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**Parent Learning & Support**

**Look for Family Fun & Wellness Activities! Register today! 1.800.264.9224**

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. If you are unable to attend in person many workshops are available with Go ToMeeting™ **Workshops at locations marked with an asterisk (\*) are available by Go ToMeeting™**

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

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

**“Toxic Chemicals and Our Children’s Developing Brains”** Presented by Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator

Why is environmental health so important? Consider the following information: Twelve million American children or 17 percent 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 1970s, autism was estimated to have affected about 1 in 2,500 to 5,000 children; studies show that in Maine it occurs today in 1 in 66 children; 127,000 adults and children in Maine are identified as having learning disabilities; and 37 percent of the children receiving special education services in our public schools have learning or attention disabilities. Learn why it is important to protect your family from toxic chemical exposures.

**Monday, July 23, 2018, from 7:00 p.m.8:30 p.m. Webinar only \***

**“A Rocking Photo Booth & Balloon Animals!”** Hosted by Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator

Swing by our table before the movie and use our props to dress up like a princess or a rock star with photo opportunities (your phone or ours). We will also have balloon animals!(Before the Lewiston Police Dept.’s Movie Night)

 **Wednesday, July 25, 2018, from 6:00 p.m. until dusk at Drouin Field, 119 Walnut St. Lewiston**

 **Wednesday, August 22, 2018, from 6:00 p.m. until dusk at Pettingill School Park, 411 College St. Lewiston**

**“Being a Trauma-Informed Parent: Linking Childhood Trauma to Long-Term Health & Social Consequence”** Presented by Laurie Cavanaugh, CPSP, 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 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. 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.

 **Monday July 30, 2018, from 7:00 p.m.-8:30 p.m. Webinar Only \***

**“Grandparents Raising Grandchildren - Oh, My!”** Presented by Laurie Cavanaugh, CPSP, 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.

 **Monday August 13, 2018, from 7:00 p.m.-8:30 p.m. Webinar Only \***

**“Disaster Preparedness 101: Families Prepare and Empower Themselves to Persevere Through Traumatic Events and Unexpected Disaster”** Presented by Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator

When disaster strikes will you be ready? Flooding, blizzards, power outages and intense storms are common disasters in Maine. This workshop focuses on the reactions and needs of children and adolescents in times of unexpected disaster. Participants will learn how to engage their communities and emergency teams to effectively respond to the unique health and well-being needs of their children and youth. Families will begin to plan and prepare for an emergency evacuation and learn strategies to make the unforeseen event more bearable and less traumatic.

 **Wednesday, September 12, 2018, from 6 p.m.-8:00 p.m. at St. Mary’s Hospital, Lobby Conference Room, 93 Campus Ave. Lewiston \***

**“A Rocking Photo Booth & Balloon Animals!”** Hosted by Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator

Swing by our table at Saco/Biddeford’s River-jam Festival to use our props and dress up like a princess or a rock star with photo opportunities (your phone or ours). We will also have balloon animals!

 **Saturday September 15, 2018, from 12:00 p.m.-4:00 p.m. at Mechanics Park, Corner of Main and Water St. Biddeford**

**“Surviving Parenting: Self-Care is NEVER Selfish”** Presented by Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator

Self-care often becomes an afterthought for parents and caregivers. The ability to treat and understand oneself with respect and kindness can be especially elusive when raising a family. In this workshop, you will learn how stress and anxiety affect all of us and what you can do about it. You will do a self-care checkup and tools will be shared to create positive thinking. Join us to discover how to cope when your life is full but your energy tank is running on empty.

 **Wednesday, September 19, 2018, from 6:00 p.m.-8:00 p.m. at Chamber of Commerce, 4 Western Ave. South Paris \***

**“Eight Great Strategies for Supporting Individuals with Autism”** Presented by Eric Campbell, MS, BCBA, Senior Program Director of Educational Services, Spurwink

A diagnosis of Autism Spectrum Disorder can be very overwhelming. Where do I look for help and what can I do to help support my child? This presentation will give a brief introduction to eight research-based intervention strategies for individuals with Autism, and give examples of each that can be applied to everyday environments.

 **Wednesday, September 26, 2018, from 5:30 p.m.-7:30 p.m. at the Dana Conference Center, Classroom #2, 22 Bramhall St. Portland \***

**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

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. Participants will learn practical strategies to assist children in gaining peer acceptance and developing age appropriate social skills.

 **Tuesday, July 10, 2018, from 5:00-7:00 p.m. at Crisis & Counseling Centers, 10 Caldwell Rd. Augusta \***

 **Wednesday, July 18, 2018, from 9:30-11:00 a.m. Webinar Only \***

**“G.E.A.R. Family Picnic”** Facilitated by Diane Bouffard, CPSP, Regional Parent Support Coordinator

Lake George Regional Park is a family-friendly park that offers swimming, hiking, boating and fishing. A large peninsula with three sides of water, the west side of the park, where the picnic will be, offers swimming from a rocky shore and is great for a relaxing place to enjoy the shade. A picnic lunch will be provided. Picnic tables are available, but please bring your lawn chairs for additional seating. Bring your beach apparel and don’t forget sunscreen! Please come and join other families in the fun!

 **Saturday, July 21, 2018, from 11 a.m.-3 p.m. at Lake George Regional Park, West Side, 10 Main St. Canaan**

Note: Registration is required at 1-800-264-9224. Admission is free. There will be no lifeguards on duty. Parents, it will be your responsibility to watch your kids. We will gather on the WEST side of the park on Route 2 in Canaan. The rain date is Saturday, July 28, 2018.

**“Being a Trauma-Informed Parent: Linking Childhood Trauma to Long-Term Health & Social Consequence”** Presented by Diane Bouffard, CPSP, 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.

 **Tuesday, August 14, 2018, from 5-7 p.m. at Crisis & Counseling Centers, 10 Caldwell Rd. Augusta**

**“The Motivation Breakthrough: Six Secrets to Turning on the Tuned Out Child” by Author Rick Lavoie, M.A., M.Ed.** Facilitated by Diane Bouffard, CPSP, 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, August 15, 2018, from 9:30-11 a.m. Webinar Only \***

**“ADHD 101 - What We Want to Know but Forgot to Ask!”** Presented by Diane Bouffard, CPSP, Regional Parent Support Coordinator

This workshop will offer the framework to help us understand what Attention Deficit/Hyperactivity Disorder is, what causes it, how to diagnose and who can diagnose it; the symptoms, what helps, supports; and treatment and management. Come and join in the conversation as we journey together toward greater success.

 **Tuesday, September 11, 2018, from 5-7 p.m. at Crisis & Counseling Centers, 10 Caldwell Rd. Augusta \***

 **Wednesday, September 19, 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 offer 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 612.8996 or Anne Osolinski at 859.2520.

**Skowhegan:** Meets every Friday from 10:00-11:30 a.m. at Skowhegan Community Center Playground, 39 Poulin Drive (If raining will be held aat KVCAP, 26 Mary St, Skowhegan)

**St. Albans:** Meets 2nd and 4th Wednesday of each month from 10:00-11:30 a.m. (July 11 and 25 and Aug 8 and 22) at the Playground, 28 Main St, (If raining this group will not meet. There is no meeting in September)

**Knox, Lincoln & Sagadahoc Counties**

Misty Day, Regional Parent Support Coordinator, Ph. 485.4253 or Email: mday@crisisandcounseling.org

**“ADHD 101 - What We Want to Know but Forgot to Ask!”** Presented by Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator

This workshop will offer the framework to help us understand what Attention Deficit/Hyperactivity Disorder is, what causes it, how to diagnose and who can diagnose it; the symptoms, what helps, supports; and treatment and management. Come and join in the conversation as we journey together toward greater success.

 **Tuesday, July 24, 2018, from 10 a.m.-11:30 a.m. Webinar Only \***

**“Impulsivity & Disruptive Behaviors in Children & Youth”** Presented by Misty Day, 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, July 26, 2018, from 5:30-7:30 p.m. at Crisis and Counseling, 120 Tillson Ave. Rockland \***

**“Being a Trauma-Informed Parent: Linking Childhood Trauma to Long-Term Health & Social Consequence”** Presented by Laurie Cavanaugh, CPSP, 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.

 **Tuesday, July 31, 2018, from 10:00 a.m.-11:30 a.m. Webinar Only \***

**“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.

 **Thursday, August 9, 2018, from 5:30-7:30 p.m. at Crisis and Counseling, 120 Tillson Ave. Rockland \***

**“Positive Behavioral Supports & Tantrum Management: Self-Preservation & Success in Parenting Children with Behavioral Health Needs”** Presented by Laurie Cavanaugh, CPSP, 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!

 **Wednesday, August 15, 2018, from 3:00 p.m.-4:30 p.m. Webinar Only \***

**“Back to School: Set for Success Information Fair”** Facilitated by the Midcoast Community Alliance with G.E.A.R. Information Table hosted by Misty Day, Regional Parent Support Coordinator

****Attention RSU 1 Families, be sure to stop by our table at the Information Highway to pick up your mental health and wellness information. This community celebration of learning will provide *every* RSU 1 student, Pre-K through grade 12, with a new backpack and all teacher-required school supplies for a successful school year. Greeted by school staff, students will receive a school supply list specific to their class. They will choose a new backpack, or bring a favorite from home, then move onto the shopping area to gather all the supplies on their list. Next, they will visit Information Highway where area service providers will share information about their programs and resources. The participants will include local community organizations, healthcare agencies, safety & law enforcement agencies, education supports, and more! Hairstylists will provide students with free haircuts and mini-manicures. Everything will be free of charge, for more information go to [www.mcamaine.org](http://www.mcamaine.org) or contact Karen Willey, Regional Parent Support Coordinator.

 **Sunday August 19, 2018, from 10:00 a.m.-3:00 p.m. at Bath Middle School, 6 Old Brunswick Rd. Bath**

**“Surviving Parenting: Self-Care is NEVER Selfish”** Presented by Laurie Cavanaugh, CPSP, Regional Parent Support Coordinator

Self-care often becomes an afterthought for parents and caregivers. The ability to treat and understand oneself with respect and kindness can be especially elusive when raising a family. In this workshop, you will learn how stress and anxiety affect all of us and what you can do about it. You will do a self-care checkup and tools will be shared to create positive thinking. Join us to discover how to cope when your life is full but your energy tank is running on empty.

 **Tuesday, August, 14, 2018, from 10:00 a.m.-12:00 p.m. Webinar Only\***

 **Tuesday, August, 21, 2018, from 9:30 a.m.-11:30 p.m. at Curtis Memorial Library, Seminar Room (2nd flr), 23 Pleasant St. Brunswick\***

**“Raising a Reader”** Presented by Misty Day, Regional Parent Support Coordinator

Why is raising a reader so important? 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, and stories to our kids? This workshop offers an understanding of how to engage your child in reading. Reading to our children routinely in their early years increases their language development, helps your child develop an attention span and concentration skills. A child who reads well is more likely to develop positive self esteem, independence and many other skills needed to last throughout their life.

 **Thursday, September 6, 2018, from 5:30-7:30 p.m. at Crisis and Counseling, 120 Tillson Ave. Rockland \***

“**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, September 20, 2018, from 1-3 pm. at Midcoast Maine Community Action, 34 Wing Farm Parkway, Room 200, Bath \***

**“Last One Picked – First One Picked On: Learning Disabilities and Social Skills” by Author Rick Lavoie, M.A., M.Ed.** Facilitated by Laurie Cavanaugh, 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, September 25, 2018, from 10:00 a.m.-12:00 p.m.** **Webinar Only \***

**Hancock, Waldo & Washington Counties**

Misty Day, Regional Parent Support Coordinator, Ph. 485.4253 or Email: mday@crisisandcounseling.org

**“Autism and Strategies”** Presented by Jessica King, Information Specialist, Autism Society Maine

Participants will gain a basic understanding of autism along with some general strategies to use while interacting with individuals on the spectrum. These strategies relate to sensory, communication, behavioral and social deficits that often interfere with an individual’s ability to process information.

 **Tuesday, July 24, 2018, from 9:00 a.m.-11:00 a.m. at Head Start Belfast Center, Conference Room, 9 Field St. Belfast \***

**“Last One Picked – First One Picked On: Learning Disabilities and Social Skills” by Author Rick Lavoie, M.A., M.Ed.** Facilitated by Misty Day, 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.”

 **Friday, August 3, 2018, from 10:00a.m.-12:00 p.m. at MAS Community Health, 60 Main St. Machias \***

 **Thursday, September 13, 2018, from 6:00 p.m.-8:00 p.m. at Searsport Elementary School, 30 Mortland Rd. Searsport \***

**“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.

 **Friday, September 7, 2018, from 10:00 a.m.-12:00 p.m. at MAS Community Health, 60 Main St. Machias \***

**"Parenting with Dignity - Picking up This Ball Is a Victory for All"** Presented by Misty Day, 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 celebrated New England Patriots’ quarterback. Parenting with Dignity helps parents learn effective techniques for raising responsible, independent children.

Topics include:

* A Model of Human Performance
* Five Rules for Parents
* Discipline
* Sending a Message of Love
* Teaching Values to Your Kids
* Goal Setting
* Reasons Punishment Doesn’t Work

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

**Session 1: Saturday, September 8, 2018, from 10:00 a.m.-4:00 p.m. at Blue Hill Public Library, 5 Parker Point Rd. Blue Hill**

**Session 2: Saturday, September 15, 2018, from 10:00 a.m.-4:00 p.m. at Blue Hill Public Library, 5 Parker Point Rd. Blue Hill**

**“Impulsivity & Disruptive Behaviors in Children & Youth”** Presented by Misty Day, 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, September 25, 2018, from 9:00 a.m.-11:00 a.m. at Head Start Belfast Center, Conference Room, 9 Field St. Belfast \***

**Penobscot, Piscataquis & Southern Aroostook Counties**

Susie Pitcher, Regional Parent Support Coordinator, Ph: 215.6254 or Email: spitcher@crisisandcounseling.org

**“Maine Suicide Prevention Program: Education, Resources & Support-It’s up to All of Us”** Presented by Susie Pitcher, 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 session are to heighten awareness about suicide in Maine and beyond, increase ability to speak about suicide, provide information about the risk and protective factors associated with suicide, warning signs and clues for suicidal behaviors, teach skills to intervene when concerned someone might be considering suicide, and provide helpful resources for participants.

 **Tuesday, July 10, 2018, from 6:00-8:00 p.m. at Wings for Families & Children, 900 Hammond St. Bangor \***

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

 **Friday, July 27, 2018, from 10:00 a.m.-12:00 p.m. at Community Health & Counseling Services, 313 Enfield Rd. Lincoln**

 **Tuesday, August 14, 2018, from 6:00-8:00 p.m. at Wings for Families & Children, 900 Hammond St. Bangor \***

**“Responding to Child Abuse & Neglect: It’s Everyone’s Responsibility”** Presented by Susie Pitcher, 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; in addition to protective factors.

 **Wednesday, August 1, 2018, from 9-11 a.m. at Pathways, 21 Main Street, Bangor \***

 **Friday, August 31, 2018, from 10:00 a.m.-12:00 p.m. at Community Health & Counseling Services, 313 Enfield Rd. Lincoln**

**“Toxic Chemicals and Our Children’s Developing Brains”** Presented by Susie Pitcher, Regional Parent Support Coordinator

Why is environmental health so important? Consider the following information: Twelve million American children or 17 percent 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 1970s, autism was estimated to have affected about 1 in 2,500 to 5,000 children; studies show that in Maine it occurs today in 1 in 66 children; 127,000 adults and children in Maine are identified as having learning disabilities; and 37 percent 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, September 5, 2018, from 9-11 a.m. at Pathways, 21 Main Street, Bangor \***

**“Last One Picked – First One Picked On: Learning Disabilities and Social Skills”** **by Author Rick Lavoie, M.A., M.Ed.** Facilitated by Susie Pitcher, 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, September 11, 2018, from 6:00-8:00 p.m. at Wings for Families & Children, 900 Hammond St. Bangor \***

 **Thursday, September 13, 2018, from 10 a.m.-12:00 p.m. at Cary Library, Meeting Room, 107 Main St. Houlton \***

 **Friday, September 28, 2018, from 10:00 a.m.-12:00 p.m. at Community Health & Counseling Services, 313 Enfield Rd. Lincoln**





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*