



## August 2020

### *You're not alone*

Connecting for Kids (CFK) provides education and support to families who have concerns about their child. We serve all families, including those children with and without formal diagnoses. CFK offers educational programs, support groups, a Parent Match Program and numerous resources.

### *Free programs*

All Connecting for Kids programs are free and open to the public. For more information:

**Call/Text: 440-570-5908**  
**(para español 440-907-9130)**  
**info@connectingforkids.org**

## Virtual Zoom Speaker Series

Join us for presentations on various childhood topics by local, pediatric professionals. Register online and you will be emailed information about how to join the program using the free Zoom app or by calling in using a toll-free number. [connectingforkids.org/speakerseries](https://connectingforkids.org/speakerseries)

### *Ask Us! Planning for School in Fall*

Are you concerned about sending your child back to school this fall? Or, are you looking for alternatives to the learning options your school is proposing? If you are struggling to find the best plan for your child, join Connecting for Kids' Family Resource Specialists (FRS) as they lead a group discussion to share resources and schooling options for this upcoming school year. You'll be able to connect with other families and also have the opportunity to meet 1:1 with a FRS virtually to discuss resources in the community such as charter schools, private schools, e-schools or other alternatives.

*This program is supported by a grant from Community Fund Ohio.*

**Tuesday, August 4, 7:00-8:00 pm**

**Register at [connectingforkids.org/register](https://connectingforkids.org/register)**

**or call/text 440-570-5908 (para español: 440-907-9130)**

## Virtual Zoom Speaker Series (continued)

### ***Helping Your Anxious Child Prepare for the School Year***

The COVID-19 pandemic has created anxiety in many of our children. Whether it's masks, social distancing or disrupted routines, the uncertainty of school this fall is only adding to this stress. What can you do? How can you help your anxious child prepare for the upcoming school year? Join Cate Brandon, PsyD, from Kenneth A. De Luca, PhD. & Associates, Inc. as she offers techniques to help families deal with anxiety, which can look very different in each child. Whether you are dealing with sleepless nights, defiance, meltdowns, attention issues or other behaviors, she will provide resources to ease the back-to-school transition. Questions can be submitted upon registration.

*This program is presented in partnership with Westlake Porter Public Library.*

**Wednesday, August 12, 7:00-8:00 pm**

### ***Ask Us! Finding Resources this Fall***

Are you looking for social skills groups, therapists, programs and other activities for your child this fall? Do you want to provide academic, developmental or social skills enrichment opportunities to help curb the regression you have seen during the pandemic? Join Connecting for Kids' Family Resource Specialists (FRS) as they lead a group discussion to share ideas and help brainstorm accessible options for your child this fall. You'll be able to connect with other families and also have the opportunity to meet 1:1 with a FRS virtually to find specific resources that are available and a good fit for your family.

*This program is supported by a grant from Community Fund Ohio.*

**Wednesday, August 19, 7:00-8:00 pm**

## Virtual Zoom Interactive Workshops

Interactive workshops are designed to help families gain in-depth knowledge on a topic. During workshop sessions, local pediatric professionals will guide families in discussion, problem-solving and learning experiences. After registering, you will be emailed information about how to join the program using the free Zoom app or by calling in using a toll-free number. If you need help getting a device or hot spot to join, contact Connecting for Kids at 440-907-9129.

### ***Healing from the Trauma of Institutional Racism: Course Q&A***

Institutional racism runs deep in our society. Experiencing it can lead to trauma for many Black Americans. Coping with this trauma can make daily living difficult and especially challenging for caregivers. Join Anna Jones, LISW, for this Q&A to ask questions and learn more about this new, six-week course CFK will offer on healing from the trauma.

**Saturday, August 8, 3:00 – 4:00 pm**

### ***Healing from the Trauma of Institutional Racism: Six-Week Course***

Are you a Black American who feels the effects of institutional racism? Are you currently raising a child aged birth – 12 years? If so, join Anna Jones, LISW, for this six-week course, which will help you move forward despite the trauma. She will help you see and stop patterns of trauma survival that can affect you and your children. The course is designed to be a safe space. Anna will help you develop coping skills to thrive, even in a society where institutional racism continues to exist. This course is open to Northeast Ohio residents only.

**Saturdays, August 15, 22, 29, September 12, 19, 26, 3:00 – 4:00 pm**



## There are lots of ways to connect with CFK!

We now have three Family Resource Specialists to help families find education and support. You can get to know Andrea Campesino, Nicole Born-Crow, and Candy Freed on our staff web page: [connectingforkids.org/staff](http://connectingforkids.org/staff)

### ***Have Questions?***

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**[info@connectingforkids.org](mailto:info@connectingforkids.org)**

**Register at [connectingforkids.org/register](http://connectingforkids.org/register)**

**or call/text 440-570-5908 (para español: 440-907-9130)**