

Register here!
<https://gearparentnetwork.org/events/>



Parent Education & Support

*Our workshops are held virtually and on location when specified. **Red listings** are special social events for families only. These are not recorded in order to safeguard the personal information shared by participants related to the topics during these interactive trainings.

You are NOT Alone! If you are a parent wanting support, or are a parent/caregiver of a child with behavioral, emotional, or developmental health needs, please consider joining us to meet and compare notes with other parents who truly understand the journey you are on. 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 the comfort of your home on your tablet or smart phone and chat with other parents who share similar life experiences.

July 14, 2023 from 10-12 p.m.

"Empowering Young Adults with ID/DD" Presented by Dan Kipp (he/him) Project Director "Launching & Expanding Youth Self-Advocacy," funded by the Office of Aging & Discrimination Services (OADS) and led by Disability Rights Maine (DRM) and Speaking Up For Us (SUFU); and Jaheim Franklyn (he/him) a Self-Advocate Trainer. Dan and Jaheim believe the youth self-advocacy movement requires parents who support their young adults in stepping into their own power, and they look forward to working with you!

Young adults with intellectual and developmental disability labels are more capable, more fulfilled, and safer when parents support their empowerment. In this workshop, parents will explore how being an ally to their young adult's independence can not only support individual development but also the strengthen relationships. Come learn skills and resources for supported decision-making and self-advocacy!

July 18, 2023 from 3-5 p.m.

"Marijuana in the New Millennium" Presented by Tara K. Young, MBA, Healthy Acadia, Drug Free Communities Program Coordinator, Hancock County. Tara's work is to prevent youth substance use and she supports youth-led and youth-serving programming that builds young people's resilience and strengthens youth leadership on issues of public health, restorative practices, and social justice.

Marijuana products have significantly changed in the past 10-15 years since medical and retail products have become legal. We will discuss the way new products, trends, and issues are currently presenting, as well as the concerns and risks of marijuana use, legalization, and the impact on the health and wellness of youth, families and communities. Discussion and questions are encouraged during and after the presentation.

Call 1.800.264.9224 to register for one or more of our free workshops or special events today!

Join us from your computer or mobile device virtually by GoToMeeting, a live and interactive web-based interface. **You must pre-register @ <https://gearparentnetwork.org/events/>** to utilize GoToMeeting. Workshops also at locations as listed. Regional Parent Support Coordinators are available after workshops for parents or caregivers who would like additional support!

August 1, 2023 from 4-6 p.m. on location only at Coastal Recovery Community Center, 11 White Street, Rockland

"What are Family Peer Specialists and how do they Support Maine Families?"

Shannan Boyorak, CFPS, Regional Parent Support Coordinator

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 you free parent peer support, the three levels of support, FPS role/credentialing and the benefits to the family and service delivery system when family peer specialists are utilized!

August 3, 2023 from 10 a.m. -12 p.m.

"How Difficult Can This Be? The F.A.T. City Workshop" Video Presentation by Author Rick Lavoie, M.A., M.Ed. Facilitated by

Presented by Diane Bouffard, CFPS, Team Leader and Regional Parent Support Coordinator

This unique and interactive program allows participants to experience the same Frustration, Anxiety and Tension that children with learning disabilities face in their daily lives. See how teachers, social workers, psychologists, parents, and friends who have participated in Richard Lavoie's workshop reflect upon their experience and the way it changed their approach to children who have a learning disability.



August 5, 2023 from 10 a.m. -2 p.m. at Route 155, Enfield-Lincoln Rd, Enfield.

Family Fun Beach Day! Hosted by Shannan Boyorak, CFPS, Regional Parent Support Coordinator

Join us at Morgan's Beach on the western shore of Cold Stream Pond. Entrance is free so join us for this fun and relaxing social event with other parents and their kids! 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!

August 10, 2023 from 10 a.m. -12 p.m.

"Do You Speak Teen? 'mne Ps dnt bleev der is a gNR8N d/c b/t em n thr teen" Presented by Heather Williams, 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.

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August 12, 2023 from 10 a.m. to 1 p.m. at the Tot Lot, Fish Hatchery Rd. (go to the end), Auburn

"G.E.A.R. Annual Family Picnic" Facilitated by Heather Williams, CFPS, Regional Parent Support Coordinator



A light picnic buffet lunch will be provided and picnic tables are available. Feel free to bring your lawn chairs or blankets for additional seating; and if you have special dietary needs please do bring your own food. We will have fun activities too for both kids and adults alike! Registration is required. Parents/caregivers are responsible for watching their kids.

September 21, 2023 from 10-12 pm.

"Defusing Challenging Behaviors: How to Effectively De-Escalate Your Child" Presented by Heather Williams, CFPS, Regional Coordinator and Cindy Seekins, CFPS, Director

What is the best way to quickly defuse your child's challenging behavior in the heat of the moment? Yelling at them? Punishing them? Grounding them in their room for a week? Or giving "Show 'em who's BOSS" vibes. Using these harsh methods will only add fuel to the fire. And the point is NOT TO make things worse in those intense situations. Join us in learning to use different techniques that can help defuse a situation before it gets worse!

Weekly Ongoing Events -

"Nurturing Parenting for Families in Recovery" Held every Tuesday from 3:30-5 p.m. Facilitated by Diane Bouffard, CFPS, Team Leader/Regional Parent Support Coordinator Register online at: https://kvcap-org.zoom.us/meeting/register/tZcqdyprDsoG9W2oUPOu4cXdgWARNTx_Zha or call Jenny at 207-859-2521

If you are a parent, caregiver or working on your recovery and want to learn more about the effects of substance use on your family, parenting style, and your relationship with your child/youth, please join us for this FREE 17 week program. You will explore hands on activities, along with guided discussions to enhance your self-awareness and increase your ability to relate to your child/children in a safe and supportive environment surrounded by parents and caregivers who share similar life experiences. Join us to explore ideas and build skills; strengthen your connection with your child or youth!

"Virtual Parent Support Group" occurs weekly, every Wednesday from 1-2:30 p.m. <https://gearparentnetwork.org/events/> to register.

"Virtual Evening Parent Support Group" For those of you are able to attend only evenings - we are offering once a month on the 4th Tuesday of each month from 7:30-8:30 p.m. Facilitated by Robert Boulter, CFPS, Family Peer Specialist. <https://gearparentnetwork.org/events/> to register.

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Reach Us Directly:

Heather Williams, CFPS, Regional Parent Support Coordinator, Ph: 207-705-1353 or Email: hwilliams@crisisandcounseling.org covering Androscoggin, Cumberland, Oxford & York Counties

Diane Bouffard, CFPS, Team Leader & Regional Parent Support Coordinator, Ph: 207-612-8996 or Email: dbouffard@crisisandcounseling.org covering Kennebec, Somerset & Franklin Counties

Shannan Boyorak, CFPS, Regional Parent Support Coordinator, Ph. 944-4295 or Email: sboyorak@crisisandcounseling.org covering Hancock, Waldo, Knox, Lincoln & Sagadahoc Counties

Cindy Seekins, CFPS, Director, Ph: 207-441-7216 or Email: cseekins@crisisandcounseling.org contact for open position **Regional Parent Support Coordinator**, covering Aroostook, Penobscot, Piscataquis & Washington Counties



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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