



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! **During the Coronavirus Pandemic all workshops/events are available only as a webinar by GoToMeeting™ with pre-registration.** Look for our **Special Events** listed in **Red** print! Any changes or cancellations are also posted on the GEAR Parent Network Facebook page.

**Visit [www.gearparentnetwork.org](http://www.gearparentnetwork.org) to register or call 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](mailto:rwilliamson@crisisandcounseling.org)

**"Managing Stress: Strategies for Recognizing & Reducing Stress"** Presented by Rebecca Williamson, CFPS, Regional Parent Support Coordinator

We all have stress in our lives. The stress is even greater for parents of a child with behavioral health needs. Please join us in the conversation and discovery of what stress is, how stress affects us, how to differentiate between good and bad stress and learn about some different stress relief and reduction strategies that can help us to live healthier lives.

**Thursday, October 8, 2020 from 1-3 p.m.**

**"Surviving Parenting: Self-Care is NEVER Selfish"** Presented by Rebecca Williamson, CFPS, Regional Parent Support Coordinator

Self-care often becomes an afterthought for parents and caregivers. The ability to treat and understand oneself with respect and kindness can be especially elusive when raising a family. In this workshop, you will learn how stress and anxiety affect all of us and what you can do about it. You will do a self-care checkup and tools will be shared to create positive thinking. Join us to discover how to cope when your life is full but your energy tank is running on empty.

**Tuesday, October 20, 2020 from 1-3 p.m.**

**"What's Your Parenting Style? Identifying Your Style and How it Affects Your Interaction with Your Children"** Presented by Rebecca Williamson, CFPS, Regional Parent Support Coordinator

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 an understanding of parenting styles, discipline, cultural influences and environmental issues.

**Tuesday, November 24, 2020 from 1- 3 p.m.**

**“Do You Speak Teen? 'mne Ps dnt bleev der is a gNR8N d/c b/t em n thr teen”** Presented by Rebecca Williamson, CFPS, 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.

**Tuesday, December 15, 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](mailto:dbouffard@crisisandcounseling.org)

**“Take Action Against Bullying”** Presented by Diane Bouffard, CFPS, Regional Parent Support Coordinator

Bullying has become such a widespread problem it is now being recognized as a major mental health concern for children and youth, having been found to leave long-term emotional scars and psychological effects similar to anxiety disorders and post-traumatic stress. This workshop will help you identify the warning signs of both the victim and the bully. Prevention and effective coping skills will be explored.

**Tuesday, October 13, 2020 from 5-7 p.m.**

**“Seasonal Affective Disorder”** Presented by Diane Bouffard, CFPS, 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 workshop learning about SAD and how to deal with it.

**Wednesday, November 18, 2020 from 9-11 a.m.**

**“Managing Stress During the Holidays”** Presented by Presented by Diane Bouffard, CFPS, Regional Parent Support Coordinator

The holiday season is here! While it is meant to bring feelings of love and cheer, it's also the harbinger of stress for many of us. Join us and learn a few simple tips you could try to help reduce holiday stress before it begins so that it remains at a positive level rather than an overwhelming one.

**Tuesday, December 8, 2020 from 5:30-7 p.m.**

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## Waldo, Knox, Lincoln & Sagadahoc Counties

Jess Hall, Regional Parent Support Coordinator, Ph. 322-7618 or Email: [jhall@crisisandcounseling.org](mailto:jhall@crisisandcounseling.org)

### **"What are Family Peer Specialists and How do they Support Maine Families?"**

The Family Peer Specialist (FPS) role has been in Maine to support families who have children/youth with special medical, emotional and behavioral health needs for over 25 years. During the past 10 years this role has quickly evolved to being one of not only providing emotional support and resource sharing to also reducing feelings of isolation by providing opportunities to learn from and support each other; build family protective factors, resiliency and strength; and practice vital parenting skills in an environment free from shame, blame and judgment. Join us to learn about the family organizations in Maine who offer free parent peer support, the three levels of parent support, FPS credentialing, role functions and the benefits to the family and service delivery system when family peer specialists are utilized!

**Thursday, October 15, 2020, from 6-8 p.m.**

### **"Take Action Against Bullying"** Presented by Jess Hall, Regional Parent Support Coordinator

Bullying has become such a widespread problem it is now being recognized as a major mental health concern for children and youth, having been found to leave long-term emotional scars and psychological effects similar to anxiety disorders and post-traumatic stress. This workshop will help you identify the warning signs of both the victim and the bully. Prevention and effective coping skills will be explored.

**Thursday, October 29, 2020 from 6-8 p.m.**

### **"Parenting with Dignity-Picking up This Ball Is a Victory for All" Facilitated by Jess Hall, Regional Parent Support Coordinator**

G.E.A.R. Parent Network invites you to pick up the ball and run with it through a multi-part 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. Topics include:

- Session 1: A Model of Human Performance and Five Rules for Parents - Tuesday, November 3, 2020 from 6-8:30 p.m.**
- Session 2: Discipline, Deciding what you Want - Part 1 and 2 - Thursday, November 5, 2020 from 6-8:30 p.m.**
- Session 3: Sending a Constant Message of Love - Part 1 and 2 - Tuesday, November 10, 2020 from 6-8:30 p.m.**
- Session 4: Teaching Your Values to Your Kids and Goal Setting - Thursday, November 12, 2020 from 6-8:30 p.m.**
- Session 5: The Reasons Punishment Doesn't Work - Tuesday, November 17, 2020 from 6-8:30 p.m.**

### **"Ho-Ho-Ho Holiday Fun! Creating a Cookie Jar Mix Gift!"** Facilitated by Jess Hall Regional Parent Support Coordinator

During this family activity you will create a homemade gift from your kitchen to show family and friends you truly care! Join us for fun in creating a cookie jar mix as a gift for that special someone. You will also personalize your jar by painting it and/or adding a topper, a tag and a simple ribbon or bow for a one of a kind touch. **Note: You will need a wide mouth quart canning jar and we will send a list of needed ingredients upon registration for you join in the fun with your kids.**

**Saturday, December 5, 2020 from 10 a.m. -12 p.m.**

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**“Ho-Ho-Ho Holiday Fun! Creating Salt Dough Ornaments!”** Facilitated by Jess Hall Regional Parent Support Coordinator

During this family holiday craft activity for any age we will share a simple 3-ingredient salt dough recipe that we will be using to create Salt Dough Ornaments. Let's have fun together, be creative and leave you with a little memory to hold on to or have a personal gift to give this holiday season!

Thursday, December 10, 2020 from 5:30 to 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](mailto:sboyorak@crisisandcounseling.org)

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

Shannan Boyorak, 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 and educators of children with behavioral health issues, however all are welcome.

Monday, October 26, 2020 from 1-3 p.m.

**“ADHD 101 - What We Want to Know but Forgot to Ask!”** Presented by Shannan Boyorak, 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, treatment and management. Come and join in the conversation as we journey together toward greater success.

Tuesday, November 10, 2020 from 1-3 p.m.

**“Disaster Preparedness 101: Families Prepare and Empower Themselves to Persevere Through Traumatic Events and Unexpected Disaster”** Presented by Shannan Boyorak, Regional Parent Support Coordinator

When disaster strikes will you be ready? Flooding, blizzards, high wind, and intense storms with power outages are common disasters in Maine. This workshop focuses on the reactions and needs of children and adolescents in times of unexpected disaster. This workshop focuses on the reactions and needs of children and adolescents in times of unexpected disaster. Participants will learn how to engage their communities and emergency teams to effectively respond to the unique health and well-being needs of their children and youth. Families will begin to plan and prepare for an emergency evacuation and learn strategies to make the unforeseen event more bearable and less traumatic.

Thursday, November 19, 2020 from 10 a.m.-12 p.m.

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**"Helping Your Child Manage Their Meltdowns"** Presented by Shannan Boyorak, Regional Parent Support Coordinator

Are you feeling like you are always walking on eggshells when dealing with your child's meltdowns? (Professionals call this "dysregulation") 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, December 3, 2020 from 1-3 p.m.**

**"Ho-Ho-Ho! Holiday Activities!"** Facilitated by Shannan Boyorak, Regional Parent Support Coordinator

"Join us for some online Holiday Cheer! We will be celebrating the season with some great holiday themed games and a fun painting activity for the whole family to enjoy, so gather your family and join us in having some fun!"

**Friday, December 18, 2020 from 6-8 p.m.**



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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