

October 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.

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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OCTOBER PROGRAMS: ADULTS

Virtual Zoom Early Childhood Education Series

The Connecting for Kids Early Childhood Education Series is designed for parents and caregivers of young children. This series offers a safe space to connect with both the professionals and other families 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/speakerseries

Behavior "First Aid Kit" **Y**

Join CFK Early Intervention professionals Paula C. Papp, M.A.Ed., and Neysa McKenney, M.A., CCC-SLP, to learn how to use visual schedules, first...then boards, signs and other materials to help your child aged 18 months – 6 years control behavior. In addition, they will teach you how to help your child gain skills to regulate and manage emotions. Paula & Neysa will also answer your questions on a variety of topics, which can be asked during the program or submitted upon registration.

Thursday, October 1, 7:00 – 8:00 pm

FREE KIT

The first 20 households who register **and** sign on to Zoom will get a free behavior "first-aid kit" complete with the materials discussed during this program.

One free giveaway per household

This program is presented in partnership with Westlake Porter Public Library and is supported by a grant from GPD Employees' Foundation. The Virtual Early Childhood Education Series is sponsored by the Westlake Early Childhood PTA.

Continued, next page.

Register at connectingforkids.org/register

OCTOBER PROGRAMS: ADULTS

Virtual Zoom Early Childhood Education Series (cont.)

Fostering Early Language and Literacy Learning **Y**

Join CFK Early Intervention professionals Paula C. Papp, M.A.Ed., and Neysa McKenney, M.A., CCC-SLP, to learn a new conversational approach to reading together for children aged 18 months – 6 years, which will enrich their learning language. Paula & Neysa will also answer your questions on a variety of topics, which can be asked during the program or submitted upon registration.

Tuesday, October 20, 7:00 – 8:00 pm

FREE BOOK

The first 20 households who register **and** sign on to Zoom will receive a free book with repeating words and phrases to encourage language and literacy at home.

One free book per household

This program is presented in partnership with Westlake Porter Public Library and is supported by a grant from GPD Employees' Foundation. The Virtual Early Childhood Education Series is sponsored by the Westlake Early Childhood PTA.

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 by calling in using a toll-free number. connectingforkids.org/speakerseries

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

Join Karla Fitch, MTSC, of Connecting for Kids as she teaches families how to create and use a communications 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 and a portion of it will be recorded.

Tuesday, October 6, 7:00 – 8:00 pm

FREE KIT

Register **and** attend this program to earn supplies to put together your own communications binder!

One kit per household while supplies last

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

Stop Accommodating and Start Addressing Your Child's Anxiety **A**

Does your child struggle with anxiety? Have you found yourself accommodating anxious behavior? Maybe you are not inviting friends over if your child has social anxiety or repeatedly answering the calls of a child with separation anxiety. In some cases, this can only perpetuate the symptoms of anxiety. Join Beth Mishkind Roth, MSSA, LISW-S, of Cleveland Integrative Counseling, to learn how altering your response can help de-escalate your child's behavior and help them gain confidence in their ability to cope. Beth will introduce SPACE (Supportive Parenting Through Anxious Childhood Emotions), a program which parents and caregivers learn that by changing their own behavior, they can avoid much of the escalation that stems from trying to force their child to act differently. A portion of this program will be recorded.

Wednesday, October 14, 7:00-8:00 pm

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

CFK VIRTUAL ZOOM SENSORY CONSULTS

In English

Sign up to attend our virtual Sensory Consult where you and your child will meet via Zoom with a pediatric occupational therapist from Abilities First, LLC and The Mobile OT. This consultation is open to children ages 18 months-12 years. Your child will be encouraged to engage in some virtual activities and parents/caregivers will be asked to complete a checklist. You will also learn strategies to help him or her at home.

October 15, 6:30-8:00 pm

En Español

Tu y tu hijo(a) se reunirán a través de Zoom con una asistente de terapia ocupacional pediátrica, quien habla español con fluidez, de Abilities First, LLC. Esta consulta está abierta a niños de 18 meses a 12 años de edad. Tu hijo(a) va a ser animado a participar en algunas actividades virtuales y se les pedirá a los padres / cuidadores que completen una lista de verificación. También aprenderás estrategias para ayudar a tu hijo(a) en casa.
15 de octubre, 6:30 - 8:00 pm (cada 15 minutos)

To Register

Visit connectingforkids.org/consult to select a time and you will be emailed information about how to join the consult using the free Zoom app or by calling in using a toll-free number.

Registrar

Regístrate para una consulta a connectingforkids.org/consult y se te enviará por correo electrónico la información sobre cómo unirse a la consulta utilizando la aplicación gratuita de Zoom o llamando a un número de teléfono gratuito.



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. If you are interested in learning more about the program, register and you will be contacted by a Connecting for Kids staff member. connectingforkids.org/workshops

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 this four-week course that focuses on Black American families working with professionals and dealing with disparities. The course, led by CFK's Family Education Research Analyst Nikki Montgomery, M.A., M.Ed, GPAC, is 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. This program will not be recorded. **Saturdays, October 3, 10, 17, 24, 1:00-2:00 pm**

FREE KIT

Participants will receive an advocacy kit with course materials.

One kit per household

Healing from 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 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 for Black American parents and caregivers of children aged 0-12 years and will not be recorded. Anna will help you develop coping skills to thrive, even in a society where institutional racism continues to exist. **Saturdays, October 17, 24, November 7, 14, 21 and December 5, 3:00 - 4:00 pm**

FREE KIT

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

One kit per household

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

This program is supported by a grant from Lakeland Community Fund. Six slots will be reserved for residents of Lorain County because of this generous grant.

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

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

Come and connect with other families as we use music to cope with our ever-present struggles. During this session, a board-certified music therapist will guide parents and caregivers through music experiences such as lyric discussion, meditations, songwriting and more. Attendees will listen to live music, discuss everyday stressors in their lives and learn new ways to manage anxiety. This program is for adults only.

Tuesday, October 13, 7:00-8:00 pm

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

How to Use Mindfulness to Deal with Worry for Families of Children with Moderate-to-Severe Disabilities **A**

This pandemic has created even more challenges for the parents and caregivers of children with moderate-to-severe disabilities including loss of services and respite care, and in some cases, overwhelming worry for a medically fragile child. Join Terri McNeely, LISW, MEd, of The Child & Family Counseling Center of Westlake as she facilitates this private session to help deal with feelings of overwhelming worry using mindfulness.

Thursday, October 22, 8:30-9:30 pm

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

OCTOBER PROGRAMS WITH MY CHILD



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



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. During the session, the music therapist will use common household materials you should have available at home to make music and have fun. Register and you will be emailed information about how to join these programs using the free Zoom app or by calling in using a toll-free number. connectingforkids.org/music

Thursday, October 8, 6:00 pm.

Supported by a grant from Nordson Corporation Foundation.

Saturday, October 10, 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, October 17, 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, October 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.

New This Month!

October's theme is sensory.

Join us to sing, dance, make music and learn about creating routines, following directions, controlling impulses and ways to improve fine and gross motor skills.

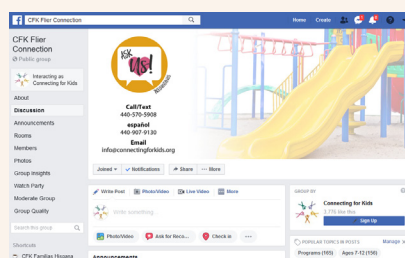
Stay afterward to ask the music therapist questions.


Is there a specific behavior or skill you'd like to brainstorm solutions for using music therapy? If so, stay afterward and chat with the music therapist. You can submit your question when you register or ask them live on Zoom.

CFK Flier Connection


Join the CFK Flier Connection group on Facebook to see local events, adaptive programs, entertainment options, family education seminars, support groups, respites, camps and much more!

facebook.com/groups/CFKFliers



 facebook.com/connectingforkids

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