



Join us for

Parent Learning & Support

*All are welcome to attend workshops & events at no cost that are held virtually - and on location when specified. **Red listings** are special social or in person events for families only. Note: All 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 or youth 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 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

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 for **Tuesday mornings 10:00 - 11:30 a.m.** Link to register: <https://forms.gle/kUzJvzXDMH24SpxJ7>
OR Tuesday afternoons from 3:30 - 5:00 p.m. Link to register: <https://forms.gle/xT1y8T9uZVShR89P9> or call Megan Dickinson at 207-859-1580.

These Events are held October through December 2025-

October 14, 2025 from 11am-12:30 p.m. in person at The Opportunity Center, 161 Davis Rd, Bangor

"Take Action Against Bullying" Presented by Shannan King, CFPS, Regional Parent Support Coordinator

Bullying has become such a widespread problem it is now being recognized as a major mental health concern for children and youth, having been found to leave long-term emotional scars and psychological effects similar to anxiety disorders and post-traumatic stress. This workshop will help you identify the warning signs of both the victim and the bully. Prevention and effective coping skills will be explored.

November 13, 2025 from 4p-5:30p

"Youth Tobacco and Substance Use and What We Can Do About It" Facilitated by Diane Bouffard, CFPS; Presented by Annie Dymarczyk and Shaleigh Trask, Somerset Public Health Community Health Educators

We will explore the latest data on youth tobacco and substance use from the Maine Integrated Youth Health Survey (MIYHS), learn about the effects of these substances on brain development, learn how to answer tough questions from a child about substance use, and more!

November 18, 2025 from 11am-12:30 pm. In person at The Opportunity Center, 161 Davis Rd, Bangor

"Managing Stress During the Holidays" Presented by Shannan King, CFPS, Regional Parent Support Coordinator

The holiday season will quickly be here! While it is meant to bring feelings of love and cheer, it's also the harbinger of much stress for many of us. Join us and learn a few simple tips you could try to help reduce holiday stress before it begins so that it remains at a positive level rather than an overwhelming one.

December 9, 2025 from 6-7:30 pm. in person at The Opportunity Center, 161 Davis Rd, Bangor

"Ho-Ho-Ho! Holiday Family Activities!" Facilitated by Shannan King, CFPS, Regional Parent Support Coordinator

Join us as we celebrate the season with some holiday fun activities that the whole family can enjoy, so gather your family and join us in having some fun!"

December 10, 2025 from 10am-11:30 pm.

"What is a CCBHC - What you need to know" Facilitated by Diane Bouffard, CFPS; Presented by Sybil Mazerolle and Kellie Pelletier, Office of Behavioral Health, DHHS

Did you know that Maine currently has a new service delivery model called CCBHC (Certified Community Behavioral Health Clinic)? Come learn all about it and how they improve individuals access to mental health and substance use services. Perhaps you are in one now? Come learn more about this model.

December 11, 2025 from 10a.m.-12 p.m.

"Disaster Preparedness 101: Families Prepare & Empower Themselves to Persevere Through Traumatic Events and Unexpected Disaster" Presented by Cindy Seekins, CFPS, Director and Linda Philbrook, Regional Parent Support Coordinator

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.

December 12, 2025 from 6-7:30 p.m.

"Ho-Ho-Ho Holiday Family Movie Night with your Kids!" Facilitated by Diane Bouffard, CFPS, Team Leader, Regional Parent Support Coordinator

Moms, dads, grandparents and kids of all ages! Join us for a **family holiday movie night!** Kids, wear your PJ's and cuddle up with your favorite toy, pillow and blanket and join us in watching a classic holiday movie together!

Reach Us Directly:

Linda Philbrook, Regional Parent Support Coordinator covering Sagadahoc, Lincoln, Cumberland, Androscoggin, York, and Oxford Counties Ph: 207-458-1411 or Email: lphilbrook@kbhmaine.org

Shannan King, CFPS, Regional Parent Support Coordinator covering Aroostook, Piscataquis, Penobscot, Hancock, Washington, Waldo, Knox Counties, Ph: 944-4295 or Email: sking@kbhmaine.org

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.

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