



Join us for

Parent Learning & Support

*All are welcome to attend our free workshops & events which 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 or Heather Williams, CFPS, Regional Parent Support Coordinator

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 at:

https://docs.google.com/forms/d/e/1FAIpQLScpgJNGN2rk5Jn9mEZ4PIBDEKqv9IBGf_Pjks6ToNqjQJLlow/viewform or call

Megan Dickinson at 207-859-1580.

"Parent Support Group" For parents or caregivers of children/youth with emotional or behavioral health concerns and is held virtually the first and third Wednesday of each month (for July & August only) from 1-2:30 p.m. and in September will return to every week on Wednesday 1-2:30 p.m. <https://gearparentnetwork.org/events/> to register.

Events held July through September 2024-

July 3, 2024 4-6 p.m. at the Boys and Girls Club, 161 Davis Rd, Bangor - In person only

"Take Action Against Bullying" Presented by Sue Gagne, CFPS, Family Peer Specialist and Diane Bouffard, CFPS, Team Leader

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.

July 8, 2024 from 6-8 p.m.

"Understanding Child Birth Order" Presented by Shannan King, CFPS, Regional Parent Support Coordinator

Birth order is a fun and interesting topic you may have not have considered. Research shows that a person's birth order has a direct link with his or her personality. These stereotypes on birth order may sound silly, but there is an interesting degree of scientific accuracy in their foundation. But does birth order influence personality, or is personality shaped based on the ages of siblings around them? Understanding birth order positions allows parents, guardians and teachers to guide and support children and strengthen positive qualities.

July 10, 2024 from 12:30-2:30 p.m. at the Boys and Girls Club, 28 Downeast Circle, Bangor - In person only

"Surviving Parenting: Self-Care is NEVER Selfish" Presented by Diane Bouffard, CFPS, Team Leader and Cindy Seekins, CFPS, Director

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 is running on empty.

July 10, 2024 from 6-8 p.m.

"ADHD 101 - What We Want to Know but Forgot to Ask!" Presented by Heather Williams, CFPS, 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.

July 13, 2022, from 11 a.m.-2 p.m. at Lake George Regional Park, West Side, Route 2, 10 Main St., Canaan -In person only

"G.E.A.R. Annual Family Picnic" Facilitated by Diane Bouffard, CFPS, Team Leader



Lake George Regional Park in Canaan is a family-friendly park that offers swimming, hiking, boating and fishing. Free entrance (the Ranger @ entrance will have your registration) for families and kids to come and join us for this fun and relaxing social event! We are located on the west side of the park on a large peninsula with three sides of water where the picnic will be. This park offers swimming from a sandy beach or a rocky shore and is a great relaxing place to enjoy the sun or shade! A light picnic buffet lunch will be provided and picnic tables are available but please bring your lawn chairs or blankets for additional seating. If you have special dietary needs please do bring your own lunch. We will have fun activities too for both kids and adults alike! Don't forget your beach apparel, towels and sunscreen! There are no lifeguards on duty so parents are responsible for watching their kids and you may stay the entire day.

Registration is required and admission is free. Rain date is Saturday, July 20, 2024.

August 1, 2024 from 10a-12 p.m.

"How Difficult Can This Be? The F.A.T. City Workshop" Video Presentation by Author Rick Lavoie, M.A., M.Ed. Facilitated by Diane Bouffard, CFPS, Team Leader and Regional Parent Support 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.

August 5, 2024 from 6-8 p.m.

"Success in Co-Parenting and Blending Families" Presented by Shannan King, CFPS, Regional Parent Support Coordinator

Co-parenting can be very stressful and emotional. Join us to learn more about what some blended families encounter such as significant parenting differences, having false expectations as to what the relationships and family life will look like, how to manage the emotions and work on challenges, as well as seek outside help when needed. We will discuss ways to create a more unified and harmonious family unit truly setting your family up for success to ensure the best outcomes for your children.

August 7, 2024 from 10a-12 p.m.

"The Motivation Breakthrough: Six Secrets to Turning on the Tuned Out Child" by Author Rick Lavoie, M.A., M.Ed. Facilitated by Heather Williams, CFPS, Regional Parent Support Coordinator

This video 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

August 8, 2024 from 12:30-2:30 p.m. at the Boys and Girls Club, 161 Davis Rd, Bangor - In person only

"ADHD 101 - What We Want to Know but Forgot to Ask!" Presented by Shannan King, CFPS, Regional Coordinator and Cindy Seekins, CFPS, Director

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.

August 17, 2024 from 9-11 a.m.

"Basic Advocacy! How to advocate for what your kids need!" Presented by Heather Williams, CFPS, Regional Parent Support Coordinator

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.

August 26, 2024 from 6-8 p.m. "Do You Speak Teen? 'mnE Ps dnt bleev der is a gNR8N d/c b/t em n thr teen" Presented by Shannan King, CFPS, 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.

September 9, 2024 from 6-8 p.m.

What Disabilities Qualify for Special Education Under IDEA? Presented by Shannan King, CFPS, Regional Parent Support Coordinator

This workshop will provide an overview of children's disabilities, special education qualifying conditions under the Individuals with Disabilities Education Act (IDEA), and possible accommodations to make your child's school experience a successful one. We also will review local and statewide resources available to your child and family.

September 12, 2024 from 12:30-2:30 p.m. at 161 Davis Rd, Boys and Girls Club, Bangor - In Person Only

"Recognizing the Signs of Suicide Risk and Navigating the System of Care" Presented by: Shannan King, CFPS and Cindy Seekins, CFPS, Director

Suicide is a significant concern in Maine and nationwide, and we can do something about it. Join us in learning how to recognize early signs of potential elevated suicide risk, suicide statistics in Maine/Nationally; what risk assessments are and common terms you may hear providers use, in addition to navigating the system of care to effectively gain access to treatment and/or support that is needed. Also, we will discuss how to advocate for a person in your care when you are not satisfied with the process or outcome.

September 12, 2024 from 1-3 p.m.

"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, CFPS, Team Leader and 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.

September 14, 2024 from 10-12 p.m.

"What's Your Parenting Style? Identifying Your Style and How it Affects Your Interaction with Your Children." Presented by Heather Williams, CFPS, Regional Parent Support Coordinator

This workshop is intended to help you learn and identify your current parenting style and recognize the large impact that it has on your child's development. We will review each of the four parenting styles. Through sharing of information and discussion you will be given the tools to use to evaluate both positive and negative influences in your lives and how it relates to your parenting style. Parents and caregivers can improve their skills by having and understanding of parenting styles, discipline, cultural influences and environmental issues.

September 18, 2024 from 10a-12 p.m.

"Seasonal Affective Disorder or SAD" Presented by Heather Williams, CFPS, Regional Parent Support Coordinator

Seasonal Affective Disorder can impact adults, teens, and children. It is estimated about 5% of the people experience SAD in the US and 4 out of 5 are women. One US study found rates of SAD were 7 times higher in New Hampshire than in California suggesting the farther we are from the equator, the more likely we are to develop Seasonal Affective Disorder. Join us for an educational and STRESS-LESS evening learning about SAD and how to deal with it.

Reach Us Directly:

Heather Williams, CFPS, Regional Parent Support Coordinator, Ph: 207-705-1353 or Email: hwilliams@crisisandcounseling.org covering Sagadahoc, Cumberland, Androscoggin, York and Oxford Counties

Diane Bouffard, CFPS, Team Leader & Regional Parent Support Coordinator, Ph: 207-612-8996 or Email: dbouffard@crisisandcounseling.org covering Kennebec, Somerset, Franklin & Piscataquis Counties

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

6/17/24



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