

		August 2025	Events			
		Register for workshops/events: <a href="https://gearparentnetwork.org/events/">https://gearparentnetwork.org/events/</a> "Nurturing Parenting for Families in Recovery" Link to register: Tuesday mornings: <a href="https://forms.gle/KK7Gu1G1pMqXE4XH6">https://forms.gle/KK7Gu1G1pMqXE4XH6</a> Link to register for Tuesday afternoon: <a href="https://forms.gle/xT1y8T9uZVShR89P9">https://forms.gle/xT1y8T9uZVShR89P9</a>  Call us for more information or support: 1-800-264-9224			1	2
3	4	5	6	7	8	9
11a-2:30p- <b>"GEAR Family Picnic"</b> Lake George Regional Park, East Side, Route 2, 10		3:30-5p virtual: "Nurturing Parenting for Families in Recovery" <u>-No a.m. class-</u>			Take a mindful walk. Notice sights, sounds, smells and feelings.	
10	11	12	13	14	15	16
		10-11:30a or 3:30-5p virtual: "Nurturing Parenting for Families in Recovery" 6p-8p- "ADHD 101 - What We Want to Know but Forgot to Ask!"			Remind your child that it's okay to ask for help.	
17	18	19	20	21	22	23
11a-2:30p- <b>"Family Fun Beach Day!"</b> Morgan's Beach Route 155, Lincoln Rd, Enfield		10-11:30a or 3:30-5p virtual: "Nurturing Parenting for Families in Recovery"			Show your child that taking care of <u>yourself</u> is important.	
24	25	26	27	28	29	30
		10-11:30a or 3:30-5p virtual: "Nurturing Parenting for Families in Recovery"			Do something kind or helpful for someone unexpectedly.	
G.E.A.R. (Gaining Empowerment Allows Results) Parent Network - Maine's only statewide totally parent run organization raising public awareness of the importance of children's mental health. We want you to know you are not alone!						