

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



Join us for **Parent Learning & Support**

You are NOT Alone! Join us in this safe place with no shame, blame or judgment from the comfort of your home and chat with other parents like you who share similar life experiences with their children. **Register here for these events:** <https://gearparentnetwork.org/events/>

All are welcome to attend these no cost events that are held virtually and on location when specified. **Red listings** are special social or in person events meant for families only. Note: These interactive trainings are not recorded in order to safeguard the personal information shared by participants. All events are facilitated or presented by nationally credentialed parents (CFPS) who can articulate lessons learned from their own lived experience parenting a child and have specialized training to assist and empower families raising children who experience emotional, developmental, behavioral, substance use, or mental health concerns. They also partner with child and family-serving systems to improve family outcomes and strive to eliminate prejudice and discrimination. Additionally, CFPS™ assists families and children to bring their voice to the service delivery, planning, and evaluation process of public and private supports and services for children, youth, and young adults. *The National Federation of Families provides the only National Certification for Family Peer Specialists. www.ffcmh.org

Weekly Events -

"Nurturing Parenting for Families in Recovery" Held virtually every Tuesday morning 10-11:30am AND afternoon from 3:30-5pm, Facilitated by Diane Bouffard, Certified Family Peer Specialist, Team Leader; and Heather Williams, Certified Family Peer Specialist, Regional Parent Support Coordinator

If you are a parent, caregiver or are 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 for **Tuesday mornings 10:00-11:30a.m.** Link to register: <https://forms.gle/kUzJvzXDMH24SpxJ7> **OR Tuesday afternoon from 3:30-5:00p.m.** Link to register: <https://forms.gle/xT1y8T9uZVShR89P9> or call Megan Belton at 207-859-1580. **If you are in need mental health or substance use services please call Kennebec Behavioral Health Open Access at 207-626-3414.**

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

Wednesdays July 9-September 10, 2025 3:30pm-5pm-in person only at The Opportunity Center, 161 Davis Rd, Bangor
Space is limited so registration is required.

"Parenting with Dignity-Picking up This Ball Is a Victory for All" Facilitated by Shannan King, Certified Family Peer Specialist, Regional Parent Support Coordinator 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:

A Model of Human Performance and Five Rules for Parents

Discipline, Deciding what you Want

Sending a Constant Message of Love

Teaching Your Values to Your Kids and Goal Setting

The Reasons Punishment Doesn't Work.

July 16, 2025 12pm-2pm

"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 Heather Williams, Certified Family Peer Specialist, Regional Parent Support Coordinator
 Are you concerned that your child has few 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.

August 3, 2025 11am-2:30pm at Lake George Regional Park, West Side, Route 2, 10 Main St., Canaan -In person only



"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. GEAR is covering the entrance fee 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. Don't forget your beach apparel, towels and sunscreen! There are no lifeguards on duty so parents are responsible for watching their kids. Registration is required. Upon entering the park let the person at the gate know that you are here for the GEAR picnic and your admission will be covered by GEAR.

August 12, 2025 6pm-8pm

"ADHD 101 - What We Want to Know but Forgot to Ask!" Presented by Heather Williams, Certified Family Peer Specialist, Regional Parent Support Coordinator

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder and one of the most common mental health disorders affecting children's behavior. This workshop will offer the framework to help us understand what Attention Deficit/Hyperactivity Disorder is, what causes it, and who can diagnose it; the symptoms, what helps, the treatment and management of ADHD. Come and join in the conversation as we journey together toward greater success.

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August 17, 2025 from 11a.m.-2:30p.m. at Morgan's Beach Route 155, Enfield-Lincoln Rd, Enfield-In person only

Family Fun Beach Day! Hosted by Shannan King, Certified Family Peer Specialist, 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!

September 11, 2025 10am-12pm

"Impulsivity & Disruptive Behaviors in Children & Youth" Presented by Heather Williams, Certified Family Peer Specialist, Regional Parent Support Coordinator

All children and youth have outbursts from time to time, however some do have much difficulty in their ability to regulate their 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 impulsive and disruptive behavior.

Reach Us Directly:

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

Shannan King, CFPS, Regional Parent Support Coordinator covering Aroostook, Piscataquis, Penobscot, Hancock, Washington, Waldo, Knox Counties,
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Diane Bouffard, CFPS, Team Leader/Training Coordinator covering Kennebec, Somerset and Franklin Counties Ph: 207-649-1626 or Email: dbouffard@kbhmaine.org



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 Kennebec Behavioral Health, 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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