

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Open Playroom 9-2	2 Men's Circle 1-2
3	4 Mommy & Me Playgroup 10:30-11:30 Open Playroom 12-5	5 Open Playroom 9-5 Ask A Nurse 3-4	6 A Baby Center 10-3 Lactation Support 11-12 Open Playroom 12-5	7 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teen Time 4-5 Parenting Journey 6-8	8 Open Playroom 9-2	9 Men's Circle 1-2
10	11 Mommy & Me Playgroup 10:30-11:30 Open Playroom 12-5	12 Open Playroom 9-5 Grandparents Support Group 3-4	13 A Baby Center 10-3 Lactation Support 11-12 Open Playroom 12-5	14 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teen Time 4-5 Parenting Journey 6-8	15 Open Playroom 9-2	16 Men's Circle 1-2
17	18 Mommy & Me Playgroup 10:30-11:30 Open Playroom 12-5	19 Open Playroom 9-5	20 A Baby Center 10-3 Lactation Support 11-12 Open Playroom 12-5	21 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teen Time 4-5 Narcam for Nantucket 5-6 Parenting Journey 6-8	22 Open Playroom 9-2	23 Men's Circle 1-2
24	25 Mommy & Me Playgroup 10:30-11:30 Open Playroom 12-5	26 Open Playroom 9-5 Grandparents Support Group 3-4	27 A Baby Center 10-3 Lactation Support 11-12 Open Playroom 12-5 Perinatal Loss Peer Grief Support (Sharing Kindness) 5:30-7:30	28 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teen Time 4-5 Parenting Journey 6-8	29 Open Playroom 9-2	30 Men's Circle 1-2

- **Mommy&Me Playgroup** – Mothers and grandmothers are encouraged to bring along the young ones in their life to utilize our amazing, developmentally appropriate playroom. This space is reserved for those in early childhood of all abilities. No appointment is necessary.
- **Open Playroom** - Parents, grandparents, and caregivers are encouraged to bring along the young ones in their life to utilize our amazing, developmentally appropriate playroom. This space is reserved for those in early childhood of all abilities.
- **Ask A Nurse** - Visiting Nurses Association of Cape Cod – Cape Cod Healthcare will be at the Nantucket Family Resource Center. Services offered include: Blood pressure checks, Baby weight checks, Medication review, Breastfeeding and pumping support, Trimester focused prenatal education, Support with work leave/ PFML applications for maternity or medical leave, Diabetes medication management support, Nutrition education, Assistance navigating healthcare on island, Assistance connecting with local support and resources for individuals of all ages, If unable to attend in person, please contact Kelsea Gray – kbgray@capecodhealth.org – 774-487-0742 for in home visit information.
- **Grandparents Raising Grandkids Support** - Please join us in a grandparent led support group. Meet and build connections with other grandparents raising their grandchildren in our community. Grandchildren are welcome! A theatrical read-aloud will be held in our playroom while grandparents socialize and provide mutual self-help. Registration required.
- **A Baby Center** - A Baby Center The Diaper Bank of Cape Cod, Nantucket, & Martha's Vineyard. Must be registered for services. Wednesdays by Appointment Only 10AM-3PM. Visit www.ababycenter.org for More Information.
- **Lactation Support** - Offered through the Visiting Nurses Association of Cape Cod – Cape Cod Healthcare
- **Drop-In Hours (Free Clinician)** - Make an appointment or stop by to speak to our free in-house clinician David Hayes.
- **Perinatal Loss Peer Grief Group** will be available to both gestational and non-gestational parents who have experienced a pregnancy loss(es), stillbirth or early infant loss. Registration will be done through Sharing Kindness <https://sharingkindness.org/perinatal-loss-grief-support-groups/> or by reaching out to the Co-Founder and Executive Director Kim Mead-Walters M.D. Kim@sharingkindness.org Sharing Kindness is a 501(c)(3) nonprofit that serves the Cape & Islands by raising suicide awareness and promoting mental health education throughout our shared community, and by providing free-clinician-led peer grief support groups by bringing grief support programming to schools and other more geographically challenging sites.
- **Teen Time** – The Nantucket Family Resource Center is inviting teens ages 13 to 16 are invited to join us for fun activities where we can make new friends, explore new places, learn new things and develop life skills while making lifelong memories. Please register with the Nantucket Family Resource Center by calling or texting 508-221-0193.
- **Atheneum Collab** – TBD
- **Parenting Journey** - *Please note this is a closed group.* An evidence-based, 12-week training course that brings parents of all ages together to develop attitudes, knowledge, and skills that support you as a parent and role model. By reflecting on your own childhood, you will be able to choose what kind of parent you want to be and create your own style of parenting – one that reflects your personal vision and values. To inquire about upcoming programs please call or text 508-221-0193. Intake and registration required.
- **Narcan for Nantucket** - To promote harm reduction and reduce the amount of overdose deaths on Island we have partnered with Community Solutions for Behavioral Health to promote education on how to administer Nalaxone (Narcan) in the event of an opioid / opiate overdose. Please join us for an open hour for training and discussion regarding questions about Narcan. Receive kits that include Narcan and test strips. Registration preferred, please contact the Nantucket Family Resource Center at 508-221-0193.
- **Men's Circle** - A space for men to come together in genuine support of one another led by Licensed Clinical Social Worker, David Hayes. Topics will be generated organically with a focus on what it means to be a man in this world and how we can more authentically open up to one another. Together we are stronger and all are welcome. Hosted at Supta Yoga, 9 Amelia Drive. Registration required, email dhayes@nantucketfamilyresourcecenter.org