



Parent Learning & Support

Location: MAS Community Health, 60 Main St., Machias

Workshops are **free** to all parents and caregivers of children with emotional and behavioral health needs! Pre-registration is recommended, so we may notify you if a workshop is rescheduled or cancelled. Changes will also be posted to our Facebook page. Unable to attend in person? Many workshops are available by webinar with pre-registration. Join us remotely from your computer or mobile device with Go ToMeeting™. Please note that audio and video must be enabled to participate in a Go ToMeeting™ webinar. Contact Misty for more information!

Friday, April 6, 2018, from 10 a.m.-noon

"Helping Your Child Manage Their Meltdowns" Presented by Misty Day, Regional Parent Support Coordinator
Are you feeling like you are always walking on eggshells when dealing with your child's meltdowns? Are you at a loss about how to help your child to be successful? You're not alone! Join in the discussion about what meltdowns are and strategies that can be used to help your child better manage these meltdowns.

Friday, May 4, 2018, from 10 a.m.-noon

"Being a Trauma-Informed Parent: Linking Childhood Trauma to Long-Term Health & Social Consequence" Presented by Misty Day, Regional Parent Support Coordinator

Traumatic childhood experiences such as abuse, neglect, domestic violence, or substance abuse in the home can have long-term physical, psychological, behavioral and economic consequences. The Adverse Childhood Experiences (ACE) Study is a study that demonstrates the connection between childhood trauma and a wide array of physical and mental health problems. Despite the trauma in their lives, children can survive and even thrive. Protective factors, including healthy relationships with parents and caregivers, foster resilience in children and help them to overcome early adversity. Learn about ACEs and how individuals, families, and communities can influence the development of protective factors in a child's life that can mitigate the impact of ACEs on his or her development. Target audience: parents/caregivers of children with behavioral health issues; however, all are welcome.

Friday, June 1, 2018, from 10 a.m.-noon

"Impulsivity & Disruptive Behaviors in Children & Youth" Presented by Misty Day, Regional Parent Support Coordinator

All children have outbursts from time to time; however, some children have chronic problems in their ability to regulate emotions and behaviors even when adverse consequences may occur. This lack of self-control can cause significant distress or impairment in a child's or youth's life. A number of different diagnoses are unified by impulsive and disruptive behaviors, including oppositional defiant disorder (ODD), conduct disorder (CD), and impulse control disorder (ICD). In this workshop you will learn more about the disorders defined in the chapter on disruptive, impulse-control, and conduct disorders by the *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)*, what treatments are available, and what parents/caregivers can do to better respond to disruptive behavior.

To register, please contact:

Misty Day, Regional Parent Support Coordinator

Hancock, Waldo, & Washington Counties; Ph: 1.800.264.9224 or 485.4253

Email: mday@crisisandcounseling.org or www.gearparentnetwork.org



G.E.A.R. Parent Network is a Parent-to-Parent Network of Information & Support for parents of children with behavioral health needs, is a program of Crisis & Counseling Centers, Inc. and is funded by the Department of Health & Human Services, the United Way, and private donations,

Administration: 10 Caldwell Rd, Augusta, Maine 04330 • 207.626.3448 (voice & TTY); Fax 207.626.3453