



## Join us for **Parent Learning & Support**

For parents/caregivers/educators/providers of children and youth with emotional/behavioral health concerns. All are held virtual unless otherwise indicated

Visit [www.gearparentnetwork.org](http://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](mailto:dbouffard@crisisandcounseling.org)

#### **"Surviving Parenting: Self-Care is NEVER Selfish"** Presented by

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, July 12, 2022 from 6-8 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 light picnic buffet lunch will be provided and picnic tables are available but please bring your lawn chairs or blankets for additional seating. If you have special dietary needs please do bring your own lunch. 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.

**Sunday, July 17, 2022, from 10 a.m.-2 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 23rd, 2022.

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**“What’s Your Parenting Style? Identifying Your Style and How it Affects Your Interaction with Your Children.** Presented by Diane Bouffard, 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.

**Thursday September 8, 2022 from 10a-12 p.m.**

**Androscoggin, Cumberland, Oxford & York Counties**

Heather Williams, Regional Parent Support Coordinator, Ph: 207-705-1353 or Email: [hwilliams@crisisandcounseling.org](mailto:hwilliams@crisisandcounseling.org)

**“Grandparents Raising Grandchildren Oh, My!”** Presented by Heather Williams, Regional Parent Support Coordinator

Are you raising a second set of children or youth 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.

**Thursday, July 14<sup>th</sup>, 2022 from 10a-12p**

**“Transitioning to Kindergarten: For Parents of Children with Disabilities”** Presented by Allison Wiest, Parent Trainer and Dylan Campbell, Parent Trainer/Youth Coordinator, Maine Parent Federation

The transition to kindergarten is a big deal! While transitioning to school is an exciting time, it can also be a time filled with many unknowns especially for parents of children with disabilities or special healthcare needs. This workshop maps out the process of the transition, provides tools to help parents navigate special education, tips for IEP meetings, and resources to help your child adjust to the school community.

**Monday, August 1, 2022 from 10a-12p**

**“Seasonal Affective Disorder”** Presented by Heather Williams, 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 time learning about SAD and how to deal with it.

**Saturday, September 17, 2022 from 10a-12p**

**“Parenting after Incarceration”** Presented by Bruce King

One of the many challenges parents and caregivers face after incarceration is how to successfully reunite with their children. Greater success and confidence can be achieved by learning about resiliency and how to build upon it with knowledge, skills and supports. Bruce King, father of two, will share his experience with parenting after incarceration. Join us for this interactive workshop.

**Thursday, September 22, 2022 from 6-8 p.m.**

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## Hancock, Waldo, Knox, Lincoln & Sagadahoc Counties

Shannan Boyorak, CFPS, Regional Parent Support Coordinator, Ph. 207-944-4295 or email: [sboyorak@crisisandcounseling.org](mailto:sboyorak@crisisandcounseling.org)

### **"Building Stronger Families Through Effective Communication"** Presented by Shannan Boyorak, CFPS, Regional Parent Support Coordinator

"Effective communication skills are vitally important for thriving family relationships. Using tools such as non-violent and non-verbal communication can improve our ability to resolve conflicts that arise and strengthen bonds within families. As parents, we can master these skills and model them for our children. Join us for an educational afternoon that will cover the various strategies that are at the heart of good communication."

**Tuesday, July 19, 2022 from 1-3 p.m.**

### **"Understanding Child Birth Order"** Presented by Presented by Shannan Boyorak, CFPS, Regional Parent Support Coordinator

Birth order is a fun and interesting topic you may have not have considered. 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.

**Tuesday, August 9, 2022 from 10a-12p**



### **Family Fun Beach Day!** Hosted by Jen Smith 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. Bring your own sunscreen, blankets, chairs, toys & towels! Entrance is free so join us for this fun and relaxing social event with other parents and their kids!

**Saturday, August 13, 2022 from 10 a.m.-2 p.m. at Route 155, Enfield-Lincoln Rd, Enfield.**

### **What Disabilities Qualify for Special Education Under IDEA?** Presented by Shannan Boyorak, CFPS, Regional Parent Support Coordinator

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.

**Tuesday, September 6, 2022 from 6-8 p.m.**

### **"ACEs, Being a Trauma-Informed Parent: Linking Childhood Trauma to Long-Term Health & Social Consequence"** Presented by Shannan Boyorak, 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 demonstrates the connection between childhood trauma and a wide array of physical & 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.

**Saturday, September 10, 2022 from 10-12**

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## Aroostook, Penobscot, Piscataquis and Washington Counties

Jennifer Smith, Regional Parent Support Coordinator, Ph 207-762-4411 or email: [jensmith@crisisandcounseling.org](mailto:jensmith@crisisandcounseling.org)

**“Summer Safety: Keeping it Cool! Preventing Heat Related Illness and Sun Safety for Children”** Presented by Jennifer Smith, Regional Parent Support Coordinator

Sunburn, heat cramps, heat stroke and skin cancer often are not thought of when you are enjoying the outdoors. Come learn about the importance of keeping your children and yourself safe while having fun in the sun! Parents will share their challenges and also some ideas how they deal with the sun protection and summertime issues.

**Thursday, July 21, 2022 from 10a-12p**

**“Ask a Speech Therapist”** Presented by Sarah Porter MS, CCC SLP and Amanda Trickey MS, CCC SLP

This workshop will provide an overview of what speech therapy services are as well as provide parents and caregivers tips how to encourage your child's speech and language development at home. Two speech therapists will share information on milestones for speech and language skills your infant, toddler and preschool child should be demonstrating in addition to an opportunity to ask your questions.

**Tuesday, August 16, 2022 from 6-7:30 p.m.**

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

**Tuesday, September 20, 2022 from 10a-12p**

**“Raising a Reader”** Presented by Jennifer Smith, Regional Parent Support Coordinator

Why is raising a reader so important? On a basic level, reading is a fundamental part of existing. Think about your typical day. How often are you reading something - street signs, reports, emails, grocery labels, medication, newspapers, websites, and stories to our kids? This workshop offers an understanding of how to engage your child in reading. Reading to our children routinely in their early years increases their language development, helps your child develop an attention span and concentration skills. A child who reads well is more likely to develop positive self-esteem, independence and many other skills needed to last throughout their life.

**Friday, September 30, 2022 from 10a-12p**



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**

