



## Behavioral Health Counseling

Name	Location	Services	Contact	Hours, Notes
Advocates (formerly Family Continuity)	Cape Cod Family Resource Center 29 Bassett Ln Hyannis	Mental health clinic services, therapy, assessments, emergency response, self, family, agency and clinical referrals accepted In home and outpatient	24/7 Crisis Line: (800) 640-5432  (508) 815-5100  <a href="https://advocates.org/">https://advocates.org/</a>	Accepts most health insurance plans
Beacon Behavioral Health Associates	243 Main St Suite 1 Buzzards Bay	Psychotherapy, psycho- pharmacology consults & medication management services Couples, family & group therapy	(508) 743-5542  <a href="https://www.beaconbehavioralhealthassociates.com/">https://www.beaconbehavioralhealthassociates.com/</a>	Adult, adolescent, and child counseling services. Group therapy Telehealth
Behavioral Psychiatric & Psychological Associates	923 Route 6A Unit DD Yarmouth Port	Small private practice treats a spectrum of psychiatric and psychological problems with therapy and medications as needed	(508) 362-6868	By appointment only



<p>Cape Cod Healthcare Behavioral Health</p>	<p>Hyannis: 27 Park St (hospital) 460 West Main St (outpatient)</p> <p>Harwich: 525 Long Pond Dr</p>	<p>Adult Inpatient Services Emergency &amp; Consultative Services Intensive Outpatient Program Outpatient Mental Health Services Partial Hospital Program Child, Adolescent &amp; Adult Outpatient Psychiatric Services Patient &amp; Family Support</p>	<p>Crisis line: (800) 513-4728</p> <p>Acute services admissions: (508) 726-2911</p> <p>Outpatient appts: (508) 790-3360</p> <p><a href="https://www.capecodhealth.org/medical-services/behavioral-health/">https://www.capecodhealth.org/medical-services/behavioral-health/</a></p>	<p>24/7 phone consultations</p>
<p>Cape &amp; Islands Cognitive Behavior Institute</p>	<p>704 Main St Falmouth</p>	<p><b>Treatment specific to hoarding disorder.</b> Individual &amp; group Cognitive Behavioral Therapy for obsessive compulsive disorder, panic disorder, social anxiety, &amp; phobias Remote and in home services</p>	<p>(508) 457-3160</p> <p><a href="https://www.capecbi.com/">https://www.capecbi.com/</a></p>	<p>Therapy Hours: Monday: 11a – 7p Tuesday: 12p – 8p Wednesday: 12p – 8p Thursday: 12p – 8p Friday: 9a – 5p</p> <p>Accept out of network coverage by request</p>
<p>Community Health Centers of Cape Cod Behavioral Health</p>	<p>Bourne, Centerville, Falmouth, Mashpee, Sandwich</p>	<p>Adult psychiatry Depression and anxiety screening Short- and long-term counseling Substance abuse support Trauma counseling</p>	<p>508-477-7090</p> <p><a href="https://chcofcapecod.org/services/behavioral-health">https://chcofcapecod.org/services/behavioral-health</a></p>	<p>Accepts most health insurance plans</p> <p>Spanish &amp; Portuguese available</p>



Duffy Health Center	94 Main St Hyannis	Offers services to individuals struggling with hoarding disorder that become homeless or are at risk of becoming homeless  Portuguese speakers available	(508) 771-9599  <a href="https://duffyhealthcenter.org/services/mental-health-services/">https://duffyhealthcenter.org/services/mental-health-services/</a>	Monday – Wednesday: 8a-12p; 1p-9p (6-9p telehealth only) Thursday: 8a-12p; 2p-9p (6-9p telehealth only) Friday: 8a-12p; 1p-5p Saturday: 8a-12p (telehealth only)
Gosnold Outpatient Counseling Center	Outpatient locations: 1185 Falmouth Rd Centerville  196 Ter Heun Dr Falmouth  Inpatient (Detoxification): 200 Ter Heun Dr Falmouth	Helping youth, adults, families, and communities heal from mental health, substance use, and co-occurring illnesses through a comprehensive range of programs and services  Inpatient, partial hospitalization, outpatient & community programs	(800) 444-1554  <a href="https://gosnold.org">https://gosnold.org</a>	Accepts most health insurance plans
Harbor Community Health Center	735 Attucks Ln Hyannis	Complex care and social support services; behavioral health integrated with primary care  Portuguese & Spanish speakers available	(508) 778-5420  <a href="https://www.hhsi.us/locations/harbor-community-health-center-hyannis/">https://www.hhsi.us/locations/harbor-community-health-center-hyannis/</a>	Monday, Wednesday, Friday 8a – 5p Tuesday, Thursday 8a – 8p Saturday 8a – 12p  Telehealth



NAMI Cape Cod & the Islands	5 Mark Ln Hyannis	Support, education, & advocacy programs for individuals with mental illness and their families	(508) 778-4277  <a href="https://namicapecod.org/">https://namicapecod.org/</a>  <a href="https://namicapecod.org/support/">https://namicapecod.org/support/</a>	Local support group list: <a href="https://namicapecod.org/wp-content/uploads/2023/10/22090_Support_Print_Sheet_Q.pdf">https://namicapecod.org/wp-content/uploads/2023/10/22090_Support_Print_Sheet_Q.pdf</a>
Relief Home Services	35 Winter St Hyannis	Under the direction of a physician, our highly skilled and compassionate nurses provide outstanding medical care, emotional and psychiatric support, and case management for patients and their families from the comfort of their homes	(508) 827-7954  <a href="https://www.reliefhhs.com">https://www.reliefhhs.com</a>	Monday – Friday 8a - 4p  Physician referral required
Samaritans of Cape Cod & the Islands	13 Steeple St Mashpee	Suicide prevention crisis line, senior outreach program, safe place grief support groups	Local Crisis line: (508) 548-8900 National: 988  Office: (508) 548-7999  <a href="https://capesamaritans.org">https://capesamaritans.org</a>	*No clinical services
South Bay Community Services	Outpatient & Community Behavioral Health Clinic 7 Scobee Circle Plymouth	Community-based, behavioral health care organization offering outpatient and in home services	Admission/Referrals: (800) 244-4691 Office: (508) 830-0000  <a href="https://southbaycommunityservices.com/services-2/">https://southbaycommunityservices.com/services-2/</a>	Accepts most health insurance plans



Vinfen Cape Cod & Islands PACT	950 Cambridge St Cambridge	Offers the evidenced-based practice of Program for Assertive Community Treatment (PACT) to people living in surrounding areas including Metro Boston, Essex North, Quincy, Plymouth, and on Cape Cod and the Islands, which provides effective rehabilitative and clinical services to people with mental health conditions	(877) 284-6336 (617) 441-1800  <a href="https://vinfen.org/services/outreach-services/">https://vinfen.org/services/outreach-services/</a>	Call for information. Also accept referrals through Dept. of Mental Health & select insurance providers, telehealth
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## Cleaning & Restoration

Name	Location	Services	Contact	Hours, Notes
1-800-GOT-JUNK	14 Roberts Rd #2 Plymouth	Removal of non-hazardous household goods Charge based on volume (% of truck filled) or single item	(774) 608-8770  <a href="https://www.1800gotjunk.com/us_en/locations/junk-removal-cape-cod/us01010">https://www.1800gotjunk.com/us_en/locations/junk-removal-cape-cod/us01010</a>	Monday to Sunday 7a – 7p Free onsite estimates Online booking Same day service
Address Our Mess	Nationwide Company with Services in MA	Professional specialty cleaning company that handles hoarding	(855) 676-7848  <a href="https://clutterhoardingcleanup.com/cleanup-teams/locations/massachusetts">https://clutterhoardingcleanup.com/cleanup-teams/locations/massachusetts</a>	Contact 24/7 Includes assigned case manager



Aftermath	215 Plain St Attleborough	Hoarding clean up services “Our job is not to judge; our job is to clean and disinfect so your home safe and livable again”	(855) 517-2406 <a href="https://www.aftermath.com/services/specialty-services/hoarding-cleanup/">https://www.aftermath.com/services/specialty-services/hoarding-cleanup/</a>	Contact 24/7
Disaster Specialists	9 Jan Sebastian Dr Sandwich	Cleanup, restoration, and reconstruction services	(800) 675-3622 or (508) 888-1113 <a href="https://disasterspecialists.com/other/">https://disasterspecialists.com/other/</a>	24/7 Emergency Services
Enviroclean Restore	41 Cedar Swamp Rd Smithfield, RI	Hoarding clean up services: debris & waste removal, organization, recycling	(888) 231-3130 <a href="https://www.ecrestore.com/services/hoarding-cleanup/">https://www.ecrestore.com/services/hoarding-cleanup/</a>	Contact 24/7
Life Cycle Transitions	333 Riciutti Dr Quincy	Get rid of the extreme mess and restore your home to a clean, healthy, inviting environment with the help of discreet Clutter Clean Up Services	(877) 273-7810 <a href="https://lifecycletransitions.com/hoarding-cleanup-assistance/">https://lifecycletransitions.com/hoarding-cleanup-assistance/</a>	Free in-home evaluation
Oceanside Restoration	217 Thornton Dr Hyannis	Rapid restoration services: water, fire, mold, etc.	(800) 464-3318 <a href="https://oceansideinc.com/">https://oceansideinc.com/</a>	24/7 Emergency Services



RESCON Cape Cod	110 Old Town House Rd South Yarmouth	Fire, water, mold remediation, biohazard, structure and content cleanup	(833) 473-7266 or (508) 568-8247  <a href="https://gorescon.com/services/mitigation">https://gorescon.com/services/mitigation</a>	24/7 Emergency Services
Service Master South Shore	18 Jan Sebastian Dr #6 Sandwich	Water damage, mold removal, biohazard cleanup, sanitization	(508) 452-2833  <a href="https://www.servicemasterrestore.com/residential/specialty-services/hoarding-cleanup/">https://www.servicemasterrestore.com/residential/specialty-services/hoarding-cleanup/</a>	24/7 Emergency Services
SERVPRO Cape Cod & the Islands	17 Atlantic Ave South Dennis  108 State Rd Sagamore Beach	Clean up and restoration including mold remediation, biohazard cleanup, odor removal	Mid to Outer Cape: (508) 827-1200 <a href="https://www.servpro.com/locations/ma/servpro-of-mid-outer-cape-cod">https://www.servpro.com/locations/ma/servpro-of-mid-outer-cape-cod</a>  Upper Cape & Islands: (508) 356-4010 <a href="https://www.servpro.com/locations/ma/servpro-of-upper-cape-cod-and-the-islands">https://www.servpro.com/locations/ma/servpro-of-upper-cape-cod-and-the-islands</a>	Serves Mashpee to Provincetown  Serves Bourne, Falmouth, Sandwich, & Islands

### Donations: Books

Name	Location	Description	Contact	Hours, Notes
Bins	Cape Wide/Local transfer stations	Donation bins specifically for books	Check with your local DPW	



Herridge Books	140 Main St Wellfleet	Call for details on acceptable items	(508) 349-1323 <i>Closed November to March</i>	Monday to Saturday 10a-6p; Sun 11a -4p
I Cannot Live Without Books	314 Main St West Dennis	Call for details on acceptable items	(774) 212-5950	Wednesday to Saturday 11a – 4:30p
Isaiah Thomas Books	2632 Falmouth Rd Cotuit	Used and rare books; call for details on acceptable items	(508) 428-2752 <i>Closed Monday and Tuesday in January and February</i>	Monday - Saturday: 11AM - 5PM, Sunday: Noon - 5PM
Parnassus Book Service	220 Route 6A Yarmouth Port	Call for details on acceptable items	(508) 362-6420	Monday to Saturday 10a – 5p; Sun 11a – 5p
Reed Books	537 Route 28 Harwich Port	Call for details on acceptable items	(508) 432-5293  Email: <a href="mailto:reedbooksoncapecod@gmail.com">reedbooksoncapecod@gmail.com</a>	Monday to Sunday 10a – 5p
Yellow Umbrella Books	501 Main St Chatham	Call for details on acceptable items	(508) 945-0144	Monday to Saturday 9:30a – 5:30p; Sun 10a – 5:30p
Tim's Used Books	242 Commercial St Provincetown	Call for details on acceptable items	(508) 487-0005	Monday to Sunday 9a -10p





Titcomb's Book Shop	432 Route 6A East Sandwich	Buy old books on a case-by-case basis and offer appraisal services. Specifically interested in: Cape Cod/local interest, Thornton W. Burgess, Tasha Tudor, Maritime, History, New England	(508) 888-2331 Email: <a href="mailto:Oldbooks.titcomb@gmail.com">Oldbooks.titcomb@gmail.com</a>  <a href="https://www.titcombsbookshop.com/">https://www.titcombsbookshop.com/</a>	Monday to Saturday 9a – 6p; Sun 10a-5p
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### Donations: Computers & Electronics

Name	Location	Services	Contact	Hours, Notes
Best Buy	793 Iyannough Rd Hyannis	Electronics, Appliances (vacuums, fans)  For \$200 will haul away: air conditioners, microwaves, ranges, fridges, ovens, washer, dryers, freezers, dishwashers, cooktops, ect.  See website for list of accepted/not accepted items	(508) 771-5170  <a href="http://Bestbuy.com">Bestbuy.com</a>	Monday to Saturday 9a – 10p Sunday 10a-9p
Computers with Causes	Online/mail in	Repurposes computers/tablets/servers to those who need them (have to mail in)	<a href="https://www.computerswithcauses.org/">https://www.computerswithcauses.org/</a>	
Digitunity	Online	Computers are donated to organizations in need, search by zip code on website. More info here: <a href="https://digitunity.org/about-us/faqs/">https://digitunity.org/about-us/faqs/</a>	<a href="https://digitunity.org/get-involved/give-equipment/donate-your-computer/">https://digitunity.org/get-involved/give-equipment/donate-your-computer/</a>	Closest sites are off Cape



Staples	7 Davis Straits Rd Falmouth	<a href="https://www.staples.com/stores/recycling">https://www.staples.com/stores/recycling</a>	(508) 495-0800	Monday to Saturday 8a – 7p; Sun 10a – 6p
	364 Barnstable Rd Hyannis		(508) 771-4950	Monday to Saturday 8a – 9p; Sun 10a – 6p
	136 Route 6A Ste 5 Orleans		(508) 240-0425	Monday to Saturday 8a – 8p; Sun 10a – 6p

### Donations: General

Name	Location	Description	Contact	Hours, Notes
Big Brothers & Big Sisters of Cape Cod & the Islands	684 Main St Ste 3 Hyannis	Will pick up donations from your home, schedule online or call. NO mattresses or furniture  List of accepted items: <a href="https://donatene.org/pickup-info-faqs/">https://donatene.org/pickup-info-faqs/</a>	(508) 466-4590 for questions  To schedule a pick up: <a href="https://donation-form.donatene.org/?code=bbbs">https://donation-form.donatene.org/?code=bbbs</a>	Online pickups only, no donations at office.



Boutique on the Buy Way	Queens Buy Way 47 North Main St Falmouth  12 Circuit Ave Ext Unit H Oak Bluffs	Upscale consignment store only accepts like new quality clothing Call for appointment See website for consignment parameters	(774) 255-1916  <a href="https://boutiqueonthebuyway.com/">https://boutiqueonthebuyway.com/</a>	Tuesday to Saturday 11a to 5p
Cape Abilities Thrift Shop	316 Route 28 Yarmouth	Accepts tax deductible donations of furniture and collectibles in good condition Supports individuals with disabilities on Cape Cod	(508) 771-4072 <a href="https://www.capeabilityesthrift.org/">https://www.capeabilityesthrift.org/</a> Donations Policy: <a href="https://www.capeabilityesthrift.org/donate-items">https://www.capeabilityesthrift.org/donate-items</a>	Monday to Sunday 10a to 4p
Cape Cod Council of Churches Hands of Hope Thrift Shop	49 Route 28 West Harwich	We appreciate any donations of dishes, glassware, jewelry, linens, and bric-a-brac. Our low-priced thrift shop, open to the public, helps provide funds for operating expenses.	(508) 432-1312  <a href="https://www.capecodcouncilofchurches.org/hands-of-hope-food-pantry-and-outreach-center">https://www.capecodcouncilofchurches.org/hands-of-hope-food-pantry-and-outreach-center</a>	Mid-March to Mid-December: Tuesday to Thursday & Saturday: 10am-1pm April to September Monday to Thursday & Saturday: 10am-1pm



Cape Cod Toy Library	1663 Main St (Route 6A) West Barnstable	The Toy Library collection has 2,000 toys available for loan for all areas of child development.  Donation guide: <a href="https://www.capecodtoylibrary.org/donation-guide">https://www.capecodtoylibrary.org/donation-guide</a>	(508) 648-3227  <a href="http://www.capecodtoylibrary.org">www.capecodtoylibrary.org</a>	Saturday 10a – 1p
Cape Cod Recycles	142 Corporation St Unit #1 Hyannis	Fee for service: Donation & furniture pickup Residential cleanouts/dump runs Electronics disposal Paper & document shredding	(855) 732-5865 Text (774) 836-7121  <a href="http://capecodrecycles.com/">http://capecodrecycles.com/</a>  Call or book online	Monday to Saturday 6a - 9p  30% return on sold items or choose a charity to donate to
Falmouth Stamp & Coin	11 Town Hall Square Falmouth	Will buy rare coins, precious metals, scrap gold, platinum and fine jewelry, collections, rare stamps, better postcards, documents, stock certificates, historical autographs, pocket watches, GSA dollars, foreign coins and currency, tokens, medals	(508) 548-7075  <a href="https://www.coinsandstamps.com/">https://www.coinsandstamps.com/</a>	Monday to Friday 10a – 5p; Sat 10a – 2p



Family Pantry of Cape Cod	133 Old Queen Anne Rd Harwich	Accepts clothing, housewares and non-perishable food, No upholstered furniture, large appliances, electronics, medical equipment, children's toys, academic books (see online list)	(508) 432-6519  <a href="https://www.thefamilypantry.com/Thrift-Shop">https://www.thefamilypantry.com/Thrift-Shop</a>	Tuesday & Thursday 8a-3:30p Wednesday 8a-12p  Donations are accepted at the rear of the building
Friends of Eastham COA Thrift Shop	580 Massasoit Rd Eastham	Accepts gently used items. NO large furniture or appliances.	(774) 207-0160  <a href="https://www.facebook.com/people/Eastham-FECOAThrift-Shop/100069720724993/">https://www.facebook.com/people/Eastham-FECOAThrift-Shop/100069720724993/</a>	Monday & Thursday to Saturday 10a – 3p Donations accepted Tuesdays 10a – 2p  Call for winter hours
Habitat for Humanity	28 Whites Path South Yarmouth  805 Gifford St Ext Falmouth	Accepts new or used items in excellent condition including furniture, appliances, building materials, cabinets, lighting. No clothing.	(508) 394-6400  <a href="https://www.restorecapecod.org/restore-donation">https://www.restorecapecod.org/restore-donation</a>	Monday to Saturday 9a- 4:30p Schedule pickup online with photos of items
Helping Hands of America	600 Washington St Wrentham	Jewelry, Art, Vehicles, Boats, Real Estate. Pick ups available on Cape. Call or fill out form online.	(888) 881-9090  <a href="https://www.helpinghandsofamerica.org/jewelry-donations/">https://www.helpinghandsofamerica.org/jewelry-donations/</a>	Monday to Friday 8a – 8p Sat/Sun 8a – 5p



Hidden Gem Consignment	47 Main St Orleans	Clean those attics, basements and garages so you can share your rediscovered treasures with the rest of the world. Contact us for an appointment.	(774) 801-2667  <a href="http://www.hiddengemcapecod.com">www.hiddengemcapecod.com</a>	Tuesday to Saturday 10a – 3p
Housing Assistance Corporation	460 West Main St Hyannis	Accept new items for families transitioning from shelter including clothing, toiletries, housewares, bedding. MUST NOT BE USED. Gently used books for free library	(508) 957-3261  <a href="https://haconcapecod.org/">https://haconcapecod.org/</a>	Call first to see if items can be accepted and best time to drop off.
I Have Wings (Breast Cancer Foundation charity)	Ship to: I Have Wings P.O. Box 18502 Erlanger, KY 41018	All types of unwanted costume or estate jewelry (even one earring!) to support survivors through our <a href="#">No One Goes Solo</a> programs throughout the year. It's recycling at its best and all donations are tax deductible!	<a href="https://ihavewings.org/donate-costume-jewelry/">https://ihavewings.org/donate-costume-jewelry/</a>	
Katy's Korner Lower Cape Outreach Council	19 Brewster Cross Rd Orleans	Donations of new & gently used: accessories, books (excluding encyclopedias), clothing (in season), home decor, home goods, artwork, linens, housewares, (working small appliances)	(508) 240-0694  <a href="http://lcoutreach.org/katys-korner">lcoutreach.org/katys-korner</a>  *unaccepted items listed at link above	Monday to Friday 9:30a-12p



Mass Appeal	2393 Route 6 Wellfleet	We are grateful for donations of gently used clothing, shoes, small toys and children's books. No furniture or household goods	(508) 349-1173  <a href="http://www.ccmassappeal.org">www.ccmassappeal.org</a>	Tuesday to Saturday 9a- 12p  Outdoor donation bin available when closed
MSPCA Angell Animal Care and Adoption Center	1577 Falmouth Rd Centerville	SEE ONLINE LIST for accepted items. NO linens, medications or pet carriers.	(508) 775-0940  <a href="https://www.mspca.org/animal-care/cape-cod-wish-list/">https://www.mspca.org/animal-care/cape-cod-wish-list/</a>	Donation bins in front of building accessible 24/7
Rainbow's End Consignment Shop United Methodist Church	1056 Main St Osterville	Thrift and consignment shop, proceeds support the church. Accepts clothing, jewelry, small furniture	(508) 428-5304  <a href="https://ostervillechurch.umchurches.org/rainbows-end-consignment-shop/">https://ostervillechurch.umchurches.org/rainbows-end-consignment-shop/</a>	Wednesday to Saturday 10:30a- 3p
St. Vincent DePaul Thrift Shops	5 Armory Rd Buzzards Bay  18 Davisville Rd East Falmouth	Accepts good quality used clothing and household items Call ahead for large items	(508) 759-7171  (508) 540-0505  <a href="https://www.facebook.com/svdpthriftfalmouth">https://www.facebook.com/svdpthriftfalmouth</a>	Tuesday to Friday 10a-4p  Wed – Sat 10a-3p  Donations accepted before 12p



Salvation Army Family Store	174 Route 28 West Yarmouth  Donation bins Cape wide	Donations fund rehabilitation programs. Household goods & clothing. Vehicle donations. Scheduled pickups.	(800) 728-7825 <a href="https://www.salvationarmyusa.org/usn/">https://www.salvationarmyusa.org/usn/</a>  Find a donation location, schedule a pickup, or donate your vehicle: <a href="https://satruck.org/">https://satruck.org/</a>	Monday to Saturday 10a – 5p
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## Professional Organizers

Name	Location	Description	Contact	Hours, Notes
Julie Brooks, Peaceful Place Organizers Cape & Islands	291 Satucket Rd Brewster	Provide compassionate, hands-on help for decluttering & organizing all parts of your home, as well as packing/unpacking, move management, paperwork & senior downsizing	(508) 246-7866  <a href="https://www.peacefulplaceorganizers.com/">https://www.peacefulplaceorganizers.com/</a>  Email: <a href="mailto:julie@peacefulplaceorganizers.com">julie@peacefulplaceorganizers.com</a>	Free 15-minute phone consultation  How To videos on website
Nicole Gabai, B. Organized	Virtual services only	Virtual organizing for home & office, custom closet solutions, moving planning	(917) 439-7775  <a href="https://www.b-organized.net/">https://www.b-organized.net/</a>  Email: <a href="mailto:nicole@b-organized.net">nicole@b-organized.net</a>	Free ½ hour phone consultation





Terry Gavin, Professional Organizer	Cape Cod	Sort through possessions, assist the decision as to what to keep, give away, sell or donate Make arrangements to dispose of items not being kept List items for sale on craigslist.org Re-organize, pack, & label items for storage	<a href="https://www.terrygavinsolutions.com/organizing/">https://www.terrygavinsolutions.com/organizing/</a>  Email: <a href="mailto:terry@terrygavinsolutions.com">terry@terrygavinsolutions.com</a>	
Institute for Challenging Disorganization	National, online	Education, research and strategies to benefit people affected by chronic disorganization & professionals who work with them	(800) 674-7818  <a href="https://www.challengingdisorganization.org">https://www.challengingdisorganization.org</a>	
Lynne Johnson, Certified Professional Organizer in Chronic Disorganization	Online	Coaching for those with ADD, ADHD, OCD, hoarding disorder, learning differences, traumatic brain injury or other brain-based challenges	Contact form: <a href="https://www.lynnejohnson.com/contact/">https://www.lynnejohnson.com/contact/</a>  <a href="https://www.lynnejohnson.com/">https://www.lynnejohnson.com/</a>	Free 30 minute consultation Services provided by phone or video call
Deborah Scavotto,	Cape & Islands	Assistance for seniors and their families with decision- making, downsizing, moving,	(508) 320-1518  <a href="http://www.smoothmovingforseniors.com/">http://www.smoothmovingforseniors.com/</a>	Free 1 hour in- home consultations



Smooth Moving for Seniors		& emotional support during the entire relocation process	Email: <a href="mailto:deborah@smoothmovingforseniors.com">deborah@smoothmovingforseniors.com</a>	
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## Shredding Resources

Name	Location	Description	Contact	Hours, Notes
Great White Shred	68 Nicolettas Way Unit G Mashpee	Cape & Plymouth residents can shred their sensitive documents without an appointment; 15 box limit; per box fee for service	(508) 683-8800 <a href="https://www.greatwhiteshred.com/">https://www.greatwhiteshred.com/</a>	Wednesday 10a – 4p
Staples	7 Davis Straits Rd Falmouth	Fee per pound shredding service	(508) 495-0800	Monday to Saturday 8a – 7p; Sun 10a – 6p
	364 Barnstable Rd Hyannis		(508) 771-4950	Monday to Saturday 8a – 9p; Sun 10a – 6p
	136 Route 6A Ste 5 Orleans		(508) 240-0425  Store locator: <a href="https://stores.staples.com/ma">https://stores.staples.com/ma</a>	Monday to Saturday 8a – 8p; Sun 10a – 6p



## Textiles

Effective November 1, 2022, the Massachusetts Department of Environmental Protection (MassDEP) added textiles to the list of materials that are [banned from disposal](#). This applies to any clothing, footwear, bedding, towels, curtains, fabric, and similar products, except for textiles that are contaminated with mold, bodily fluids, insects, oil, or hazardous substances.

Name	Location	Description	Contact	Hours, Notes
Bay State Textiles	Bin drop locations in various towns. Go to the website to look up your town.	Clothing, shoes, duffle bags, purses, belts, hats, linens, towels, comforters	<a href="https://www.baystatetextiles.com/locations/">https://www.baystatetextiles.com/locations/</a>	24/7 access
Town Transfer Station	Local transfer station bins	Books, clothing, etc.	See your town's Department of Public Works website	See website for access & hours
Trashie	Online service	85% of textiles ends up in landfill (only 15% is recycled). Trashie ensures that 90% of what you send in gets reused. You purchase a \$20 bag that they send to you and then you fill it and send it back. The price covers the costs of shipping.	Trashie.io	

## Thrift Shops: [Cape Cod Thrift Shop Guide](#)

Publication of the Cape Cod Council of Churches, Inc., an ecumenical organization of local member churches. See Harwich listing.



## **BARNSTABLE**

### ***Angels' Treasures Thrift Shop***

St. Mary's Episcopal Church, 3055 Main St.  
(Rte. 6A) 508-362-3977 ext. 18  
Open Wed.- Sat. 10am-3pm  
Donations accepted Thurs. & Sat. 10am-2pm  
Furniture, painted cottage furnishings, decorative china, crystal, & housewares.  
ENTER from rear parking lot. Open throughout the year - call for winter hours.

## **BOURNE**

### ***Bourne United Methodist Church Thrift Shop***

37 Sandwich Rd., 508-759-1853  
Open Mon.-Sat. 10am-3pm  
Clothing (men's, women's), household items, books, jewelry.  
Donations accepted during business hours.

### ***St. Margaret's Attic Treasures***

141 Main St. Buzzards Bay 774-247-4385  
Open Tues.-Sat. 10am-4pm  
Jewelry, antiques, artwork, china, housewares, toys, books, furniture, clothing

Facebook: AtticTreasurersofBuzzBay

### ***St. Vincent de Paul Thrift Shop***

5 Armory Rd. Buzzards Bay 774-208-6723  
Open year-round Tues.-Fri. 10 am-4 pm  
Sat. 10am-2pm  
Eclectic mix of clothing, housewares, furniture, jewelry, & seasonal items. Join us Friday mornings for coffee & treats.

Proceeds benefit those who are in need in our community.

## **BREWSTER**

### ***Brewster Thrift Store***

1960 Main St. Rte. 6A 508-896-8744  
Open year- round Mon.-Sat. 10am-4pm  
Designer clothing, jewelry, handbags, household items, artwork and more.  
Affiliated with Unitarian Church, Brewster.  
***Our Lady of the Cape Thrift Shop***  
Luke's Plaza Rte. 6A, 11 Lower Rd. 508-896-5377

Open year-round: Tues. - Thurs. 10:30am-3:30pm, Fri. & Sat. 10 :30am-2:30pm  
Donations accepted at back door when shop is open from 11am- 2pm. Clothing, household, books, jewelry, gifts, treasures, & weekly specials

### ***Sea Captains' Thrift Shop***

66 Harwich Rd. (Rte. 124) 508-896-8180  
Open Mon.-Sat. 10am-4pm  
Jan. & Feb. open Thurs.-Sat. 10am-4pm  
Plus, home goods & furniture annex  
Proceeds benefit Friends of Brewster Seniors.

## **CHATHAM**

### ***"Bear-ly" Used Unitarian Universalist Meeting House Thrift Shop***

Rte. 28, Queen Anne & Crowell Rds.  
Church info: 508-945-2075  
Open May 15 to mid-Oct.: Mon.-Fri. 10 am-3 pm  
Bargains in quality clothing,

housewares, & gifts. Donations accepted daily.

### ***First United Methodist Church Thrift Shop***

569 Main St. 508-945-0474  
Open year-round Wed.-Sat. 11am-2pm  
Clothing, china, glassware, housewares, artwork. Donations accepted during Thrift Shop hours. Houses a Methodist Church Food Pantry. We accept credit cards.

### ***Uncommon Thrift at St. Christopher's***

637C Main St. (behind Orpheum Theater)  
508-945-2211  
Open Thurs. Fri. 10am - 5pm, Sat. 10am-4pm

Not your typical thrift shop - furniture, home decor, artwork, clothing, jewelry, and "Always the Unexpected"

## **COTUIT**

### ***Christ The King Parish Thrift Shop***

4463 Falmouth Road (Rte. 28) 508-420-0949  
Open Tues. Thurs. Sat. 9am-3pm outside  
Clothing Shop & Boutique 10am-3pm  
Clothing, jewelry, linens, housewares, books, toys, small furniture, prints, electronics, antiques. Proceeds support Christ the King Parish Food Pantry & other community needs  
Credit cards accepted.

## **DENNIS**

### ***Northside Thrift Shop***

110 Main St. Dennis Port 508-760-5300  
Open March-Dec.: Wed.-Sat. 10am-3pm,  
days & hours may differ



### **Trash & Treasures**

Consignment & Church Thrift Treasures  
West Dennis Community Church, 288 Main  
St., Rte. 28. Church phone 508-398-6420  
(Mon.-Thurs. am)

Open Mon.-Fri. 10am-3pm & some  
Saturdays

### **EASTHAM**

#### **Friends of the Eastham COA Thrift Shop**

508 Massasoit Rd. 774-207-0160

Open Mon., Thurs., Fri. & Sat. 10am-3pm.

Open Wed. 4pm-7pm in summer

Boutique clothing, home & housewares, &  
collectibles.

### **FALMOUTH**

#### **Falmouth Hospital Auxiliary Thrift Shop**

432 Palmer Ave. 508-457-7799

Open year-round: Tues.-Sat. 11am-3pm.

Gently used women's & men's  
clothing, accessories, jewelry, linens,  
housewares, books, collectibles.

All proceeds benefit pledges to Falmouth  
Hospital & local scholarships.

#### **Hand in hand Thrift Shop**

141 Sandwich Rd., East Falmouth

508-457-0770

[www.handinhandthriftshop.org](http://www.handinhandthriftshop.org)

Women's, men's & children's clothing,  
accessories, jewelry, specialty housewares,  
artwork, & high-quality furniture.

Proceeds benefit the Falmouth Service  
Center, their food pantry & client  
programs. Please call for hours & donation  
information.

#### **North Falmouth Congregational Church Thrift Shop**

149 Old Main Rd. 508-564-4075

Open Thurs.-Sat. 9am-12pm for sales &  
donations. Please visit  
[northfalmouthucc.com](http://northfalmouthucc.com)

#### **St. Vincent de Paul Thrift Shop**

St. Joseph Parish, 18 Davisville Rd., East  
Falmouth 508-540-0505

Open year-round: Wed.-Sat. 10am-3pm,  
Thurs. 10am-6pm

Reasonably priced clothing for the whole  
family

Accessories, toys, housewares, linens,  
artwork, & jewelry.

#### **Waquoit Congregational Church Thrift Store**

15 Parsons Ln. & Rte. 28 508-548-5269

Open Mon., Tues., Thurs., Fri. & Sat.,  
10am-2pm

Vintage art, furniture, books, &  
housewares

Proceeds benefit numerous programs.

### **HARWICH**

#### **C. C. Council of Churches Thrift & Gift Shop**

49 Rte. 28 (corner of Belmont Rd.), West  
Harwich 508-432-1312

Open March-December: Tues., Wed.,  
Thurs. & Sat. 10am-1 pm

Clothing, housewares, small furniture,  
linens, books. Proceeds benefit our food  
pantry.

[churcheshoh@comcast.net](mailto:churcheshoh@comcast.net)

#### **The Corner Thrift Shop**

First Congregational Church  
Corner of Rte. 39 & Sisson Rd.  
508-432-1053 ext. 103

Open Fri. & Sat. 10am-2:30pm

Always a sale. Bargains not to miss!

#### **Harwich United Methodist Church Thrift Shop**

1 Church St. 508-432-7322

Church: 508-432-3734

Donations only: Mondays, 10am-12pm

Open for shopping: Thurs.-Sat. 10am-2pm

#### **Holy Trinity Thrift Shop**

245 Main St., Rte. 28, West Harwich,  
across the street from Holy Trinity Roman  
Catholic Church 508-432-7625

Open Tues., Wed., & Thurs. 11am-3pm

Closed February

Clothing & accessories for women, men,  
infants, toddlers, children & pre-teens.

Jewelry, house-ware, home decor, linens,  
lamps, small appliances, artwork, toys,  
books, CDs, sewing & craft items.

#### **Noah's Ark Thrift Shop**

Christ Church Episcopal, 671 Rte. 28 at  
Harbor Rd. 508-432-1787

Open Fri. & Sat. 11am-3pm, March-mid-  
Dec.

Donations accepted on Tues. 9am-11am &  
when shop is open.

#### **Second Glance Thrift Boutique**

265 Main St. (Rte. 28), West Harwich  
508-432-0636

Open SUMMER Mon.-Sat. 10am-5pm,



WINTER Mon.-Sat. 10am-4pm  
Upscale thrift boutique with gently used clothing, jewelry, artwork, housewares, small appliances, books, furniture, home decor and treasures. All proceeds benefit The Family Pantry of Cape Cod.

### **HYANNIS**

**Cape Cod Hospital Auxiliary Thrift Shop**  
690 Main St./Stevens St. 508-775-3031  
Open year-round: Tues.- Sat. 11am-3pm  
Donations accepted 11am-2pm. Gently used clothing, books, accessories, jewelry, linens, housewares, artwork, music, sewing & crafts. All proceeds benefit Cape Cod Hospital Cancer Center.

#### **High Hopes Thrift Shop**

First Baptist Church, 486 Main St.  
Open Tues. 12:30pm -3 pm, Thurs.11am-3pm, Fri.10am-3pm, Sat. 11 am-1 pm  
Jewelry, household items, shoes, clothing of all sizes, books, records, knick knacks, a bit of everything. See us on Facebook for more info. Celebrating over 40 years!

### **ORLEANS**

**St. Joan of Arc Thrift Shop**  
63 Canal Rd. 508-255-4476  
Open year-round: Mon., Wed., Thurs., Fri. 10am-4pm; Tues. 10am-1pm  
Donations accepted during shop hours.

### **PROVINCETOWN**

**Provincetown United Methodist Church Thrift Shop**  
20 Shankpainter Rd. 508-487-0584  
Open Mon.-Sat., 10am-2pm.

Donations gratefully accepted.

#### **Ruthie's Boutique**

Bradford St. @ 14 Center St. 508-487-3820  
Open year-round Tues.-Sat., 11am-4 pm  
Proceeds benefit local non-profit.

### **SANDWICH**

**Cape Cancer Thrift Shop** - We've Moved!  
124 Rte. 6A 774-205-2904  
Open year-round: Mon.-Sat.10am-3pm  
Donations accepted during open hours.  
Household, jewelry, furniture, books, crystal.

#### **Mary's Closet Thrift Shop**

330 Quaker Meeting House Rd., East Sandwich  
508-888-6637

Open year-round: Tues.-Sat., 10am-3pm  
Clothing, accessories, jewelry, linens, & housewares

#### **Second-View Thrift Store**

451 Rte. 6A, East Sandwich 508-888-0653  
Open Tues.-Sat. 10am-2pm  
Part of vocational programming at Riverview School  
[www.facebook.com/RiverviewSecondView](http://www.facebook.com/RiverviewSecondView)

#### **St. John's Thrift Shop**

163 Main St. 508-833-1452  
Open Tues.-Sat. 10am-4pm

### **YARMOUTH**

#### **Cape Abilities Thrift Shop**

316 Rte. 28, West Yarmouth 508-771-4072  
Open year-round, Mon. – Sun.: 10am-4pm  
Furniture, housewares, art, & clothing.

Call or check [thrift@capeabilities.org](mailto:thrift@capeabilities.org) to donate & for extended summer hours.

#### **First Church Thrift Shop**

First Congregational Church, 329 Main St., Yarmouth Port 508-362-6977  
Open Wed.-Sat. 10am-2pm  
Closed mid-Dec. to mid-Feb.  
Clothing, household goods, linens, jewelry, books. Donations accepted during business hrs.

#### **Fishermen's House Thrift Shop & Furniture**

**Barn** So. Yarmouth United Methodist Church, 324 Old Main St. 508-398-9482  
Open Feb. through Dec.: Wed.-Sat.10am-2pm

#### **St. David's Thrift Shop**

205 Old Main St., S. Yarmouth 508-394-4211  
Open year-round: Thurs. & Sat. 10am-2pm. Household, clothing, accessories, shoes, jewelry, & books. 1st Sat. Annex Sale in Nelson Hall.

#### **West Yarmouth Congregational Church**

383 Rte. 28, West Yarmouth 508-775-0891  
Parking at corner of Wimbleton & Rte. 28  
Open mid-Feb. - mid-Dec.: Wed.-Sat. 11am-3pm  
Fine merchandise & a newly reinvented shop.



Cape Cod  
Hoarding Resource Network  
Education, Collaboration, Support



## WELLFLEET

**AIM Thrift Shop** (Since 1966)

305 Main St. (across from Town Hall)

508-349-6622

Open Summer: Mon.-Sat. 10am-4pm

Check for off-season hours @aimwellfleet

Clothing, jewelry, housewares, vintage collectibles. Benefitting Outer Cape Health

Services & housing, food nonprofits.

Now accepting credit cards!