

Family Services and Support:

AIDS Support Group of Cape Cod 508-487-9445
Al-Anon/Alateen of Cape Cod 508-366-0556
Alcoholics Anonymous 800-839-1686
American Academy of Pediatrics 866-843-2271
American Cancer Society 800-227-2345
American Heart Association 800-848-8721
Barnstable County Human Services 508-375-6628
Bay Cove Human Services 833-299-2683
Big Brothers/Big Sisters 508-771-5150
Boys and Girls Club 508-477-8845
Cape & Islands Breastfeeding Warm-line
508-862-7266
Cape Behavioral Health 508-862-0514
Cape Cod Adoption Network 508-385-7815, ext.5
Cape Cod Children's Place 508-240-3310
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 Edu. 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 508-778-9470
Community Health Care Center 508-477-7090
Duffy Health Center 508-771-9599
Falmouth Hospital 508-548-5300
Falmouth Human Services 508-548-0533
Falmouth Service Center 508-548-2794
Pitter Patter Programs 508-314-4776
Family Continuity 508-862-0600
Gosnold Counseling Center 508-540-6550
Health Connection 508-631-7263
Hope Health 844-671-4673
Hyannis Family Planning 508-771-8010
Hyannis Youth & Community Center 508-790-6345
Independence House 508-771-6507
JRI Community Service Agency 508-771-3156

Lead Poisoning Info. 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 617-626-8000
Mass. Dept. of Public Health 617-624-6000
Massachusetts Mentor 508-862-2639
Mass. League of Comm. Health 617-426-2225
Military Family Outreach Cape Cod 508-375-6690
Nat'l Alliance for the Mentally Ill 508-778-4277
Parent Information Network 508-947-8779
Parents Helping Parents 617-926-5008
Parents and Families of Lesbians and Gays
(PFLAG) 508-737-5832
Plymouth Family Network 508-830-4444
Plymouth Family Resource Center 508-830-3910
Sandwich Partnership for Families 508-888-9525
Smokers Quit Line 800-784-8669
Social Security Administration 800-772-1213
Spaulding Outpatient Center 508-833-4141
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 Korner 508-240-0694
Mary's Closet 508-888-6637
Mass Appeal 508-349-1173
St. Vincent de Paul Thrift Shop
Falmouth 508-420-0949
Hyannis 508-775-3073
Salvation Army Thrift Store 508-771-8982
Tots to Teens Fashion Exchange 508-255-9933
Katelynn's Closet 508-367-2587

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 Is Respect Dating Abuse 866-331-9474
Text "LOVE" to 866-331-9474
Independence House Hotline 800-439-6507
Teen Text Line (Business Hours) 508-375-5144
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
Children's Cove 508-375-0410

Alcohol & Drug

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

Senior Crisis

Senior Legal Helpline 800-342-5297

Mental Health

Mobile Crisis: 833-229-2683
Cape Cod Healthcare – Behavioral Health
Acute Services 508-726-2911
Outpatient Services 508-790-3660
Inpatient Services 508-762-2911
NAMI Helpline 800-950-6264
Elderly Suicide Prevention & Grief Hotline
415-750-4111

Parenting Crisis

Parental Stress Hotline 800-632-8188
National Parent Helpline 855-427-2736
Baby Safe Haven Hotline 866-814-7233



Cape Cod Family Resource Center Guide to Community Resources and Services



Updated September 2020

Housing Assistance:

Housing Assistance Corp. 508-771-5400
Habitat for Humanity 508-362-3559 x 28

Housing Authorities by Town:

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 508-548-1977
Harwich 508-430-7514
Mashpee 508-477-6202
Orleans 508-255-0064
Plymouth 508-726-2105
Provincetown 508-487-0434
Sandwich 508-833-4979
Truro 508-349-7004
Wareham 508-295-8031
Wellfleet 508-349-0305
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 (Fall River) 508-771-6771
Community Action Committee 508-771-1727
Cape Cod Council of Churches 508-775-5073
DTA 508-862-6600
Hands of Hope 508-432-1312
Falmouth Service Center 508-548-2794
Lombard Fund (Barnstable only) 508-862-4610
Lower Cape Outreach Council 508-240-0694
Salvation Army 508-775-0364
St. Vincent de Paul Society 800-675-2882
Hyannis 508-775-3073
Cotuit 508-420-0949
Falmouth 508-548-1944
Brewster 508-385-3252
Orleans 508-255-8080
Social Security Administration 866-467-0440
Veterans Services Dept. 508-778-8740

Fuel and Utility Assistance:

Cape & Islands Self-Reliance Co-op 508-563-6633

Cape Light Compact 800-797-6699
Citizens Energy (Joe 4 Sun) 617-338-6300
Comcast 800-266-2278
Department of Public Utilities 617-305-3500
Eversource Financial Assistance 800-592-2000
Fuel Assistance of C.C. & the Islands 508-778-0870
Gas Assistance 800-548-8000
Good Neighbor Energy 800-334-3047
MASS Save Heat Loan 866-527-7283
MASS Save Home Energy Audit 866-527-7283
MASS Save Income Eligibility 866-527-7283

Transportation:

Bonanza Bus Line 413-781-2900
Cape Cod Regional Transit Authority
(B-Bus & Dial-A-Ride) 508-385-1430
Habilitation Assistance Corporation
Access Express 508-746-7433
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
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:

Hyannis Education Center CCCC 508-375-5000
Cape Cod Community College 508-362-2131
Cape Cod Literacy Council 508-862-1296
Cape Cod Regional Technical School
Adult Education 508-759-7111, Ext.211
MassHire for Cape Cod & Islands 508-771-5627
Hyannis Unemployment Office 508-771-5627
Job Training & Employment Corp 508-771-5627

Immigration Services:

www.masslegalhelp.org
Catholic Charities 508-771-6771
Immigrants Assistance Center (IAC) 508-996-8113
Community Action Committee 508-778-9470

Legal Services:

Barnstable County Bar Advocates 508-432-8866
Barnstable County Court Departments:
Clerk's Office 508-375-6778
Civil Dept. 508-375-6785
Law Library 508-362-8539
Probation Dept. 508-362-8539

Probate Court 508-375-6735
Small Claims 508-375-6825
Superior Court 508-375-6648
Falmouth District Court 508-495-1500
Falmouth District Court Departments:
Clerk's Office 508-495-1696
Probation Dept. 508-495-1693
Juvenile Court 508-495-1500
South Coastal Legal Services
Hyannis 508-775-7020
ACK & Martha's Vineyard 800-742-4107
Disability Law Center 617-723-8455
Harvard Legal Aid Bureau 617-495-4408
Mass. Advocates for Children 617-357-8431 x 224
Massachusetts Bar Association 800-392-6164
Mass. Legal Assistance Corp. 617-367-8544
Mass. Office of Disability 617-727-7440
Orleans District Court 508-255-4700
Volunteer Lawyers Projects 617-423-0648
WE CAN 508-430-8111

Disability Services:

Alzheimer's Family Services 508-896-5170
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 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 Adults 508-539-2700
Project Forward at CCCC 508-362-2131 x 4763
REACH Educational Services 508-932-8526
Share Foundation 508-999-8482
Sight Loss Services 800-427-6842
Transition Centers 508-398-3333

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, Hyannis, MA 02601
Main Number: 508-815-5100

