



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 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/kUzJvzXDMH24SpkJ7>

**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 January through March 2026-

### January 7, 2026 from 12p-2p

**"ADHD 101 - What We Want to Know but Forgot to Ask!"** Presented by Linda Philbrook, 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.

### January 20, 2026 from 10a-11:30a

**"Basic Advocacy! How to Advocate for What Your Kids Need!"** Presented by Diane Bouffard, CFPS, Team Leader

What does it mean being a good advocate? Many parents and caregivers have faced challenges in getting their child's or youth's behavioral health and educational needs met. Having your heart in the right place is very important, but is only the beginning. It is also important to know that the advocacy process doesn't need to be confrontational. Learning to communicate and advocate effectively with service providers, doctors and teachers is one of the best ways to ensure that your child's needs are being met. You can have ongoing, collaborative and constructive relationships with others. Developing your advocacy skills is the next step to forming your own strategies about how to solve problems, resolve conflicts and become a more effective advocate.

### January 27, 2026 from 5:30p-7p in person at The Opportunity Center, 161 Davis Rd, Bangor

**"The Motivation Breakthrough: Six Secrets to Turning on the Tuned-Out Child"** Video Presentation by Author Rick Lavoie, M.A., M.Ed. Facilitated by Shannan King, CFPS, Regional Parent Support Coordinator

This 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. With empathy and understanding, he offers parents and teachers the key to unlocking enthusiasm and responsiveness, proving any child can be motivated to learn.

### February 24, 2026 from 5:30p-7p in person at The Opportunity Center, 161 Davis Rd, Bangor

**"Defusing Challenging Behaviors: How to Effectively De-Escalate Your Child"** Presented by Shannan King, 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!

## February 25, March 4, and March 11, 2026 from 9a-1p

"Parenting with Dignity - Picking up This Ball Is a Victory for All" Facilitated by Diane Bouffard, CFPS, Team Leader and Linda Philbrook, 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 former celebrated New England Patriots' quarterback. Parenting with Dignity helps parents learn effective techniques for raising responsible, independent children.

**Note: You must attend all sessions in order to complete the entire curriculum. Space is limited, so you must pre-register for this series.**

Topics include:

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

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

**Session 3: Sending a Constant Message of Love - Part 1 and 2**

**Session 4: Teaching Your Values to Your Kids and Goal Setting**

**Session 5: The Reasons Punishment Doesn't Work**

## March 24, 2026 from 5:30p-7p in person at The Opportunity Center, 161 Davis Rd, Bangor

"Building Stronger Families Through Effective Communication" Presented by Shannan King, 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.

### 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](mailto:lphilbrook@kbhmaine.org)

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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**

Call 1.800.264.9224 or go to [www.gearparentnetwork.org](http://www.gearparentnetwork.org) to register for any of these free workshops today! You must pre-register to attend virtually via Zoom. **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!

