



Parent Learning & Support

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

Workshops are **free** to all parents and caregivers of children with emotional and behavioral health needs! If you are unable to attend in person you can join us remotely from your computer or mobile device with Go ToMeeting™. Contact your Regional Parent Support Coordinator for more information. Note you must pre-register to utilize Go ToMeeting™.

Friday, August 3, 2018, from 10:00a.m.-12:00p.m.

“Last One Picked – First One Picked On: Learning Disabilities and Social Skills” by Author Rick Lavoie, M.A., M.Ed. Facilitated by Misty Day, Regional Parent Support Coordinator

Do you watch your child struggle with social isolation and rejection? This workshop will provide parents, caregivers, and teachers with strategies for teaching our kids the social skills they will need for success in social interaction. Participants will learn about positive traits for peer acceptance, student traits that teachers like, and the “hidden curriculum.”

Friday, September 7, 2018, from 10:00a.m.-12:00 p.m.

“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.

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