



Workshops for Parents*

*All workshops are offered at no charge to parents/grandparents/caregivers/educators of children with emotional or behavioral health concerns

York, Cumberland, Oxford & Androscoggin Counties

Laurie Cavanaugh, Regional Parent Support Coordinator 518-9546; Email: lcavanaugh@crisisandcounseling.org

"Navigating Adolescence: Healthy Transitions & Early Warning Signs of Mental Illness" Speakers: Patricia White & Dr. Jim Maier, PIER Program Adolescence today can be very confusing. What's it all about? What do normal developmental stages look like and what are the early signs of mental illness? How do teens react to stress today? One in 10 children/adolescents suffers from mental illness and most severe mental illness begins in the teenage years. Early detection and treatment makes a difference! This informative and interesting workshop will help you be alert to the early warning signs and how to handle them effectively.

Wednesday, April 6, 2011 from 6-6:50 p.m. (Dinner & Support from 4:30-6pm) **at PROP's East End Workshop, 215 Congress St, Portland**

"How Difficult Can This Be? The F.A.T. City Workshop by Rick Lavoie" Presented by: Laurie Cavanaugh, Regional Coordinator

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.

Wednesday, April 13, 2011 from 6:30-8 p.m. at Central Maine Medical Center, Lewiston

"Raising Successful Readers" Presented by: Laurie Cavanaugh, Regional Parent Support Coordinator

On a basic level, reading is a fundamental part of existing. Think about your typical day. How often are you reading something . . . street signs, reports, emails, grocery labels, medication, newspapers, websites, stories to our kids? This workshop offers an understanding how to engage your child in reading because by reading to our children routinely in their early years increases their language development, helps your child develop an attention span and the concentration skills they need to perform and to succeed assures development of good, solid skills and habits that last a lifetime. Join us and meet other parents who are also interested in striving to achieve raising successful readers!

Wednesday, April 20, 2011 from 6:30-8 p.m. at Stephens Memorial Hospital, Norway

"Do You Speak Teen? 'mE Ps dnt bleev der is a gNR8N d/c b/t em n thr teen" Presented by: Laurie Cavanaugh, Regional 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. **Wednesday, May 11, 2011 from 6:30-8 p.m. at Central Maine Medical Center, Lewiston**

"Restorative Justice & Restorative Practices: What's with these new terms, what do they mean and how can families utilize them at home?"

This workshop and discussion will explore the meaning and reasons for restorative practices at school, within juvenile justice and how families can benefit from these practices at home. Restorative skills will be presented and developed.

Wednesday, June 8, 2011 from 6:30-8 p.m. at Central Maine Medical Center, Lewiston

"Toxic Chemicals and Our Children's Developing Brains" Presented by Laurie Cavanaugh, Regional Parent Support Coordinator

Why is environmental health so important? Consider the following: Twelve million American children or 17% of all Americans under the age of 18 have one or more developmental, learning or behavioral disabilities; More than 1.5 million Americans are autistic. In the 1970's, autism was estimated to have affected about 1 in 2,500 to 5,000 children; studies show in Maine it occurs today in 1 in 80 children; 127,000 adults and children in Maine are identified as having learning disabilities; and 37% of the children receiving special education services in our public schools have learning or attention disabilities. Learn why it is important to protect you family from toxic chemical exposures.

Wednesday, June 15, 2011 from 6:30-8 p.m. at Stephens Memorial Hospital, Norway

Kennebec, Somerset & Franklin Counties

Paige Cummings, Regional Parent Support Coordinator 623-4474; Email: pcummings@crisisandcounseling.org

"Take Action Against Bullying" Presenter: Paige Cummings, 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.

Tuesday, April 5, 2011 from 6:30-8:00 p.m. at Alford Youth Center, 126 North St., Waterville

Tuesday, April 12, 2011 from 6:00-8:00 p.m. at Crisis and Counseling, 32 Winthrop St., Augusta

Tuesday, April 26, 2011 from 9:30-11:00 a.m. at Youth & Family Services, 5 Commerce Dr., Skowhegan

"Raising Successful Readers" Presenter: Paige Cummings, Regional Parent Support Coordinator

On a basic level, reading is a fundamental part of existing. Think about your typical day. How often are you reading something . . . street signs, reports, emails, grocery labels, medication, newspapers, websites, stories to our kids? This workshop offers an understanding how to engage your child in reading because by reading to our children routinely in their early years increases their language development, helps your child develop an attention span and the concentration skills they need to perform and to succeed assures development of good, solid skills and habits that last a lifetime. Join us and meet other parents who are also interested in striving to achieve raising successful readers!

Tuesday, May 3, 2011 from 6:30-8:00 p.m. at Alford Youth Center, 126 North St., Waterville

Tuesday, May 24, 2011 from 9:30-11:00 a.m. at Youth & Family Services, 5 Commerce Dr., Skowhegan

"Positive Behavioral Supports & Tantrum Management: Self-Preservation & Success in Parenting Children with Behavioral Health Needs" Presented by: Mike Mitchell, LCSW, Clinical Director, Crisis and Counseling Center

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 emphasizes practical ideas how to meet your child where they are at & utilize their motivation to increase success. Temper Tantrums are disruptive behavior or emotional outbursts displayed in response to unmet needs or desires. Come and learn how to control your child's tantrums by using Behavior Management.

Tuesday, May 10, 2011 from 6:00-8:00 p.m. at Crisis and Counseling, 32 Winthrop St., Augusta

"Toxic Chemicals & Our Children's Developing Brains" Presenters: Paige Cummings, Regional Coordinator & Cindy Seekins, Program Supervisor

Why is environmental health so important? Consider the following: Twelve million American children or 17% of all Americans under the age of 18 have one or more developmental, learning or behavioral disabilities; More than 1.5 million Americans are autistic. In the 1970's, autism was estimated to have affected about 1 in 2,500 to 5,000 children; studies show in Maine it occurs today in **1 in 80 children**; 127,000 adults and children in Maine are identified as having learning disabilities; and 37% of the children receiving special education services in our public schools have learning or attention disabilities. Learn why it is important to protect you family from toxic chemical exposures.

Tuesday, June 7, 2011 from 6:30-8:00 p.m. at Alford Youth Center, 126 North St, Waterville

Tuesday, June 14, 2011 from 6:00-8:00 p.m. at Crisis and Counseling, 32 Winthrop St., Augusta

Tuesday, June 28, 2011 from 9:30-11:00 a.m. at Youth & Family Services, 5 Commerce Dr., Skowhegan

Knox, Lincoln & Sagadahoc Counties

Norman LeBlanc, Regional Parent Support Coordinator 721-0161; Email: nleblanc@crisisandcounseling.org

"Take Action Against Bullying" Presenter: Norm LeBlanc, 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.

Friday, March 25, 2011 from 10 a.m.-12 p.m. at Mid Coast Maine Community Action, 7 Union Street in Rockland

Thursday, April 7, 2011 from 6:30-8:30 p.m. at Mobius, Inc., 319 Main St. in Damariscotta

Thursday, April 21, 2011 from 9 a.m.-11 a.m. at Mid Coast Maine Community Action, 34 Wing Farm Parkway in Bath

Monday, June 13, 2011 from 6:30-8:30 p.m. in Brunswick - Location to be determined

"Special Education: Answers to Frequently Asked Questions" Presenter: Elizabeth Collins, Info Specialist, Maine Parent Federation

This workshop provides participants a chance to discover and share strategies for making the most of the Individualized Education Program (IEP) or Individual Family Service Plan (IFSP) meetings. Bring your own questions and insights. **NOTE: Maine Parent Federation requires minimum of 5 registrants, please register ASAP!**

Monday, April 11, 2011 6:30-8:30 p.m. 3rd flr Running Start Classroom, MidCoast Hospital Medical Office Bldg, 121 Medical Ctr Dr, Brunswick

"Managing Your Child's Mental Health Crisis" Presenter: Mary Hanley, LCSW, Sweetser Crisis Services of Brunswick

Have you ever asked yourself, "What do I do if this turns into a Mental Health Crisis?" Come and join in the discussion about *Managing Your Child's Mental Health Crisis*. Have your questions answered: What constitutes a Crisis? What is a Crisis Plan? What are some effective de-escalation strategies? Does my child have or need a Crisis Plan? Can me and my child help develop our family/child Crisis Plan?

Thursday, May 5, 2011 from 6:30-8:30 p.m. at Mobius, Inc., 319 Main St. in Damariscotta

"Autism 101- Thoughts & Strategies" Presenter: Deb Thibideau, MEd, MHRT-C, Autism Society of Maine

Gain a better understanding of Autism Spectrum Disorder; look at strategies that work for most individuals that are in the spectrum and brainstorm about inclusive practices.

Monday, May 9th, 2011 from 6:30 p.m. to 8:30 p.m. in Brunswick - Location to be determined

"Teaching Your Values to Your Children" Presenter: Norm LeBlanc, Regional Parent Support Coordinator

This workshop includes an hour long video from the Drew Bledsoe Parenting with Dignity Series. We all want our children to make smart & wise decisions. Teaching our values to our children gives them the framework to know right from wrong. It is our hope that these values will become the guiding force in their lives.

Friday, April 22, 2011 from 10 a.m.-12 p.m. at Mid Coast Maine Community Action, 7 Union Street in Rockland

Thursday, May 19, 2011 from 9 a.m.-11 a.m. at Mid Coast Maine Community Action, 34 Wing Farm Parkway in Bath

Thursday, June 2, 2011 from 6:30-8:30 p.m. at Mobius, Inc., 319 Main St. in Damariscotta

Monday, July 11, 2011 from 6:30-8:30 p.m. in Brunswick - Location to be determined

"Guiding Our Kids in Goal Setting" Presenter: Norm LeBlanc, Regional Parent Support Coordinator

This workshop will include an hour long video from the Drew Bledsoe Parenting with Dignity Series. We all want our children to make smart & wise decisions. Treating our children as if they are responsible, capable, intelligent and important requires that we give them goal setting tools & skills. It is our hope that these skills will help them to become self-disciplined responsible decision makers.

Friday, May 27, 2011, 10 a.m.-12 p.m. Mid Coast Maine Community Action, 7 Union Street, in Rockland.

Thursday, June 16, 2011, 9 a.m.-11 a.m. at Mid Coast Maine Community Action, 34 Wing Farm Parkway in Bath

"Guiding Our Kids in Goal Setting" Presenter: Norm LeBlanc, Regional Parent Support Coordinator

This workshop will include an hour long video from the **Drew Bledsoe Parenting with Dignity Series**. Join in the discussion about the six reasons why punishment doesn't bring about meaningful change in kids. Learn about artificially created consequences & how Punishment for poor performance translates into being a "poor performer."

Friday, June 24th, 2011, 10 a.m.-12 p.m. Mid Coast Maine Community Action, 7 Union Street in Rockland.

Hancock & Waldo Counties

Cindy Seekins, Program Supervisor/ Regional Parent Support Coordinator 223-9993; Email: cseekins@crisisandcounseling.org

"Take Action Against Bullying!" Presented by: Cindy Seekins, Program Supervisor

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. Learn to identify the warning signs for both the victim and the bully.

Friday, April 22, 2011 from 10:30-12:30 p.m. at KidsPeace of New England, 16 KidsPeace Way, Ellsworth

"Raising Successful Readers" Presented by: Cindy Seekins, Program Supervisor

On a basic level, reading is a fundamental part of existing. Think about your typical day. How often are you reading something . . . street signs, reports, emails, grocery labels, medication, newspapers, websites, stories to our kids? This workshop offers an understanding how to engage your child in reading because by reading to our children routinely in their early years increases their language development, helps your child develop an attention span and the concentration skills they need to perform and to succeed assures development of good, solid skills and habits that last a lifetime. Join us and meet other parents who are also interested in striving to achieve raising successful readers!

Tuesday, April 26, 2011 from 5:30 to 7:30 pm at Searsport Head Start, 3 Back Searsport Rd, Searsport

Friday, June 24, 2011 from 10:30-12:30 p.m. at KidsPeace of New England, 16 KidsPeace Way, Ellsworth

"Disaster Preparedness: A Family and Community Health and Well Being Issue" Presented by: Cindy Seekins, Program Supervisor

When disaster strikes, will you be ready? Flooding, power outages and intense storms are common disasters in Maine. This workshop focuses on the reactions and needs of children in times of unexpected disaster. Begin to plan and prepare for an emergency evacuation, learn strategies to make unforeseen events more bearable and less traumatic.

Tuesday, May 24, 2011 from 5:30 to 7:30 pm at Searsport Head Start, 3 Back Searsport Rd, Searsport

Penobscot, Piscataquis, Southern Aroostook & Washington Counties

Tonya Gray, Regional Parent Support Coordinator 269-2234; Email: tgray@crisisandcounseling.org

"Disaster Preparedness: A Family and Community Health and Well Being Issue" Presented by: Judy Somers, Parent Volunteer

When disaster strikes, will you be ready? Flooding, power outages and intense storms are common disasters in Maine. This workshop focuses on the reactions & needs of children in times of unexpected disaster. Begin to plan & prepare for an emergency evacuation, learn strategies to make unforeseen events more bearable and less traumatic.

Monday, April 11, 2011 from 2:20 to 3:30 p.m. at Enfield Station School, 561 Hammett Road, Enfield

"Take Action Against Bullying!" Presented by: Tonya Gray, 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.

Tuesday, April 19, 2011 from 5:00 p.m. to 6:00 p.m. at Wings, 900 Hammond Street, Bangor

"Raising Successful Readers" Presented by: Tonya Gray, Regional Parent Support Coordinator

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Tuesday, May 17, 2011 from 5:00 p.m. to 6:00 p.m. at Wings, 900 Hammond Street, Bangor

"Toxic Chemicals and Our Children's Developing Brains" Presented by: Tonya Gray, Regional Parent Support Coordinator

Why is environmental health so important? Consider the following: Twelve million American children or 17% of all Americans under the age of 18 have one or more developmental, learning or behavioral disabilities; More than 1.5 million Americans are autistic. In the 1970's, autism was estimated to have affected about 1 in 2,500 to 5,000 children; studies show in Maine it occurs today in 1 in 80 children; 127,000 adults and children in Maine are identified as having learning disabilities; and 37% of the children receiving special education services in our public schools have learning or attention disabilities. Learn why it is important to protect you family from toxic chemical exposures.

Tuesday, June 21, 2011 from 5:00 p.m. to 6:00 p.m. at Wings, 900 Hammond Street, Bangor

Call today to register* at 1-800-264-9224 or online at www.gearparentnetwork.org

- Pre-registration is recommended so we may notify you if a workshop is cancelled.