



# Connecting for Kids

## May 2019 Programs

All programs are free and open to the public; however, registration is required. Register online at [connectingforkids.org/register](http://connectingforkids.org/register), email [info@connectingforkids.org](mailto:info@connectingforkids.org) or call 440-570-5908

### You're not alone

Connecting for Kids (CFK) provides education and support to families with concerns about their child. We serve all families, including those children with and without formal diagnoses.

Learn more at [connectingforkids.org](http://connectingforkids.org)

### Program locations

**E** West River Branch of Elyria Public Library System, 1194 West River Rd., N.

**L** Lakewood Public Library, 15425 Detroit Ave.

### Designed 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)

### Special thanks to

Elyria programs are supported by a grant from The Nordson Corporation Foundation.

Lakewood programs are supported by a grant from Community West Foundation and presented in partnership with Lakewood Public Library.

### Speaker Series

Join us for presentations on various childhood topics by local, pediatric professionals. Free, supervised children's activities are available, but adults and children must register separately. [connectingforkids.org/speakerseries](http://connectingforkids.org/speakerseries)

#### Changes to Ohio Waivers **A E**

Gary Tonks, CEO, of The Arc of Ohio, will be on hand to discuss changes at the Ohio Department of Developmental Disabilities. Director Jeff Davis of the Ohio Department of Developmental Disabilities may also join the discussion.

Join us to learn more about:

- Home and Community-Based Services Waivers
- Fix the List and what to expect during your assessment
- Navigating the waiver funding approval process
- Additional funding sources
- And other questions you might have!

Our guests will answer questions regarding services and supports for our children (of all ages). The meeting will include opportunities to discuss pre-submitted questions (submitted upon registration for the program).

Co-sponsored by Lorain County Family Forum, the Ohio Department of Developmental Disabilities, Ohio Family 2 Family and The Arc of Ohio.

**Wednesday, May 8, 6:00 pm**

### Sensory Consults **A L**

*Free consultation with a pediatric occupational therapist*

Come to our Sensory Consult where you and your child will meet with a pediatric occupational therapist. This consult is open to children ages 18 months-12 years. Your child will be encouraged to engage in some activities while you complete a checklist. You will also learn strategies to help him or her at home. This program is supported by Abilities First, LLC and co-sponsored by the Lakewood Family Room.

**Monday, May 13 & Tuesday, May 14, 6:30 - 8:00 pm**

For information and to register, visit [connectingforkids.org/consult](http://connectingforkids.org/consult)



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### Coffee and Chat

Join our interactive support group and meet other families facing similar struggles. Free, supervised children's activities are available, but adults and children must register separately. [connectingforkids.org/support](http://connectingforkids.org/support)

#### How to Stay Calm when the Kids are Out of Control **A** **S**

Being able to stay calm even when you are angry or frustrated by your child's behaviors will make you a more effective parent. Lisa Ruman, LISW, CHT, of The Child & Family Counseling Center of Westlake, will facilitate as we discuss six techniques that will help you stay calm in the face of adversity.

Wednesday, May 1, 6:30 pm

### Elementary Experiences<sup>SM</sup>

These hands-on training programs are designed for families and their children (ages 7-12 years) who are struggling. Families will learn targeted skills together and receive a handout with ideas and resources to use at home. Adults are expected to participate in the program with their children. Siblings (ages 7-12 years) may also attend but must register separately. [connectingforkids.org/elementary](http://connectingforkids.org/elementary)

#### Practicing Mindfulness to Calm Anxiety and Increase Focus **E** **M**

Mindfulness is being aware of thoughts, feelings and sensations that are happening around you at the present time. In children, mindfulness provides many benefits including helping them focus their attention and calm down when anxious. Join Terri McNeely, MEd, BS, of The Child & Family Counseling Center of Westlake, in this interactive session as she teaches caregivers and children ways to calm themselves and become more mindful. She will lead attendees through exercises that can be practiced every day to increase attention, focus and to better regulate emotions.

Saturday, May 4, Sessions begin at 1:00 pm (7-9 years) and 2:30 pm (10-12 years)

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#### Program locations

- M** Middleburg Heights Branch of Cuyahoga County Public Library, 16699 Bagley Rd.
- S** Solon Branch of Cuyahoga County Public Library, 34125 Portz Pkwy.

#### Designed 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)

#### Special thanks to

Middleburg Heights and Solon programs are presented in partnership with Cuyahoga County Public Library.