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**Parent Learning & Support**

**Look for Children’s Mental Health Awareness Events in May!**

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G.E.A.R. workshops/support groups are offered **free** to parents/grandparents/caregivers/educators of children with emotional/behavioral health concerns! Pre-registration is recommended, so we may notify you if a workshop is rescheduled or cancelled. Changes will also be posted to our Facebook page. Regional Coordinators will be available after workshops for those who would like additional support! Unable to attend in person? Many workshops are available by webinar with pre-registration. Join us remotely from your computer or mobile device with Go ToMeeting™. Please note that audio and video must be enabled to participate in a Go ToMeeting™ webinar. Contact your Regional Parent Support Coordinator for more information!

**1.800.264.9224**

**York, Cumberland, Oxford & Androscoggin Counties**

Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator, Ph: 207.518.9546 or Email: lcavanaugh@crisisandcounseling.org

# “Can You Hear Me Now?” Presented by Ann Long, Maine Parent Federation

We will take a close look at our advocacy skills and explore the various aspects of communication, conflict, and advocacy styles during this training. We will discuss effective communication; learn strategies to help us achieve successful communication outcomes, and explore other methods to resolve conflict.

 **Wednesday, April 18, 2018, from 6-8 p.m.at Chamber of Commerce, 4 Western Ave, South Paris**

**“S.M.A.R.T. Goals for Your Child’s IEP”** Presented by Ann Long, Maine Parent Federation

The goals are the very core of the IEP. Do you struggle with decoding your child’s IEP goals? Are you able to understand if your child is making progress? If you would like to have more insight and an opportunity to practice writing and discussing **S**pecific, **M**easureable, **A**ttainable, **R**esults-oriented, and **T**ime-specific IEP goals, then this workshop is for you!

 **Monday, April 23, 2018, from 4:30-6:30 p.m. at Canopy Park Resource Center (CPPC Hub/Enter on Pierson’s Lane), 46 Sullivan St, Biddeford**

 **Wednesday, June 13, 2018, from 6-8 p.m. at St. Mary’s Medical Center, Campus Ave, Lewiston**

 **Wednesday, June 27, 2018, from 5:30-7:30 p.m. at Dana Conference Center, Maine Medical Center, 22 Bramhall St, Portland**

“**TRANSITION PLANNING: The High School Years”** Presented by Ann Long, Maine Parent Federation

All parents want their child to be the leader of his or her future, but how do you get there? If you have a child receiving special education services and they are approaching transition age (14 and up) or are already transition age, this is the workshop for you. During this workshop participants will explore ways to prepare for their child’s future and learn how to involve their child in transition planning. You will also learn about the IEP requirements for transition plans and begin the process of developing a transition plan for your son or daughter. The information covered can be used to better understand and advocate for your child during transition planning at IEP meetings and in the future.

 **Wednesday, April 25, 2018, from 5:30-7:30 p.m. at Dana Conference Center, Maine Medical Center, 22 Bramhall St, Portland**

**Children’s Mental Health Awareness Week Event: “Family Fun & Wellness Activity”** Hosted by Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator

****In celebration of Children’s Mental Health Awareness, G.E.A.R. Parent Network will be at Hinckley Park for a special hour of family fun! There will be seed planting kits for the kids to enjoy and a scavenger hunt adventure will take place. After the activity, nurture your family’s wellness by exploring Hinckley Park, which features two scenic ponds and family-friendly nature trails on 40 acres. One of the most popular trails loops treks around both ponds and is 3/4 of a mile. Park in the lot off of Highland Ave.

 **Monday, May 7, 2018, from 4-5 p.m. at Hinckley Park, 288 Highland Ave, South Portland**

# “Impulsivity & Disruptive Behaviors in Children & Youth” Presented by Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator

All children have outbursts from time to time; however, some children have chronic problems in their ability to regulate 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 disruptive behavior.

 **Wednesday, May 16, 2018, from 6-8 p.m. at Chamber of Commerce, 4 Western Ave, South Paris**

 **Monday, May 21, 2018, from 4:30-6:30 p.m. at Canopy Park Resource Center (CPPC Hub/Enter on Pierson’s Lane), 46 Sullivan St, Biddeford**

 **Wednesday, May 23, 2018, from 5:30-7:30 p.m. at Dana Conference Center, Maine Medical Center, 22 Bramhall St, Portland**

**“Maine Suicide Prevention Program: Education, Resources, & Support - It’s up to All of Us”** Presented by Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator

Suicide is a significant concern in Maine and nationwide, but we can do something about it. Come learn more about what you can do to prevent suicide. The goals of the workshop are to heighten awareness about suicide in Maine and beyond; increase the ability to speak openly about suicide; provide information about the risks and protective factors associated with suicide, teach what warning signs and clues to look for; teach skills to intervene when concerned someone might be considering suicide; and provide helpful resources for participants.

 **Monday, June 18, 2018, from 5:30-7:30 p.m. at Oak Hill High School, 56 School Rd, Wales**

**Kennebec, Somerset & Franklin Counties**

Diane Bouffard, CPSP, Regional Parent Support Coordinator, Ph: 207.612.8996 or Email: dbouffard@crisisandcounseling.org

# “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 Diane Bouffard, CPSP, Regional Parent Support Coordinator

Are you concerned that your child has no 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.

 **Tuesday, April 10, 2018, from 5-7 p.m. at Crisis & Counseling Centers, 10 Caldwell Rd, Augusta**

 **Wednesday, April 25, 2018, from 9-11 a.m. at Community Concepts, 103 Deerfield Lane, Farmington**

**“Impulsivity & Disruptive Behaviors in Children & Youth”** Presented by Diane Bouffard, CPSP, Regional Parent Support Coordinator

All children have outbursts from time to time; however, some children have chronic problems in their ability to regulate 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 disruptive behavior.

 **Tuesday, May 8, 2018, from 5-7 p.m. at Crisis & Counseling Centers, 10 Caldwell Rd, Augusta**

 **Wednesday, May 16, 2018, from 9-11 a.m. at Community Concepts, 103 Deerfield Lane, Farmington**

**Children’s Mental Health Awareness Week Event: “Family Fun & Wellness Activity”** Hosted by Diane Bouffard, CPSP, Regional Parent Support Coordinator

****Join us at the Alfond Youth Center for an afternoon of family fun as we celebrate Children’s Mental Health Awareness Week because together we can build resilience in children! Families will have the use of two gymnasiums, the Adventure Playland, and climbing wall. The pool will be available from noon-2 p.m. for family swim. Wear comfortable clothing and don’t forget to bring swimwear! A lifeguard will be on duty for family swim, but please note parents/caregivers will be required to supervise their children at all times.

 **Saturday, May 12, 2018, from noon-3 p.m. at Alfond Youth Center, 126 North St, Waterville**

**“Last One Picked – First One Picked On: Learning Disabilities and Social Skills”** **by Author Rick Lavoie, M.A., M.Ed.** Facilitated by Diane Bouffard, CPSP, Regional Parent Support Coordinator

Do you watch your child struggle with social isolation and rejection? This workshop will provide parents, caregivers, and teachers with strategies for teaching our kids the social skills they will need for success in social interaction. Participants will learn about positive traits for peer acceptance, student traits that teachers like, and the “hidden curriculum.”

 **Tuesday, June 12, 2018, from 5-7 p.m. at Crisis & Counseling Centers, 10 Caldwell Rd, Augusta**

 **Wednesday, June 20, 2018, from 9-11 a.m. at Community Concepts, 103 Deerfield Lane, Farmington**

**“Parent-Child Playgroup”** Facilitated by Diane Bouffard, CPSP, Regional Parent Support Coordinator

Parents, Caregivers, and children are invited to join in our interactive playgroup sessions! KVCAP and G.E.A.R. Parent Network are offering a child-friendly and developmentally appropriate environment in which parents/caregivers and children can explore, role-play, and discover together. Activities for the play group may include story reading, making a healthy snack, nature walks, play time and more. For more information about this group, please call Diane Bouffard at 207.612.8996. Visit us at [www.kvcap.org](http://www.kvcap.org) or [www.gearparentnetwork.org](http://www.gearparentnetwork.org).

**Skowhegan: Meets every Friday from 10-11:30 a.m. at KVCAP, 26 Mary St (Note: Somerset Explorer bus available Fridays)**

**Pittsfield: Meets 2nd Thursday of each month (April 12, May 10, & June 14) from 10:15-11:45 a.m. at Pittsfield Public Library, 110 Library St**

**Knox, Lincoln & Sagadahoc Counties**

Karen Willey, Regional Parent Support Coordinator, Ph: 207.446.4924 or Email: kwilley@crisisandcounseling.org

**“Positive Behavioral Supports & Tantrum Management: Self-Preservation & Success in Parenting Children with Behavioral Health Needs”** Presented by Karen Willey, Regional Parent Support Coordinator

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 emphasize practical ideas about how to meet your child where they are and utilize their motivation to increase success. Understanding and using Stage of Change concepts, maximizing provider involvement and enhancing natural supports will be emphasized to provide usable tools that can be applied in a variety of real-life situations. Temper tantrums are disruptive behavior or emotional outbursts displayed in response to unmet needs or desires. Come and learn how to manage your child’s tantrums by using positive behavioral supports!

 **Thursday, April 12, 2018, from 5:30-7:30 p.m. at Crisis and Counseling, 120 Tillson Ave, Rockland**

 **Thursday, May 17. 2018, from 1-3 p.m. at Midcoast Maine Community Action, 34 Wing Farm Parkway, Rm 200, Bath**

 **Thursday, June 28, 2018, from 5:30-7:30 p.m. at Curtis Memorial Library, Seminar Rm (2nd floor), 23 Pleasant St, Brunswick**

**“Team Up for Your Child”** Presented by Diane Bouffard, CPSP, Regional Parent Support Coordinator

Getting services for a child with behavioral health needs can be overwhelming. “Team Up for Your Child” is a step-by-step guide designed to help families navigate confusing service systems and work smarter with doctors, schools, agencies, and insurers. When a child has serious behavioral health issues, you suddenly have a team of professionals in your life who provide a variety of services. This team could include doctors, therapists, health workers and teachers but remember that the coach of this team is you - the parent. You are the only one who takes care of the whole child. Learn how to identify your child’s strengths and needs, make sense of reports and evaluations, understand your child’s treatment plan, track your child’s progress and translate the Individualized Education Program.

**Note: This workshop is offered free of charge to parents, grandparents and guardians who are currently parenting a child with behavioral health needs. Lunch will be provided. Space is limited to 18 people, so you must pre-register for this workshop.**

 **Saturday, April 14, 2018, from 9 a.m.-4 p.m. at Crisis and Counseling, 120 Tillson Ave, Rockland**

**“Grandparents Raising Grandchildren - Oh, My!”** Presented by Karen Willey, Regional Parent Support Coordinator

Are you raising a second set of children at a time you thought you would be planning your retirement? This discussion will focus on specific issues that may be challenging for grandparents today and uncover ideas and solutions for greater success and less stress.

 **Thursday, April 19, 2018, from 1-3 p.m. at Midcoast Maine Community Action, 34 Wing Farm Parkway, Rm 200, Bath**

**“Impulsivity & Disruptive Behaviors in Children & Youth”** Presented by Karen Willey, Regional Parent Support Coordinator

All children have outbursts from time to time; however, some children have chronic problems in their ability to regulate 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 disruptive behavior.

 **Thursday, April 26, 2018, from 5:30-7:30 p.m. at Curtis Memorial Library, Seminar Rm (2nd floor), 23 Pleasant St, Brunswick**

 **Thursday, June 21, 2018, from 1-3 p.m. at Midcoast Maine Community Action, 34 Wing Farm Parkway, Rm 200, Bath**

**“Responding to Child Abuse & Neglect: It’s Everyone’s Responsibility”** Presented by Karen Willey, Regional Parent Support Coordinator

Our children are our future and child abuse and neglect is everybody’s business. This workshop will discuss what is considered child abuse; when to report and who to report to; state and national statistics; Maine law; “punishment” vs. “discipline;” behavioral management; and protective factors.

 **Thursday, May 18, 2018, from 5:30-7:30 p.m. at Crisis and Counseling, 120 Tillson Ave, Rockland (This is a change from our regular schedule.)**

 **Thursday, May 24, 2018, from 5:30-7:30 p.m. at Curtis Memorial Library, Seminar Rm (2nd floor), 23 Pleasant St, Brunswick**

**Children’s Mental Health Awareness Week Event: “Family Fun & Wellness Activity”** Hosted by Karen Willey, Regional Parent Support Coordinator

****Please join us for a family-friendly guided walk (1 mile) with letterbox discoveries along the way. Letterboxing is a free and fun way for families to get outside, enjoy nature, and treasure hunt at the same time! Learn about the history of letterboxing as you join in the search for four boxes hidden alongside the trail. Bring a favorite rubber stamp and a blank notebook if you have them. For those new to letterboxing, we will have a limited supply of rubber stamps and notebooks to choose from. Ink pads will be provided. Please wear comfortable shoes and weather appropriate attire. Bottled water will be provided.

 **Saturday, May 26, 2018, from 10-11:30 a.m. at Pen Bay Medical Center’s Wellness Trail (Meet at Trail Head), 799 Commercial St, Rockport**

**“Do You Speak Teen? ‘mnE Ps dnt bleev der is a gNR8N d/c b/t em n thr teen’”** Presented by Karen Willey, Regional Parent Support 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.

 **Thursday, June 14, 2018, from 5:30-7:30 p.m. at Crisis and Counseling, 120 Tillson Ave, Rockland**

**Hancock, Waldo & Washington Counties**

Misty Day, Regional Parent Support Coordinator, Ph: 207.485.4253 or Email: mday@crisisandcounseling.org

**Note:** Head Start parents may register with Nettie Simmons, WCAP Family Advocate (Ph: 207.338.4590 or Email: nsimmons@waldocap.org).

**“Helping Your Child Manage Their Meltdowns**” Presented by Misty Day, Regional Parent Support Coordinator

Are you feeling like you are always walking on eggshells when dealing with your child’s meltdowns? Are you at a loss about how to help your child to be successful? You’re not alone! Join in the discussion about what meltdowns are and strategies that can be used to help your child better manage these meltdowns.

 **Friday, April 6, 2018, from 10 a.m.-noon at MAS Community Health, 60 Main St, Machias**

 **Tuesday, May 22, 2018, from 9-11 a.m. at Belfast Center, Conference Rm, 9 Field St, Belfast**

 **Wednesday, June 20, 2018, from 4:30-6:30 p.m. at Miles Lane Elementary, Library, 52 Miles Lane, Bucksport**

# “How Difficult Can This Be? The F.A.T. City Workshop” Video Presentation by Author Rick Lavoie, M.A., M.Ed. Facilitated by Misty Day, Regional Parent Support Coordinator

This unique and interactive program allows participants to experience the same **F**rustration, **A**nxiety, and **T**ension 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.

 **Thursday, April 12, 2018, from 6-8 p.m. at Searsport Elementary School, 30 Mortland Rd, Searsport**

 **Wednesday, April 25, 2018, from 4:30-6:30 p.m. at Miles Lane Elementary, Library, 52 Miles Lane, Bucksport**

**“Ask a Case Manager with Questions & Answers”** Presented by Karen Paradis-Hews, Youth Case Manager, Sweetser

What are case managers and what do they do? How can they help my family? How do I qualify for case management services? What are their limitations? What are Home & Community Support Services for Children (Section 28) and Child & Family Behavioral Health Treatment (Section 65M)? These are just some of the questions families have asked. Please join us for this free workshop to learn about case management services and ask your own questions.

 **Tuesday, April 24, 2018, from 9-11 a.m. at Belfast Center, Conference Rm, 9 Field St, Belfast**

**“Being a Trauma-Informed Parent: Linking Childhood Trauma to Long-Term Health & Social Consequence”** Presented by Misty Day, Regional Parent Support Coordinator

Traumatic childhood experiences such as abuse, neglect, domestic violence, or substance abuse in the home can have long-term physical, psychological, behavioral and economic consequences. The Adverse Childhood Experiences (ACE) Study is a study that demonstrates the connection between childhood trauma and a wide array of physical and mental health problems. Despite the trauma in their lives, children can survive and even thrive. Protective factors, including healthy relationships with parents and caregivers, foster resilience in children and help them to overcome early adversity. Learn about ACEs and how individuals, families, and communities can influence the development of protective factors in a child’s life that can mitigate the impact of ACEs on his or her development. Target audience: parents/caregivers of children with behavioral health issues; however, all are welcome.

 **Friday, May 4, 2018, from 10 a.m.-noon at MAS Community Health, 60 Main St, Machias**

# “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 Misty Day, Regional Parent Support Coordinator

Are you concerned that your child has no 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.

 **Thursday, May 10, 2018, from 6-8 p.m. at Searsport Elementary School, 30 Mortland Rd, Searsport**

**Children’s Mental Health Awareness Week Event: “Family Fun & Wellness Activity”** Hosted by Misty Day, Regional Parent Support Coordinator

****In collaboration with our friends at Stanwood Wildlife Sanctuary, please join us at Birdsacre, a 200-acre wildlife refuge located in Ellsworth and dedicated to the memory of orthinologist Cordelia Stanwood. We will gather to meet one of Birdsacre’s special owl ambassadors and learn more about owls and the other unique birds living at the sanctuary. Kids will learn the importance of respecting nature to preserve it for generations to come! After the educational program, feel free to explore the family-friendly nature trails (the Everglade Boardwalk is wheelchair accessible), check out the enclosures where injured birds are being rehabilitated for release into the wild, and visit the Nature Center. Birds that cannot be released make Birdsacre their permanent home. Snacks and bottled water will be made available in the picnic area. In case of inclement weather, the educational program will take place in the Nature Center.

 **Sunday, May 13, 2018, from 1-4 p.m. at Birdsacre, Standwood Wildlife Sanctuary, 289 High St, Ellsworth**

“**The Motivation Breakthrough: Six Secrets to Turning on the Tuned Out Child”** **by Author Rick Lavoie, M.A., M.Ed.** Facilitated by Misty Day, 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.

 **Wednesday, May 16, 2018, from 4:30-6:30 p.m. at Miles Lane Elementary, Library, 52 Miles Lane, Bucksport**

 **Tuesday, June 26, 2018, from 9-11 a.m. at Belfast Center, Conference Rm, 9 Field St, Belfast**

**“Impulsivity & Disruptive Behaviors in Children & Youth”** Presented by Misty Day, Regional Parent Support Coordinator

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 **Friday, June 1, 2018, from 10 a.m.-noon at MAS Community Health, 60 Main St, Machias**

**“Team Up for Your Child”** Presented by Diane Bouffard, CPSP, Regional Parent Support Coordinator

Getting services for a child with behavioral health needs can be overwhelming. “Team Up for Your Child” is a step-by-step guide designed to help families navigate confusing service systems and work smarter with doctors, schools, agencies, and insurers. When a child has serious behavioral health issues, you suddenly have a team of professionals in your life who provide a variety of services. This team could include doctors, therapists, health workers and teachers but remember that the coach of this team is you - the parent. You are the only one who takes care of the whole child. Learn how to identify your child’s strengths and needs, make sense of reports and evaluations, understand your child’s treatment plan, track your child’s progress and translate the Individualized Education Program.

**Note: This workshop is offered free of charge to parents, grandparents and guardians who are currently parenting a child with behavioral health needs. Lunch will be provided. Space is limited to 18 people, so you must pre-register for this workshop.**

 **Saturday, June 9, 2018, from 9 a.m.-4 p.m. at Belfast Center, Conference Rm, 9 Field St, Belfast**

**“Grandparents Raising Grandchildren - Oh, My!”** Presented by Misty Day, Regional Parent Support Coordinator

Are you raising a second set of children at a time you thought you would be planning your retirement? This discussion will focus on specific issues that may be challenging for grandparents today and uncover ideas and solutions for greater success and less stress.

 **Thursday, June 14, 2018, from 6-8 p.m. at Searsport Elementary School, 30 Mortland Rd, Searsport**

**Penobscot, Piscataquis & Aroostook Counties**

Misty Day, Regional Parent Support Coordinator, Ph: 207.485.4253 or Email: mday@crisisandcounseling.org

“**The Motivation Breakthrough: Six Secrets to Turning on the Tuned Out Child”** **by Author Rick Lavoie, M.A., M.Ed.** Facilitated by Misty Day, 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.

 **Wednesday, April 4, 2018, from 9-11 a.m. at Pathways, 21 Main St, Bangor**

 **Friday, June 29, 2018, from 10 a.m.-noon at CHCS, 313 Enfield Rd, Lincoln**

**“Take Action Against Bullying”** Presented by Misty Day, Regional Parent Support Coordinator & **“Acadia Hospital CARES: Youth Bullying”** Presented by Judy Fortin, LCSW, Pediatric Inpatient Services, Acadia Hospital

Bullying has become a widespread problem in all areas of our state.  Having been found to leave long-term emotional scars and psychological effects similar to anxiety disorders and post-traumatic stress, bullying is now being recognized as a major mental health concern for children and youth.  This workshop will help you identify the warning signs of both the victim and the bully. Prevention and effective coping skills will be explored. “Youth Bullying,” the second video in the Acadia Hospital CARES (Child-Adolescent Resources and Educational Series) campaign, will be shown. The series highlights youth mental health and wellness issues.

 **Tuesday, April 10, 2018, from 6-8 p.m. at Wings for Families & Children, 900 Hammond St, Bangor**

# “Transition Planning: The High School Years” Presented by Ann Long, Maine Parent Federation

All parents want their child to be the leader of his or her future, but how do you get there? If you have a child receiving special education services, and they are approaching transition age (14 and up) or are already transition age then this is the workshop for you. During this workshop, participants will explore ways to prepare for their child’s future and learn how to involve their child in transition planning. You will also learn about the IEP requirements for transition plans and begin the process of developing a transition plan for your son or daughter. The information covered can be used to better understand and advocate for your child during transition planning at IEP meetings and in the future.

 **Friday, April 13, 2018, from 5-7 p.m. at Wings for Families & Children, 900 Hammond St, Bangor**

**“Being a Trauma-Informed Parent: Linking Childhood Trauma to Long-Term Health & Social Consequence”** Presented by Misty Day, Regional Parent Support Coordinator

Traumatic childhood experiences such as abuse, neglect, domestic violence, or substance abuse in the home can have long-term physical, psychological, behavioral and economic consequences. The Adverse Childhood Experiences (ACE) Study is a study that demonstrates the connection between childhood trauma and a wide array of physical and mental health problems. Despite the trauma in their lives, children can survive and even thrive. Protective factors, including healthy relationships with parents and caregivers, foster resilience in children and help them to overcome early adversity. Learn about ACEs and how individuals, families, and communities can influence the development of protective factors in a child’s life that can mitigate the impact of ACEs on his or her development. Target audience: parents/caregivers of children with behavioral health issues; however, all are welcome.

 **Wednesday, May 2, 2018, from 9-11 a.m. at Pathways, 21 Main St, Bangor**

**“Eating Disorders Panel” & “Acadia Hospital CARES: Eating Disorders”** Presented by Chris McLaughlin, LCSW, AVP Community & Pediatric Services, Acadia Hospital

A small panel of professionals from Acadia’s Eating Disorder Program will be present to speak about their services, review warning signs and symptoms, and answer questions. “Eating Disorders,” the third video in the Acadia Hospital CARES (Child-Adolescent Resources and Educational Series) campaign will be shown. The series highlights youth mental health and wellness issues. Please join us to learn more about this important topic.

 **Tuesday, May 8, 2018, from 6-8 p.m. at Wings for Families & Children, 900 Hammond St, Bangor**

**“Helping Your Child Manage Their Meltdowns**” Presented by Misty Day, Regional Parent Support Coordinator

Are you feeling like you are always walking on eggshells when dealing with your child’s meltdowns? Are you at a loss about how to help your child to be successful? You’re not alone! Join in the discussion about what meltdowns are and strategies that can be used to help your child better manage these meltdowns.

 **Friday, May 25, 2018, from 10 a.m.-noon at CHCS, 313 Enfield Rd, Lincoln**

 **Tuesday, June 12, 2018, from 6-8 p.m. at Wings for Families & Children, 900 Hammond St, Bangor**

 **Thursday, June 14, 2018, from 10 a.m.-noon Cary Library, Meeting Rm, 107 Main St, Houlton**

**“Grandparents Raising Grandchildren - Oh, My!”** Presented by Misty Day, Regional Parent Support Coordinator

Are you raising a second set of children at a time you thought you would be planning your retirement? This discussion will focus on specific issues that may be challenging for grandparents today and uncover ideas and solutions for greater success and less stress.

 **Wednesday, June 6, 2018, from 9-11 a.m. at Pathways, 21 Main St, Bangor**



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 Crisis & Counseling Centers, Inc. 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*