



Join us for

Parent Learning & Support

Supportive Educational Workshops, Special Events and Activities are offered **FREE** to parents/grandparents/caregivers/educators of children with emotional or behavioral health concerns! **During the Coronavirus Pandemic all workshops/events are available only as a webinar by GoToMeeting™ with pre-registration.** Look for our **Special Events** listed in **Red** print! Any changes or cancellations are also posted on the GEAR Parent Network Facebook page.

Visit www.gearparentnetwork.org to register or call 1 (800) 264-9224

Androscoggin, Cumberland, Oxford & York Counties

Heather Williams, Regional Parent Support Coordinator, Ph: 207-705-1353 or Email: hwilliams@crisisandcounseling.org

"What's Your Parenting Style? Identifying Your Style and How it Affects Your Interaction with Your Children" Presented by Heather Williams, 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 an understanding of parenting styles, discipline, cultural influences and environmental issues.

Wednesday, October 6, 2021 from 10 a.m.-12 p.m.

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

Are you feeling like you are always walking on eggshells when dealing with your child's meltdowns? (Professionals call this "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.

Wednesday, October 20, 2021, from 10-12 p.m.

"Managing Stress: Strategies for Recognizing & Reducing Stress" Presented by Heather Williams, Regional Parent Support Coordinator

We all have stress in our lives. The stress is even greater for parents of a child with behavioral health needs. Please join us in the conversation and discovery of what stress is, how stress affects us, how to differentiate between good and bad stress and learn about some different stress relief and reduction strategies that can help us to live healthier lives.

Wednesday, November 3, 2021 from 10-12 p.m.

"Non-Toxic Housekeeping Class" Presented by Heather Williams, Regional Parent Support Coordinator

Save money and reduce your family's exposure to toxic cleaners! Join us and learn: how to avoid using toxic chemicals and still provide a clean, healthy and comfortable home; how to save money and time with simple cleaning techniques; and easy and inexpensive recipes to make safe, effective homemade household cleaners.

Wednesday, December 8, 2021 from 10 a.m.-12 p.m.

"Ho-Ho-Ho Holiday Baking Fun with your Kids!!" Facilitated by Heather Williams, Regional Parent Support Coordinator

Moms, dads, and kids join us for this family holiday activity during school vacation week and we will share how to make Monkey Bread with 4 simple ingredients - a roll of Pillsbury biscuits, cinnamon, sugar and butter. In addition we will be creating a special hot cocoa recipe. Let's have fun together, be creative and leave you with a little memory of fun to have with your kids this holiday season!

Wednesday, December 29, 2020 from 10 am.-11:30 a.m.

Kennebec, Somerset & Franklin Counties

Diane Bouffard, CFPS, Team Leader & Regional Parent Support Coordinator, Ph: 207.612.8996 or Email: dbouffard@crisisandcounseling.org

"Take Action Against Bullying" Presented by Diane Bouffard, CFPS, 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, October 5, 2021 from 10 a.m.-12 p.m.

"Building a Bridge: Navigating Youth to Adult Transition" Presented by Diane Bouffard, CFPS, 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 individual, and how to empower youth to have a voice in the planning process.

Tuesday, November 9, 2021 from 1-3 p.m.

"Parenting with Dignity-Picking up This Ball Is a Victory for All" Facilitated by Diane Bouffard, 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 celebrated New England Patriots' quarterback. Parenting with Dignity helps parents learn effective techniques for raising responsible, independent children. **Occurring virtually on two consecutive Saturdays** with one hour for lunch break. Topics include:

Session 1: A Model of Human Performance and Five Rules for Parents - Saturday, October 16th 9-3 p.m.

Session 2: Discipline, Deciding what you Want-Part 1 and 2 - Saturday, October 16th 9-3 p.m.

Session 3: Sending a Constant Message of Love-Part 1 and 2 - Saturday, October 16th Part 1 9-3 p.m.; October 23rd Part 2 9-3 p.m.

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Session 4: Teaching Your Values to Your Kids and Goal Setting – Saturday, October 23rd 9-3 p.m.

Session 5: The Reasons Punishment Doesn't Work – Saturday, October 23rd 9-3 p.m.

Hancock, Waldo, Knox, Lincoln & Sagadahoc Counties

Shannan Boyorak, CFPS, Regional Parent Support Coordinator, Ph. 944-4295 or Email: sboyorak@crisisandcounseling.org

"Bullying Awareness and Prevention" Presented by: Chris McLaughlin, LCSW, Associate Vice President, Community & Pediatric Services, Northern Light Acadia Hospital

Using the Acadia CARES video and curriculum, this workshop will explore warning signs of bullying (both those being bullied and those doing the bullying) and how families can successfully team with schools to put an end to this destructive behavior.

Tuesday, October 19, 2021 from 6-7 p.m.

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

The holiday season is here! While it is meant to bring feelings of love and cheer, it's also the harbinger of 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.

Wednesday, November 10, 2021 from 10-12 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 Boyorak, 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.

Tuesday, November 23, 2021 from 1-3 p.m.

"Disaster Preparedness 101: Families Prepare and Empower Themselves to Persevere Through Traumatic Events and Unexpected Disaster" Presented by Shannan Boyorak, 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. 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, December 1, 2021 from 10 a.m.-12 p.m.

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

"Join us with your kids for some online Holiday Cheer! We will be celebrating the season with some great holiday themed games and a fun painting activity for the whole family to enjoy, so gather your family and join us in having some fun!"

Friday, December 10th, 2021 from 6-8 p.m.

"Diversity, Equity, and Inclusion - An Introduction" Presented by: Chris McLaughlin, LCSW, Associate Vice President, Community & Pediatric Services, Northern Light Acadia Hospital

This 101-styled workshop will explore what exactly is meant by diversity, equity, and inclusion and will introduce several key concepts and topics in order to prepare participants for ongoing discussions and future learnings.

Tuesday, December 14, 2021 from 6-7:30 p.m.

Aroostook, Penobscot, Piscataquis and Washington Counties

Elizabeth Consalvi, Regional Parent Support Coordinator, Ph 207-270-0487 or econsalvi@crisisandcounseling.org

"ADHD 101 - What We Want to Know but Forgot to Ask!" Presented by Elizabeth Consalvi, 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, treatment and management. Come and join in the conversation as we journey together toward greater success.

Thursday, October 7, 2021 from 1-3 p.m.

"Surviving Parenting: Self-Care is NEVER Selfish" Presented by Elizabeth Consalvi, 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.

Thursday, November 18, 2021 from 6-8 p.m.

"Positive Behavioral Supports & Tantrum Management: Self-Preservation & Success in Parenting Children with Behavioral Health Needs" Presented by Elizabeth Consalvi, 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. Come and learn how to manage your child's tantrums by using positive behavioral supports!

Monday, November 29, 2021 from 10a-12 p.m.

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"Seasonal Affective Disorder" Presented by Elizabeth Consalvi, Regional Parent Support Coordinator

Seasonal Affective Disorder can impact adults, teens, and children. It is estimated about 6 in every 100 people (6%) experience SAD. 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 SAD. Join us for an educational and STRESS-LESS evening learning about SAD and how to deal with it.

Thursday, December 9, 2021 from 6-7:30 p.m.

"Ho-Ho-Ho Holiday Family Fun! Creating Salt Dough Ornaments!" Facilitated Elizabeth Consalvi, Regional Parent Support Coordinator

During this family holiday craft activity for any age we will share a simple 3-ingredient salt dough recipe that we will be using to create Salt Dough Ornaments. Let's have fun together, be creative and leave you with a little memory to hold on to or have a personal gift to give this holiday season!

Thursday, December 16, 2021 from 1-3 p.m.



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

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