



Join us for

Parent Learning & Support

*All are welcome to attend workshops & events at no cost that are held virtually - and on location when specified. **Red listings are special 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 morning 10-11:30 a.m. and afternoon from 3:30-5 p.m., Facilitated by Diane Bouffard, CFPS, Team Leader and 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 for **Tuesday mornings 10:00 - 11:30 a.m.** Link to register: <https://forms.gle/kUzJvzXDMH24SpxJ7>
OR Tuesday afternoons from 3:30 - 5:00 p.m. Link to register: <https://forms.gle/7mDnUPLNiCg5QWafA> or call Megan Dickinson at 207-859-1580.
If you are in need mental health or substance use services please call Crisis and Counseling's Open Access 207-626-3414.

"Parent Support Group" For parents or caregivers of children/youth with emotional or behavioral health concerns and is held virtually every **Wednesday** from 1-2:30 p.m. <https://gearparentnetwork.org/events/> to register.

These Events held October through December 2024-

October 7, 2024 from 4-6 p.m. in collaboration with Bucksport Adult Education held virtually & in person at 102 Broadway, Bucksport High School, Bucksport

"Success in Co-Parenting and Blended 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.

October 16, 2024 from 5:30 - 7:30 p.m. in person at Bangor Housing Boys and Girls Club, 161 Davis Rd, Bangor

"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.

October 21, 2024 from 6-8 p.m.

"Take Action Against Bullying" Presented by Diane Bouffard, CFPS, Team Leader, 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.

"Parenting with Dignity-Picking up This Ball Is a Victory for All" Facilitated by Heather Williams, CFPS, Regional Parent Support Coordinator

G.E.A.R. Parent Network invites you to pick up the ball and run with it through a multi-part parenting education course developed by Mac Bledsoe, father of a former celebrated New England Patriots' quarterback Drew Bledsoe. Parenting with Dignity helps parents learn effective techniques for raising responsible, independent children. Topics include:

Saturday, October 26, 2024 from 9a-2 p.m.

Session 1: A Model of Human Performance, Five Rules for Parents Discipline and Deciding what you Want-Part 1 and 2

Saturday, November 2, 2024 from 9a-2 p.m.

Session 2: Sending a Constant Message of Love - Part 1 & 2, Teaching Your Values to Your Kids and Goal Setting and The Reasons Punishment Doesn't Work

October 28, 2024 from 6-8 p.m.

"Building a Bridge: Navigating Youth to Adult Transition" Presented by Diane Bouffard, CFPS, Team Leader. Regional Parent Support Coordinator

Transition planning is the key to ensuring success in adulthood for youth with disabilities. This workshop will teach parents and caregivers how to build the transitional bridge from children's mental health services to adult mental health services in order to achieve successful post-secondary outcomes. Learn what you can do now to prepare, how adult services are different from school-based services, what is included in a transition plan, how to meet the unique needs of the youth, and how to empower youth to have a voice in the planning process.

November 4, 2024 from 4-6 p.m. in collaboration with Bucksport Adult Education to be held virtually & in person at 102 Broadway, Bucksport High School, Bucksport

"Defusing Challenging Behaviors: How to Effectively De-Escalate Your Child" Presented by Shannan King, CFPS, Regional Parent Support Coordinator

What is the best way to quickly defuse your child's challenging behavior in the heat of the moment? Yelling at them? Punishing them? Grounding them in their room for a week? Or giving "Show 'em who's BOSS" vibes. **Using these harsh methods will only add fuel to the fire.** And the point is NOT TO make things worse in those intense situations. Join us in learning to remain calm and use different techniques that can help defuse a situation before it gets worse!

November 5, 2024 from 10a-12 p.m.

"Surviving Parenting: Self-Care is NEVER Selfish" Presented by Diane Bouffard, CFPS, Team Leader, 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.

November 6, 2024 from 5:30-7:30 pm. In person at Bangor Housing Boys and Girls Club, 161 Davis Rd, Bangor

"Managing Stress During the Holidays" Presented by Shannan King, CFPS, Regional Parent Support Coordinator

The holiday season will quickly be here! While it is meant to bring feelings of love and cheer, it's also the harbinger of much stress for many of us. Join us and learn a few simple tips you could try to help reduce holiday stress before it begins so that it remains at a positive level rather than an overwhelming one.

November 14, 2024 from 6-8 p.m. virtual and in person @ Sanford Pride Elementary library, 708 Main St, Sanford

"Helping Your Child Manage Their Meltdowns" Presented by Heather Williams, CFPS, Regional Parent Support Coordinator

Are you feeling like you are always walking on eggshells when dealing with your young child's meltdowns? (Professionals sometimes call these behaviors "dysregulation") 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.

November 21, 2024 from 10a-12 p.m.

“Positive Behavioral Supports & Tantrum Management: Self-Preservation & Success in Parenting Children with Behavioral Health Needs” Presented by Heather Williams, CFPS, 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. Join us to learn more how to manage your child's tantrums by using positive behavioral supports!

December 2, 2024 from 4-6 p.m. in collaboration with Bucksport Adult Education to be held virtually & in person at 102 Broadway, Bucksport High School, Bucksport

“Impulsivity & Disruptive Behaviors in Children & Youth” Presented by Shannan King, CFSP, Regional Parent Support Coordinator

All children and youth have outbursts from time to time, however some do have much difficulty in their ability to regulate their 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 impulsive and disruptive behavior.

December 4, 2024 from 10a-12 p.m.

“Managing Stress During the Holidays” Presented by Diane Bouffard, CFPS, Team Leader, Regional Parent Support Coordinator

The holiday season will quickly be here! While it is meant to bring feelings of love and cheer, it's also the harbinger of much stress for many of us. Join us and learn a few simple tips you could try to help reduce holiday stress before it begins so that it remains at a positive level rather than an overwhelming one.

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

“Disaster Preparedness 101: Families Prepare & Empower Themselves to Persevere Through Traumatic Events and Unexpected Disaster” Presented by Cindy Seekins, CFPS, Director and Shannan King, CFPS, Regional Parent Support Coordinator

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

December 6, 2024 from 5:30-7:30 p.m. at Ginnys Natural Corner Store, 217 North Ave, Skowhegan

"Ho-Ho-Ho Holiday Family Movie Night with your Kids!" Facilitated by Diane Bouffard, CFPS, Team Leader, Regional Parent Support Coordinator

Moms, dads, grandparents and kids of all ages! Join us for an evening social event **family holiday movie night!** Kids, wear your PJ's and bring your favorite toy, pillow and blanket and join other families to watch a classic holiday movie together! Snacks will be offered.

December 7, 2024 from 10a-12 p.m. Virtual and in person Windham Public Library, 217 Windham Center Rd, Windham

"Ho-Ho-Ho Holiday Fun! Creating Ornaments!" Facilitated by Heather Williams, CFPS, Regional Parent Support Coordinator

Join us for creating easy ornament designs for the holidays by recycling your old ornaments! Use any items or materials you wish to use that may be used such as: wrapping paper and ribbon, pictures, wrapping tissue paper, hair ribbons, beads, glitter, sequins and liquid glue. Let's have fun together, be creative and leave you with a little personalized memory to hold on to or create a personal gift to give this holiday season!

December 11, 2024 from 5:30-7:30 pm. in person at Bangor Housing Boys and Girls Club, 161 Davis Rd, Bangor

"Ho-Ho-Ho! Holiday Family Activities!" Facilitated by Shannan King, CFPS, Regional Parent Support Coordinator

Join us as we celebrate the season with some holiday fun activities that the whole family can enjoy, so gather your family and join us in having some fun!"

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



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