



Join us for *Parent Learning & Support*

All are virtual unless otherwise indicated by location

Visit www.gearparentnetwork.org to register or call 1 (800) 264-9224

Kennebec, Somerset & Franklin Counties

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

Restorative Practices: Restorative Approaches in the Family and Family Group Decision Making Presented by Diane Bouffard, CFPS, Team Leader

What do restorative practices mean and how can families utilize them at home? This workshop and discussion will explore the meaning and reasons for restorative practices at school, within juvenile justice and how families can benefit from these practices at home.

Tuesday, July 13, 2021 from 1-3 p.m.



"G.E.A.R. Annual Family Picnic" Facilitated by Diane Bouffard, CFPS, Team Leader

Lake George Regional Park is a family-friendly park that offers swimming, hiking, boating and fishing. Free entrance for families and kids to come and join us for this fun and relaxing social event! We are located on the west side of the park on a large peninsula with three sides of water where the picnic will be. This park offers swimming from a sandy beach or a rocky shore and is a great relaxing place to enjoy the sun or shade! A picnic buffet lunch will be provided and picnic tables are available but please bring your lawn chairs or blankets for additional seating. We will have fun activities too for both kids and adults alike! Don't forget your beach apparel, towels and sunscreen! There are no lifeguards on duty so parents are responsible for watching their kids.

Saturday, July 24, 2021, from 10 a.m.-3 p.m. at Lake George Regional Park, West Side, Route 2, 10 Main St. Canaan

Registration is required at 1-800-264-9224 and admission is free. Rain date is Saturday, July 31, 2021.

What Disabilities Qualify for Special Education Under IDEA? Presented by Diane Bouffard, CFPS, Team Leader

This workshop will provide an overview of children's disabilities, special education qualifying conditions under the Individuals with Disabilities Education Act (IDEA), and possible accommodations to make your child's school experience a successful one. We also will review local and statewide resources available to your child and family.

Wednesday, September 8, 2021 from 10-12 p.m.

Supportive Educational Workshops, **Special Events and Activities** listed in red print and 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.** Cancellations/changes are posted on the G.E.A.R. Parent Network Facebook page.

"FAMILY EMPOWERMENT INSTITUTE - Building Parent Capacity for Collaboration, Planning and Coping" Presented by Cindy Seekins, CFPS, Director

The *G.E.A.R. Parent Network* is seeking parents who truly want to make a difference to participate in The *Family Empowerment Institute* for 2 full-days of training. At the *G.E.A.R. Parent Network* we believe that extensive collaboration of providers, communities, government and parents is necessary in achieving wellness for our children with emotional, behavioral or mental health challenges. The *G.E.A.R. Parent Network* has developed a **training institute** to help parents acquire skill sets in advocacy that are necessary for effective collaborations. This training is designed by parents for Maine parents who are raising kids with emotional, behavioral, substance use or mental health concerns who want to become more skilled and effective. The parents who participate in this training can utilize the knowledge and skills in their own family, in helping other families, or at local, state and national levels (paying it forward). Attendance will be limited to 10 parents. Each parent will receive a \$100 stipend for each full day of participation (\$200 total).

Thursday and Friday, September 23 and 24, 2021 from 9 a.m.-4 p.m. (Virtual)

Hancock, Waldo, Knox, Lincoln & Sagadahoc Counties

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

"What's Your Parenting Style? Identifying Your Style and How it Affects Your Interaction with Your Children.

Presented by Shannan Boyorak, 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 and understanding of parenting styles, discipline, cultural influences and environmental issues.

Tuesday, July 20, 2021 from 1-3 p.m.

"Summer Safety: Keeping it Cool, Preventing Heat Related Illness and Sun Safety for Children" Facilitated by Shannan Boyorak, CFPS, Regional Parent Support Coordinator

Sunburn, heat cramps, heat stroke and skin cancer often are not thought of when you are enjoying the outdoors. Learn about the importance of keeping your children and yourself safe while having fun in the sun! Parents are welcomed in sharing their challenges and ideas how they deal with the sun protection and other summertime problems.

Tuesday, August 10, 2021, from 1-3 p.m.

"Grandparents Raising Grandchildren - Oh, My!" Presented by Shannan Boyorak, 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, September 21, 2021 from 1-3 p.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 GoToMeeting. Regional Parent Support Coordinators are available after workshops for parents or caregivers who would like additional support!

Aroostook, Penobscot, Piscataquis and Washington Counties

Elizabeth Consalvi, Regional Parent Support Coordinator, Ph 270-0487 or Email: econsalvi@crisisandcounseling.org

“It’s So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success” by Author Rick Lavoie, M.A., M.Ed. Facilitated by Elizabeth Consalvi, Regional Parent Support Coordinator

Are you concerned that your child has no friends? Do you watch your child struggle with social isolation and rejection? This workshop will identify specific reasons why children with learning disabilities have difficulty with social interaction. Parents and caregivers will learn practical strategies to assist children in gaining peer acceptance and developing age appropriate social skills.

Monday, July 26, 2021 from 1-3 p.m.



Family Fun Beach Day! Hosted by Elizabeth Consalvi and Shannan Boyorak, CFPS, Regional Parent Support Coordinators

Join us at Morgan’s Beach on the western shore of Cold Stream Pond. The grounds include a sandy beach, picnic area, playground, changing rooms, bathrooms along with refreshments sold at the Trap Shack. Free entrance so come and join us for this fun and relaxing social event – bring your own sunscreen, blankets, chairs, towels and toys and have some fun!

Saturday, August 7, 2021 from 10 a.m.-3 p.m. at Route 155, Enfield-Lincoln Rd, Enfield – Rain date is August 14th.

“Building a Bridge: Navigating Youth to Adult Transition” Presented by Shannan Boyorak, 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.

Wednesday, September 1, 2021 from 10-12 p.m.

Androscoggin, Cumberland, Oxford & York Counties

Open full time position for Regional Parent Support Coordinator. Call 1-800-264-9224 for support or to register to attend a workshop!

“Toxic Chemicals and Our Children’s Developing Brains” Presented by Cindy Seekins, CFPS, Director

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.

Thursday, July 1, 2021 from 10 a.m.-12 p.m.

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"The Motivation Breakthrough: Six Secrets to Turning on the Tuned Out Child" Video Presentation by Author Rick Lavoie, M.A., M.Ed. Facilitated by Diane Bouffard, 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. With empathy and understanding, he offers parents and teachers the key to unlocking enthusiasm and responsiveness, proving any child can be motivated to learn.

Thursday, July 8, 2021 from 1-3 p.m.

"Create a Calming Bottle for or With Your Kids" Facilitated by Diane Bouffard, CFPS, Regional Parent Support Coordinator

We have a simple 4-item activity to create a unique calming bottle for children that sometimes can help to distract them help them calm down. Let's have some fun together and help you add another tool from your toolbox to help your child calm down. You will need to have on hand: a clean small plastic bottle (juice or soda) with cover, Elmer's glue or any washable clear glue and glitter -1/4 cup or more and warm water. Join us for this fun inexpensive family craft activity for any age!

Tuesday, August 3, 2021 from 10-11a.m.

"Virtual Support Group Time" Occurring every **Wednesday from 1-2:30 p.m.** Call 800.264.9224 to register and receive virtual link.

You are NOT Alone! Parenting and raising a child/youth is often challenging, however even more so with a child with an emotional or behavioral health concern. Join us in this safe place with no shame, blame or judgment from comfort of your home on your tablet or smart phone and chat with other parents who share similar life experiences. If you are a parent wanting support, or a parent/caregiver of a child with behavioral, emotional, or developmental health needs, please consider joining to meet and compare notes with other parents who truly understand the journey you are on.



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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