



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. 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™**. Contact your Regional Parent Support Coordinator below for more information!

Friday, June 22, 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.

Facilitated by parents for parents. Are you worried about your child's emotional well-being? Through parent-to-parent sharing of experiences and knowledge, G.E.A.R. Parent Network empowers parents of children with behavioral health needs to build on their family's strengths and to advocate for their family's needs. Free services available to parents and caregivers include information and support by phone; monthly support groups; education, health, and legal training; and social opportunities. We are parents helping each other. We offer unconditional support: no blame, no shame, and no judgment! We want you to know that you are not ALONE!

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