



# **2021 Annual Virtual Conference Parent Pandemic Survival Toolkit**

Join as we share information you need to know to navigate mental health, educational, and vaccination topics during these unsure times. Gain the knowledge that will empower you to make decisions and increase positive outcomes for you, your children, and your family.

***March 16-17 & 23-24***

More Information 

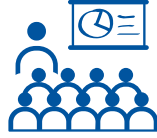
# Parent Pandemic Survival Toolkit

2021 ANNUAL CONFERENCE VIRTUAL EVENTS

**Tuesday, March 16th**

**9:00 AM - 10:30 AM**

*Back to In-Person Learning*



*Presented by Carrie Woodcock, Executive Director of Maine Parent Federation and Professor Michelle Grenier, Ph.D., C.A.P.E. an internationally recognized expert in the field of inclusion and adapted physical education.*

This webinar will include information on how to prepare your student and their IEP for back to in-person learning, how to evaluate their new present levels of performance, how to ask for the proper services, and how to gain access back into the general education setting.

## Register Here

[https://us02web.zoom.us/webinar/register/WN\\_rWbtQNU-QJWQabSHNh3N3Q](https://us02web.zoom.us/webinar/register/WN_rWbtQNU-QJWQabSHNh3N3Q)



# Parent Pandemic Survival Toolkit

2021 ANNUAL CONFERENCE VIRTUAL EVENTS

**Tuesday, March 16th**

**1:00 PM- 3:00 PM**

*Recognizing the Signs of Suicide Risk  
and Navigating the Systems of Care.*



*Presented by: Richard Chamblings LCSW, MHRT-C, MHRT-CSP,  
Clinical Director, Crisis and Counseling Centers. Rich has over  
33 years of residential, inpatient, outpatient, emergency  
department, case management and crisis behavioral health  
treatment experience*

This presentation will be a general overview of suicide statistics, in both Maine, and nationally. You will learn how to recognize early signs of potential elevated suicide risk, risk assessments, and how to navigate the system of care to effectively gain access to treatment and/or support that is needed. This presentation will allow time for participants to share current or past experiences navigating the system of care and problem solve any barriers there may have been.

## Register Here

[HTTPS://GEARPARENTNETWORK.ORG/EVENT/RECOGNIZING-THE-SIGNS-OF-SUICIDE-RISK-AND-NAVIGATING-THE-SYSTEM-OF-CARE/](https://gearparentnetwork.org/event/recognizing-the-signs-of-suicide-risk-and-navigating-the-system-of-care/)



# Parent Pandemic Survival Toolkit

2021 ANNUAL CONFERENCE VIRTUAL EVENTS

**Wednesday, March 17th**

**9:00 AM- 10:30 AM**



*Surviving Parenting: Self-Care is NEVER Selfish*

*Presented by Diane Bouffard, CFPS, Team Leader,  
G.E.A.R. Parent Network*

Self-care often becomes an afterthought for parents and caregivers and during this pandemic it is even more vital parents and caregivers take good care of themselves both emotionally and physically. The ability to treat and understand oneself with respect and kindness can be especially elusive when raising a family and during times of significant stress. 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 we will share tools to help decrease stress and create positive thinking. Join us to discover how to take care of yourself and cope when your life is full but your energy tank is running on empty.

**Register Here**

[HTTPS://GEARPARENTNETWORK.ORG/EVENT/SURVIVING-PARENTING-SELF-CARE-IS-NEVER-SELFISH-3/](https://gearparentnetwork.org/event/surviving-parenting-self-care-is-never-selfish-3/)



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2021 ANNUAL CONFERENCE VIRTUAL EVENTS



**Wednesday, March 17th**

**1:00-2:30 PM**

*Parent Support Group*

Join MPF and G.E.A.R. Parent Network staff for a parent support group meeting to connect with other families who are navigating similar circumstances and challenges. Bring your questions about mental health, school issues, and vaccinations and our staff will provide you with the information, resources, and referrals to assist you in getting your needs met. During the past year with the stress, anxiety, and isolation due COVID-19, having someone to talk to has become even more vital! The group will be facilitated by parents for parents. We have been there; we know how you feel, and **you are not alone!**

**Register Here**

[HTTPS://GEARPARENTNETWORK.ORG/EVENT/PARENT-SUPPORT-GROUP/](https://gearparentnetwork.org/event/parent-support-group/)



# Parent Pandemic Survival Toolkit

2021 ANNUAL CONFERENCE VIRTUAL EVENTS

**Tuesday, March 23rd**

**9:00 AM - 10:30 AM**

*Impulsivity & Disruptive Behaviors  
in Children and Youth*



*Presented by Cindy Seekins, CFPS, Director, G.E.A.R. Parent Network*

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.

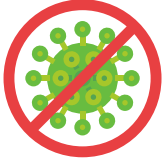
## Register Here

[HTTPS://GEARPARENTNETWORK.ORG/EVENT/IMPULSIVITY-DISRUPTIVE-BEHAVIORS-IN-CHILDREN-YOUTH/](https://gearparentnetwork.org/event/impulsivity-disruptive-behaviors-in-children-youth/)



# Parent Pandemic Survival Toolkit

2021 ANNUAL CONFERENCE VIRTUAL EVENTS



**Tuesday, March 23rd**  
**1:00 PM - 3:00 PM**  
*Vaccination Information*

Join Dr. Amy Belisle, MD, MBA and Chief Child Health Officer Maine Department of Health and Human Services and Dr. Lisa Letourneau, MD, MPH a Senior Advisor and Delivery System Change in the Department of Health and Human Services. They will provide the most recent information around vaccinations in the state of Maine.

## Register Here

[https://us02web.zoom.us/webinar/register/WN\\_WRgXlWMoSeWohHN1pJppXA](https://us02web.zoom.us/webinar/register/WN_WRgXlWMoSeWohHN1pJppXA)



# Parent Pandemic Survival Toolkit

2021 ANNUAL CONFERENCE VIRTUAL EVENTS

**Wednesday, March 24th**  
**9:00 AM - 10:30 AM**  
*Compensatory Education*



Join Ben Jones and Atlee Reilly, Attorneys in Special Education at Disability Rights Maine. They will provide information in regards to what COVID-19 Compensatory Services are, when it is appropriate to request these services, and how to request these services.

## Register Here

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# Parent Pandemic Survival Toolkit

2021 ANNUAL CONFERENCE VIRTUAL EVENTS



**Wednesday, March 24th**  
**1:00 PM - 3:00 PM**  
*Katie Beckett Waiver*

Join Dylan Campbell and Jodie Hall, Maine Parent Federation Parent Trainers, for a webinar on the Katie Beckett waiver. You will learn what the waiver is, what services you can receive through Katie Beckett, and how to apply for the Katie Beckett waiver.

## Register Here

[https://us02web.zoom.us/webinar/register/WN\\_BuaZFe4mSdqvMqmEBcVGSg](https://us02web.zoom.us/webinar/register/WN_BuaZFe4mSdqvMqmEBcVGSg)

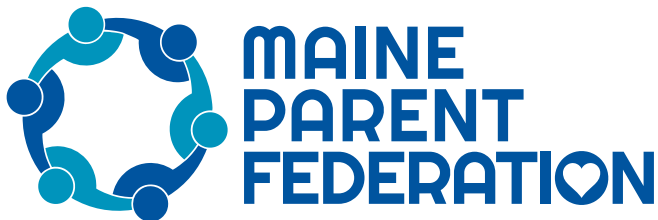


We hope to see you there!  
Please stay connected with  
both of our organizations.



1-800-264-9224

<https://gearparentnetwork.org/>



1-800-870-7746

207-588-1933

<http://mpf.org/>

