Concerned About Your Child?
Whatever the reason... Connecting for Kids can help.

Speaker Series
Join us for presentations on various childhood topics by local, pediatric professionals.

**Living with Food Allergies: What you Need to Know**
Dr. Brian Schroer of Cleveland Clinic Children's Hospital, Center for Pediatric Allergy, will discuss ways to manage a food allergy. Topics include safe ways to set up your home, teaching your child about his or her allergy, and tips for eating out. With food allergies affecting 1 in 13 children, or two in every classroom, Dr. Schroer will also talk about advocating for your child at school.

*Tuesday, September 20, 7:00 pm, Westlake Porter Public Library, Porter Room*

**Behavior Management 101**
Meghan Barlow, PhD, of Meghan Barlow and Associates, will provide you with strategies to manage common childhood behavior problems. Using demonstrations and role plays, she will teach attendees how to curb behaviors such as whining and debating. Dr. Barlow will also help families understand the underlying skill deficits that may be contributing to interrupting, being silly and not following directions.

*New*
*Tuesday, October 4, 7:00 pm, Harrison Elementary School, 2080 Quail St., Lakewood*

**When is the Worry Too Much?**
Dr. Molly McVoy, of University Hospitals Department of Psychiatry, will help attendees recognize the symptoms of childhood anxiety disorders. Although many children experience fears and worries, Dr. McVoy will address the difference between normal childhood behaviors versus anxiety that interferes with daily life. She will also discuss the treatment options and resources available for various anxiety disorders. Co-sponsored by National Alliance on Mental Illness (NAMI) Greater Cleveland.

*Friday, October 7, 11:30 am, Westlake Porter Public Library, Porter Room*

**Survival Strategies: How to Improve Family Functioning**
Sarah Saunders, MA, LPC, of Meghan Barlow and Associates, will provide practical tips to keep your sanity and improve family functioning. She will offer fun and helpful ways to make dinnertime something you look forward to again and will share step-by-step strategies to improve nighttime routines. Saunders will also discuss ways to manage your child’s transitions more effectively.

*Tuesday, October 18, 7:00 pm, Westlake Porter Public Library, Porter Room*

**No Body is Perfect**
Kelly Bhatnagar, PhD, of The Emily Program, will discuss how to model positive body image behavior and ways you can talk to your child about weight and wellness that will positively impact self esteem. She will provide tips for keeping mealtimes healthy, social and fun to promote a peaceful relationship with food. Dr. Bhatnagar will also address what to do if you suspect your child may have an eating disorder.

*Saturday, November 12, 2:00 pm, Westlake Porter Public Library, Porter Room*

**The Wonderful World of Waivers**
Gary Tonks, CEO of The Arc of Ohio, will provide an overview of Ohio’s home and community-based services waivers with information on eligibility requirements and benefits of each waiver. He will also review the basic tenets of Ohio’s Medicaid program with pointers on how to access this system.

*New*
*Tuesday, November 15, 7:00 pm, North Ridgeville Branch of the Lorain Public Library System, 35700 Bainbridge Rd., Community Meeting Room*

Register at connectingforkids.org/register
Email: info@connectingforkids.org | Phone: 440-250-5563
Coffee and Chat
Join our interactive support group and meet other families facing similar struggles. The group is facilitated by a mental health professional and sponsored by The Child & Family Counseling Center of Westlake. Coffee donated by Starbucks Coffee Company. Westlake Porter Public Library, Porter Room

Single Parenting a Child with Special Needs
Tuesday, September 6, 7:00 pm

Marriage Under Pressure: Parenting a Child who Struggles
Tuesday, November 1, 7:00 pm

Mindful Parenting
Tuesday, December 6, 7:00 pm

For more information, visit connectingforkids.org/support.

Teach Me to PlaySM
For children (ages 3-6 years) who are struggling in an area of development.
Thursday program includes a 6:30 pm session and Friday programs include 9:30 am and 11:00 am sessions. Westlake Porter Public Library, Dover Room

- Thursday, September 15
- Friday, September 16
- Thursday, October 20
- Friday, October 21
- Thursday November 17
- Friday, November 18

For more information, visit connectingforkids.org/handsontraining.

Music Therapy & MoreSM
For children (ages 1-6 years) who are struggling in an area of development. Each session is 30 minutes.
Lakewood Public Library, 15425 Detroit Ave., Toddlers’ Story Room
Programs include 9:30 am and 10:30 am sessions.
- Saturday, October 8
- Saturday, November 12
- Saturday, December 10

Middleburg Heights Branch of Cuyahoga County Public Library, 15600 Bagley Rd., Meeting Room
Programs include a 6:30 pm session.
- Wednesday, September 14
- Wednesday, October 19
- Wednesday, November 9

For more information, visit connectingforkids.org/music.

Elementary Experiences
For children (ages 7-12 years) who are struggling in an area of development.
Westlake Porter Public Library, Dover Room

Legos and Language
Join Aletta Sinoff, PhD, CCC-SLP, BCBA-D, as she uses Lego activities to build cooperative play skills and help families become more effective communication partners with their children. Families will gain a better understanding of how to facilitate back and forth conversation with children who may not have developed this skill on their own.
Saturday, October 1, 2:00 pm

Fine Motor Fun
Join Christine A. Chambers, MEd, OTR/L, and Lindsey Tharp, MOTR/L, of Abilities First, LLC, as they use board games, crafts and other activities to teach families fun ways to build fine motor coordination and hand strength. They will also help families identify toys and games in their home that can be used to improve fine motor skills.
Saturday, November 5, 2:00 pm

For more information, visit connectingforkids.org/elementary.

Music Therapy & More at the Lakewood Public Library is supported by a grant from Community West Foundation.

Music Therapy & More in Middleburg Heights is presented in partnership with Cuyahoga County Public Library.

Music Therapy & More and Teach Me to Play at the Westlake Porter Public Library are supported by a grant from The Nordson Corporation Foundation.

The Speaker Series in Lakewood is presented in partnership with the Lakewood City School District and supported by a grant from Community West Foundation.

The Speaker Series in North Ridgeville is presented in partnership with the Lorain Public Library System.

Printed at the expense of Connecting for Kids.

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