



Parent Learning & Support



G.E.A.R. workshops/support groups are offered **free** to parents/grandparents/caregivers/educators of children with emotional/behavioral health concerns! 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. If you are unable to attend in person many workshops are available with Go ToMeeting™ Workshops at locations marked with an asterisk (*) are available by Go ToMeeting™ Please register early for our Go ToMeeting™ as we cannot always accommodate late registrations.

1.800.264.9224

York, Cumberland, Oxford, Sagadahoc & Androscoggin Counties

Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator, Ph: 207.518.9546 or Email: lcavanaugh@crisisandcounseling.org

“Being a Trauma-Informed Parent: Linking Childhood Trauma to Long-Term Health & Social Consequence” Presented by Presented by Laurie Cavanaugh, CPSP, 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.

Wednesday, January 9, 2019 from 10:30 a.m. -12:30 p.m. at Midcoast Maine Community Action, 34 Wing Farm Parkway, Bath *

“Positive Behavioral Supports & Tantrum Management: Self-Preservation & Success in Parenting Children with Behavioral Health Needs” Presented by Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator

Do you sometimes feel like you don't know how to help your child? Children with behavioral health needs do not come with a manual! This workshop will offer a framework to understand the nature of your child's behavior and methods to flexibly respond to the needs your child presents. Positive behavioral supports emphasize practical ideas about how to meet your child where they are and utilize their motivation to increase success. Understanding and using Stage of Change concepts, maximizing provider involvement, and enhancing natural supports will be emphasized to provide usable tools that can be applied in a variety of real-life situations. Temper tantrums are disruptive behavior or emotional outbursts displayed in response to unmet needs or desires. Come and learn how to manage your child's tantrums by using positive behavioral supports!

Wednesday, January 23, 2019 from 10:00 a.m.-12:00 p.m. at Canopy Park Resource Center, 46 Sullivan St. Biddeford *

“Seasonal Affective Disorder” Presented by Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator

Seasonal Affective Disorder can impact adults, teens, and children. It is estimated about 6 in every 100 people (6%) experience SAD. One US study found rates of SAD were 7 times higher in New Hampshire than in California suggesting the farther we are from the equator, the more likely we are to develop SAD. Join us for an educational and STRESS-LESS evening learning about SAD and how to deal with it.

Wednesday, February 6, 2019 from 6 p.m.-8:00 p.m. at St. Mary's, 99 Campus Ave, Lewiston *

“Last One Picked – First One Picked On: Learning Disabilities and Social Skills” by Author Rick Lavoie, M.A., M.Ed. Facilitated by Laurie Cavanaugh, CPSP, 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.”

Wednesday, February 27, 2019 from 6:00 p.m.-8:00 p.m. at Chamber of Commerce, 4 Western Ave. South Paris *

“Supported Decision Making” Presented by Nell Brimmer, Managing Attorney, Disability Rights Maine

In July 2019, Maine's new Probate Code will go into effect. This new law requires evidence that the needs of the individual cannot be met by less restrictive alternatives to guardianship, including use of appropriate supportive services, technological assistance or supported decision making. Join Managing Attorney Nell Brimmer to discuss Supported Decision-Making and guardianship under the new law.

Wednesday, March 20, 2019 from 5:30 p.m.-7:30 p.m. at Dana Conference Center, 22 Bramhall St, Portland *

Kennebec, Somerset & Franklin Counties

Diane Bouffard, CPSP, Regional Parent Support Coordinator, Ph: 207.612.8996 or Email: dbouffard@crisisandcounseling.org

“Toxic Chemicals and Our Children's Developing Brains” Presented by Diane Bouffard, CPSP, Regional Parent Support Coordinator

Why is environmental health so important? Consider the following information: Twelve million American children or 17 percent of all Americans under the age of 18 have one or more developmental, learning or behavioral disabilities; more than 1.5 million Americans are autistic. In the 1970s, autism was estimated to have affected about 1 in 2,500 to 5,000 children; studies show that in Maine it occurs today in 1 in 66 children; 127,000 adults and children in Maine are identified as having learning disabilities; and 37 percent of the children receiving special education services in our public schools have learning or attention disabilities. Learn why it is important to protect your family from toxic chemical exposures.

Tuesday, January 8, 2019, from 5:00-7:00 p.m. at Crisis & Counseling Centers, 10 Caldwell Rd. Augusta *

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"Seasonal Affective Disorder" Presented by Diane Bouffard, CPSP, Regional Parent Support Coordinator

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Wednesday, February 13, 2019 from 9-11 a.m. at United Way of Tri Valley, 218 Fairbanks Rd, Farmington *

"Understanding Child Birth Order" Presented by Diane Bouffard, CPSP, Regional Parent Support Coordinator

Research shows that a person's birth order has a direct link with his or her personality. Understanding **birth order** positions allows parents, guardians and teachers to guide and support children and strengthen positive attributes.

Tuesday, March 12, 2019, from 5:30 p.m.-7 p.m. at KVCAP, 26 Mary St, Skowhegan *

"Parent-Child Playgroup" Facilitated by Diane Bouffard, CPSP, Regional Parent Support Coordinator

Parents, Caregivers, and children are invited to join in our interactive playgroup sessions! KVCAP and G.E.A.R. Parent Network offer a child-friendly and developmentally appropriate environment in which parents/caregivers and children can explore, role-play, and discover together. Activities for the play group may include story reading, making a healthy snack, nature walks, play time and more. For more information about this group, please call Diane Bouffard at 612.8996 or Anne Osolinski at 859.2521.

Skowhegan: Meets every Friday from 10:00-11:30 a.m. at KVCAP, 26 Mary St. Skowhegan

Hancock, Waldo, Washington, Lincoln and Knox Counties

Misty Day, Regional Parent Support Coordinator, Ph. 485.4253 or Email: mday@crisisandcounseling.org

"ADHD 101 - What We Want to Know but Forgot to Ask!" Presented by Misty Day, Regional Parent Support Coordinator

This workshop will offer the framework to help us understand what Attention Deficit/Hyperactivity Disorder is, what causes it, how to diagnose and who can diagnose it; the symptoms, what helps, supports; and treatment and management. Come and join in the conversation as we journey together toward greater success.

Thursday, January 10, 2019 from 1 p.m.-2:30 p.m. Webinar Only *

Thursday, March 14, 2019 from 6 p.m.-8 p.m. at Searsport Elementary School, 30 Mortland Ave, Searsport *

"Positive Behavioral Supports & Tantrum Management: Self-Preservation & Success in Parenting Children with Behavioral Health Needs" Presented by Misty Day, Regional Parent Support Coordinator

Do you sometimes feel like you don't know how to help your child? Children with behavioral health needs do not come with a manual! This workshop will offer a framework to understand the nature of your child's behavior and methods to flexibly respond to the needs your child presents. Positive behavioral supports emphasize practical ideas about how to meet your child where they are and utilize their motivation to increase success. Understanding and using Stage of Change concepts, maximizing provider involvement, and enhancing natural supports will be emphasized to provide usable tools that can be applied in a variety of real-life situations. Temper tantrums are disruptive behavior or emotional outbursts displayed in response to unmet needs or desires. Come and learn how to manage your child's tantrums by using positive behavioral supports!

Thursday, January 24, 2019 from 5:30 p.m.-7:30 p.m. at Crisis and Counseling Center, 120 Tillson Ave. Rockland *

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“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.

Saturday, February 23, 2019 from 10 a.m.-12 p.m. at Blue Hill Library, 5 Parker Point Rd. Blue Hill *

“Building a Bridge: Navigating Youth to Adult Transition” Presented by Misty Day, Regional Parent Support Coordinator

Transition planning is the key to ensuring success in adulthood for youth with disabilities. This workshop will teach parents and caregivers how to build the transitional bridge from children's mental health services to adult mental health services in order to achieve successful post-secondary outcomes. Learn what you can do now to prepare, how adult services are different from school-based services, what is included in a transition plan, how to meet the unique needs of the individual, and how to empower youth to have a voice in the planning process.

Friday, March 1, 2019 from 10 a.m.-12 p.m. at MAS, 60 Main St, Machias *

“Parenting with Dignity: Picking Up this Ball is a Victory for All!” Presented by Misty Day, Regional Parent Support Coordinator

G.E.A.R. Parent Network invites you to pick up the ball and run with it through a nine hour parenting education course developed by Mac Bledsoe, father of a celebrated New England Patriots' quarterback. Parenting with Dignity helps parents learn effective techniques for raising responsible, independent children.

“Model of Human Performance” and “Five Rules for Parents”

Monday, March 4, 2019 from 5:30-7:30 p.m. at Belfast Head Start, 275 High St, Belfast

“Discipline-Deciding What You Want”

Monday, March 11, 2019 from 5:30-7:30 p.m. at Belfast Head Start, 275 High St, Belfast

“Sending Constant Messages of Love”

Monday, March 18, 2019 from 5:30-7:30 p.m. at Belfast Head Start, 275 High St, Belfast

“Teaching Your Values to Your Kids” and “Goal Setting”

Monday, March 25, 2019 from 5:30-7:30 p.m. at Belfast Head Start, 275 High St, Belfast

“Reasons Why Punishment Does Not Work”

Monday, April 1, 2019 from 5:30-7:30 p.m. at Belfast Head Start, 275 High St, Belfast

Penobscot, Piscataquis & Southern Aroostook Counties

Misty Day, Regional Parent Support Coordinator, Ph. 485.4253 or Email: mday@crisisandcounseling.org

“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.

Thursday, January 17, 2019 from 1 p.m.-2:30 p.m. Webinar Only *

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“Team Up for Your Child” Presented by Diane Bouffard, CPSP, Regional Parent Support Coordinator

Getting services for a child with behavioral health needs can be overwhelming. “Team Up for Your Child” is a step-by-step guide designed to help families navigate confusing service systems and work smarter with doctors, schools, agencies and insurers. When a child has serious behavioral health issues, you suddenly have a team of professionals in your life who provide a variety of services. This team could include doctors, therapists, health workers and teachers but remember that the coach of this team is you - the parent. You are the only one who takes care of the whole child. Learn how to identify your child's strengths and needs, make sense of reports and evaluations, understand your child's treatment plan, track your child's progress and translate the Individualized Education Program.

Note: This workshop is offered free of charge to parents, grandparents and guardians who are currently parenting a child with behavioral health needs. Lunch will be provided. Space is limited to 18 people, so you must pre-register for this workshop.

Saturday, February 2, 2019 from 9 a.m.-4 p.m. at Wings for Families & Children, 400 Hammond St. Bangor

“How Difficult Can This Be? The F.A.T. City Workshop” Video Presentation by Author Rick Lavoie, M.A., M.Ed. Facilitated by Misty Day, Regional Parent Support Coordinator

This unique and interactive program allows participants to experience the same Frustration, Anxiety and Tension that children with learning disabilities face in their daily lives. See how teachers, social workers, psychologists, parents, and friends who have participated in Richard Lavoie's workshop reflect upon their experience and the way it changed their approach to children who have a learning disability.

Tuesday, February 12, 2019 from 6 p.m.-8 p.m. at Wings for Families & Children, 900 Hammond St. Bangor *

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

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Thursday, March 21, 2019 from 1 p.m.-2:30 p.m. Webinar Only *



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

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