

January 2021

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.

Designed for your family

Programs are designed to educate and support families of children (birth - 12 years) who are struggling. Look for these icons to choose programs for your family:

- Y** Families with young children (0-6 years)
- E** Families with elementary-aged children (7-12 years)
- A** All families with children (0-12 years)

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
connectingforkids.org/register

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JANUARY PROGRAMS: ADULTS

Virtual Zoom Speaker Series

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

Electronic Addiction and Distance Learning **E**

ANXIETY & ATTENTION SERIES

Are there ways to stop your child from toggling between games and classwork when they are distance learning? Should you limit screen time when it's your child's only way to connect with friends? Jay Berk, PhD, psychologist, author, and international speaker of Jay Berk, PhD and Associates, will discuss the most common concerns elementary-aged families have raised about

electronics during this pandemic. This program includes a live Q&A with Dr. Berk where he will field questions from families on their specific situations. Join the community of families with an elementary-aged child who struggles with attention and anxiety. This program is for adults only and a portion will be recorded.

Wednesday, Jan.27, 7:00 – 8:00 pm

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

Continued, next page.

Register at connectingforkids.org/register



Ask Us! How to Find a Mental Health Provider **A**

The ongoing stress and uncertainty created by the COVID-19 pandemic can wear anyone down, but children may have an especially tough time coping emotionally. Do you see signs of stress and struggle in your child? Finding the right mental health provider for your child can be overwhelming. Join Karla Fitch, MTSC, of Connecting for Kids and CFKs' Family Resource Specialists (FRS) as they lead a group discussion to share ideas and help brainstorm accessible options for your child. 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 will not be recorded.

Wednesday, January 13, 7:00-8:00 pm

This program is supported by a grant from the Community West Foundation.

Need help with something else? There are lots of ways to connect with CFK!

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

**Call/Text: 440-570-5908
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info@connectingforkids.org**

Virtual Zoom Speaker Series (cont.)

How to Communicate Effectively with the School **E**

What are some ways you can improve communication with your child's school? How can you more effectively ask for support? Join Karla Fitch, MTSC, of Connecting for Kids as she teaches families how to create and use a communication binder. Karla will walk attendees through the documents a family should have readily available and discuss the importance of each. She will also demonstrate ways to use the binder throughout the year to communicate your child's needs. This program is for adults only. This program will not be recorded.

Thursday, January 28, 7:00-8:00 pm

This program is co-sponsored by the Parent Mentors of the Educational Service Center of Lorain County and is supported by a grant from the Rotary Club of Lakewood and Rocky River - Sunrise and Noon Clubs, Rotary Club of North Ridgeville, Rotary Club of Westlake-Bay Village, and West Shore Rotary.



FREE COMMUNICATION BINDER KIT

Receive supplies to build your own communication binder! Join the program to learn how to obtain your free binder kit.

One kit per household, while supplies last

Tantrum Tamer Toolbox: Stop the Meltdown Before it Starts! **Y**

Do you wish you had a kit filled with "tools" you could use to stop meltdowns before they start? Do you want strategies to motivate your child toward positive behavior? Join us each month to learn how to use one of the tools in our Tantrum Tamer Toolbox to help your child aged 18 months – 6 years control behavior and manage emotions. This program is designed for children with or without identified development concerns.

Register and you will be emailed information about how to join the program using the free Zoom app with a toll-free number.

January's Tool: Tantrum Tamer Toolbox Overview

CFK Early Intervention professionals Paula C. Papp, M.A.Ed., and Neysa McKenney, M.A., CCC-SLP will discuss the contents of the Tantrum Tamer Toolbox and answer your questions on a variety of topics, which can be asked during the program or submitted upon registration. This program offers a safe space to connect with both our professionals and other families and the educational portion will be recorded.

Tuesday, January 12, 7:00-8:00 pm

FREE TOOLKIT: Register and attend the program to receive instructions on how to pick up your Tantrum Tamer Toolkit at a designated library.

One free kit per household

JANUARY PROGRAMS: ADULTS

Virtual Zoom Coffee and Chat

Join our interactive support group and meet other families facing similar struggles. These programs are a safe space and will not be recorded. Register 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/support

Continuing on in a Pandemic: Fighting the Post-Holiday Blues **A**

Did the pandemic drastically change your holiday plans? Do you feel tired, worn out and sometimes just plain sad about everything that the pandemic has forced us to miss out on? Join Lisa Ruman, LISW, CHt, of The Child & Family Counseling Center of Westlake, for this interactive support group via Zoom to meet other families and find encouragement despite the pandemic. Lisa will walk us through how we can use anticipation to cope with stress.

FREE JOURNAL

Register and attend this program and earn a free journal!

One per household, while supplies last

Tuesday, January 19, 7:00-8:00 pm

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

Music for Mental Health: Coping Skills for Caregivers **A**

This program is open to any caregiver who needs support during this pandemic, regardless of how much their child is struggling. This month, the music therapist will present to you a song about change then lead you through several music experiences that will allow you to externalize feelings about change, process those feelings and find new ways to cope with change. Come and connect with other families as we use music to cope with our ever-present struggles. Attendees will listen to live music, access their creative side with songwriting and leave the group with new and positive ways to cope with change.

Thursday, January 21, 7:00-8:00 pm

This program is supported by a grant from the Nordson Corporation Foundation.

LGBTQ: Support and Resources for Families: Grief and Pride - The Emotions of LGBTQ+ Parenting **A**

Join Kristen Pepera, MEd, LPCC-S, and Lisa Pepera, MEd, LPCC-S, of Colors+, as well as other families to discuss gender nonconformity. This month our presenters will explore the journey of emotions had by many parents of children who come out as LGBTQ+. This program will teach you how to recognize your own emotions but still support your child. We will also discuss the article titled, "You Can Grieve and Support Your Child."

Tuesday, January 26, 7:00-8:00 pm

Connecting for Kids provides families with resources so they can make an informed decision for their child.

JANUARY PROGRAMS: WITH MY CHILD

Virtual Zoom Music Therapy & More **Y**

These live, virtual programs using Zoom work best for children who are used to interacting with a phone or computer screen. With Zoom you can view the music therapist live and participate in real time. Families can actively engage with the music therapist, talk to each other and enjoy the program together.

Register online for the session of your choice and you will be emailed information about how to join the program running the free Zoom app on your phone or laptop. connectingforkids.org/music

Thursday, Jan. 14, 7:00 pm.

Supported by a grant from Nordson Corporation Foundation.

Saturday, Jan. 16, 10:30 am.

Supported by the residents of Cuyahoga County through a grant from Cuyahoga Arts and Culture and presented in partnership with Westlake Porter Public Library.

Saturday, Jan. 23, 10:30 am.

Supported by the residents of Cuyahoga County through a grant from Cuyahoga Arts and Culture and presented in partnership with Westlake Porter Public Library.

Friday, Jan. 29, 10:30 am.

Supported by the residents of Cuyahoga County through a grant from Cuyahoga Arts and Culture and presented in partnership with Westlake Porter Public Library.

New This Month!

January's Music Therapy & More will use music to help with daily living skills such as getting dressed, following directions and controlling impulses. The therapist will also use music to help in the development of fine and gross motor skills as well as coping skills. The session will use household items to make music such a large bowl to use as a drum and something that jingles such as bells, keys or a bag of coins. Come prepared to learn about getting dressed with a hat, gloves, coat and scarf or other winter clothing items.

JANUARY PROGRAMS: ADULTS

Virtual Zoom Interactive Workshops



Black Families Building Partnerships for Success **A**

Dealing with health and education issues can be tough. This can be even harder for families that identify as Black Americans, who often deal with unequal treatment and outcomes. Do you want to learn how to overcome racial biases and find solutions for your child when working with health care providers, therapists and educators? If so, register for one or both of these workshops that focus on Black American families working with professionals and dealing with disparities. The workshops, led by CFK's Family Education Research Analyst Nikki Montgomery, M.A., M.Ed, GPAC, are designed to be a safe space for Black American parents and caregivers of children aged 0-12 years to talk about challenges and work on solutions. They will not be recorded.

To learn more, register and you will be contacted by a Connecting for Kids staff member. Participants will receive an advocacy kit with course materials.

Advocacy & Allies

This two-day workshop covers what it takes to be a good advocate and how to gather a team of allies.

**Saturday, January 16 and 23;
1:00-2:00 pm**

Problem-Solving & Providers

This two-day workshop focuses on finding reliable information and problem-solving. The Advocacy & Allies session is not a prerequisite to take this workshop.

**Saturday, January 30 and February 6;
1:00-2:00 pm**

The workshops are presented in partnership with Euclid Public Library.

Healing from the Trauma of Institutional Racism **A**

Do you identify as 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, of Cleveland State University for this four-week workshop, 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 and practice hands-on self-care and healing techniques. The workshop is designed to be a safe space for Black American parents and caregivers and will not be recorded. Anna will help you develop coping skills to thrive, even in a society where institutional racism continues to exist.

FREE SELF-CARE KIT

Participants will receive a self-care kit with course materials that can be picked up at their local Cuyahoga County Public Library branch.

**Wednesdays, January 20, 27,
February 3 & 10, 6:00 - 7:30 pm**

The workshop is presented in partnership with Mycom and Cuyahoga County Public Library who will have devices or hotspots available if you need them to participate.

Connect With Us

It's free to join Connecting for Kids and start connecting with other Northeast Ohio families on a similar path.

Online

connectingforkids.org/joinus

Call or Text

440-570-5908

(para español 440-907-9130)

Email

info@connectingforkids.org



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