



## Downeast Health Services, Inc.

Providing for the health, safety and well being of children and their families in  
Downeast Maine

52 Christian Ridge Road, Ellsworth, Maine 04605 Phone: 207-667-5304 Fax: 207-667-6117  
[www.downeasthealth.org](http://www.downeasthealth.org)

### Relatives As Parents Program: Free Monthly Group on December 14th

12.14.10 **Ellsworth** 1:30pm-3:00pm: (DAYTIME) Downeast Children's Council "Relatives as Parents" **FREE** Monthly Support Group at Downeast Health Services, 52 Christian Ridge Road, Ellsworth. Call Candy at 667-5304 ext. 261 FMI & to register. *Topic: "Discipline is not a Dirty word, but it may look different today"*

### NEW: Washington County Relatives As Parents Program on January 4th

1.04.11 **Machias** 10:00am-12noon: Downeast Children's Council "Relatives as Parents" **FREE** Monthly Support Group at Downeast Health Services, 247 Main Street, Suite 2, Machias. Call Candy at 667-5304 ext. 261 FMI & to register. *Topic: "Maine Grandfamilies" DVD*

### NEW: Guiding Good Choices: Free Weekly Group begins January 18th

1.18.11 **Ellsworth** 5:30pm-7:30pm: Downeast Children's Council presents a **FREE** 5 week series "Guiding Good Choices" program for parents of children ages 9-14 at Downeast Health Services, 52 Christian Ridge Road, Ellsworth. Call Candy at 667-5304 ext. 261 FMI. Minimum 5 - maximum 12 parents. Pre-registration by January 11th required. By sharing healthy beliefs with children and setting clear guidelines for behavior, parents help children make healthy choices in a complicated world.

### Boot Camp for New Dads (for new expectant dads)



\*\*\*Please call to signup. No cost for attending\*\*\* To register for any Boot Camp session, or for more information, please contact Cathy Jacobs at MAINE FAMILIES DOWNEAST (formerly PATT) at Downeast Health Services Inc., Phone 667-5304, ext 225 or 1-800-492-5550, ext. 225 or email: [cjacobs@downeasthealth.org](mailto:cjacobs@downeasthealth.org).



### Weekly Playgroups -- FREE

Tuesdays 10am-11:30am: **Ellsworth** Held at the Unitarian-Universalist Church, 121 Bucksport Road, for babies and toddlers (under age 3) and parents. Call 667-5304 ext. 225 FMI.

Tuesdays 10:00am-11:30am: **Bar Harbor** Held at St. Saviour's Episcopal Church Parish Hall on Main Street, for babies and toddlers (under age 3) and parents. Call 667-5304, ext. 260 (Connie) FMI.

Wednesdays 10am-11:30am: **Blue Hill** Held at the Blue Hill Public Library, Parker Point Road, for babies and toddlers (under age 3) and parents. Call 667-5304, ext. 248 (Dawn) FMI.

Thursdays 10am-11:30am: **Bucksport** Held at the Jewett School, for babies and toddlers (under age 3) and parents. Call 667-5304, ext. 240 (Tammy Branca) for more information.



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# FAMILY SUPPORT, EDUCATION & WORKSHOPS

This information is also online at [www.downeasthealth.org](http://www.downeasthealth.org) for your convenience.

## DECEMBER is

- *Substance Abuse Prevention Month – FMI [www.health.org](http://www.health.org)*
- *12/01 World AIDS Day – FMI: : <http://www.aids.gov/world-aids-day/>*
- *12/21 Winter Solstice – the first day of winter*

12.01.10 **Ellsworth** 9:30am-12:30pm (6 sessions 12/1/10-1/5/11): “Financing Your Future: Make the Most of Your Money” presented by Women, Work and Community at the Downeast Higher Education Center. Pre-registration required. This 18-hour class can help you gain the skills and confidence you need to stretch your money, pay your bills, reduce your debt, find money for savings and set personal goals. Successful completion meets one of the requirements for the FDA matched savings program. FMI, call 667-1834.

12.08.10 **Calais** 5:00pm-6:30pm: “Ho-Ho-Ho Holiday Fun! Creating a Cookie Jar Mix Gift” presented by Judy Somers, GEAR Parent Network at Calais Elementary School, Garfield Road, Calais. FMI, contact Judy at 1-800-264-9224 or [www.gearparentnetwork.com](http://www.gearparentnetwork.com)

12.08.10 **Belfast** 6:00pm-8:00pm (6 sessions): Broadreach Family and Community Services will present “Active Parenting Now”, a 6 week series at the Captain Albert Stevens School. Active Parenting Now is a video-based education program targeted to parents of 5 to 12-year-olds who want to improve their parenting skills. These parent classes will be open to all parents and child care will be provided during class. Please call Patrick Walsh at 207-338-2200 to register for this FREE series.

12.09.10 **Augusta** 10:00am-12:30pm: M.A.I.N. meeting at Maine Equal Justice, 126 Sewall St., FMI: Barbara Rankins: 513-6292

12.10.10 **WEBINAR** 12:00pm-1:30pm: “Sexualization and the Packaging of Girlhood” Open your eyes to the media images and messages that surround you and you’ll find that there’s no avoiding the sexualization and objectification of girls and women. Young women in submissive and suggestive positions sell clothing; pop stars marketed to youth perform with stripper poles; even cartoon characters adopt flirtatious poses and attire. Sharon Lamb, Ed.D., a Taskforce member and co-author of *Packaging Girlhood*, will explore the images that overwhelm girls each day and expose the stereotypes and limited choices present. She will share strategies for educators, counselors, and parents to help girls navigate and resist these powerful and omnipresent messages. CEUs will be available. To register, go to [www.hghw.org](http://www.hghw.org).

12.11.10 **Milbridge** 9:00am-4:00pm: Maine Families and Down East Community Hospital will present FREE childbirth classes for expectant parents at the Women’s Health Resource Library. To register and FMI, please call Jane at 255-0438.

12.14.10 **Ellsworth** 1:30pm-3:00pm: (DAYTIME) Downeast Children’s Council “Relatives as Parents” **FREE** Monthly Support Group at Downeast Health Services, 52 Christian Ridge Road, Ellsworth. Call Candy at 667-5304 ext. 261 FMI & register. *Topic: “Discipline is Not a Dirty Word, But It May Look Different Today”*

12.17.10 **Ellsworth** 10:30am-12:30pm: “Ho-Ho-Ho Holiday Fun! Creating a Cookie Jar Mix Gift” presented by Judy Somers, GEAR Parent Network at KidsPeace, 16 KidsPeace, Ellsworth. FMI, contact Judy at 1-800-264-9224 or [www.gearparentnetwork.com](http://www.gearparentnetwork.com)

PHONE: (207) 667-5304 ext. 261; [children@downeasthealth.org](mailto:children@downeasthealth.org)

**DECEMBER is**

12.18.10 **Ellsworth** 10:00-11:00am: Special Children's Friends monthly Saturday support group for parents / grandparents / guardians of kids with autism facilitated by SCF case managers. FMI & RSVP, call 667-2430. No childcare provided, but all children are welcome. Child-friendly environment in the classroom where the meeting is held. Light snack provided.

12.21.10 **Bangor** 6:00pm-8:00pm: "Ho-Ho-Ho Holiday Fun! Creating a Cookie Jar Mix Gift" presented by Judy Somers, GEAR Parent Network at Wings for Families and Children, 900 Hammond Street, Bangor. FMI, contact Judy at 1- 800-264-9224 or [www.gearparentnetwork.com](http://www.gearparentnetwork.com)

**JANUARY is:**

- *National Mentoring Month* see [www.downeastmentor.org](http://www.downeastmentor.org) or [www.mentoring.org](http://www.mentoring.org)
- *Poverty in America Awareness Month* see [www.nccbuscc.org/cchd/povertyusa/index.htm](http://www.nccbuscc.org/cchd/povertyusa/index.htm)
- *Cervical Cancer Awareness Month* – visit [www.ashastd.org](http://www.ashastd.org) FMI.

1.04.11 **Machias** 10:00am-12noon: Downeast Children's Council "Relatives as Parents" **FREE** Monthly Support Group at Downeast Health Services, 247 Main Street, Suite 2, Machias. Call Candy at 667-5304 ext. 261 FMI & to register. *Topic: "Maine Grandfamilies" DVD*

1.11.11 **Ellsworth** 1:30pm-3:00pm: Downeast Children's Council "Relatives as Parents" **FREE** Monthly Support Group at Downeast Health Services, 52 Christian Ridge Road, Ellsworth. Call Candy at 667-5304 ext. 261 FMI & to register. *Topic: "Protecting and Planning for your Child's Future"*

1.13.11 **ONLINE**: MRTQ: Operating a Family Child Care Business (24 hours) presented by Faith Perkins. FMI and Registration, call Joy at 667-2467.

1.13.11 **Bucksport**: Gatekeeper Training for Suicide Prevention workshop information is available at [www.mcdregistration.org/registrations.asp](http://www.mcdregistration.org/registrations.asp) Call Joanne @ 622-7566 x 202 FMI. Pre-registration required.

1.13.11 **WEBINAR** 12:00pm-1:30pm: "Addressing and Preventing Harassment of LGBTQ Youth" This webinar explores how homophobia, bullying and harassment; the real experiences lead young people to mask their sexual identifies, feelings, and questions. CEUs will be available. To register, go to [www.hghw.org](http://www.hghw.org).

1.18.11 **Ellsworth** 5:30pm-7:30pm: Downeast Children's Council presents a FREE 5 week series "Guiding Good Choices", a program for parents of children ages 9-14 at Downeast Health Services, 52 Christian Ridge Road, Ellsworth. Call Candy at 667-5304 ext. 261 FMI. Minimum 5 - maximum 12 parents. *Pre-registration by January 11th required.* By sharing healthy beliefs with children and setting clear guidelines for behavior, parents help children make healthy choices in a complicated world.

TBA **Ellsworth** 10:00-11:00am: Special Children's Friends monthly Saturday support group for parents / grandparents / guardians of kids with autism facilitated by SCF case managers. FMI & RSVP, call 667-2430. No childcare provided, but all children are welcome. Child-friendly environment in the classroom where the meeting is held. Light snack provided.

**Save the DATES:**

2.03.11 **WEBINAR** 12:00pm-1:30pm: "Fighting Like a Girl: Myths, Realities and Solutions" In this webinar, Dr. Lyn Mikel Brown explores media representations of girls' relationships, distinguishes myth from reality, considers the impact of these portrayals on girls, and discusses the importance of media literacy and strength-based approaches to working with girls. CEUs will be available. To register, go to [www.hghw.org](http://www.hghw.org).

3.11.11 **WEBINAR** 12:00pm-1:30pm: "Packaging Boyhood: Helping Boys Resist Media Stereotypes" In this webinar, Mark Tappan, Colby College, explores the narrow version of boyhood that is sold to boys, and what adults can do about it. CEUs will be available. To register, go to [www.hghw.org](http://www.hghw.org).

DOWNEAST CHILDREN'S COUNCIL  
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**WEEKLY playgroups****Many Groups are FREE of charge**

Mondays 1:00pm-2:00pm: **Trescott** Held at Cobscook Community Learning Center for parents and children birth to five. FMI, call Jane at 255-0438 or Charley at 733-2233 (begins 10/27/08)

Mondays **Milbridge** 9:00am-10:00am: Held at Women's Health Resource Library for moms with children ages newborn-3; siblings up to age 5 are welcome. FREE, call 546-7677 FMI.

Tuesdays 10am-11:30am: **Ellsworth** Held at the Unitarian-Universalist Church, 121 Bucksport Road, for babies and toddlers (under age 3) and parents. Call [Maine Families:Downeast \(formerly Parents Are Teachers Too or PATT\)](#) 667-5304 ext. 225 FMI. FREE.

Tuesdays 10:00am-11:30am: **Bar Harbor** Held at St. Saviour's Episcopal Church Parish Hall on Main Street, for babies and toddlers (under age 3) and parents. Call [Maine Families:Downeast \(formerly Parents Are Teachers Too or PATT\)](#) at 667-5304, ext. 260 (Connie) for more information. FREE of charge.

Alternate Tuesdays **Jonesport** 11:00am-12noon: (Begins 12.15.09) Held at Jonesport Community of Christ Church for moms & children ages newborn-3; siblings up to age 5 welcome. FREE, call 255-0212 FMI.

Wednesdays 10am-11:30am: **Blue Hill** Held at the Blue Hill Public Library, Parker Point Road, for babies and toddlers (under age 3) and parents. Call [Maine Families:Downeast \(formerly Parents Are Teachers Too or PATT\)](#) 667-5304, ext. 248 (Dawn) FMI. FREE.

Wednesdays 9am-11am: **Prospect Harbor** Held at the Prospect Harbor Church, for children birth to five and their parents. Please call Brenda Clough 667-2430 for more information.

Wednesdays 9:00am-10:00am **Milbridge**: FREE weekly playgroup for Moms and children 0-3 at the Women's Resource Library in Milbridge. Weekly, follows school calendar. FMI call Jane at 255-0438 or Sunshine at WRL 546-7677.

Thursdays 10am-11:30am: **Bucksport** Held at the Jewett School, for babies and toddlers (under age 3) and parents. Call [Maine Families:Downeast \(formerly Parents Are Teachers Too or PATT\)](#) at 667-5304, ext. 240 (Tammy Branca) for more information.

Thursdays 9:30-11:00am: **Trenton** Held at Faith Community Fellowship, Bar Harbor Road, Trenton. FMI, contact Brandi Morang, 667-8208, 667-5024

Fridays 10:30am-noon: **Ellsworth** Held at Special Children's Friends, 78 Union Street, for toddlers and parents (brothers & sisters are welcome). Please call 667-2430 for more information.

Fridays 10am -11am: **Northeast Harbor** Mom/Toddler yoga group at the Neighborhood House, FREE with donations to the Neighborhood House for use of space is appreciated. Call 288-5505 for info.

**ONLINE** (1 hour): "Reducing the Risk of Sudden Infant Death Syndrome in Child Care" presented by American Academy of Pediatrics. This FREE course is designed to educate everyone who cares for babies (child care prodders, parents, grandparents, relatives and health care professionals). You will learn how to create a safe sleep environment to reduce the risk of SIDS and other sleep related deaths. For instructions on how to access this **FREE** course, visit [www.healthychildcare.org/pdf/SIDSmoduleflyer.pdf](http://www.healthychildcare.org/pdf/SIDSmoduleflyer.pdf).

**WEEKLY STORYTIMES**

Mondays 10:00am **Northeast Harbor** Library, call 276-3333 FMI.

Mondays 6:30pm **Sullivan** Frenchmen's Bay Library call 422-2307 FMI

Tuesdays 10:30am **Blue Hill** Public Library, call 374-5515 FMI.

Tuesdays 10:30am **Ellsworth** Public Library (Story & Craft ages 3-5), call 667-6363 FMI

Wednesdays 10:30am **Bass Harbor** Memorial Library, call 244-3798 FMI

Wednesdays 10:00am **Bar Harbor** Jessup Memorial Library, call 288-4245 FMI

Wednesdays 10:00am **Southwest Harbor** Public Library, call 244-7065 FMI

Thursdays 10:30am **Ellsworth** Public Library (Tales for ages 2-3), call 667-6363 FMI

Fridays 10:00am **Ellsworth** Public Library (Laptime ages 0-24 months), call 667-6363 FMI

DOWNEAST CHILDREN'S COUNCIL

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**WEEKLY – FAMILY SUPPORT OPPORTUNITIES:**

Daily: 5:00pm-1:30am **Statewide** 1-866-771-WARM (9276) Maine Warm Line – confidential non-crisis peer-to-peer support operated by Amistad. Telephone support services for non-crisis situations, including, but not limited to: support, social connection, sharing personal victories, overcoming fear, grief, or sadness, developing effective strategies for the future, assistance with referrals to community resources, talking to someone when feeling confused, lonely, or despondent. These services have been established as a recovery-based, peer-operated system of warm lines, available statewide and directed towards a target audience of adults who utilize mental health services.

**Bar Harbor** “10-week Intensive Outpatient Program” is designed to help men and women, age 18 or older, break the grip of drug and/or alcohol addiction for good. Masters-level clinicians facilitate open, honest group discussions and provide effective one-on-one counseling. They offer Suboxone drug replacement therapy, psychiatric evaluation and medication management, and on-site drug and alcohol testing.. Presented by the Mount Desert Island Behavioral Health Center. Call 288-8604 FMI.

Monday through Friday 9am-4pm **Statewide** 1-866-298-0896; **Bangor** 941-2347 (ask for Jan Bisbee); or **Portland** 591-6287 (ask for Nancy Robinson) Families and Children Together (F.A.C.T.) has designed a new program “Key Conversations” for grandparents, aunts & uncles raising children of relatives. This is a free, individualized conversation between F.A.C.T. staff and relative caregivers focusing on substance abuse and its effects on children’s behavior. Topics include: addiction; prevention; parenting children affected by substance abuse; recovery & resiliency. When you finish your first conversation, you will receive a gift box of activities to do with your family. For each following conversation, your name will be entered in a drawing for larger prizes.

Monday through Friday 9am-4pm **Statewide** Kinship Care – Family Connections assists grandparents, aunts and uncles who are stepping in to care for relatives’ children. Family Connections is co-sponsored by Adoptive & Foster Families of Maine and FACT (Families and Children Together) and has several support groups throughout the state. FMI call 941-2347 or 1-800-833-9786. **Bangor** meets on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month, 6:30pm at the FACT office, 304 Hancock Street, Bangor.

Monday through Friday Programs offered through Penquis Dispute Resolution Center include Parent-Teen mediation. FMI, call 1-888-497-3500 or [www.penquiscap.org](http://www.penquiscap.org). Programs are FREE.

Monday through Friday 9am-4pm **Statewide** GEAR 1-800-264-9224

Monday through Friday 9am-4pm Hancock & Washington Counties Maine Parent Federation, 1-877-963-2588, or [www.mpf.org](http://www.mpf.org), or [www.linkmaine.org](http://www.linkmaine.org)

Monday through Friday 10:30-11:30am: **Ellsworth** Open Door Recovery, 8 Old Mill Road, Ellsworth. FREE drop-in support for individuals concerned about substance abuse issues – call 667-3210 FMI.

**Bar Harbor** MDI Behavioral Health Center Groups. Groups are facilitated by trained staff at the Behavioral Health Center, Hancock Street, Bar Harbor. Call 288-8604 FMI or to schedule an intake.

Intensive Outpatient Program: Mondays-Wednesdays-Fridays 8:30am-11:30am

Relapse Prevention Group: Tuesdays: 4:00pm-5:30pm

Wellness and Recovery Group: Wednesdays: 4:00pm-5:30pm

Mondays-Wednesdays-Fridays **Machias** 8:00am-3:30pm State of Maine Veterans Counselor, Mr. Skip Carter, will be available at the town office building to assist area veterans and their dependents in applying for state and federal veterans’ benefits. FMI, he may be reached at 255-3306.

Mondays

**Ellsworth** 3:00-6:00pm: Everybody Eats: A Free Community Meal at St. Dunstan’s Church, 124 State Street, Ellsworth. FMI, 664-6016 or 374-3608 (except Labor Day, 9/7/09)

**Blue Hill** 3:00pm-6:00pm: “The Simmering Pot” is a free community meal offered at the Congregational Church, Blue Hill.

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**WEEKLY – FAMILY SUPPORT OPPORTUNITIES (continued):****Tuesdays:**

**Harrington/Columbia** 2:00pm: NAMI Support group at Faith United Church in Columbia. Contact Joanne Marian at 483-6040.

**Ellsworth** 6:00-8:00pm: Survivors' Support Group for women survivors of sexual assault / incest, offered by Downeast Sexual Assault Services. Call 667-5304 or 1-800-492-5550 FMI.

**Ellsworth** 6:00-7:30pm: Narcotics Anonymous, Your Place Inc., 6 Old Mill Rd, Ellsworth Falls (also Fri, Sun)

**Bangor** 7:00pm-8:30pm "Relaxed Parenting" To register, call 992-2445 or visit [www.mindbodymaine.com](http://www.mindbodymaine.com) FMI.

**UPDATED: Bangor** 6:30-8:00 pm: NAMI Peer Support group at Acadia Hospital. Contact Sandra 263-6048.

**Wednesdays:**

**Bar Harbor** 6:30pm NAMI MDI Hospital Conference Room A., FMI 565-3822 or 483-6040.

**Ellsworth** 5:30pm "The Next Step Support Group" is a service provided for women affected by domestic violence. FMI, call 1-800-315-5579 or 667-4606 and to register.

**Belfast** 7:00-9:00pm: "Belfast NAMI DBSA Group" at Emmanuel Baptist Church. FMI, call 1800-464-5767.

**Bangor** 11:00am-12noon: NAMI Bangor's Peer Support Group meets at the Summer Street Clinic Center Conference Room, Penobscot Community Health Center, 34 Summer St., Bangor. FMI, Roxanne (924-3536)

**Thursdays**

**Ellsworth** 1:00-2:30pm: NAMI Maine Peer & Family support group for those living with a mental health diagnosis at Gen. Bryant E. Moore Community Center, Ellsworth. Call Rema 479-6780 FMI.

**Ellsworth** 6:00-7:30pm: NAR-ANON Your Place Inc., 6 Old Mill Rd, Ellsworth Falls (across Open Door)

**Ellsworth** 6:30pm PFLAG (Parents, Families and Friends of Lesbians and Gays) Winkumpaugh Rd., Ellsworth 667-5621 or 244-0079.

**Ellsworth** 6:00pm Survivors of Incest Anonymous, Unitarian Universalist Church, Ellsworth, 610-0390.

**Bangor** 6:30pm: NAMI Bipolar support group at Acadia Hospital Osprey Room in Bangor. Contact Debbie Lawson, 745-8769 FMI.

**Fridays**

**WERU 89.9:** 6:30am "Tips for Mindful Parenting" with Nancy Hathaway – new weekly program. Archived programs and streaming online at [www.WERU.org](http://www.WERU.org)

**Southwest Harbor** 12noon-2:00pm: "Common Good Soup Kitchen Community" FREE soup event at Seawall Café, 566 Seawall Road, Southwest Harbor. FMI, call 266-2733 or online at [www.commongoodsoupkitchen.org](http://www.commongoodsoupkitchen.org)

Dial 2-1-1 from any landline or go online [www.211maine.org](http://www.211maine.org) to get connected or get answers about community resources and services.

**BI-WEEKLY – FAMILY SUPPORT OPPORTUNITIES**

**Mondays** (1<sup>st</sup> & 3<sup>rd</sup>) 6:00pm **Machias** Bereavement Support Group, Down East Community Hospital, FMI 255-8467

**Mondays** (2<sup>nd</sup> & 4<sup>th</sup>) 7pm-8:30pm: **Bucksport** Parent Support for parents of children with emotional / behavioral special needs. In the event of a holiday, the meeting will be held the following Monday. Meetings are held at the Superintendent's Office, Elm Street, Bucksport. Call Iris Cohen, 469-3499, for info.

**Tuesdays** 5:30-7:30pm **Milbridge** Substance Abuse Family Support Group. Meetings are FREE, every other Tuesday. Call 546-7677 for the next date.

**MONTHLY – "Boot Camp for New Dads" (for expectant dads)**

\*\*\*Please call to signup. No cost for attending\*\*\* To register for any Boot Camp session, or for more information, please contact Cathy Jacobs at MAINE FAMILIES DOWNEAST (formerly PATT) at Downeast Health Services Inc., Phone 667-5304, ext 225 or 1-800-492-5550, ext. 225 or email: [cjacobs@downeasthealth.org](mailto:cjacobs@downeasthealth.org).

## **MONTHLY: Workshops for Parents who are Divorcing, Separating or**

**Living Apart:** help parents and guardians with problems related to separation and divorce such as: parenting through divorce, the effects on children, children and conflict, and helping children adjust to change. FMI: [http://www.courts.state.me.us/maine\\_courts/specialized/family/parented\\_calendar.html](http://www.courts.state.me.us/maine_courts/specialized/family/parented_calendar.html)

Saturdays (alternate 3<sup>rd</sup>): **Ellsworth** “For Kids’ Sake” Pre-registration is required \$45.00/session. Call 942-9329 for info and registration form. For Kids Sake, PO Box 6252, Bangor, ME 04402-6252

Saturdays (2<sup>nd</sup>): **Belfast** 8:30am-12:30pm: “Waldo County Kids First” Pre-registration is required \$45.00/session. Call 338-2200 ext. 109 for info and registration form. Waldo County Kids First, 5 Stephenson Lane, Belfast, ME 04915

Saturdays (2<sup>nd</sup>) & (alternate 3<sup>rd</sup>): **Bangor** “For Kids’ Sake” Pre-registration is required \$45.00/session. Call 942-9329 for info and registration form. For Kids Sake, PO Box 6252, Bangor, ME 04402-6252

Saturdays (2<sup>nd</sup>): **Washington County** 8:30am-12:30pm: “Kids First Washington County” workshops. Pre-registration is required. \$45.00/session. Financial assistance may be available for people unable to pay the full fee of the program. You must call Glenn Avery at 255-3344 to register and FMI.

## **MONTHLY– Family Support Opportunities**

### **Mondays**

(1<sup>st</sup> Monday of month) 6:30pm-8:00pm **Machias** “NAMI Maine of Machias” family & peer support group, Kay Parker Building. FMI, call NAMI 1800-464-5767.

(1<sup>st</sup> Monday of month) 10:00am: **Ellsworth** Downeast La Leche League, St. Joseph Catholic Church, Parish Hall, Ellsworth, Contact Carlene Parsons at 667-7245 FMI.

### **Tuesdays**

(1<sup>st</sup> Tuesday of month) **Milbridge** 6:30pm: “Lean on Me” monthly parent facilitated support group for families with children who have special needs at the Milbridge Medical Center.

(2<sup>nd</sup> Tuesday of month) **Ellsworth** 1:30pm-3:00pm: (DAYTIME) Downeast Children’s Council “Relatives as Parents” **FREE** Monthly Support Group at Downeast Health Services, 52 Christian Ridge Road, Ellsworth. Call Candy at 667-5304 ext. 261 FMI & to register.

(2<sup>nd</sup> Tuesday of month) **Belfast** 6:00-8:00pm GEAR Regional Parent Support meeting in the Library at the Captain Albert Stevens School, Elementary Lane, Belfast. FMI, 223-9993 or email: [cseekins1@verizon.net](mailto:cseekins1@verizon.net)

(2<sup>nd</sup> Tuesday of month) **Ellsworth** 3-4:30pm Eastern Agency on Aging Caregiver Support Group, Ellsworth Public Library – focus on Alzheimer’s and other dementias. FMI 667-7889.

(2<sup>nd</sup> Tuesday of month) 5-7pm: **Bar Harbor** Child Safety Seat Fitting Station at the Bar Harbor Police Department, Firefly Lane. For more information, call Rick @ 288-3391.

**NEW:** (2<sup>nd</sup> Tuesday of month) 12:30pm-2:30pm **Camden/Rockport:** Moms Separation / Divorce group. FMI, call Judith Orme, 603-801-6382 or email: [kidsandfamiliesfirst@gmail.com](mailto:kidsandfamiliesfirst@gmail.com) – begins 12.07.10

**NEW:** (2<sup>nd</sup> Tuesday of month) 6:30pm-8:30pm **Camden/Rockport:** Parents of preschool-age 8 group. FMI, call Judith Orme, 603-801-6382 or email: [kidsandfamiliesfirst@gmail.com](mailto:kidsandfamiliesfirst@gmail.com) – begins 12.07.10

(3<sup>rd</sup> Tuesday of month) 9am-1pm: **Ellsworth** Child Safety Seat Fitting Station at Town Auto Sales, High Street, Ellsworth (go to the large green building in the back). Call @ 288-3391 for more info.

(3<sup>rd</sup> Tuesday of month) 6-7:30pm **Bangor** GEAR family support at WINGS, 900 Hammond St. FMI, Call Judy Somers at 943-0908 or email: [jsomers@crisisandcounseling.org](mailto:jsomers@crisisandcounseling.org)

### **Wednesdays**

(2<sup>nd</sup> Wednesday of month) 9:30-11:00am: **Ellsworth** Foster and Adoption Informational Meetings held at the Department of Human Services, 17 Eastward Lane, Ellsworth. Call 667-1600 to learn more about the business of becoming / being a foster parent.

(2<sup>nd</sup> Wednesday of month) 6:00pm: **Bar Harbor** “Working Mama’s Breastfeeding Support Meeting”, Crooked Road, Bar Harbor, 288-5505 FMI.

(2<sup>nd</sup> Wednesday of month) 5-6:30pm **Calais** GEAR family support at Community Health & Counseling, 10 Barker St. FMI, Call Judy Somers at 943-0908 or email: [jsomers@crisisandcounseling.org](mailto:jsomers@crisisandcounseling.org)

**NEW:** (2<sup>nd</sup> Wednesday of month) 9:15am-11:15am **Camden/Rockport:** Monthly education/support group for parents of children ages 12-16. \$130/6 months. FMI, call Judith Orme, 603-801-6382 – begins 12.08.10

## **MONTHLY – Family Support Opportunities (continued)**

### **Wednesdays (continued)**

**NEW:** (2<sup>nd</sup> Wednesday of month) 5:15p-7:15pm **Camden/Rockport:** Monthly education/support group for parents of children ages 7-11. \$130/6 months. FMI, call Judith Orme, 603-801-6382 – begins 12.08.10

(3<sup>rd</sup> Wednesday of month) 6:30pm: **Ellsworth** Brain Injury Support Group held at The Church of Jesus Christ of Latter Day Saints, Beechland Road, Ellsworth, ME. For more information, contact Dodie Sullivan at 667-8680 or email: [dodie@midmaine.com](mailto:dodie@midmaine.com).

(4<sup>th</sup> Wednesday of month) 6pm-8pm: **Ellsworth** Maine Parent Federation monthly regional support meeting at Special Children's Friends, 78 Union Street, Ellsworth. FMI, contact April MacLelland, 207-801-2515.

### **Thursdays**

(1<sup>st</sup> Thursday of month) 6pm-8pm: **Bucksport** Maine Parent Federation Family Support Meetings at Jewett Elementary School, Bucksport. FMI, contact Jackie Stanley, 1-877-963-2588.

(1<sup>st</sup> Thursday of month) 6:00pm-7:30pm: **Rockland** Mid-Coast Children's Services offers monthly meeting for parents of young children with special needs called "A Group for You" at 272 Park St., Rockland. FMI & to register, please call MCCS 594-8474.

(2<sup>nd</sup> Thursday) **Ellsworth** 9:30am-11:30am State of Maine Veterans Counselor, Mr. Skip Carter, will be at the VFW Post 109 on Washington Junction Road to assist area veterans and their dependents in applying for state and federal veterans' benefits. FMI, he may be reached at 255-3306 Mon-Weds-Fri 8am-3:30pm.

(2<sup>nd</sup> Thursday) **Hancock** 6:30pm: Maine Chapter, National Alliance on Mental Illness (NAMI) will host monthly support group for friends and families who have loved ones suffering with a mental illness. FREE. Held at the Hancock Community Center, US Route 1. FMI, call Sue at 422-2011.

**NEW:** (2<sup>nd</sup> Thursday of month) 9:15am-11:15am **Camden/Rockport:** Monthly education/support group for parents of children ages 3-6. \$130/6 months. FMI, call Judith Orme, 603-801-6382 – begins 12.09.10

(3<sup>rd</sup> Thursday) 10-11am "Baby Talk" with Cathy Jacobs, Parents Are Teacher Too on **WERU-FM, 89.9**. Archived programs and streaming online at [www.WERU.org](http://www.WERU.org)

(last Thursday of month) **Ellsworth** 7-8pm Multiple Sclerosis Support Group, Unitarian Church, Ellsworth. FMI, contact Helen Kazura 667-9460.

### **Fridays**

(4<sup>th</sup> Friday of month) 10:30a-12:30pm **Ellsworth** GEAR family support at KidsPeace, 16 KidsPeace Way. FMI, Call Judy Somers at 943-0908 or email: [jsomers@crisisandcounseling.org](mailto:jsomers@crisisandcounseling.org)

### **Saturdays**

(3<sup>rd</sup> Saturday of month) 1:00pm **Milbridge** "NAMI Maine" Milbridge peer support group, Milbridge Harbor Apartments. FMI, call NAMI 1800-464-5767.

(one Saturday each month) **Ellsworth** 10:00am-11:00am: Special Children's Friends monthly Saturday support group for parents / grandparents / guardians of kids with autism facilitated by SCF case managers. FMI and dates, call 667-2430.

Dial 2-1-1 from any landline or go online [www.211maine.org](http://www.211maine.org) to get connected or get answers about community resources and services.

## **Continuing Education, Courses & Resources:**

Doweast Higher Education Center, 248 State Street, Suite 1, Ellsworth, ME 04605. Call 1-800-696-2540 for more information or to see a list of more than 400 courses available in Doweast visit at [www.learn.maine.edu/ellsworth](http://www.learn.maine.edu/ellsworth)

[www.maineadulted.org](http://www.maineadulted.org) will connect you to all adult education programs in Maine.

Mt. Desert Island Adult Education: FMI, call 288-4703 or <http://mdi.maineadulted.org/>

H.O.M.E. Adult Basic Education: FMI, call 469-7961 or 469-2026

RSU 24 (Ellsworth & Sumner): FMI, call 422-9100 or visit their website at [www.sumner.maineadulted.org](http://www.sumner.maineadulted.org) or at [www.ellsworth.maineadulted.org](http://www.ellsworth.maineadulted.org)

RSU 25 (Bucksport) Adult and Community Education now offer access to On-Line courses. Many workshops are available \$99/each: FMI, visit their website at [www.ed2go.com/bace](http://www.ed2go.com/bace) FMI, call 469-2129

## **On-Line Education, Courses, Support Groups and Resources:**

**NEW:** <http://extension.unh.edu/Family/Parent.htm>

**NEW:** The National Children's Advocacy Center's National Training Center has several new recorded online training sessions available at no charge! With 30 courses to choose from, these sessions feature some of the most respected names in the field as its faculty. These online training courses range in length from 1 hour to 3 ½ hours. [Click here](#) to see a complete listing of online trainings.

Dating Matters: Understanding Teen Dating Violence Prevention is a 60-minute, web-based training designed to help educators and others working with teens understand the risk factors and warning signs associated with teen dating violence. <http://www.cdc.gov/violenceprevention/datingmatters.html>

On-line Training for Foster Parents: [www.adoptionlearningpartners.org](http://www.adoptionlearningpartners.org) offers 8 courses, many free of charge, although there is a fee to users who require a Certificate of Completion for training purposes.

Rutgers University eCollege *ONLINE training "Sexuality ABCs (Abstinence, Birth Control and Condoms)"* uses fun and engaging online techniques-such as podcasts, flash animation, videos, threaded discussions and interactive games-to help participants: Understand trends in adolescent sexual behavior; Get updated on contraceptive methods; Receive sample lesson plans; Practice answering Frequently Asked Questions from teens; Review laws regarding teens accessing birth control; Discover the most current resources; <http://answer.rutgers.edu/page/sexualityabcs>

The Centers for Medicare & Medicaid Services (CMS) launched [Ask Medicare](#), a new initiative to help family caregivers, those who are family members or friends who help people with Medicare, access valuable healthcare information, services and resources.

New England Addiction Technology Transfer Center provides on-going distance education supported by SAMHSA (Substance Abuse & Mental Health Services Administration), CSAT (Center for Substance Abuse and Treatment), CAAS (Center for Alcohol and Addiction Studies) and Brown University. Each course is \$40 and they are listed online at [www.attc-ne.org/education](http://www.attc-ne.org/education).

[www.bornlearning.org](http://www.bornlearning.org) Born Learning is a public engagement campaign helping parents, caregivers and communities create early learning opportunities for young children. Designed to support you in your critical role as a child's first teacher, FREE Born Learning educational materials are available.

The Maine Boys Network is committed to promoting the health and successful development of all boys from pre-adolescence through young adulthood by supporting their success in academic settings. FMI, contact Layne Gregory at 774-9994 or <http://www.boystomen.info/> for events.

The New York Presbyterian Hospital has established the Borderline Personality Disorder Resource Center. The center has a database of professionals and facilities that provide treatment as well as a full library of resources, a website, and a help line. FMI, contact 1-888-694-2273 or [www.bpdresourcecenter.org](http://www.bpdresourcecenter.org)

[www.closetohomecampaign.org](http://www.closetohomecampaign.org) features important information on opiate abuse and addiction, including a Fact Sheet for Teens and Parents and flyers that can be printed and posted; you will find links to credible websites and additional information to help you learn more about the negative consequences of opiate abuse and how opiate addiction is affecting our state.

<http://www.cdc.gov/parents/> Here you will find a wealth of information from across all of CDC (Centers for Disease Control), covering everything from safety at home and the community to immunization schedules and developmental milestones. Let the CDC Parent Portal help you keep your child healthy and safe!

Connective Parenting newsletter by Bonnie Harris, is available bimonthly through [www.bonnieharris.com](http://www.bonnieharris.com). Phone coaching available. Email Bonnie Harris to set up a time for one on one concentrated time to discuss your personal situation, get advice and practice solutions. TeleClass Recordings can be downloaded for \$10 each. #1: Understanding Your Child's Behavior, #2: Acceptance and Expectations; & #3: Connective Communication. Consciously Parenting Project online class and open Q&A telephone calls through [www.consciouslyparenting.com](http://www.consciouslyparenting.com) Contact Us: [info@consciouslyparenting.com](mailto:info@consciouslyparenting.com) or (888) 631-4441

DOWNEAST CHILDREN'S COUNCIL, pHONE: (207) 667-5304 ext. 261;

## **MORE On-Line Education, Courses, Support Groups and Resources:**

<http://www.extension.org/parenting>: There is a new, electronic resource with valuable stage-based information and answers to questions about parenting at “eXtension”. There are topical articles, and developmental information. This is a great resource for families and those who work with families. Enjoy!

[www.getATstuff.com](http://www.getATstuff.com) Website for Selling & Buying Used Assistive Devices and Adaptive Equipment will help families, people with disabilities, seniors and the public to buy and sell used assistive technology and adaptive equipment. The site is designed to get devices that are no longer being used into the hands of people who want them and could benefit from them. Items can be listed *for sale or free*. The site has many equipment categories for items related to vision, hearing, mobility, environmental adaptations, computers, recreation, sports, & adapted vans/vehicles. FMI: 207-623-3195 or [www.maineite.org](http://www.maineite.org)

**ONLINE** (1 hour): “Reducing the Risk of Sudden Infant Death Syndrome in Child Care” presented by American Academy of Pediatrics. This FREE course is designed to educate everyone who cares for babies (child care prodders, parents, grandparents, relatives and health care professionals). You will learn how to create a safe sleep environment to reduce the risk of SIDS and other sleep related deaths. For instructions on how to access this **FREE** course, visit [www.healthychildcare.org/pdf/SIDSmoduleflyer.pdf](http://www.healthychildcare.org/pdf/SIDSmoduleflyer.pdf).

[www.inhalantabusetraining.org](http://www.inhalantabusetraining.org) – select the Maine Parent Training. **Inhalant Abuse: What You Should Know** is an ADULTS-ONLY online training for parents and other caring adults. The training takes about 15-20 minutes to complete. All children are at risk for inhalant abuse...inhalants are often the first substance to be abused by youth. Inhalants, along with tobacco and alcohol, are one of the substances abused by younger children. Because, inhalants can cause death the first time they are tried, any experiment is dangerous.

Webcast: Building the Legacy: IDEA 2004 Part B Final Regulations OSERS invites you to view a video to learn firsthand from leading U.S. Department of Education officials about the *Individuals with Disabilities Education Act*, Part B final regulations. The video has been archived for future reference at <http://idea.ed.gov>.

Keep up to date with current information for grandfamilies at [www.mainekids-kin.org](http://www.mainekids-kin.org).

Free Borderline personality online support group – [www.mdjunction.com/borderline-personality](http://www.mdjunction.com/borderline-personality)

[www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family) is the link to the Maine Military Family Assistance Center- this is the hub for what’s going on for Maine service members and their families.

NetSmartz411 is an online resource managed by experts at National Center for Missing and Exploited Children, and located on the Internet at [www.NetSmartz411.org](http://www.NetSmartz411.org). The NetSmartz Workshop is an interactive, educational safety resource to teach kids and teens how to stay safer on the Internet.

[www.onguardonline.gov](http://www.onguardonline.gov) provides practical tips from the federal government and the technology industry to help you be on guard against Internet fraud, secure your computer, and protect your personal information.

[www.parentfurther.com](http://www.parentfurther.com) is your place to find everyday steps for raising successful kids. At ParentFurther families can quickly find advice for coping with a specific challenge or simply browse through rich, interactive information about the topics that most deeply impact them...a Search Institute resource for families.

[www.partnersinpolicymaking.com/education](http://www.partnersinpolicymaking.com/education) is a 3-hour self-directed e-learning course to help parents with children with developmental disabilities better understand and maximize the benefits of special education services and inclusion for their children. There is a quiz at the end of each module and a final exam at the end. You will receive a free graduation gift for completing the course.

<http://pathwayscourses.samhsa.gov/courses.htm> CSAP’s Prevention Pathways: Online Courses  
*“The ABCs of Bullying – Addressing, Blocking and Curbing School Aggression”* CEUs available.  
*“Holding the Lifeline – A Guide to Suicide Prevention”*.  
*“Silence Hurts: Alcohol Abuse and Violence Against Women”* (for Professionals): CEUs available.  
*“It Won’t Happen to Me: Alcohol Abuse & Violence Against Women”*  
*“At Any Age, It Does Matter: Substance Abuse and Older Adults”* (for Professionals) CEUs available.  
*“Alcohol, Medication and Older Adults For Those Who Care About or Care for an Older Adult”*  
*“Out of the Shadows: Uncovering Substance Use and Elder Abuse (for Professionals)”*

## **MORE On-Line Education, Courses, Support Groups and Resources:**

[www.resilnet.uiuc.edu/library.html](http://www.resilnet.uiuc.edu/library.html): "Promoting Resilience in Children: What Parents Can Do" The ResilienceNet Virtual Library is a collection of full-text publications related to the resilience of children and families in the face of adversities. Most of the publications are maintained on ResilienceNet; a few of the titles listed may be links to publications on other Web sites. Publications are listed alphabetically by title.

SAMHSA's redesigned Resource Center to Address Discrimination and Stigma Associated with Mental Illness debuts online with a new library of more than 600 resources. The ADS Center Web site at [www.stopstigma.samhsa.gov](http://www.stopstigma.samhsa.gov) features information and advice to help individuals and organizations counter discrimination and stigma associated with mental illness.

Teen Central located at [www.teencentral.net](http://www.teencentral.net) connects you to other teens from around the country and throughout the world, and to a wealth of problem-solving resources just for you. Being a teen isn't easy. Each day you face choices related to school, parents, dating, and fitting in. Growing up can often be complicated.

## **FREE SELF-STUDY OPPORTUNITIES at the DOWNEAST CHILDREN'S COUNCIL FAMILY RESOURCE CENTER**

The Downeast Children's Council offers the following self-study parenting education in our Family Resource Center. Call to make an appointment to view the following materials:

- "Achieve! Success for Young Fathers" (4 video series)
- "Building Blocks for Successful Parenting"
- "Touchpoints" (3 video series) "1-2-3 Magic" (2 video series)
- "Parenting for Prevention" (6 video series)
- "Parenting with Dignity" (9 video series) Drew Bledsoe Foundation
- "Active Parenting of Teens" (6 video series) "Common Sense Parenting" (2 video series)
- "Boys Town videos for parents" (11 video series)
- Parenting Wisely (9 case studies on (interactive CD-rom)
- Directions for Dads (interactive CD-rom)

## **HOTLINES: (24 hour HOTLINEs)**

- 1-800-452-1999 To report Child Abuse or Neglect in Maine (24 hour HOTLINE)
- 1-800-228-2470 Downeast Sexual Assault Services (Hancock & Washington Counties)
- 1-800-315-5579 The Next Step Domestic Violence project (Hancock & Washington Counties)
- !-888-568-1112 Phone Help Mental Health (Hancock & Washington Counties)

DOWNEAST CHILDREN'S COUNCIL  
a program of Downeast Health Services Inc.  
52 CHRISTIAN RIDGE ROAD, ELLSWORTH, ME 04605  
PHONE: (207) 667-5304 ext. 261; FAX: (207) 667-6117  
[children@downeasthealth.org](mailto:children@downeasthealth.org)