

Foster and Caregiver Family Resources



A publication of the Cape Cod Foster Closet

Cape Cod Foster Closet, 195 Rt 6A, P.O. Box 1073, Orleans, MA 02653 (508) 514-7125 *The information in this document has been sourced from the respective organizations' websites. While we strive to provide accurate and up-to-date information, we make no guarantees regarding its accuracy. Please refer directly to the organizations for the current details. Last revised 10/1/24*



Cape Cod Foster Closet Resource List for Foster, Grandparent, Kinship, Adoptive Families

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Cape Cod Foster Closet Resource List for Foster, Grandparent, Kinship, Adoptive Families

Key = **C** – Clothes, **A** – Activities, **F** – Food, **H** – General help



Cape Cod Foster Closet

195 Route 6A, PO Box 1073, Orleans, Ma 02653 (508) 514-7125

<https://capecodfostercloset.org> www.facebook.com/CapeCodFosterCloset

The Cape Cod Foster Closet provides new and nearly new clothing, shoes, outerwear, school supplies, baby gear and more for children (NB to age 18) who are being raised by someone other than their biological parent, including foster, adoptive and kinship caregivers.



Katelynn's Closet

<https://www.katelynns-closet.org> 45 Commercial St, S Yarmouth, 508-364-3927

<https://www.facebook.com/helpingcapecodkids>

Katelynn's Closet serves children ages 4-18 who are deemed in need and live on Cape Cod (Wareham-Sagamore) and the Islands. All orders for children in need must be placed by a social service agent or a school nurse.



Salvation Army Thrift Store, Yarmouth

<https://satruck.org> 174 MA-28, West Yarmouth

50% off days 1st Monday of the month for seniors.



A Baby Center

<https://ababycenter.org> 320 Main Street, Hyannis, MA 02601 508-775-5073

In 2021 A Baby Center gave away over 308,000 diapers! We also provided over \$1.6 million dollars in tangible goods to local low income families in need



Foster Care Essentials

<https://www.facebook.com/fostercareessentials> fostercareessentials@gmail.com (774) 248-4139

Providing essentials to kinship families and families that care for foster children



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A Kind Hearts for Kids

4 Barlows Landing, #18 Pocasset, MA 02559

<https://www.facebook.com/groups/kindhearts4kids> <https://www.kindheartsforkids.org>

Kind Hearts for Kids is a 501(c)3 Non-Profit organization serving vulnerable children and teens living in foster, adoptive, and guardianship care in the Cape Cod (and beyond) area. Through the generous support of our community, they are able to provide compassion, care and kindness in the form of birthday gifts, holiday bags, and uplifting events.

A Cape Cod Ambassadors

<http://capecodambassadors.com>

<https://www.facebook.com/profile.php?id=100085573591234>

Cape Cod Ambassadors is a volunteer staffed non-profit whose mission is to empower foster children on Cape Cod. They run annual therapeutic camps with swimming, boating, horseback riding, archery, high ropes and Leadership Training Classes. They also host bi-monthly events to support them all year.

They are a team of professionals from several different churches and organizations who have one mission: To love, support and empower children in the foster care system.

A Shelly's Tea Room, Plymouth

<https://www.shellystearooms.com>

Shelly's will provide a free tea party to foster, grandparent, kinship and adoptive families during the child's birthday month. Contact them through Kind Hearts for Kids.

A Cape Cod Toy Library

info@capecodtoylibrary.org 1663 Main Street (6A), West Barnstable 508-648-3227

Their core program is a Toy Lending Library – with a curated collection of 1,500 toys, games and puzzles and 350 resource library books donated by hundreds of Cape families. The Playroom features a puppet theater, dress-up wardrobe, doll house, rocket and car garage as well as building construction toys, puzzles and games and children's picture books. There is also a resource library of books on child development and play, parenting, neurodivergent children, multi-cultural education. They offer "Family Play Days", with space availability.



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A Amazing Grace of Cape Cod

<https://www.amazinggracecapecod.org/about.html> P.O. Box 636, Centerville, MA 02632

Amazing Grace has designed a cost-free series of programs that serve children with an incarcerated family member. Participation begins with a weeklong camp experience for children between age 8-11. Children who have participated in AGI can continue to participate in their pathway of programs through adolescence and into adulthood.

A The Coalition for Children

<http://www.thecoalitionforchildren.org>

They offer free events for families on Cape Cod including play and learn activities for infants, toddlers, preschoolers and beyond, plus free books and toys for 18-48 month old kids.

A Cape Cod Children's Place

<https://capecodchildrensplace.com> 10 Ballwic Road, Eastham 508-240-2352

Cape Cod Children's Place provides free parent education programs and free playgroups promoting early literacy and community connections including programs to support families affected by substance use disorder like First Steps Together, and support groups for grandparents raising grandchildren.

A Sandwich Partnership for Families

www.sandwichpartnership.com

They offer a variety of free and fun activities in safe and nurturing environments for children of all ages as well as parenting workshops for adults.

A Confikids

<https://www.confikids.org>

Confikids serves children in grades 1-8 in Barnstable, Bristol, Norfolk and Plymouth counties who are on the Free Lunch Program at school. They provide funding for town sports, music/art lessons, karate, dance, gymnastics, etc. You must apply online.



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A Rise Above

<https://www.facebook.com/riseabovema/> <https://weriseabove.org/info/resources/>

Rise Above is dedicated to providing Massachusetts children in foster care with enriching activities, opportunities and experiences.

A Wonderfund

<https://www.wonderfundma.org/who-we-are>
<https://www.facebook.com/search/top?q=wonderfund/>

They fund enrichment activities in these areas:

Arts & Music: lessons, equipment, instrument rental, programs, etc.

Academics: tutoring, SAT Prep, school-related activity fees like educational field trips

Athletics: lessons, equipment, registration fees, memberships, training camps, etc.

Camp: sailing, swimming, soccer, hiking, boating and friendship

If you are a Massachusetts Department of Children and Families foster parent and would like a Wonderfund Access Card, please contact your DCF Family Resource Worker.

A Sibling Connection

<https://www.siblingconnections.org>
<https://www.facebook.com/SiblingConnections>

Sibling Connections is the only organization in Massachusetts designed for the sole purpose of strengthening the sibling bond of children separated by foster care. While the sibling relationship is the longest and one of the most important relationships most people have in their lives, this is especially true for children who are removed from their families because of abuse or neglect. In many instances, a brother or sister might be the only constant relationship in a child's life.

A Comfort Zone Camp

www.comfortzonecamp.org

Comfort Zone Camp is a bereavement organization that transforms the lives of children who have experienced the death of a parent, sibling, primary caregiver, or significant person. Programs are free of charge and include trust-building activities and age-based support groups that break the emotional isolation grief often brings. Comfort Zone's programs are offered to children ages 7-17, young adult for 18-25-year-olds, and separate parent and guardian programs.



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Read Happy

Readhappy2020@gmail.com

<https://www.facebook.com/profile.php?id=100064830037292&sk=about>

Read Happy supplies free book packages including a pillowcase, a book, and an activity.

Big Brothers Big Sisters of Cape Cod & the Islands

<https://emassbigs.org/cape-cod> 508-771-5150

The mission of Big Brothers Big Sisters of Cape Cod and the Islands is to partner with under-resourced families to provide their children with transformational, one-to-one professionally-supported relationships with caring adult mentors, so that their children will thrive. They want youth to achieve their full potential, which only contributes to healthier families, better schools, brighter futures and stronger communities.

Youth Athletic Foundation

<https://www.youthathleticfoundation.org> info@youthathleticfoundation.org

PO Box 14, West Yarmouth, MA 02673 508-649-5444

They provide funding for athletic equipment and sports participation fees to students in need. Applications are filled out by school personnel and social services organizations upon request.

Cape Cod Times Neighbors Fund

<https://neighborsfund.org/pt> info@neighborsfund.org

P.O. Box 36, Hyannis, MA 02601 508-778-5661 1-800-422-1446

In addition to help with housing, utilities, transportation, and holidays, the fund provides scholarships for camp for school-aged children and disabled adults. Call to apply for funds.

Bourne for Children

<http://www.bourneforchildren.org> mdankert@bourneps.org

Bournedale Elementary School, 41 Ernest Valeri Rd, Bourne MA 02532 508-743-3800 X6751

They provide programs for families with infants through age 6 including Parent-Child home visiting program, parenting classes, play and learn groups, kindergarten transition programs, STEM and community events



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F Outer Cape Food Access Guide 2024

<https://outercapecommunitysolutions.org/resource-list-food-access-guide-for-the-outer-cape>

F Project Bread

<https://projectbread.org/about-us> 1-800-645-8333

Depending on need, members may receive: grocery store gift cards; procurement of kitchen supplies and appliances; cooking classes; nutrition counseling; referrals for medically tailored meals; assistance connecting with federal nutrition assistance program like SNAP and WIC; and referrals to nearby food pantries.

F Family Table Collaborative

<https://familytablecollaborative.org/about>
info@familytablecollaborative.org | 508-348-9777

Their mission is to produce and deliver nutritious free meals to families and individuals who need it most and provide nutritional education highlighting how healthy food positively impacts people's physical and mental health. They believe healthy people make healthy communities.

F WIC Women, Infants & Children

<https://www.mass.gov/locations/cape-cod-wic-program-main-clinic>
CCWIC@healthimperatives.org

Cape Cod WIC Program, 1019 Iyanough Road, Hyannis, MA 02601, 508-771-7896

WIC gives you access to healthy food and nutrition education. If you're a caregiver, or a mom with a child under 5, you can get the right personalized support for you and your family.

F Cape Kid Meals

info@capekidmeals.org <https://www.facebook.com/capekidmeals> (508) 419-1734
<https://capekidmeals.org/cape-cod-partner-blessings-in-a-backpack>

Cape Kid Meals (CKM) mobilizes caring people and communities to provide food over the weekend to school-aged children across the Cape who might otherwise go hungry.



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F The Cape Cod Hunger Network

<https://www.capecodhungernetwork.org/Food-Pantries>

This is a guide to help you find food for you and your family on Cape Cod

F Lasagna Love

<http://www.lasagnaLove.org> info@lasagnaLove.org

Lasagna Love provides families with a homemade meal

HI Mass.gov Kinship Navigator

<https://www.mass.gov/kinship-navigator> kinshipnavigator@mass.gov 844-924-4546

Kinship Navigator is a program of the Commonwealth of Massachusetts that assists all kinship caregivers (grandparents and other relatives) with accessing services for themselves and the children they are raising. Also check out “A Guide for Relative Caregivers”

https://www.mass.gov/assets/files/relative_caregivers_guide_2014.pdf?fbclid=IwAR07NseVbHPRky9UZrXtwLA5Uxy8GH2QJDpfFfSKcQOtHkKlBm0QvgcpNOA

HI Health Imperatives

<https://healthimperatives.org/hyannis> info@healthimperatives.org

1019 Iyannough Rd, Hyannis, MA 508-771-8010

They support vulnerable youth and young adults. Young people ages 13 and up are welcome at any of their seven Sexual and Reproductive Health clinics for exams, birth control, and other services.

HI Family Ties of Massachusetts

<https://www.massfamilyties.org> 800-905-8437

Family TIES of Massachusetts provides information and referral services, emotional support, and training to parents of children and youth with special needs or disability including workshops, skill development, and parent-to-parent programs.



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Children's Cove

<https://www.childrencove.org> 508-375-0410

Children's Cove provides comprehensive and coordinated multidisciplinary services to victims of sexual abuse, severe physical abuse, witness to domestic violence, and commercial sexual exploitation.

Mass Hire Cape and Islands Career Center

www.masshire-cicc.com 372 North St, Hyannis 02601 508-771-5627

MassHire Cape and Islands Career Center Youth Services provides high school equivalency preparation and testing, skills training, paid work experience and support for young people ages 16-24 who meet eligibility guidelines. Their Youth Career Consultant works one-on-one to develop a custom education and career pathway plan to meet goals.

Visiting Nurse Association Public Health and Wellness

<https://www.capecodhealth.org/medical-services/visiting-nurse-association/public-health-wellness> 508-957-7423

They provide health education, community outreach, health screenings, maternal and child health nursing, public health home visits. Exercise programs including Stroll the Cape, a walking program to bring guardian, grandparent, foster, etc. families with young children 8 weeks to 5 years old together in the community with a Maternal Child Health Nurse, Physical Therapist and/or Midwives from Cape Cod Hospital also offer education and support.

Community Action Committee of Cape Cod & Islands (CACCI)

<https://www.cacci.cc> 508-771-1727

CACCI provides services primarily in the areas of access to public health insurance and care; childcare subsidy and provider support services; immigration services; emergency shelter; SNAP benefits assistance; and free tax preparation during tax season. During the months of November and December it offers holiday programs



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HI Transitional Aid to Families with Dependent Children

[Apply for TAFDC | Mass.gov](https://masslegalhelp.org/income-benefits/grandparentstafdc)

<https://masslegalhelp.org/income-benefits/grandparentstafdc>

TAFDC is "Transitional Aid to Families with Dependent Children." It is a monthly cash benefit for families with children. Once a year, it includes money to buy clothing for each child in the family.

HI Colorful Kidz

<https://colorfulkidz.org> <https://www.facebook.com/ColorfulKidzofCapeCod>

Room Makeovers: Their room makeovers are for kids and teens on Cape Cod. Sometimes life gets overwhelming, and our kids need a fresh start. They create a space where kids can dream about what is possible.

HI We Can Empowering Women

<https://www.wecancenter.org/services> <https://www.facebook.com/wecan.capecod> 508-430-8111

They provide legal services, work and career support, financial empowerment, workshops, mentoring and personal development.

HI Help Guide.org

<https://www.helpguide.org/articles/parenting-family/grandparents-raising-grandchildren.htm>

They provide guidelines for grandparents raising grandchildren, help for parents of troubled teens, family caregiving, stress management, and helping children cope with traumatic events.

HI Children's Trust

<https://childrenstrustma.findhelp.com>

They are a community portal that provides Cape residents with online access to available resources, finding free or reduced cost help for families, childcare, housing, or parenting support.



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South Shore Community Action Council

<https://www.sscac.org/early-education> <https://www.facebook.com/ourcommunityinaction>
(508) 747-7575

The South Shore Early Education (SSEE) offers high quality, Head Start, Early Head Start, and state-subsidized early education and childcare with centers conveniently located in Marshfield, Plymouth, Wareham, Hyannis, West Yarmouth, and Dennisport. They also collaborate with hundreds of community partners to provide a range of programs to meet household needs, transportation, housing and utility assistance, food, and nutrition.

To the Moon and Back

<https://www.2themoonandback.org> <https://www.facebook.com/tothemoonMA>

To the Moon and Back is dedicated to children born with in utero substance exposure and their families providing monthly support groups, children's group, nurture a superhero care packages, funding for unmet financial needs help to navigating services, and an educational advocacy program.

TriTogether

<https://www.tritogogether.org> info@tritogogether.org <https://www.facebook.com/tritogogether>

TriTogether will work to offer free tutoring services for students whose circumstances have previously made tutoring inaccessible, 4th grade through college. Referrals are made by the social worker. **Foster parents** can also complete the referral form, but confirmation will be requested of the social worker and that worker will be copied on all email.

The Gifted Crate

<https://www.thegiftedcrate.org> <https://www.facebook.com/thegiftedcrateforyouth>

The Gifted Crate provides a custom birthday-in-a-box to children and teens in **foster care** throughout Massachusetts. With the help of DCF, they identify these children along with their likes and interests. Their birthday crates include a boxed cake mix, frosting, candles, plates, napkins, and customized gifts based on that child's wishes.



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H Covenant to Care for Foster Families

<https://www.capecodcouncilofchurches.org/covenant-to-care-for-foster-families.html>
ctocaredirector@gmail.com 508-775-5073

COVENANT TO CARE FOR FOSTER FAMILIES matches a Cape/Islands congregation with a Foster Care Family, supporting that family and the children in its care. Parishes "adopt" a foster family in order to offer support and "extras" not covered by the state's financial allocation. They help fund such things as: summer camp, bicycles, eye glasses, etc. for these vulnerable children. Covenant to Care partners with the Cape's Massachusetts Department of Children & Families District Office.

H Bay Cove Human Services

<https://www.baycovecapecod.org> info@baycove.org
<https://www.facebook.com/baycovehumanservicesinc> 833-229-2683

Bay Cove's Behavioral Health and Wellness Center on Cape Cod serves as a hub of coordinated and integrated mental health and substance use disorder treatment for individuals of all ages throughout Cape Cod—from Bourne to Provincetown. Services provided are enhanced routine and urgent behavioral health outpatient services, and mobile crisis intervention services and community crisis stabilization services for adults and youth. Mobile Crisis Support: 24/7. If you need to talk to someone right now? CONTACT: 833-229-2683

Bay Cove's Caregiver Support Group is a group created in a safe, welcoming environment for caregivers of youth that are diagnosed with mental health conditions to come together and discuss any needs/concerns, share, gather new community resources, and develop a new group of natural supports.

H Adoption Credit and Adoption Assistance Programs/Internal Revenue Service

<https://www.irs.gov/taxtopics/tc607>

This is a federal tax credit for adoption. For the federal tax credit, the maximum amount (dollar limit) for 2023 is \$15,950 per child. Any credit in excess of your tax liability may be carried forward for up to five years. If you adopt a U.S. child that a state has determined to have special needs, you're generally eligible for the maximum amount of credit in the year of finality. A child has special needs for purpose of the adoption expenses if: A state determines that the child can't or shouldn't be returned to their parents' home.

Note: Be sure to use a tax professional that understands the federal tax credit. MSPCC recommends the Hadley office of H&R Block because one of their agents is an adoptive parent. Also check out this website <https://www.mass.gov/guides/guardianship-and-adoption-what-are-the-differences>



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HI DBT Skills Group (Dialectical Behavioral Therapy)

lmcgillicuddy60@hotmail.com Lisa McGillicuddy at 508-314-7748

DBT Skills Group Cape Cod is a free, community skills/support group for parents of children (teens/pre-teens, young adults) who struggle with anxiety, intense emotions, depression and other mental health challenges. The group will meet on Monday evenings, 7 - 8:30 pm at First Congregational Church, 68 Main Street, Falmouth Village Green. A hybrid Zoom option is available during the in-person meeting. Each week a different Dialectical Behavioral Therapy skill is discussed, so new participants can join at any time. They use the book, DBT For Dummies (can be purchased on Amazon), and view videos created by Rutgers University: DBT in 5 Minutes or Less (available free on YouTube). All parents/guardians are welcome.

HI The Commission on the Status of Grandparents Raising Grandchildren of Massachusetts

https://www.massgrg.com/massgrg_2019/index.html

Are you a grandparent/relative caregiver and feel like you are all alone in this journey? You are not alone - hear from fellow grandparents raising grandchildren here in Massachusetts about the benefits of joining a support group. Sign up to get the latest news, find support groups, get legal and financial advice, and attend free zoom workshops.

HI Cape Cod Neighborhood Support Coalition

<https://capecoalition.com/grandparents-kinship-families>

<https://www.facebook.com/capecodcoalition>

familysupport@capecoalition.com 508-771-4336

Cape Cod Neighborhood Support Coalition offers services to help Grandparents feel supported in bringing up their grandchildren, as well as others who are in a Kinship role. They offer support groups and confidential conversations, whether in-person, by phone, or email, to discuss the challenges a Grandparent/Kin-parent may be facing.

HI Sharing Kindness

<https://sharingkindness.org> kim@sharingkindness.org

<https://www.facebook.com/sharingkindness> (508) 246-1555

At Sharing Kindness, they are committed to providing grief support on Cape Cod and the Islands, offering hope and courage to all those navigating life after loss. They offer free peer grief support for parents/guardians and children.



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Family Resource Center of Cape Cod

capecodfamilyresourcecenter.org 29 Bassett Lane, Hyannis, MA 02601 508-815-5100

Their goal is to support families to strengthen their bonds, connect to others, and engage in their community. Their core values are: RESPECT, TRUST, SAFETY, WELLNESS, CARING, CONNECTIVITY, and EDUCATION. Parenting classes and “Mom’s Time Out” peer-support group centered around moms and all of the challenges they face. Bring kiddos along for Kids’ Corner, run simultaneously.

Health Law Advocates

<https://www.healthlawadvocates.org/about/what-we-do> 855-218-3965 or 855-218-2519

HLA provides high quality, free legal assistance to income-eligible Massachusetts residents having difficulty accessing health care or health insurance coverage. They also provide legal assistance to consumers with unaffordable medical debt.

Federation for Children with Special Needs

<https://fcsn.org> <https://www.facebook.com/fcsnfb>

The Schrafft Center, 529 Main Street, Suite 1M3, Boston MA 02129
(800) 331-0688, (617) 236-7210

The Federation empowers families so that they have the information and resources they need for their children. They work with families with children from birth to adulthood, providing individual assistance, training, and leadership development and support. They focus on education, early intervention, health care, transitions, children in foster care and group homes, and building strong family engagement to support all children, especially those children with disabilities, those at risk, and those with economic, cultural, or linguistic barriers. Respite available with Caregiver to Caregiver Respite Network.

Find Help

<https://www.findhelp.org>

This is an online website to search and connect to local financial assistance, food pantries, medical care, and other free or reduced cost help.



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A to Z Sleep Solutions

<https://www.atozsleepsolutions.com> <https://www.facebook.com/atozsleepsolutionscapecod>
Emma@atozsleepsolutions.com

A to Z Sleep Solutions Cape Cod and Islands offers personalized sleep plans for infants and toddlers, free newborn sleep class via in person workshops, phone/email, or in-home solutions.



Grandparent Support Group – Harwich Youth and Family Services

ashley.symington@harwich-ma.gov 508-430-7836

Their grandparenting support groups, offered two different times, 2nd Thursday of the month at Albro House, 728 Main Street, Harwich, offers connection, support and idea sharing.



Elder Services of Cape Cod and the Islands – Family Caregiver Support Program

<https://esci.org/supportive-services-care-management> 68 Route 134, South Dennis, MA 02660
(800) 244-4630 (508) 394-4630

They provide respite and summer camp assistance for grandparents raising grandchildren.



Lower Cape Outreach Council

<https://lcoutreach.org/about> 508-240-0694

Lower Cape Outreach Council provides short-term emergency food, clothing and financial assistance to residents of the 8 towns that constitute Lower Cape Cod: Brewster, Chatham, Eastham, Harwich, Orleans, Provincetown, Truro, and Wellfleet.



Housing Assistance

hac@haconcapecod.org 460 West Main Street, Hyannis, MA, 78 Route 6A, Orleans, MA
508-771-5400

They assist in finding housing, energy efficient programs, shelters and homeless services.



Cape Cod Foster Closet Resource List for Foster, Grandparent, Kinship, Adoptive Families

Key = **C** – Clothes, **A** – Activities, **F** – Food, **HI** – General help

HI Foster Love

<https://www.fosterlove.com/how-we-help> <https://www.facebook.com/fosterloveproject>

info@fosterlove.com (714) 784-6760

They provide assistance to foster children including birthday boxes, STEM boxes, superhero boxes, and duffle bags

HI Grandparents Raising Grandchildren: Nurturing Through Adversity

<https://www.grandparents-raising-grandchildren.org>

A podcast that explores the heartfelt journeys of grandparents stepping into the role of primary caregivers for their grandchildren

HI Behavioral Health Innovators

<https://bhinnov.org> info@bhinnov.org PO Box 583, S. Chatham, MA 02659

They provide programs—from prevention through recovery—for Cape Cod’s 13 to 24 year olds who are living with substance use disorder and/or mental health conditions

HI Kennedy-Donovan Center

<https://www.kdc.org> 30 Ansel Hallett Rd, W Yarmouth, MA 02673, 508-418-5540

They provide children’s programs including early intervention, speech and language, and sensory-motor development

HI Parents Supporting Parents

<https://parentsfightingaddiction.org> P.O. Box 992 Monument Beach, MA 02553 508-419-3434

This is a support group which is interactive and educational for families coping with a loved one’s addiction.

