866-537-7267

Transportation:

Bonanza Bus Line	888-751-8800/508-548-7588
Cape Cod Regional Transit Authority (<i>B-Bus & Dial-A-Ride</i>)	800-352-7155/508-385-1430
Habilitation Assistance Corporation	
Access Express	508-746-5715
Peter Pan Bus Line	800-343-9999
Plymouth & Brockton Bus Line	508-746-0378
Red Cross Medical Transportation	508-775-1540
Town Taxi-Hyannis	508-775-5555
Checker Taxi-Cotuit	508-771-8294
AA Taxi-E. Falmouth	508-563-9944
All Points Taxi-S. Yarmouth	508-760-0000
Sandwich 24 hr. Taxi-Pocasset	508-564-7600
Mashpee Taxi-Mashpee	508-477-4000

Employment, Adult Education & Job

Training:

ACCESS (HISET/GED/ESOL) CCCC	508-778-2221
Barnstable Community School	508-790-6458
Cape Cod Community College	508-362-2131
Cape Cod Literacy Council	508-771-0211
Cape Cod Regional Technical School	
Adult Education	508-432-4500, Ext.229
Career Opportunities	508-771-5627
Mass. Division of Unemployment Assistance	508-775-5800
Job Training & Employment Corp (JTEC)	508-790-0400
Upper Cape Regional Technical School Adult and Continuing Education	508-759-7111, Ext. 211

Immigration Services:

www.masslegalhelp.org	
Catholic Social Services	508-771-6771
Immigrants Assistance Center (IAC)	508-996-8113
Family Center CC of Brockton	508-857-0272
Massachusetts Immigrant & Refugee Advocacy Coalition (MIRA) www.miracoalition.org	617-350-5480

www.CapeCodFamilyResourceCenter.org

Legal Services:

Barnstable County Bar Advocates	508-432-8866
Barnstable County Court:	
Clerk's Office	508-375-6778
Civil Dept.	508-375-6785
Law Library	508-362-8539
Probation Dept.	508-362-8539
Probate Court	508-375-6722
Small Claims	508-375-6827
Superior Court	508-375-6648
Cape Cod Legal Services	508-364-2005
Consumer Credit Counseling Services	800-282-6196
Consumer Assistance Council	508-771-0700
Disability Law Center	800-872-9992
Harvard Legal Aid Bureau	617-495-4408
Mass. Advocates for Children	617-357-8431, Ext.224
Massachusetts Bar Association	800-392-6164
Mass. Legal Assistance Corp. (MLAC)	617-367-8544
Mass. Office of Disability	800-322-2020
Orleans District Court	508-255-4700
South Coast Legal Services	508-775-7020
Volunteer Lawyers Projects	617-423-0648
WE CAN	508-430-8111

Disability Services:

ARC of Cape Cod	508-790-3667
Cape Abilities, Inc.	508-778-5040
Community Connections, Inc.	508-362-1140
Cape Organization for the Rights of the Disabled (CORD)	508-775-8300
Easter Seal Society	508-757-2756
ESPIRIT	508-862-1662
Family Ties of Massachusetts	800-905-8437
Kennedy Donovan Center	508-385-6019
Latham Center	508-896-5776
Living Independently Forever-LIFE	508-790-3600
March of Dimes	508-790-1093
Mass. Advocacy Center	617-357-8431
Mass. Commission for the Blind	800-392-6450
Mass. Commission for the Deaf and Hard of Hearing	800-882-1155
Mass. Rehabilitation Commission	508-775-6173
May Institute	413-734-0300
May Institute Adults	508-539-2700
Nonotuck - Shared Living	www.nonotuck.com
Project Forward at CCCC	508-362-2131, Ext. 4763
REACH Educational Services	508-932-8526
Share Foundation (<i>communication resource</i>)	508-999-8482
Sight Loss Services	800-427-6842
Transition Centers	508-398-3333

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Community Resources & Services:

Information you may need to provide:

- Government issued ID such as a license, MA ID card, passport, etc.
- Ages of all family members living in the household.
- Household income verification-recent pay stubs, SSI income award letter, copy of unemployment benefits, etc.
- Verification of town or county residence (*this varies amongst agencies.*)

*Every effort has been made to ensure that the information listed in this brochure is accurate; however, some organizations occasionally relocate or change phone numbers.

PLEASE CALL BEFORE GOING TO ANY LISTED ORGANIZATION!

****For corrections, additions, or to be sent the most current pdf version of this brochure, please call 508-815-5100.***

The **Cape Cod Family Resource Center**, a program of Family Continuity, serves all families in every community on Cape Cod regardless of income. We offer:

- **Parent Education & Support**
- **Information & Referrals**
- **Child and Youth Assessments**
- **Help Navigating Resources**

***Cape Cod Family Resource Center
29 Bassett Lane, Downtown Hyannis
Main Number: 508-815-5100***

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