Join us for

Parent Learning & Support

Supportive Educational Workshops, special events and activities are offered FREE to parents/grandparents/caregivers/educators of children with emotional or behavioral health concerns! Unable to attend in person? Often workshops are available as a webinar* by GoToMeeting™ with preregistration. Look for Special Events listed in Red print! Pre-registration is recommended, so we may notify you if a workshop is rescheduled or cancelled. Changes are posted on our Facebook page.

Call today to register free for any or all webinars! 1.800.264.9224

Androscoggin, Cumberland, Oxford & York Counties
Rebecca Williamson, CFPS, Regional Parent Support Coordinator, Ph: 207.713-2268 or Email: rwilliamson@crisisandcounseling.org

“Building a Bridge: Navigating Youth to Adult Transition” Presented by Rebecca Williamson, CFPS, 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.

Thursday, July 9, 2020 from 1-3 p.m.

“ACEs, Being a Trauma-Informed Parent: Linking Childhood Trauma to Long-Term Health & Social Consequence” Presented by Rebecca Williamson, CFPS, 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.

Tuesday, August 18, 2020 from 1-3 p.m.
“Grandparents Raising Grandchildren – Oh, My!” Presented by Rebecca Williamson, CFPS, Regional Parent Support Coordinator
Are you raising a second set of children at a time you thought you would be planning your retirement? This discussion will focus on specific issues that may be challenging for grandparents today and uncover ideas and solutions for greater success and less stress.

Tuesday, August 25, 2020 from 1-3 p.m.

“The Motivation Breakthrough: Six Secrets to Turning on the Tuned Out Child” by Author Rick Lavoie, M.A., M.Ed. Facilitated by Rebecca Williamson, CFPS, Regional Parent Support Coordinator
This workshop explores proven techniques, strategies and scripts - based on six possible motivational styles - that will revolutionize the way teachers and parents inspire children to succeed and achieve. Rick Lavoie explodes common myths and gives specific advice for motivating children.

Thursday, September 17, 2020 from 1-3 p.m.

Kennebec, Somerset & Franklin Counties
Diane Bouffard, CFPS, Team Leader & Regional Parent Support Coordinator, Ph: 207.612.8996 or Email: dbouffard@crisisandcounseling.org

Drive in Movie Summer Social Event – “Inside Out, A Disney-Pixar animated Movie”
“Do you ever look at someone and wonder what's going on inside their head? Disney-Pixar's Inside Out takes a rollicking journey into the mind to find the answer. Based in Headquarters, the control center of 11-year old Riley's mind, five emotions are hard at work, led by lighthearted optimist Joy. She strives to make sure Riley stays happy as she operates alongside fellow emotions Fear, Anger, Disgust and Sadness.”

Thursday, July 2, 2020 from 7:45 p.m. -10:15 p.m. at Skowhegan Drive-In Theater 201 Waterville Rd, Skowhegan
(Pre-registration is required)

“ADHD 101 - What We Want to Know but Forgot to Ask!” Presented by Diane Bouffard, CFPS, Team Leader & 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.

Tuesday, July 14, 2020 from 5-7 p.m.

“Non-Toxic Housekeeping Class” Presented by Diane Bouffard, CFPS, Team Leader & Regional Parent Support Coordinator
Save money and reduce your family's exposure to toxic cleaners! Join us and learn: how to avoid using toxic chemicals and still provide a clean, healthy and comfortable home; how to save money and time with simple cleaning techniques; and easy and inexpensive recipes to make safe, effective homemade household cleaners.

Wednesday, August 12, 2020 from 9-11 a.m.

Call 1.800.264.9224 to register for one or more of our free workshops or special events today!
If you are unable to attend in person you may join us remotely from your computer or mobile device! Workshops at locations marked with an asterisk (*) are available by Go ToMeeting, a live and interactive web-based interface. You must pre-register to utilize Go ToMeeting. Regional Parent Support Coordinators are available after workshops for parents or caregivers who would like additional support!
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“Team Up for Your Child” Presented by Diane Bouffard, CFPS, and Rebecca Williamson, CFPS, Regional Parent Support Coordinators

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.

    Thursday, August 20, 2020 from 9 a.m.-3 p.m. with breaks included

“Positive Behavioral Supports & Tantrum Management: Self-Preservation & Success in Parenting Children with Behavioral Health Needs” Presented by Jess Hall, 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, September 10, 2020 from 5:30-7:30 p.m.

Aroostook, Penobscot, Piscataquis, Hancock and Washington Counties
Shannan Boyorak, Regional Parent Support Coordinator, Ph. 944-4295 or Email: sboyorak@crisisandcounseling.org

“How Difficult Can This Be? The F.A.T. City Workshop” Video Presentation by Author Rick Lavoie, M.A., M.Ed. Facilitated by Shannan Boyorak, 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 parents, teachers, social workers, psychologists, youth 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.

    Monday, July 27, 2020 from 1-3 p.m.

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

    Tuesday, August 4, 2020 from 10 a.m.-12 p.m.

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“Zoom Fatigue is Real! Staying Socially Connected While Physically Distanced” Presented by: Chris McLaughlin, LCSW, Associate Vice President, Community & Pediatric Services, Northern Light Acadia Hospital
In this workshop, Chris will review some of the challenges associated with our new reality of this virtual world. He will talk about the features and warning signs of “Zoom Fatigue” and offer suggestions and ideas to keep kids engaged in social activities with a focus on fostering resiliency and creative problem solving. Chris will also address the realities of virtual learning environment and present ideas for families and caregivers to support their children during these times.

Wednesday, August 12, 2020 from 6-8 p.m.

“Do You Speak Teen? 'mnE Ps dnt bleev der is a gNR8N d/c b/t em n thr teen” Presented by Shannan Boyorak, Regional Parent Support Coordinator
Communicating with teens today is more challenging than ever but not impossible! This workshop will explore modern technology and give you some new ideas to peek into your teen's world. The framework of the 40 Developmental Assets® will also be shared. Minneapolis-based Search Institute® has identified 40 building blocks of healthy development - known as "developmental assets" - that help influence choices young people make and help them become caring and responsible adults.

Thursday, September 3, 2020 from 10 a.m.- 12 p.m.

This workshop is intended to help you learn and identify your current parenting style and recognize the large impact that it has on your child's development. We will review each of the four parenting styles. Through sharing of information and discussion you will be given the tools to use to evaluate both positive and negative influences in your lives and how it relates to your parenting style. Parents and caregivers can improve their skills by having and understanding of parenting styles, discipline, cultural influences and environmental issues.

Thursday, September 17, 2020 from 10 a.m.- 12 p.m.

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