



Join us for
Parent Learning & Support

*All are welcome to attend our free workshops & events which are held virtually and on location when specified. **Red listings** are special social events meant for families only. Note: These interactive trainings are not recorded in order to safeguard the personal information shared by participants.

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 either in person when specified below, or virtually from the comfort of your home and chat with other parents who share similar life experiences. **Register here** <https://gearparentnetwork.org/events/>

Ongoing Weekly Events -

"Nurturing Parenting for Families in Recovery" Held virtually every Tuesday afternoon from 3:30-5 p.m., Facilitated by Diane Bouffard, CFPS, Team Leader/Regional Parent Support Coordinator

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 12 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/youth 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! Register online at: https://docs.google.com/forms/d/e/1FAIpQLScpgJNGN2rk5Jn9mEZ4PIBDEKqv9IBGf_Pjks6ToNqjQJLIow/viewform or call Megan Dickinson at 207-859-1580.

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

Events held January through March 2024-

January 8, 2024 from 6-8 p.m. at RSU 25 Adult & Community Education, Bucksport High School 102 Broadway # 1
"Seasonal Affective Disorder or SAD" Presented by Shannan King, CFPS, Regional Parent Support Coordinator

Seasonal Affective Disorder can impact adults, teens, and children. It is estimated about 5% of the people experience SAD in the US and 4 out of 5 are women. 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 Seasonal Affective Disorder. Join us for an educational and STRESS-LESS evening learning about SAD and how to deal with it.

January 8, 2024 from 1-3 p.m.

"Building Stronger Families Through Effective Communication" Presented by Heather Williams, 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 in learning the various strategies that are at the heart of good communication.

January 9, 2024 from 6-8 p.m.

"Grandparents Raising Grandchildren Oh, My!" Presented by Sue Gagne, CFPS, and Cindy Seekins, Director
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.

January 11, 2024 from 6-8 p.m.

"Defusing Challenging Behaviors: How to Effectively De-Escalate Your Child" Presented by Heather Williams, CFPS, Regional Parent Support Coordinator

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 remain calm and use different techniques that can help defuse a situation before it gets worse!

January 16, 2024 from 10-12 p.m.

"Positive Behavioral Supports & Tantrum Management: Self-Preservation & Success in Parenting Children with Behavioral Health Needs" Presented by Heather Williams, CFPS, Regional Parent Support Coordinator

Do you sometimes feel like you don't know how to help your child? Children with behavioral health needs do not come with a manual! This workshop will offer a framework to understand the nature of your child's behavior and methods to flexibly respond to the needs your child presents. Positive behavioral supports emphasize practical ideas about how to meet your child where they are and utilize their motivation to increase success. Understanding and using Stage of Change concepts, maximizing provider involvement, and enhancing natural supports will be emphasized to provide usable tools that can be applied in a variety of real-life situations. Temper tantrums are disruptive behavior or emotional outbursts displayed in response to unmet needs or desires. Come and learn how to manage your child's tantrums by using positive behavioral supports!

January 17, 2024 from 10-12 p.m.

"Helping Your Child Manage Their Meltdowns" Shannan King, 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.

January 17, 2024 from 6-8 p.m.

"The Motivation Breakthrough: Six Secrets to Turning on the Tuned Out Child" by Author Rick Lavoie, M.A., M.Ed. Facilitated by Diane Bouffard, CFPS, Team Leader and Regional Parent Support Coordinator

This video 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

January 25, 2024 from 6-8 p.m.

"Disaster Preparedness 101: Families Prepare & Empower Themselves to Persevere Through Traumatic Events and Unexpected Disaster" Presented by Sue Gagne, CFPS, and Cindy Seekins, Director

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.

February 5, 2024 from 6-8 p.m. at RSU 25 Adult & Community Education, Bucksport High School 102 Broadway # 1

"Disaster Preparedness 101: Families Prepare & Empower Themselves to Persevere Through Traumatic Events and Unexpected Disaster" Shannan King, CFPS, Regional Parent Support Coordinator

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February 8, 2024 from 1-3 p.m.

"ADHD 101 - What We Want to Know but Forgot to Ask!" Presented by Sue Gagne, CFPS, and Cindy Seekins, Director

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; and treatment and management. Come and join in the conversation as we journey together toward greater success.

February 13, 2024 from 5-6 p.m.

"Engaging Together: A Collaboration for Family Success" Presented by Dylan Campbell, Maine Parent Federation

Join the conversation with GEAR Parent Network and Maine Parent Federation as we explore the transformative power of shared responsibility in family engagement. Discover strategies to connect schools, community agencies, and organizations with families in meaningful ways. Uncover insights, foster authentic connections, and contribute to the collective success of our communities in this dynamic webinar!

February 17, 2024 from 9-12 p.m.

"Success in Co-Parenting and Blending Families" Presented by Heather Williams, CFPS, Regional Parent Support Coordinator

Co-parenting can be very stressful and emotional. Join us to learn more about what some blended families encounter such as significant parenting differences, having false expectations as to what the relationships and family life will look like, how to manage the emotions and work on challenges, as well as seek outside help when needed. We will discuss ways to create a more unified and harmonious family unit truly setting your family up for success to ensure the best outcomes for your children.

February 22, 2024 from 6-8 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 Sue Gagne, CFPS, and Cindy Seekins, Director

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.

February 26, 2024 from 6-8 p.m.

"Last One Picked - First One Picked On: Learning Disabilities and Social Skills" by Author Rick Lavoie, M.A., M.Ed. Facilitated by Diane Bouffard, CFPS, Team Leader and Regional Parent Support Coordinator

Do you watch your child struggle with social isolation and rejection? This workshop will provide parents, caregivers, and teachers with strategies for teaching our kids the social skills they will need for success in social interaction. Participants will learn about positive traits for peer acceptance, student traits that teachers like, and the "hidden curriculum."

March 5, 2024 from 6-8 p.m.

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

March 9 and 16, 2024 from 9 a.m - 3 p.m.

"Parenting with Dignity-Picking up This Ball Is a Victory for All" Facilitated by Sue Gagne, CFPS, Regional Parent Support Coordinator and Cindy Seekins, Director

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 New England Patriots' quarterback Drew Bledsoe. Parenting with Dignity helps parents learn effective techniques for raising responsible, independent children. Topics include:

Day 1: A Model of Human Performance and Five Rules for Parents

Day 1: Discipline, Deciding what you Want-Part 1 and 2

Day 1 & 2: Sending a Constant Message of Love - Part 1 and 2

Day 2: Teaching Your Values to Your Kids and Goal Setting

Day 2: The Reasons Punishment Doesn't Work

March 12, 2024 from 10-12 p.m. “Do You Speak Teen? 'mnE Ps dnt bleev der is a gNR8N d/c b/t em n thr teen” Presented by Shannan King, 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.

March 18, 2024 from 6-8 p.m. at RSU 25 Adult & Community Education, Bucksport High School 102 Broadway # 1

“Non-Toxic Housekeeping Class” Shannan King, CFPS, Regional Parent Support Coordinator

Save money and reduce your family's exposure from toxic household cleaners! Join us and learn how to avoid using toxic cleaning chemicals and still provide a clean, healthy and comfortable home; how to save money and time with simple cleaning technique; easy and inexpensive recipes to make safe and effective homemade household cleaners.

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

Call 1.800.264.9224 or go to www.gearparentnetwork.org to register for any of these free workshops today! You must pre-register to attend virtually via GoToMeeting. **Special Events** are listed in Red print! Any changes or cancellations are posted on the GEAR Parent Network Facebook page. Regional Parent Support Coordinators are available after workshops for parents/caregivers who indicate they would like additional support!