



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! **For safety during the Coronavirus Pandemic all workshops/events are virtual as a webinar by GoToMeeting™ with pre-registration.** Look for our **Special Events** listed in **Red** print! Cancellations/changes are posted on the G.E.A.R. Parent Network Facebook page.

Visit 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

"Helping Your Child Manage Their Meltdowns" Presented by Rebecca Williamson, CFPS, Regional Parent Support Coordinator

Are you feeling like you are always walking on eggshells when dealing with your young child's meltdowns? (Professionals sometimes call these behaviors "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.

Tuesday, January 19, 2021 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, February 9, 2021 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, February 23, 2021 from 1-3 p.m.

“Team Up for Your Child” Presented by Rebecca Williamson, CFPS, Regional Parent Support Coordinator

Families of children and youth with autism, ADD/ADHD, behavioral and developmental disorders, or any type of special health needs will find practical strategies in this step-by-step guide designed by parent and Author Wendy Besmann Lowe 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 and supports. 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.

Saturday, March 13, 2021 from 10 a.m-4 p.m.

“ADHD 101 - What We Want to Know but Forgot to Ask!” Rebecca Williamson, CFPS, 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, March 16, 2021 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

Understanding Augmentative and Alternative Communication (AAC) Presented by Sarah Judge, G.E.A.R. Family Peer Specialist

AAC refers to systems and devices that aid communication for those who find it difficult to speak. Children and adults with severe speech or language problems may need to find other ways to communicate. We all use forms of AAC every day. You may have seen someone write in a notebook to answer a question or perhaps you have seen people using gestures to communicate or seen someone point to pictures or push buttons on a computer that speaks for them. These are all forms of augmentative and alternative communication, or AAC. Join us to learn what AAC is, what the benefits are and who can assess what might be the best type of system or devices for the child or person.

Tuesday, January 12, 2021 from 5-7 p.m.

“Disaster Preparedness 101: Families Prepare and Empower Themselves to Persevere Through Traumatic Events and Unexpected Disaster” Presented by Diane Bouffard, CFPS, Team Leader and 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 - even a pandemic. This workshop focuses on the reactions and needs of children and adolescents in times of unexpected disaster. Participants will learn how to become prepared, engage their communities and emergency teams to effectively respond to the unique health and well-being needs of their children and youth. You will learn begin to plan and prepare for an emergency evacuation and learn strategies to make the unforeseen event more bearable and less traumatic.

Wednesday, February 17, 2021 from 9-11a.m.

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Tuesday, March 23, 2021 from 5:30-7 p.m.

Waldo, Knox, Lincoln & Sagadahoc Counties

Jess Hall, Regional Parent Support Coordinator, Ph. 322-7618 or Email: jhall@crisisandcounseling.org

"What's Your Parenting Style? Identifying Your Style and How it Affects Your Interaction with Your Children" Presented by Jess Hall, 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.

Thursday, January 14, 2021 from 6-8 p.m.

"ACEs, Being a Trauma-Informed Parent: Linking Childhood Trauma to Long-Term Health & Social Consequence" Presented by Jess Hall, 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.

Thursday, January 21, 2021 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 former 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, February 9, 2021 from 6-8:30 p.m.

Session 2: Discipline, Deciding what you Want - Part 1 and 2 - Thursday, February 11, 2021 from 6-8:30 p.m.

Session 3: Sending a Constant Message of Love - Part 1 and 2 - Tuesday, February 16, 2021 from 6-8:30 p.m.

Session 4: Teaching Your Values to Your Kids and Goal Setting - Thursday, February 18, 2021 from 6-8:30 p.m.

Session 5: The Reasons Punishment Doesn't Work - Tuesday, February 23, 2021 from 6-8:30 p.m.

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“Impulsivity & Disruptive Behaviors in Children & Youth” Presented by Jess Hall, 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.

Thursday, March 11, 2021 from 6-8 p.m.

“Helping Your Child Manage Their Meltdowns” Presented by Jess Hall, Regional Parent Support Coordinator

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Thursday, March 25, 2021 from 6-8 p.m.

Aroostook, Penobscot, Piscataquis, Hancock and Washington Counties

Shannan Boyorak, Regional Parent Support Coordinator, Ph. 944-4295 or Email: sboyorak@crisisandcounseling.org

“LGBTQ+ Youth” Presented by: Chris McLaughlin, LCSW, Associate Vice President, Community & Pediatric Services, Northern Light Acadia Hospital

In this interactive webinar, Chris will provide an overview of the concerns many LGBTQ+ youth face and will present on the alarming statistics that impact this group of young people. Chris will review the common terms associated with this population of youth and will discuss how families and providers can work to create an affirming and safe space for these youth. This webinar will also cover other topics such as the importance of pronouns and healthcare disparities. Chris will be prepared to answer any questions participants have and is eager to provide any support to families who are coping with the coming out process of their own children.

Thursday, January 28, 2021 from 6-8 p.m.

“Suicide Prevention Awareness in our Youth” Presented by: Greg A Marley, LCSW, Director of Suicide Prevention, NAMI Maine

The US and Maine have experienced an increase in suicide rates across all ages during the past decade. The increase among youth is the largest of any age group. Suicide is a mostly preventable tragedy, and prevention rests on the intervention and support of caring and concerned people armed with information about suicide and with the willingness to intervene. This session is for anyone who wants to prepare themselves as a resource for prevention. It includes basic information about suicide, how to talk about it and some of the key risk factors and warning signs that may indicate heightened risk. Learn how to ask about suicide and the resources to connect someone with the help they need. Because suicide prevention is up to all of us.

Thursday, February 11, 2021 from 6-8 p.m.

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“Eating Disorders in Youth and Young Adults” Co-Presented by: Chris McLaughlin, LCSW, Associate Vice President, Community & Pediatric Services, Northern Light Acadia Hospital and Sara Porter, LCSW, Clinical Supervisor, Acadia Pediatric Outpatient Services

In this interactive webinar, Sara and Chris will provide a review of the more common types of Eating Disorders that can impact youth and young adults. They will discuss the role that the media can play for these individuals as well. Education about the types of treatment that exist and how to best support youth affected by an Eating Disorder will also be reviewed.

Thursday, February 25, 2021 from 6-8 p.m.

“Managing Stress: Strategies for Recognizing & Reducing Stress” Presented by Shannan Boyorak, 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, March 4, 2021 from 1-3 p.m.

“Understanding Child Birth Order” Presented by Shannan Boyorak, Regional Parent Support Coordinator

Birth order is a fun and interesting topic. Research shows that a person's birth order has a direct link with his or her personality. These stereotypes on **birth order** may sound silly, but there is an interesting degree of scientific accuracy in their foundation. But does **birth order** influence personality, or is personality shaped based on the ages of siblings around them? Understanding **birth order** positions allows parents, guardians and teachers to guide and support children and strengthen positive qualities.

Thursday, March, 18 2021 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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