

OSTERVILLE BAPTIST CHURCH



HELP IN TOUGH TIMES: COMMUNITY RESOURCE DIRECTORY - FALL 2009

*About our **Free** Directory*

Our Osterville Baptist Church (OBC) directory lists different community services that may be of help to you in these tough times. Here, you will find a variety of services that can aid in everything from economic crisis and unemployment to mental health and substance abuse, and everything in between. The extensive section on employment services will be especially beneficial for many.

OBC in no way endorses or recommends any of the organizations, services, or websites listed and is not responsible for any claims arising from any of these listings. This directory was created simply to let our growing church family know who does what and how to get in touch with the appropriate organization.

At OBC you are welcome. If you don't have a church home, or are just visiting on Cape Cod, we invite you to come on over. (Check out our website for worship times www.ostervillebaptist.org and to learn more about us.

“Learning to Live and Love Like Jesus”

Nick

Dr. Nick Gatzke, Senior Pastor
824 Main Street
Osterville, Ma 02655
508-428-2787
www.ostervillebaptist.org

ADULT EDUCATION	HOTLINES
AGING & ELDERLY	HOUSING
AIDS/HIV	LEGAL ASSISTANCE
BABIES/CHILDREN	MENTAL HEALTH COUNSELING/SUPPORT
BATTERED/ABUSED WOMEN	PREGNANCY/PARENTING
CAREGIVER SUPPORT	RAPE
CHILD ABUSE	SELF HEP & SUPPORT GROUPS
CRISIS INTERVENTION	SERVICES FOR INDIVIDUALS WITH DISABILITIES
DAY CARE/PRE-SCHOOL & SCHOOL AGE	SOCIAL SECURITY
DISASTER RELIEF	SUBSTANCE ABUSE
DISCRIMINATION	SUICIDE PREVENTION
EMPLOYMENT SERVICES	THRIFT STORES
FAMILY CARE/FOSTER CARE/ADOPTION	TRANSPORTATION
FAMILY PLANNING/PREGNANCY	VETERANS
FINANCIAL ASSISTANCE	VOLUNTEER GROUPS
FUEL ASSISTANCE /WEATHERIZATION	YOUTH SERVICES
FOOD	
HEALTH INSURANCE	
HEALTH SERVICES	
HOSPICE/DEATH BEREAVEMENT	
HOSPITALS	

ADULT EDUCATION

Name: [Academy for Life Long Learning at CCCC](#)

Phone: 508-362-1231 x 4400

Name: [Cape Cod Community College](#)

Phone: 508-362-1231

Email: info@capecod.edu

Description: The College offers Associate in Arts and Associate in Science degrees, and Certificates in a variety of program areas. Advanced degrees are offered in partnership with other colleges and universities.

Name: [GI Bill](#)

Phone: 888-442-4551

Description: The Department of Veterans Affairs administers the following benefit programs, please click on the program name for more information:

[The Post-9/11 GI Bill](#)

[Montgomery GI Bill - Active Duty \(MGIB-AD\)](#)

[Montgomery GI Bill - Selected Reserve \(MGIB-SR\)](#)

[Reserve Educational Assistance Program \(REAP\)](#)

[Veterans Educational Assistance Program \(VEAP\)](#)

[Educational Assistance Test Program \(Section 901\)](#)

[Survivors' and Dependents' Educational Assistance Program \(DEA\)](#)

[National Call to Service Program](#)

AGING & ELDERLY

Name: Alzheimer's Services of Cape & the Islands

Address: 712 Main Street

Hyannis, MA 02601

Phone: 508- 775-5656

Description: Specializing in the management of Alzheimer's disease and Related Dementias
Client Assessment, Caregiver Training, Professional Education

Name: AARP (American Association of Retired Persons)

Phone: 508-548-5235

Email: ma@aarp.org/states/ma

Description: Founded in 1958, AARP is nonprofit membership organizations that helps people 50 and over, improve the quality of their lives.

Name: Division of Healthcare Quality/MA Department of Public Health

Phone: 617-753-8000

Description: Handles reports of abuse and neglect in nursing and rest homes.

Name: Elder Affairs-website

Elder Abuse Hotline

Phone: 1-800-922-2275 (V/TDD)

Name: Protective Services

Name: Programs and Services

Phone: 1-617-727-7750

1-800-Age-Info
1-800-243-4636 or
TDD/TTY 1-800-872-0166

Name: Prescription Advantage

Phone: 1-800-243-4636
or 1-877-610-0241 (TTY)

Name: Executive Office of Elder Affairs

Phone: 1-617-727-7750

Name: Cape Cod Councils on Aging

Name: Mass. Aging and Disabilities Information Locator (MADIL)

Name: Elder Services of Cape & the Islands

Phone: 1-800-244-4630

Description: Elder Services of Cape Cod and the Islands, Inc. (ESCCI) is a private, not-for-profit community-based organization. Since our founding in 1972, we have been dedicated to promoting the welfare, enhancing the quality of life, and maintaining the dignity of elders in the 22 towns of Barnstable, Dukes, and Nantucket counties.

Name: Elder Behavioral Health Services-Morton Hospital

Address: Morton Hospital & Medical Center

88 Washington Street
Taunton, MA 02780

Phone: 508-828-7257

Description: Provides intensive diagnostic and inpatient treatment of behavior disorders in the elderly, in a safe and therapeutic setting.

Name: Gentiva Home Health

Address: 23v2 Whites Path

South Yarmouth, MA 02664

Phone: 508-760-4740

Description: Gentiva Health Services Inc. is the nation's leading provider of comprehensive home healthcare and related services. The Company offers a full range of clinical services, including: Skilled nursing, Physical, Occupational, and Speech-language therapy, Cardiac and pulmonary care, Disease and pain management, Respiratory services and home medical equipment, Infusion therapy, Hospice services, Neurorehabilitation

Senior Centers

Name: Barnstable Senior Center

Address: 825 Falmouth Road

Hyannis, MA 02601

Phone: 508-862-4753

Description: care, the Senior Service Division From transportation to housing to health care and adult day has been an outspoken voice for the needs of Barnstable's seniors.

Name: Dennis Senior Center

Address: 1045 Route 134

East Dennis, MA 02641

Phone: 508-385-8414

Description: The Dennis Council on Aging's primary mission is to enhance the quality of life for senior citizens of the Town

of Dennis by providing multi-purpose programs especially designed to fulfill the health, educational, recreational, outreach and transportation needs of our most valued citizens in a safe, friendly and comfortable environment.

Name: Eastham Senior Center

Address: 1405 Nauset Road

North Eastham, MA 02651

Phone: 508-255-6164

Description: The duties of Council on Aging shall be to:
(1) identify the total needs of the community's elderly* population, (2) educate the community and enlist support and participation of all citizens concerning these needs, (3) design, promote or implement services to fill these needs, or coordinate present existing services in the community, (4) promote and support any other programs which are designed to assist elderly programs in the community.

Name: Falmouth Senior Center

Address: 300 Dillingham Avenue

Falmouth, MA 02540

Phone: 508-540-0196 Outreach

Description: The Falmouth Senior Center provides social activities and support for Falmouth's senior citizens, in addition to working with town, state, and federal agencies to bring various types of assistance to the seniors.

Name: Harwich Council on Aging/Community Center

Address: 100 Oak Street

Harwich, MA 02644

Phone: 508-430-7550

Description: The mission of the board of Directors of the Harwich Council on Aging is to advocate to the Town for the senior citizens of Harwich through an ongoing assessment of their needs, making the community aware of those needs, as well as overseeing the development and implementation of programs and services of the Council on Aging.

Name: Mashpee Senior Center

Address: 26 Frank E. Hicks Drive

Mashpee, MA 02649

Phone: 508-539-1440

Description: The Council on Aging is an organized commitment by the population of the Town of Mashpee to coordinate or carry out human service, educational, social and Recreational services and programs for the senior community. The Center publishes a monthly newsletter of activities, has a van transportation

service for shopping and medical appointments, a Meals on Wheels program for daily lunch, exercise and yoga classes, several counseling programs for help on legal, tax and Medicare questions, a Thrift Shop, a Police telephone reassurance program and many classes and social activities. The Outreach Coordinator helps seniors with special needs with information, referral and follow-up.

Name: Orleans Senior Center
Address: 150 Rock Harbor Road
 Orleans, MA 02653
Phone: 508-255-6333

Name: Yarmouth Senior Center
Address: 528 Forest Road
 South Yarmouth, MA 02664
Phone: 508-394-7606

Description: The Division of Senior Services provides elderly residents the opportunity to participate in a wide variety of:
 Programs, Activities, Services
 The Town maintains a spacious Senior Center where people can:
 Socialize, Learn new skills, Have wellness checks, Get questions answered about specific benefits available to seniors.

Veterans

Name: Veterans Affairs Department
 The Office of Geriatrics & Extended Care

Description: Geriatrics and Extended Care advances quality care for aging and chronically ill veterans by providing policy direction for the development, coordination, and integration of geriatrics and long-term care clinical programs:

- Home/Community-Based Long Term Care
- Community Residential Care
- Geriatric Research Education/ Clinical Centers (GRECCs)
- Geriatric Evaluation & Management
- Geriatric Primary Care
- VA Community Living Center
- Inpatient Respite
- Contract Community Nursing Home
- State Veteran Homes Program Programs & Services
- Construction Grant Program
- Construction Grant Forms
- Alzheimer's/Dementia Care
- Hospice and Palliative Care

AIDS/HIV

Name: AIDS Support Group of Cape Cod

Address: 96-98 Bradford Street,
 Provincetown, MA 02657
Phone: 508-487-9445
 800-905-1170

Name: AIDS Bereavement (Cape Cod Human Services; an affiliate of Cape Cod Healthcare)
Phone: 800-894-2247

Name: AIDS Action Committee
Phone: Hotline 800-235-2331

Name: Upper Cape AIDS Network (U-CAN)
Phone: 508-495-0300

BABIES/ CHILDREN

Name: A Baby Center (Cape Cod Council of Churches)

Phone: 508-771-8157
Email: helpingbabies@verizon.net
Address: 81 Willow Avenue
 Hyannis, MA 02601

Description: A Baby Center is a non-profit organization, flourishing through the efforts and donations of many. Volunteers give their time to assist parents and caretakers in selecting items for their child.

Name: ACES (Association for Children For Enforcement of Support, Inc.)
Phone: 800-537-7072

Name: Child & Family Services of Cape Cod

Address: 1019 Iyannough Road
 Hyannis, MA 02601
Phone: 508-778-1829

Name: WIC (Women, Infants and Children)

Phone: Cape: 800-942-2445
Phone: Outer Cape: 800-675-1188
Description: WIC is a nutrition program that provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify.

BATTERED ABUSED WOMEN

Name: Ann Howell, Domestic Violence Specialist
 Mashpee Police Department
Phone: 508-539-1480 x 234

Name: Cape Cod Center for Women
Phone: 800-745-0003
Phone: 508-564-7233
Description: Providing services for battered women and their children

Name: Independence House
Address: 160 Bassett Lane,
 Hyannis, MA 02601
Phone: 508-771-6507
Phone: 800-439-6507

Name: Independence House
 Grace Gouveia Building
Address: 26 Alden Street
 Provincetown
Phone: 508-487-6333

Name: Independence House
Address: 14 Old Tote Road
 Orleans, MA
Phone: 508-429-6507

Name: Independence House
Address: 22 Main Street
 Falmouth, MA
Phone: 508-540-5954

CAREGIVER SUPPORT

Name: Barnstable Senior Center

Address: 825 Falmouth Road
 Hyannis, MA 02601
Phone: 508-862-4753

Description: Caregiver Support at the Senior Center:

Offers information and support concerning health, insurance, extended care and much more from our knowledgeable staff and connects caregivers to local resources and programs.

Name: Barnstable Senior Center

Adult Social Day Program

The Barnstable Adult Social Day Program is designed to provide supportive,

professional services and engaging activities to elders who cannot or do not wish to stay alone at home during the day. The program is dedicated to providing a comfortable atmosphere for elders to maintain independence, build new friendships and remain active in the community. Program hours are Monday-Friday, 9 am to 3 pm. Fees are based on household income.

Name: Caregiver's Support Group
Eagle Pond-Rehabilitation and Living Center

Address: One Love Lane
S. Dennis, MA 02660
Phone: 508-385-6034

Name: Elder Services
Address: 68 Route 134
South Dennis, MA 02660
Phone: 508-394-4630
Family Support Services

Name: Parkinson's Disease Caregiver Group
Dennis Senior Center
Address: 1045 Route 134
East Dennis, MA 02641
Phone: 508-385-2333

Description: Caregiver Group meets 3rd Tuesday of month at 1:00
Group for individuals with Parkinson's disease meets 2nd Monday at 1:30

CHILD ABUSE

Name: Child at Risk 24-Hour Hotline/MA Dept. of Social Services
Phone: 800-792-5200

Description: Emergency assistance for children and youths in abusive or neglectful environments

Name: Children's Cove
Phone: 508-375-0410
Mandated-Call Dept. of Social Services
800-352-0711, Weekdays
Nights & Weekends 800-792-5200

Name: MSPCC (Mass. Society for the Prevention of Cruelty to Children)
Phone: 800-272-9722
Children and Family Services

Name: Big Brothers/Big Sisters
Phone: 508-428-4970

Name: Boys and Girls Club

508-477-8845

Name: Cape Cod Child Development
Phone: 508-775-6240

Name: Cape Cod Human Services (an affiliate of Cape Cod Healthcare)
Phone: 800-790-3300

Name: Cape Cod Neighborhood Support Coalition
Address: 56 Barnstable Road
Hyannis, MA 02601
Phone: 508-771-4336

Description: The mission of the Cape Cod Neighborhood Support Coalition (CCNSC) is to strengthen families and the resources that support them in order to help prevent child abuse and neglect in our region. We strive to achieve this mission by promoting effective community-based family support initiatives, and by participating in coordination and collaboration among family support providers, practitioners and policy-makers.

Name: Catholic Social Services
Phone: 508-771-6771

Description: Catholic Social Services is committed to improving the quality of life for those in need by providing comprehensive social and human services including **basic and emergency needs, homelessness, immigration issues, housing and residential services, disabilities, adoption, mental health counseling, elder health services, neighborhood rehabilitation, foreclosure help**, and much more. CSS works with persons of all faiths and cultures in the Spirit of God's universal love to advance human dignity and promote social justice, truth, and solidarity in our community.

Name: Champ Homes
Address: 82 School Street
Hyannis, MA 02601
Phone: 508-771-0885

Description: Champ Homes provide a haven for folks who are physically disabled, in recovery from drug or alcohol abuse, mentally ill, and all those in need in some way.

Name: Child and Family Services
Address: 1019 Route 132
Hyannis, MA 02601
Phone: 508-778-1839

Description: Child & Family Services offers comprehensive mental health and child welfare services to children, adults, families and those with special needs.

Name: Circle of Caring
Phone: 508-539-2164

Name: Community Partnership
Address: 152 Old Barnstable Road,
Mashpee, MA 02649,
Phone: 508-539-1503

Name: Department of Social Services
Phone: 508-352-0711

Name: Family Continuity Programs
Phone: 508-862-5009

Name: Kids Club Preschool
(Mashpee Leisure Services)
Phone: 508-539-1400 x 519

Name: MSPCC (Mass. Society for the Prevention of Cruelty to Children)
Phone: 508-775-0275

Name: Parent Aide Program
Phone: 508-888-3832

Name: Project Create
Phone: 508-539-1502

Name: The Thorne Clinic
Phone: 508-563-2262

CRISIS INTERVENTION

Name: Cape Cod Psychiatric Center
(Cape Cod Hospital)
Phone: 800-545-5014

Name: Massachusetts Dept. of Mental Health
Phone: 800-352-7742
800-322-1356
(Emergency Services)

Name: Samaritans on Cape Cod and the Islands
Phone: 800-893-9900

DAY CARE/PRE-SCHOOL & SCHOOL AGE

Name: [Cape Cod Child Development](#)
Address: 83 Pearl Street
 Hyannis, MA 02601-3937
Phone: 800-974-8860
Description: Caring for children and families in the community

Name: [Child Care Network](#)
Address: 115 Enterprise Road
 Hyannis, MA 02601
Phone: 508-778-9470
 800-845-1999

Description: Child Care Network's information & referral services are free, confidential and available in languages other than English. We offer referrals to licensed and legally operating child care programs. .

Name: Head Start, Early Intervention
Phone: 800-974-8860

Name: [Mashpee Leisure Services](#)
Phone: 508-539-1400 x519
School Age Childcare

Name: [Mashpee Leisure Services](#)
Phone: 508-539-1446

Name: [YMCA Cape Cod](#)
Phone: 508-362-6500

DISASTER RELIEF

Name: [American Red Cross](#)
Phone: 508-775-1540

Name: [Massachusetts Department of Transitional Assistance](#)
Phone: 508-495-1400

Name: [Salvation Army](#)
Phone: 508-775-0364

Name: Shaw Fund for Mariners
Phone: 508-477-6708

Name: [St. Vincent DePaul](#)
Phone: 508-420-0949

DISCRIMINATION

Name: Affirmative Action Office - [Town of Mashpee](#)
Phone: 508-539-1400 x 549

Name: Cape Codders Against Racism
Phone: 508-385-8654

Name: [Massachusetts Commission Against Discrimination](#)
Phone: 617-727-3990

Name: [NAACP](#)
Phone: 508-775-9306

EMPLOYMENT

Name: [Cape & Islands Senior Service Corps](#)
 RSVP, Americorps & Vista: Seniors Serving the Community, Elder Services of Cape Cod & the Islands
Address: 68 Route 134
 South Dennis, MA 02660
Phone: 800-244-4630
Email: rsvp@esci.org

Description: Matches the interests and talents of people 55 and older with non-profit organizations. RSVP also recruits local volunteers for national programs such as the Senior Environment Corps and America Reads

Name: [Hyannis Unemployment Office](#)
Phone: 877-626-6800

Name: Job Training & Employment Center
Address: 77 High School Road, Ext
 Hyannis, MA 02601
Phone: 508-790-0400
Description: Occupational training and job placement services

Name: Job Training Employment Corp. (JTEC)
Phone: 800-352-3153
 508-771-0141

Name: [Massachusetts Department of Employment and Training](#)
Phone: 800-352-3153
 508-775-5800

Name: [Massachusetts One-Stop Career Centers \(Career Opportunities Hyannis\)](#)
Address: 75 Perseverance Way, 2nd Floor

Hyannis, MA 02601
Phone: 508-771-5627

Name: [WE CAN](#)
Address: 537 Main St., 2H
 Harwich Port MA 02646
Phone: 508-430-8111
Description: "Helping Cape Cod women in transition help themselves."

Name: Women: Men in Transition
[Cape Cod Community College](#)
Phone: 508-362-2131

WORK SEARCH SITES

GENERAL WORK SEARCH

6FigureJobs: Job search site for executives earning over \$100K
American's Employers: by Net Temps Best Jobs USA: Large site with job listings, career, salary, and resume information
Bluesteps
Boston.com: Cape & Islands Region
Boston Search.com: Jobs with career, salary information
Cape Cod Craig's List
CapeCodEmployer.com
CapeCodWorks.com
Careers.wsj.com: Focuses on middle and senior level candidates
CareerBuilder: Job search site
CareerCast: Postings for engineering, IT and sales
CareerCity: For project managers, computer related sales
Career Mosaic: Large job sites for all occupations
Career Opportunities: Cape Cod
CareerPath: Online access to classified listings from 90 major publications
Career Shop: Links to jobs and to employer sites with job openings
CareerWeb: For technical, managerial positions
Excite Careers Network: Operated by one of the leading search engines
Executive Openings.com: Managerial and executive job search site, career information
Execsearches.com
FlipDog.com: Job search site, salary surveys, career information
HeadHunter.net: Recruiting firms representing systems, engineering, accounting and others
HelloCapeCod.com
Hot Jobs: Popular job search site
Jobfind: Listings from Boston Herald, mostly New England based
JobHunt: Large listings of job openings,
America's Job Bank: Partnership between US Dept. of Labor and state employment agencies

Community Classifieds: Job openings, company information, career advice
JOBTRAK: Works with 550 college career centers for students and alumni, salary information as well
Career Site for Attorneys
M2 Consulting: Executive Contract Work
Matches top-tier MBAs with career opportunities
Monster Board: All levels of jobs- popular
My Job Search: Job search supersite with links to company HR sites, recruiters, classifieds
Marketing Jobs.com: Job openings primarily for marketing and sales professionals
National Job Network: General job search site with career information
Passport Access: Technical jobs
Vault: Job search site for multiple professions

ACADEMIC

Academic Employment Network
American Federation of Teachers: membership association
Babson College
Bentley College
Boston College
Boston University
Brandeis College
Cape Cod Community College
The Chronicle of Higher Education
Harvard University
K-12 job search site, salary and career information
Massachusetts Board of Higher Education
Massachusetts Institute of Technology (MIT)
National Association of Colleges and Employers job search site, career, salary information
Northeastern University
Salem State College
Suffolk University
Tufts University
University of Massachusetts-Boston
University of Massachusetts-Lowell
Wellesley College
Wentworth College

ACCOUNTING AND FINANCE

Ernst & Young
Grant Thornton
KPMG International
Price Waterhouse Coopers
Accounting.com: job search site for accountants
Accounting & Finance: job search site
SmartPros: Accounting topics and lists open jobs
Alternative Investments Management Association: source for managed futures, currency management hedge funds
American Society of Women Accountants

National Association of State Auditors, Comptrollers and Treasurers (NASACT)
Bloomberg.com: Leading provider of international news, data and information for high-level financial professionals
Finance Yahoo: Latest stock quotes and financial news
Hoovers.com: IPO Central

FINANCIAL SERVICES

American Bankers Association
BMANET.org: Credit search information
Bankjobs.com
Bloomberg.com
Efinancialcareers.com
EMTA: trade group for the Emerging Markets trading and investment community
Financial Executives International
FIAFII: Trading Information Website
Financial Industry Regulatory Authority
Financialjobs.com
Institute of Internal Auditors
JobsRadar.com
Massachusetts Bankers Association
Mybank.com
National Association of Financial and Estate Planning
National Association of Trade Exchanges
National Futures Association
Robert Half International
Winter Wyman

BANKS AND CREDIT UNIONS

Bank America
Bank of Cape Cod
Bank of New York Mellon
Cape Cod Cooperative Bank
Cape Cod 5
Century Bank
Chase
Citizens Bank
Eastern Bank
Metro Credit Union
Rockland Trust
State Street Bank
TD Banknorth

INVESTMENTS/MUTUAL FUNDS

DWS Investments
Fidelity
John Hancock
Invesco
Investment Company Institute
Mass Mutual Financial Group
MetLife
MFS
Morgan Stanley
Mutual Funds
Paine Webber
Pioneer Investments
Prudential
Putnam Investments
www.smithbarney.com/
State Street

Sun Life Financial
Thomson Reuters
Wachovia Securities
Wellington Management
Wells Fargo

BIOTECHNOLOGY &

PHARMACEUTICAL

America's Pharmaceutical Companies: research information from 100 participating companies
American Chemical Society: resources, employment opportunities for chemical research
The American Institute of Chemists: membership association
Bio Career Center: job search site for biotech field
Biotechnology Industry Organization: industry information, career services and job postings
Biofind.com:
Biospace: profiles of companies and career center
Biotechniques.com
Centerwatch.com
Chemistry.com
Drug Information Association
Massachusetts Biotechnology Council
Pharmacy Week
Boston Scientific
Cybermedica
Dupont
Genome Corporation
Genzyme
GPC-Biotech
Haemonetics
Millennium Pharmaceuticals
MTRA.com
Organogenesis
Parexel
Pfizer
Vertex Pharmaceuticals

CONSULTING FIRMS

AT Kearney
Bain & Company
Booz-Allen Hamilton
Boston Consulting Group
Deloitte Consulting
Marakon Associates
McKinsey & Company
Monitor Company
Oliver Wyman
Reynolds Resource Group

CONSULTING RESOURCES

Consultants-Mall
BizFilings
Consult Direct

CONTRACT AND PART-TIME

Aquent
Contract Job Hunter
Data Masters

[Guru.com](#)
[MBA Free Agents](#)
[Net Temps](#)
[New Ways to Work](#)
[Pro Search](#)
[Robert Half](#)
[Sullivan & Cogliano](#)
[www.sulcog.com/](#)
[Talent Monster](#)
[Winter Wyman](#)

ENTREPRENEURIAL/STARTUPS

Babson : Arthur Blank Center for Entrepreneurship
Biz Filings: Incorporate your business online
Business Partners
Capital Connection: Search for capital, private investors, loans, business plan help and venture capital
Consultants-Mall: For finding reliable outside resources
Dun & Bradstreet
Entrepreneur magazine online
MIT Entrepreneurship program
Expert Center: Expert business consultants and speakers
Garage Technology Ventures: Resource for information on successful startups
Global Business Exchange: Intermediary business firm engaging in mergers, acquisitions and business brokering
Hoover's Online: Directory of venture capital firms
Info News
Info USA
Links for growing your own business:
[National Business Incubation Association](#):
[National Venture Capital Association](#)
[Society of Professional Consultants](#)
[Startup Wall Street Journal](#)
Startup Network: unites lead entrepreneurs, senior executives and advisory board members]
Success Magazine
[The Entrepreneur's Help Page](#)
Top Startups: Resource site for technology start-up companies
U.S. Patent and Trademark Office
VC Fodder
V Finance
Venture Capital News: Information and ability to match high growth companies with venture capitalists
SCORE Cape Cod

FRANCHISING

[About.com: Franchises](#)
[Dunn & Bradstreet Franchise.com](#)

[Franchising.com](#)
[International Franchise Association](#)
[Success Magazine](#)
[The Entrepreneur's Help Page](#)
[Entrepreneurs' Organization](#)

GOVERNMENT

[Commonwealth of Massachusetts](#)
[Federal Jobs Digest](#)
[Federal Government Job Lists](#)
[Government Information](#)
[Town of Barnstable](#)

HEALTHCARE

[American Medical Association](#)
[Beth Israel Deaconess Medical Center](#)
[Boston Medical Center](#)
[Brigham and Women's Hospital](#)
[Cape Cod Healthcare](#)
[Career Builder: Healthcare](#)
[Children's Hospital](#)
[Dana Farber Cancer Institute](#)
[Emerald Physicians](#)
[Harvard Pilgrim Healthcare](#)
[Health Care Job Store](#)
[Jordan Hospital](#)
[Mass General Hospital](#)
[Med Hunters](#)
[MedJump](#)
[Medzilla.com](#)
[Monster.com](#)
[Nation Job](#)
[Newton-Wellesley Hospital](#)
[Nurse.com](#)
[Rehabilitation Hospital of Cape & Islands](#)
[Spaulding Rehabilitation Hospital](#)
[St. Elizabeth's Medical Center](#)
[South Coast Hospitals](#)
[Tufts Medical Center](#)

HUMAN RESOURCES

[American Society for Training and Development \(ASTD\)](#)
[Human Resources Information Management](#)
[International Foundation](#): Education, Benefits, Compensation
[Northeast Human Resources Association](#)
[Society for Human Resource Management \(SHRM\)](#)
[Workforce.com](#)

INSURANCE

[CapeCod.com](#): List of Cape Insurance Agencies
[Insurance Jobs](#)
[Insurance Industry Internet Network](#)

NON PROFITS

[Associated Grant Makers](#)
[The Grantsmanship Center Magazine](#)
[BoardSource \(formerly National Center for Nonprofit Boards\)](#)

[Bridgespan Group](#)
[Catalogue for Philanthropy](#)
[Center for Nonprofit Success](#)
[CharityChannel](#)
[Charity Navigator](#)
[Chronicle of Philanthropy](#)
[Commonwealth of Massachusetts/Division of Charities](#)
[Foundation Center](#)
[Guidestar](#)
[Idealist](#)
[Independent Sector](#)
[National Center for Charitable Statistics](#)
[National Committee for Responsive Philanthropy](#)
[New England Foundation for the Arts](#)
[Nonprofit Expert](#)
[Non-Profit Fundraising and Grantwriting](#)
[Nonprofit Online News](#)
[Nonprofit Quarterly](#)
[Philanthropy Journal](#)
[Philanthropy News Digest](#)
[Philanthropy News Network Online](#)
[Philanthropy.org](#)
[Philanthropy Today](#)
[Sloan Work and Family Research Network](#)
[The Chronicle of Higher Education](#)
[The NonProfit Times](#)
[The Official Website of the Executive Office of Labor and Workforce Development](#)
[The Philanthropic Initiative](#)
[Third Path](#)
[Urban Institute/Center on Nonprofits and Philanthropy](#)

REFERENCE SITES

Ad Week: Online publication, job listings for marketing, advertising
Altavista: Search engine
American Marketing Association: Membership and career information
American Medical Association
Barnstable Patriot
Bing.com: Search engine
Bloomberg: Leading provider of international news, data and information for high level financial professionals
Bureau of Labor Statistics: Site contains Occupational Outlook Handbook and other research
Boston Globe online
Business 2.0
Business Week
Cape Cod Times
Career Magazine
CEO.com: Resources for business leaders
CEO Express
CNN: Online news
Fox: Online news
Google.com: Search engine
Inc. Online: Information from Inc. magazine Boston Resources
Individual.com: News, company information and marketplace classified

Hoovers

www.mapquest.com: Directions & maps
Mass Home: MA websites from online newspapers to insurance companies

The New York Times

Saludos Publication: Job search site and resource center for Latino professionals
Thomas.Net: Information about American manufacturers and products

USJobnet.com

Vault: Source for career information, job postings

Wet Feet: good source of recent grads, company and industry research

Wicked Local

Wall Street Journal Online

Yahoo.com: Search engine

SALARY/COMPENSATION

INFORMATION

WSJ Careers Web site
Job Star Salary Surveys
MyStockOptions.com
Salary.com
WageWeb

EXECUTIVE SEARCH FIRMS

A.T. Kearney
Korn/Ferry
MBA Global Net
Battalia Winston International
Boyden Global Executive Search
CT Partners
Diversified Search
Howard Fischer Associates International
Gilbert Tweed International
Heidrick & Struggles
Isaacson Miller
Reynolds Resource Group
Russell Reynolds Associates
Spencer Stuart
The Whitney Group
Witt Kieffer
Egon Zehnder International

**FAMILY CARE
 FOSTER CARE
 ADOPTION**

Name: Catholic Social Services
Phone: 508-771-6771

Name: Community Action Committee of Cape Cod & Islands
Phone: 508-771-1727
 800-854-1999

Name: Community Care Services
Phone: 508-862-0288

Name: Dare Family Service
Phone: 508-833-2700
 800-640-3273

Name: Family Care Program (Adults) (an affiliate of Cape Cod Healthcare)
Phone: 508-771-1800 x 2405

Name: Massachusetts Department of Social Services
Phone: 800-352-0711

Name: RESOLVE (Adoption and Fertility)
Phone: 508-945-0030

**FAMILY
 PLANNING**

Name: A Woman's Concern
Address: 48 Camp St #6
 Hyannis, MA 02601
Phone: 866-435-7292

Office Hours: Monday - Thursday; 9am-5pm

Email: info@awomansconcern.org

Description: A Woman's Concern Pregnancy Health Services (Hyannis, MA) provides complete, accurate information and compassionate peer-counseling to women and couples who are making decisions about unintended pregnancies

Name: Family Planning Services (Health Care of Southeastern MA, Inc.)
Address: 1010 Iyanough Road
 Hyannis, MA 02601

Name: Mashpee Family Planning
Phone: 508-539-2784

**FINANCIAL
 ASSISTANCE**

Name: Barnstable Housing Authority
 BARNSTABLE only
Address: 146 South Street
 Hyannis, MA 02601
Phone: 508-771-7222

Name: Cape Cod Council of Churches
Phone: 508-775-5073

Name: Cape & Islands Self Reliance
Phone: 508-457-7679

Name: Catholic Social Services
Address: 261 South Street
 Hyannis, MA 02601
Phone: 508-771-6771

Name: Community Action Committee of Cape Cod & Islands
Address: 15 Enterprise Rd., #4
 Hyannis, MA 02601
Phone: 1-800-845-1999

Name: Consumer Assistance Program
Phone: 508-771-0700

Name: Emergency Assistance, Dept. of Transitional Assistance
Address: 77 High School Rd Ext.
 Hyannis, MA 02601
Phone: 508-862-6600

Name: FALMOUTH only
 Falmouth Service Center
Phone: 508-548-2794

Name: Good Neighbor Fund
Phone: 508-477-0609

Name: HARWICH only
 Lower Cape Outreach Center
Phone: 508-240-0694

Name: Housing Assistance Corporation
Address: 460 W. Main St., Hyannis
Phone: 508-771-5400

Name: Independence House
Address: 160 Bassett Lane, Hyannis
Phone: 508-771-6507

Name: Interfaith Council for the Homeless
Phone: 508-255-9667

Name: Lombard Fund
Address: Town of Barnstable, Town Hall
 Hyannis, MA 02601
Phone: 508-862-4610
 Or 508-862-4602

Name: Massachusetts Department of Transitional Assistance
Phone: 508-495-1400

Name: Mashpee Wampanoag Tribal Council
Phone: 508-477-0208

Name: Needy Fund, Cape Cod Times

Address: Main Street
Hyannis, MA 02601
Phone: 508-778-5661
Or 1-800-422-1446

Name: NOAH Center

Address: 79 Winter Street
Hyannis, MA 02601
Phone: 508-778-5255

Description: Can offer a wide variety of outreach support and services, such as assistance with food, fuel, utilities, medical costs, rent and clothing, etc

Name: St. Vincent DePaul

Phone: 508-477-7700

BOURNE only

St. Vincent DePaul

Phone: 508-759-7777

DENNIS only

Phone: 508-295-0080

St. Vincent DePaul

Phone: 508-432-4000

St. Vincent DePaul

MASHPEE only

Phone: 508-477-7700

Name: Salvation Army

Phone: 508-775-0364

Address: 100 North Street
Hyannis, MA 02601

FOOD PANTRY/MEALS

Food Pantries

Name: Bourne Friends Family Pantry

Phone: 508-759-3351

Address: 6B Colonial Drive, Bourne

Description: Serves Bourne, Falmouth, Mashpee, Sandwich

Name: Cape AIDS Ministry

Address: 155 Winter Street
Hyannis, MA 02601

Phone: 508-775-9730

Description: Hours: Monday – Thursday
9:00am – 4:30pm
Home delivery available for
People with HIV/AIDS only!

Name: Federated Church-Food Pantries
Fellowship Hall (rear)

Address: Main Street

Hyannis, MA 02601

508-420-1422

Call for information about program

Name: First Baptist Church

Address: 486 Main Street

Hyannis, MA 02601

Phone: 508-775-1846

Description: HOURS: Monday,
Tuesday, Friday 10-12

One visit per month/Bring ID

Serves Barnstable, Mashpee, Yarmouth
residents

Name: Falmouth Service Center

Phone: 508-548-2794

Address: 611 Gifford Street

Falmouth, MA

Description: HOURS: M 10-6, TU/TH
10-2, W 5-8, F 10-12

One visit per month

Serves Falmouth residents

Name: Hand of Hope

Phone: 508-394-6361

Description: HOURS: Monday thru
Friday, 10 -3

One visit per month/Bring ID

Serves Yarmouth, Dennis, Harwich
residents

Name: Harwich Food Pantry

Phone: 508-432-6519

Address: 133 Queen Anne Road

Harwich, MA

Description: HOURS: TU/TH 10-12,
1:30-3:30, SAT 10-12

Photo ID, SS# for all family members

Name: Lower Cape Outreach Council
(LCOC)

Phone: 508-240-0694

Address: Brewster Cross Roads
Orleans, MA

Description: HOURS: Monday-Friday,
9:30-3:30 call- must have referral from
LCOC to use pantries

Serves Lower Cape residents

Name: Mashpee Food Pantry

Phone: 508 477-7700

Name: Mashpee Good Neighbor Food
Pantry

Phone: 508-477-1505

Name: Sandwich Food Pantry

Phone: 508 888-3816

Name: Project Bread Food Source
Hotline

Phone: 800-645-8333

Name: Salvation Army

Phone: 508-775-0364

Address: 100 North Street

Hyannis, MA 02601

Description: HOURS: Pantry by
appointment only

Photo ID, address verification

Serves Mid-Cape residents

Lunch: Monday-Friday, 11:30-12:15

Name: Sandwich Food Pantry

Phone: 508-888-3816

Address: 133 Cotuit Road

Sandwich, MA

Description: One visit per month

Photo ID, address verification

Meals

Name: The Nutrition Mission, Calvary's
Pantry Kitchen

Phone: 508-775-7018

Address: 25 Lincoln Road,
Hyannis, MA 02601

Description: Dinner: Monday-Friday,
3:00-6:00 No reservations required

Name: St. Joan of Arc, Canal Street,
Orleans

Description: LOCAL (Lower Cape
Lunch)

Name: Salvation Army

Phone: 508-775-0364

Address: 100 North Street

Hyannis, MA 02601

Description: Serves Mid-Cape residents
Lunch: Monday-Friday, 11:30-12:15

FUEL ASSISTANCE

Name: Cape & Islands Self-Reliance
Corp.

Phone: 508-457-7679

Description: Fuel Assistance Program
(Nov. - Mar.)

Name: Citizens Energy Oil Heat Program

Phone: 877-563-4645

Name: Dennis Fuel Assistance

Phone: 508-385-5067

Name: Good Neighbor Energy Fund
Phone: 508-775-0364

Name: [Housing Assistance Corp](#)
Phone: 508-477-0301

Name: Low Income Home Energy Assistance Program (LIHEAP)
Phone: 800-632-8175

Name: [\(South Shore Community Action Council, Inc. \[SSCAC\]\)](#)
Phone: 508-747-7575
877-383-5243

HEALTH INSURANCE

Name: [Division of Insurance](#)
Phone: 617-521-7777

Description: List of Long Term Care Insurance Companies

Name: [Massachusetts Department of Medical Assistance \(Mass Health\)](#)
Phone: 800-242-1340

Name: [Medicare](#) - Social Security
Phone: 508-548-8150

HEALTH SERVICES

Name: [Cape Cod Hospital](#)
Phone: 508-771-1800

Name: [Cape Cod Free Clinic & Community Center](#)
Address: 65C Town Hall Square, Falmouth
40 Steeple Street, Mashpee
Phone: 508-477-7090

Name: [Cape Psychiatric Center at Cape Cod Hospital](#)
Phone: 800-545-5014

Name: [Duffy Health Center](#)
Address: 105 Park Street
Hyannis, MA 02601
Phone: 508-771-9599
508-771-1218

Description: Services include: MH, medical, therapists, showers, respite, etc.

Name: [Falmouth Hospital](#)
Phone: 508-548-5300

Address: 100 Ter Heun Drive
Falmouth, MA 02540

Name: [Jordon Hospital](#)
Address: 275 Sandwich Street
Plymouth, MA 02360
Phone: 508-732-4500 (patient info)

Name: Mid Cape Medical Center
Address: 489 Bearses Way, Unit A4
Hyannis, MA 02601
Phone: 508-771-4092

Name: [The Community Health Center of Cape Cod](#)

Address: 107 Commercial St.
Mashpee, MA 02649
Phone: 508- 477-5990

HOSPICE DEATH BEREAVEMENT

Name: [Beacon Hospice, Inc.](#)
Address: 259 Willow Street Unit 2
Yarmouthport, MA 02675
Phone: 508-778-1622

Description: Bereavement workshops and support groups, pet loss support group

Name: [Compassionate Friends](#)
Phone: 508-548-6696

Name: [Hospice & Palliative Care of Cape Cod](#)
Phone: 508-957-0200

Kids Grieve Too
Phone: 800-642-2423

Name: [VNA](#)
Address: 434 Route 134, Building G
South Dennis, MA 02660
Phone: 508- 957-7716

HOSPITALS

Name: [Falmouth Hospital](#)
Phone: 508-548-5300

Name: [Cape Cod Hospital](#)

Phone: 508-771-1800

Name: Cape Psych Center
Phone: 800-545-5014

Name: [Rehabilitation Hospital of Cape & Islands](#)

Phone: 508-833-4000
Outpatient Rehabilitation Centers:
Address: 1 Technology Park Drive, Suite A
Bourne, MA 02532
Phone: 508-743-0465
Fax: 508-743-0469

Name: Orleans Marketplace
Address: 21 Old Colony Way
Orleans, MA 02653
Phone: 508-240-7203 or 888-234-3220
Fax 508-240-1761

Name: [Rehabilitation Hospital of Cape & Islands Yarmouth Outpatient](#)

Address: 130 Ansel Hallett Road
West Yarmouth, MA 02673
Phone: 508-771-3425

HOTLINES

Name: [AA](#) 24 Hour Hotline
Phone: 800-252-6465
ccaa@intercape.com

Name: [AIDS Action Committee of MA Hotline](#)

Address: 294 Washington Street
Boston, MA 02108
Phone: 800-235-2331
888-443-4372 (Hepatitis)

Name: [Al-Anon/Alateen](#)
Phone: 800-394-4555

Name: [American Cancer Society](#)
Phone: 508-584-9600

Description: Patient education and information, support programs for families and patients, advocacy, volunteer opportunities

Name: [Brain Injury Association of MA](#)
Address: 3119 Cranberry Highway
Suite 5F
East Wareham, MA 02538
Phone: 508-743-0333
Toll Free: 888-607-7678

Name: Child at Risk 24-Hour Hotline/MA Dept. of Social Services

Phone: 800-792-5200

Description: Emergency assistance for children and youths in abusive or neglectful environments

Name: Community Services Information Hotline of the VNA of Cape Cod
Phone: 877-267-7700

Name: Disabled Abuse 24-Hour Hotline/Disabled Persons Protection Commission

Phone: 800-426-9009

Description: Serves people of all ages who are being abused, neglected or exploited by a family member or caretaker

Name: **Elder Abuse 24-Hours Hotline/MA** Executive Office of Elder Affairs

Phone: 800-922-2275

Description: Handles reports of abuse, neglect, or financial exploitation by family member, friend, or caregiver in a domestic setting, or instances of self neglect

Name: Elder Hotline-Attorney General's Office

Phone: 888-243-5337

Name: **Lighthouse Health Access Alliance**

HOUSING

Name: **Barnstable Housing Authority**

Address: Steven Street
Hyannis, MA 02601
Phone: 508-862-2104

Name: **Community Action Committee of Cape Cod & Islands**

Phone: 508-845-1999
Address: 115 Enterprise Road
Hyannis, MA 02601

Name: **Champ House**

Phone: 508-771-0885
Paul & Carolyn Hebert
Address: 82 School Street
Hyannis, MA 02601

Description: Community/share living/6 months sober/call for interview

Name: Chase House (HAC)

Phone: 508-771-7222
Description: Sober/shared living/2 yr. transitional/30% income

Name: Friends of Prisoners aka Guindon House (men only)
Bearses Way
Hyannis, MA 02601
Phone: 508-364-0020

Name: **Habitat for Humanity of Cape Cod**

Phone: 508-775-3559

Name: **Housing Assistance Corporation (HAC)**

Address: 460 West Main Street
Hyannis, MA 02601
Phone: 508-771-5400

Name: Housing for All, Inc.

Phone: 508-778-6425

Name: **Independence House**

Address: 160 Bassett Lane, Hyannis
Phone: 508-771-6507
(for battered women)

Name: Grace Gouveia Building

Address: 26 Alden Street, Provincetown
Phone: 508-487-6333

Name: **Independence House**

Address: 14 Old Tote Road, Orleans
Phone: 508-429-6507

Name: **Independence House**

Address: 22 Main Street, Falmouth
Phone: 508-540-5954
E-mail: indhouse@indhouse.net

Name: Mashpee Housing Authority

Phone: 508-477-6202

Name: **Massachusetts Department of Transitional Assistance**

Phone: 508-495-1400

Name: **NOAH Shelter (run by HAC)**

Address: North Street
Hyannis, MA 02601
Phone: 508-778-5255
Description: 50 beds/men & women singles/daily lottery/check-in at 4:30 pm. Dinner provided

Name: Overnights of Hospitality

Phone: 508-775-0364
Via **Salvation Army**
Address: 100 North Street
Hyannis, MA 02601
Description: Men & Women – overnight stays at local churches
Must have referral by Alan Burt

Leave **Salvation Army** parking lot at 6:30 pm, return approx. 8 am

Name: PILOT House

Address: 120 Yarmouth Road
Hyannis, MA 02601
Phone: 508-775-3719

Name: Project HOPE

Phone: 508-771-1727

Name: Southeastern Massachusetts Veterans Housing Program Inc

Address: 20 Willis St
New Bedford, MA 02740-6745
Phone: 508- 992-5313

Name: The Carriage House

Phone: 508-564-6485
(Families)

LEGAL ASSISTANCE

Name: **Consumer Assistance Council**

Address: 149 Main Street
Hyannis, MA 02601
Phone: 508-771-0700 Hyannis
Description: Affiliated with Massachusetts Attorney General's office; will provide consumer information and help with resolution of complaints

Name: **Consumer Credit Counseling Service**

Address: 1481 Iyannough Road, Rte. 132
Hyannis, MA 02601
Phone: 800-282-6196
508-362-1341
<http://www.moneymanagement.org>

Name: **Legal Services for Cape Cod & Islands**

Phone: 800-742-4107

Name: Victim Witness Assistance

Phone: 508-362-8103
800-344-2722
Description: Crime Prevention & Control Information and support services for victims and witnesses involved with the criminal justice systems
If you witness elder abuse, contact your local police department of elder services at 508-394-4630

MENTAL HEALTH COUNSELING SUPPORT

Name: AIDS Support Group of Cape Cod
Address: 96-98 Bradford Street
Provincetown, MA 02657
Phone: 508-487-9445
800-905-1170

Name: Bayview Associates-Hyannis (A Program of South Shore Mental Health)
Address: 310 Barnstable Road
Hyannis, MA 02601
Phone: 508-862-0514

Name: Bayview Associates-Brewster (A Program of South Shore Mental Health)
Address: 11 Bay State Court
Orleans-Brewster Office Park
Brewster, MA 02631
Phone: 508-255-2523

Name: Bayview Associates-Yarmouth (A Program of South Shore Mental Health)
Address: 2302 White's Path
Yarmouth, MA
Phone: 508-477-5221

Name: Cape Cod Free Clinic & Community Center
Address: 65C Town Hall Square,
Falmouth
40 Steeple Street, Mashpee
Phone: 508-477-7090

Name: Cape Cod Human Services (an affiliate of Cape Cod Healthcare)
Phone: 800-894-2247

Name: Cape Psychiatric Center at Cape Cod Hospital
Phone: 800-545-5014

Name: Catholic Social Services
Phone: 508-771-6771

Name: Child & Family Services of Cape Cod
Address: 1019 Iyannough Road
Hyannis, MA 02601
Phone: 508-778-1829

Name: Duffy Health Center
Phone: 508-771-9599

508-771-1218
Address: 105 Park Street, Hyannis
Description: Services include: MH, medical, therapists, showers, respite, etc.

Name: Gosnold/Thorne Counseling Center
Phone: 800-930-0006

Name: Elder Behavioral Health Services-Morton Hospital, Taunton
Address: Morton Hospital & Medical Center
88 Washington Street
Taunton, MA 02780
Phone: 508-828-7432
Description: Provides intensive diagnostic and inpatient treatment of behavior disorders in the elderly, in a safe and therapeutic setting.

Name: Independence House for battered women)
indhous@indhous.net

Name: Independence House
Address: 160 Bassett Lane
Hyannis, MA
Phone: 508-771-6507

Name: Grace Gouveia Building
Address: 26 Alden Street
Provincetown
Phone: 508-487-6333

Name: Independence House
Address: 14 Old Tote Road
Orleans, MA
Phone: 508-429-6507

Name: Independence House
Address: 22 Main Street
Falmouth, MA
Phone: 508-540-5954

Name: Mashpee Human Services
Phone: 508-539-2542

Name: Project HOPE
Community Action Committee of Cape Cod & Islands
Phone: 508-771-1727
Address: 115 Enterprise Road
Hyannis, MA 02601

Name: South Bay Mental Health
Phone: 508-760-1475

Name: The Department of Veterans Services

Address: P.O. Box 429
Hyannis, MA 02601
Phone: 508-778-8740

Description: The mission of the National Center for Post-Traumatic Stress Disorder (PTSD), a special center within Veterans Affairs, is to advance the clinical care and social welfare of America's veterans through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders. This website is provided as an educational resource concerning PTSD and other enduring consequences of traumatic stress, for a variety of audiences.

PREGNANCY PARENTING

Name: A Woman's Concern

Address: 48 Camp St #6
Hyannis, MA 02601
Phone: 866-435-7292
Office Hours: Monday - Thursday; 9am-5pm

Email: info@awomansconcern.org

Description: A Woman's Concern Pregnancy Health Services (Hyannis, MA) provides complete, accurate information and compassionate peer-counseling to women and couples who are making decisions about unintended pregnancies

Name: Birthright
Phone: 508-457-0680
Hotline 800-550-4900

Name: Catholic Social Services
Phone: 508-771-6771

Name: Early Childbearing Program
Phone: 508-540-2968

Name: Family Continuity Programs
Phone: 508-862-0600

Name: Family Planning
Phone: 508-540-2949

Name: FLOCS: Family Learning Offered Through Community & Schools
Phone: 540-2559

Name: Parents Helping Parents
Phone: 800-882-1250

Name: Women, Infants and Children (WIC)
Phone: 508-539-2784

Name: VNA Family Quest Program
Phone: 508-548-0411

Name: RESOLVE (Adoption and Fertility)
Phone: 508-945-0030

RAPE

Name: Falmouth Hospital Emergency Room
Phone: 508-548-5300

Name: Independence House
Phone: 800-439-6507

SELF HELP SUPPORT GROUPS

Name: Cancer Support Group VA in South Dennis
Every Thursday 7-8:30PM Women Only
Phone: 508-432-1452 (Jane)

Name: COPD Support Group
Phone: 508-945-7771

Name: Helping Our Women (HOW)
Address: 336 Commercial Street, No. 9 Provincetown, MA 02657
Phone: 508-487-4357

Description: HOW offers support for women from Eastham to Provincetown with chronic, life-threatening and/or disabling illness, though support groups, transportation, case management and financial assistance

Name: United Way
Phone: Information Line 800-462-8002

SERVICES FOR INDIVIDUALS WITH DISABILITIES

Name: Alliance for the Mentally Ill
Phone: 508-349-6622
508-778-4277

Name: Association for Retarded Citizens
Phone: 508-349-6622
508-771-6595

Name: Cape Organization for the Rights of the Disabled (CORD)
Address: 1019 Iyannough Road #4 Hyannis, MA 02601
Phone: 508-349-6622
508-775-8300
800-541-0282

Description: CORD offers information and advocacy on issues like independent living and accessibility for people with disabilities

Name: Citizen Advocacy of Cape Cod
Address: P.O. Box 285 Hyannis, MA 02601
Phone: 508-349-6622
508-685-6623

Description: Citizens Advocacy of Cape Cod creates opportunities for citizens of the community to develop relationships with other citizens who have handicaps, and to advocate on their behalf.

Name: Commission for the Blind
Address: 800 Purchase Street New Bedford, MA 02740
Phone: 508-349-6622
1-800-342-6450

Name: Community Connections
Address: 127 Whites Path South Yarmouth, MA 02664
Phone: 508-349-6622
508-398-4200
1-800-308-1321

Description: Provides services for people with disabilities: employment, supported living, day centers, life skills, transition from school to work, and transportation.

Center also in Mashpee

Name: DMR (Department of Mental Retardation)
Address: 270 Communication Way Building #5 Hyannis, MA 02601
Phone: 508-771-2595

Name: Fairwinds Clubhouse
Phone: 508-540-6011

Name: Living Independently Forever, Inc (LIFE)
Address: 175 Great Neck Road South Mashpee, MA 02649
Phone: 508-477-6670

Name: Massachusetts Commission for the Blind
Phone: 800-392-6450

Name: Massachusetts Commission for the Deaf and Hard of Hearing
Phone: 508-349-6622
(TDD/Voice) 617- 727-1543

Name: Massachusetts Department of Mental Health
Phone: 508-349-6622
508-563-2276

Name: Massachusetts Department of Mental Retardation
Phone: 508-349-6622
508-771-2595

Name: Massachusetts Rehabilitation Commission
Phone: 508-349-6622
508-775-6131

Name: Nauset, Inc.
Phone: 508-349-6622
508-778-5040

Name: Sight Loss Services of Cape Cod
Phone: 508-349-6622
800-427-6842

Name: Social Security
Phone: 508-349-6622
800-772-1213

SOCIAL SECURITY

Name: Falmouth Social Security Office
Phone: 508-349-6622
508-548-8150

Name: Hyannis [Social Security](#) Office
Address: 259 North Street
 Hyannis, MA 02601
Phone: 508-775-7501

SUBSTANCE/ ALCOHOL ABUSE

Name: [Alcoholics Anonymous \(AA\)](#)
Information
Phone: 800-637-6237

Name: [AA](#) 24 Hour Hotline
Phone: 508-349-6622
 800-252-6465

Name: [Al-Anon/Alateen](#)
Phone: 508-349-6622
 800-394-4555

Name: Cape Cod Council on Alcoholism
 and Drug Dependency
Address: 569 Main Street
 Hyannis, MA 02601
Phone: 508-349-6622
 508-771-0132

Name: Cape Cod Human Services (an
 affiliate of [Cape Cod Healthcare](#))
Phone: 508-349-6622
 800-894-2247

Name: Elder Project of Cape Cod Council
 on Alcoholism
Phone: 508-349-6622
 508-771-0132

Name: Emerson House
Phone: 508-349-6622
 508-540-1554

Name: [Gosnold \(Inpatient\)](#)
Phone: 508-349-6622
 508-540-6550

Name: [Gosnold/Thorne Counseling
 Center](#)
Phone: 508-349-6622
 508-548-7118

Name: [Housing Assistance
 Corporation](#)
Phone: 508-349-6622
 508-771-5400

Name: [Mashpee Human Services](#)
Phone: 508-349-6622
 508-539-2542

Name: [Narcotics Anonymous](#)
Phone: 508-349-6622
 778-6166

Name: [Pause-A-While](#) (Cape Cod Council
 on Alcoholism)
Phone: 508-349-6622
 508-457-9224

Name: [Sheriff's Office of Youth
 Services](#)
Phone: 508-349-6622
 508-375-6126

Name: [SMART Recovery](#)
Phone: 508-349-6622
 781-891-7574

Name: Stephen Miller House
Phone: 508-349-6622
 508-540-5052

SUICIDE PREVENTION

Name
[Dept. of Mental Health](#) (Emergency
 Services) 800-233-1356

Name: [Samaritans on Cape Cod and
 the Islands](#)
 (TDD/Voice) 508-548-8900, 800-893-9900

THRIFT STORES

Name: A.I.M. Thrift Shop
Address: 305 Main Street
 Wellfleet, MA
Phone: 508-349-6622

Name: Cape Cancer Thrift Shop
Address: 3284 Route 6A
 Barnstable, MA 02630
Phone: 508-362-2848

Name: Cape & Islands EMS Thrift Shop
Address: 26 Main Street
 Orleans, MA 02653
Phone: 508-255-1166
Phone: 508-394-6361

Name: [Cape Cod Council of Churches](#)
Address: 355 Main Street
 Dennisport, MA 02639
Phone: 508-394-6361

Name: [Cape Cod Hospital Auxiliary
 Thrift Shop](#)
Address: 690 Main Street
 Hyannis, MA 02601
Phone: 508-775-0078

Name: [Emerald House Thrift Shop](#)
Address: 67 Davisville Road
 Falmouth, MA 02536
Phone: 508-457-0770

Name: [Friendly Thrift Shop-Hyannis](#)
Address: 320 Main Street
 Hyannis, MA 02601
Phone: 508-771-5395

Name: [Goodwill Industries, Goodwill
 Store](#)
Address: 141 Corporation Road
 Hyannis, MA 02601
Phone: 508-790-0046

Name: [Hospice of Cape Cod Thrift
 Shop](#)
Address: 3328 Main Street/Rte. 6A
 Barnstable, MA 02630
Phone: 508-362-8532

Name: [Salvation Army Family Store](#)
Address: 105 Basset Lane
 Hyannis, MA 02601
Phone: 508-771-8982

Name: [South Congregational Church
 Thrift Store](#)
Address: 565 Main Street
 Centerville, MA 02363
Phone: 508-775-8332

TRANSPORT

Name: [B-Bus by Reservation](#)
Phone: (TDD/ Voice) 800-352-7155

Name: [Mashpee Council on Aging](#)
Phone: 508-539-1441

Name: [American Red Cross](#)
Phone: 508-775-1540

Name: [Sea Line](#), Fixed Route

Phone: (TDD/Voice) 800-352-7155

VETERANS

Name: [Veterans Services Department](#)

[Veterans Services Hyannis](#)

Address: 66 Falmouth Road

Hyannis, MA 02601

Phone: 508-778-8740

Description: Veterans' Services District Office and its branch offices handle applications for financial and medical assistance, arrange transportation to VA facilities, visit housebound veterans and those in hospitals and nursing homes, advise veterans on community resources, and provide assistance with housing, home loans, education and the full range of veterans benefits.

VOLUNTEER GROUPS

Name: [Sandwich Angels](#)

Phone: 732-682-8376

Karen Fein - sandwichangel@gmail.com
sandwichangel.lori@gmail.com

Description: Volunteer group - neighbors helping neighbors. Short term assistance - meals, errands, rides.

Name: [Snap2Help.com](#): Listing of Cape volunteer opportunities

YOUTH SERVICES

Name: [Big Brothers/Big Sisters](#)

Phone: 508-771-5150

Name: [Boys and Girls Club](#)

Phone: 508-477-8845

Name: [Mashpee Leisure Services](#)

Phone: 508-539-1400 x 519

Name: [Massachusetts Department of Social Services](#)

Phone: 800-352-0711