SPRING 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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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. 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*

Ask Us!: How to Find Summer Programs for your Child A

Do you want to learn how to make the most of your time at the upcoming Lorain County Resource Fair and Cuyahoga County Resource Grab and Go? Join us as we answer questions about the upcoming resource events and discuss best practices for collecting information from vendors to decide if a provider is right 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 answer specific concerns unique to your family.

Wednesday, April 14, 7:00 pm

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

Continued, page 6.

Register at connectingforkids.org/register

Seventh Annual

Lorain County RESOURCE FAIR

Date: April 24, 2021 (Rain Date: May 8)

Location: Lorain County Community College, 1005 N. Abbe Rd, Elyria

Audience: Families with children (birth-22)

A socially distanced, outdoor event offering resources for Lorain & Western Cuyahoga Counties. Includes both in-person and grab & go options!

Event Highlights

Free to-go boxed lunch for first 400 participants.

Free Spanish translation available (habrá traductores de español disponibles).

Free American Sign Language (ASL) interpreting available.

Outdoor, In-Person Event Details:

Time: 11:00 am - 1:00 pm

Location: Lorain County Community College Courtyard

Families who attend our in-person fair will receive their grab & go bag at registration.

Grab & Go Bag Pick-up Details:

Time: 1:00 p.m. - 3:00 p.m.

Location: Lorain County Community Center Driveway

New for 2021! Families who are not comfortable attending an in-person event can drive up to the grab & go tent located in front of the Lorain County Community College Campus Center to receive materials in a safe, socially distanced way.

PLATINUM SPONSORS

GALVIN Therapy Center

Julie Billiart Schools
BEYOND EDUCATION. BEYOND EXPECTATIONS.

Kenneth A. De Luca, Ph.D. & Associates, Inc.
PSYCHOLOGICAL, COUNSELING & EDUCATIONAL SERVICES

Lorain County Community College

MurrayRidgeCenter
HELPING PEOPLE...FOR A LIFETIME

SPECTRUM

Register at connectingforkids.org/resource-fairs



What's in the Grab & Go Bag?

- Binder filled with information from event sponsors
- Sheet protectors to organize your materials
- Fliers from Lorain County Resource Fair Vendors*

** One flier from each vendor will be included in grab & go bags distributed during the pick-up event. Families attending the in-person event will be able to select the fliers they want to keep by visiting tables.*

Leadership Lorain County

Grab & go bags generously supported by Leadership Lorain County.

What You'll Learn at The Resource Fair:

This free public event will highlight providers from across Northeast Ohio, focusing on services for individuals (ages birth - 22). Special emphasis on:

- Adapted recreation programs and camps
- Alternative schools
- Counselors and mental health providers
- Educational advocates
- Grant/financial aid providers
- Music therapy programs
- Occupational and physical therapists
- Speech-language pathologists
- Social skills programs
- Tutors and learning disability programs
- Transitional services
- And more!

GOLD SPONSORS

Abilities First, LLC Occupational Therapy

ESC Educational Service Center of Lorain County

Madison Eye Care, A Member of Vision Source

Summit Academy Schools

SILVER SPONSORS

180 Medical

Autism Learning Partners

Lorain County Children and Family First Council

Lorain County Sheriff's Office

Mental Health, Addiction and Recovery Services (MHARS) Board of Lorain County

Milestones Autism Resources

Pathway Caring for Children

Youth Challenge

Resource Fair Ask Us Programs

Concerned? Ask Us!: Exploring Lorain County Resources and Your Grab & Go Bag A

Are you overwhelmed with the need to find therapies and academic programs to help your child? Did you get your CFK Resource Fair grab & go bag and are still not sure where to start? Join us as we help you explore local summer opportunities and get organized with the resources you received from the Lorain County Resource Fair. 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. If the Lorain County Resource Fair is rescheduled due to weather, this program will take place on Thursday, May 13.

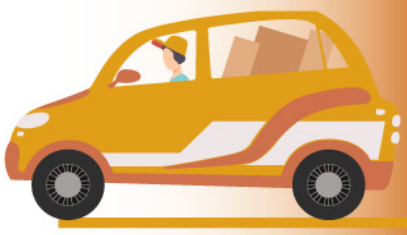
Thursday, May 6, 7:00 pm

¿Preocupado(a)? ¡Pregúntanos! Explorando Recursos del Condado de Lorain y tu Bolsa para Llevar A

¿Estás abrumado con la necesidad de encontrar terapias y programas académicos para ayudar a tu hijo(a)? ¿Recibiste tu Bolsa para Llevar de la Feria de Recursos de CFK y aún no estas seguro por dónde empezar? Únete a nosotros mientras te ayudamos a explorar oportunidades para el verano locales y a organizarte con los recursos que recibiste de la Feria de Recursos del Condado de Lorain.

También podrás conectar con otras familias y tener la oportunidad de reunirte 1:1 con un ERF virtualmente para encontrar los recursos específicos que estén disponibles y sean los adecuados para tu familia. Si la Feria de Recursos del Condado de Lorain se reprograma debido al clima y condiciones meteorológicas, este programa se llevará a cabo el Jueves 13 de mayo.

Jueves 6 de mayo 7:00 pm



Connecting for Kids

Cuyahoga County

GRAB & GO RESOURCE BOX

PRESENTED BY

Connecting for Kids

GALVIN Therapy Center

Julie Billiart Schools
BEYOND EDUCATION. BEYOND EXPECTATIONS.

Offering resources for Cuyahoga county and surrounding Counties for pick-up at various libraries throughout Cuyahoga county.

Grab & Go Box Pick-up Details:

Registration Dates: March 5 - April 29, 2021

Pick-up Dates: May 1 - May 8, 2021

Location: Various libraries throughout Cuyahoga County

Audience: Families with children (birth-12)

We know that this is a new process. Please feel free to call, text or email our Family Resource Specialists with any questions. 440-570-5908 (para español: 440-907-9130) | info@connectingforkids.org

PLATINUM SPONSORS

COMMUNITY FUND OHIO
Protect the Present, Fund the Future
The Special Needs Trust Advisor Since 1993

Cuyahoga County Public Library
cuyahogalibrary.org

Seeds of Learning, LLC

State Support Team 3

The Child & Family Counseling Center Of Westlake

WESTLAKE Porter Public Library

Register at connectingforkids.org/resource-fairs

What's in the Grab & Go Box?

- Binder filled with information from event sponsors
- Sheet protectors to organize your materials
- Fliers from Cuyahoga County Resource Box participants



What You'll Learn:

This free public resource will highlight providers from across Northeast Ohio, focusing on services for individuals (ages birth - 12). Special emphasis on:

- Adapted recreation programs and camps
- Alternative schools
- Counselors and mental health providers
- Educational advocates
- Grant/financial aid providers
- Music therapy programs
- Occupational and physical therapists
- Speech-language pathologists
- Social skills programs
- Tutors and learning disability programs
- And more!

GOLD SPONSORS

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Adoption Network Cleveland

Autism Learning Partners

Beyond Words: Music & Dance Center

Fair Housing Center for Rights & Research

GradePower Learning

Lakewood Public Library

Milestones Autism Resources

Sprout Therapy, LLC

Talk, Play, Grow, LLC

The Cleveland Music School Settlement

Resource Fair Ask Us Programs

Concerned? Ask Us!: Exploring Cuyahoga County Resources and Your Grab & Go Box A

Are you overwhelmed with the need to find therapies and academic programs to help your child? Did you get your CFK Resource Fair grab & go box and are still not sure where to start? Join us as we help you explore local summer opportunities and get organized with the resources you received from the Cuyahoga County Resource Box. 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, May 12, 7:00 pm

¿Preocupado(a)? ¡Pregúntanos! Explorando Recursos del Condado de Cuyahoga y tu Caja para Llevar A

¿Estás abrumado con la necesidad de encontrar terapias y programas académicos para ayudar a tu hijo(a)? ¿Recibiste tu Caja para Llevar de la Feria de Recursos de CFK y aún no estás seguro por dónde empezar? Únete a nosotros mientras te ayudamos a explorar oportunidades locales para el verano y a organizarte con los recursos que recibiste en la Caja de Recursos del Condado de Cuyahoga.

También podrás conectar con otras familias y tener la oportunidad de reunirte 1:1 con un ERF virtualmente para encontrar los recursos específicos que estén disponibles y sean los adecuados para tu familia.

Este programa no será grabado.

Miércoles 12 de mayo 7:00 pm

Virtual Zoom Speaker Series (cont.)

¡Pregúntanos!: Cómo encontrar programas de verano para tu hijo(a) A

¿Quieres saber cómo aprovechar tu tiempo en la próxima Feria de Recursos del Condado de Lorain o con la Caja para Llevar de la Feria del Condado de Cuyahoga? Únete a nosotros mientras respondemos preguntas acerca de las próximas ferias y discutimos las mejores prácticas para recopilar información de proveedores para decidir cuál es el adecuado para tu hijo(a). Podrás conectar con otras familias y tener la oportunidad de reunirte 1:1 con un ERF virtualmente para responder tus preocupaciones específicas y únicas de tu familia.

Miércoles, 14 de abril, 7:00 pm

Este programa es patrocinado por Community West Foundation.

Five Ways Black Mothers Can Deal with Racism in Healthcare and Education Systems A

Racism has a negative effect on the well-being of non-white children and their caregivers. To help protect your child from the harmful effects of racial trauma, you must know what the roadblocks are and how to work through them. This program, 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 mothers of children aged 0-12 years to talk about challenges faced in education and healthcare systems. Join Nikki to learn five ways to effectively work towards solutions. This program is for adults only and will not be recorded. If you are interested in learning more about the program, register and you will be contacted by a Connecting for Kids staff member.

Saturday, April 17, 1:00 pm

This program is presented in partnership with the Mother 2 Mother organization.

Social Series: Friendship 411 E

Making and keeping friends requires hundreds of skills and it is easy for a child who struggles to fall behind. Ellen Spear, MA, CCC-SLP, of Lakeshore Speech Therapy, LLC, will teach parents and caregivers strategies to help their child develop and maintain friendships. She will discuss the complicated nature of social skills as it relates to a variety of diagnoses. This program is for adults only and a portion will be recorded.

Tuesday, April 27, 7:00 pm

This program is presented in partnership with Westlake Porter Public Library and is supported by a grant from the Knights of Columbus at St. Ladislas.

Five Things Transracial Families Need to Know to Thrive A

Join Krysia Orlowski, Volunteer Parent Coordinator, and Donikea Austin, Program Manager of Adoption Network Cleveland as they walk us through tips that families formed by transracial adoption need to thrive. The presenters will open the program to Q&A and offer strategies to help with the specific struggles families are experiencing. This program is for adults only and the educational portion of this program will be recorded.

Tuesday, May 4, 7:00 pm

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

BEHAVIOR SERIES

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.

This program offers a safe space to connect with our professional and other families and the educational portion will be recorded.

FREE TOOL KIT: Register to receive instructions to pick up your free tool kit at a participating partner library.

One free kit per household

April Tool: Emotion Regulation Tools

Join Ochanya Wells, M.Ed., as she leads you through another tool in the Tantrum Tamer Toolbox. She will explore emotional regulation tools including a calming social story and strategies to help your child cope with anger. She will also answer your questions on a variety of topics, which can be asked during the program or submitted upon registration.

Tuesday, April 20, 7:00 pm

May Tool: Visual Schedules

Join Ochanya Wells, M.Ed., as she leads you through another tool in the Tantrum Tamer Toolbox. She will explore visual schedules including the first, then chart to manage behavior as we transition into summer and need tools to structure the day. She will also answer your questions on a variety of topics, which can be asked during the program or submitted upon registration.

Tuesday, May 11, 7:00 pm

These programs are presented in partnership with Mycom and Cuyahoga County Public Library.

Interactive Workshops

Interactive workshops are designed to help families gain in-depth knowledge on a topic. Register and you will be emailed information about how to join this program using the free Zoom app or by calling in using a toll-free number. When you register for the program, you will get instructions on how to receive your workshop materials. *connectingforkids.org/workshops*

Torchbearers Advocacy Series for Black and Lantinx Families: Use Your Story to Advocate for Your Child A

Learn to tell your story with power and conviction to get the best results for your child (and for yourself). The Torchbearers Advocacy Series is a workshop for Black and Latinx families of children with health, learning concerns or disabilities who are dealing with bias and unequal outcomes in the systems that serve them. In this workshop series, you will practice telling and adapting your story so your needs are met and so you can be a more powerful advocate for your child. This program is a safe space and will not be recorded.

Fridays June 4, 11 & 18, 7:00 pm

This program is sponsored by Madvocator Educational and Healthcare Advocacy Training and Mother2Mother.

ANXIETY & ATTENTION SERIES

Programs Supporting Families with Concerns About Anxiety or Attention

Helping the Child Who Struggles with Impulsivity E

Is your child struggling with pandemic-related anxiety? Is time at home during quarantine increasing your child's impulsivity? Join Dr. Kimberly Burkhart of Rainbow Babies and Children Hospital as she teaches behavior management strategies. In addition, parents and caregivers will learn ways to teach children to monitor and modify their own behavior. This program will offer a Q&A at the end and specific questions can be submitted upon registration. Join the community of families with an elementary-aged child who struggles with attention and anxiety. This program is for adults only and the educational portion will be recorded.

Thursday, April 15, 7:00-8:00 pm

Helping the Child who Struggles with Transition E

Long summer days, no homework and a break from the routine. Even though your elementary-aged child may be looking forward to summer, the transition from the structure of school can be a rocky one. Join Rob Adams, PsyD, a licensed clinical psychologist at Meghan Barlow and Associates, as he provides practical strategies to make the end of the year a positive, stress-free time for your child. Join the community of families with an elementary-aged child who struggles with attention and anxiety. This program is for adults only and the educational portion will be recorded.

Wednesday, May 5, 7:00-8:00 pm

ASL *This program will be offered simultaneously with American Sign Language (ASL) interpretation.*

These programs are presented in partnership with Westlake Porter Public Library.

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

Join us this month as the music therapist focuses on coping with seasons of stress and difficult times both at home and in society. Come and connect with other families as we use music to cope with our ever-present struggles. Attendees will listen to live music and engage in discussions, group songwriting and other fun music experiences.

Wednesday, April 21, 7:00pm

How to Use Self Compassion to Deal with Worry and Stress A

(Families of Children with Complex Needs)

Join Kelsey Jager, Ph.D., LPCC-S, of Kenneth A DeLuca & Associates as she facilitates this private session to help deal with feelings of overwhelming worry and stress. Dr. Jager will lead the group in a self-compassion meditation. Register and we will send you a free pocket mirror! *One mirror per household*

Thursday, April 29, 8:30 pm

Talking To Others About Your LGBTQ+ Child A

Join Kristen Pepera, MEd, LPCC-S, and Lisa Pepera, MEd, LPCC-S, of Colors+, as well as the community of other families to discuss gender nonconformity. This month our presenters will explore how to be an advocate for your child and prepare for difficult conversations and situations with others. We will also discuss the article titled, "Talking to Grandparents and Other Adult Family Members".

Tuesday, May 18, 7:00 pm

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



Music Therapy & More℠ Y

This program is designed for families and their children (ages 0-6 years) who are struggling in an area of development. Join us virtually or in-person for a hands-on program designed to teach families how to use music to improve their child's academic, motor, communication and social skills as well as behavior. Programs are led by a Board-Certified Music Therapist. Siblings (ages 0-6 years) may attend. Families may only attend one session per month. *connectingforkids.org/music*

Virtual Zoom Programs

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. During the session, the music therapist will use common household materials you should have available at home to have fun while using music to improve academic, communication, motor and social skills as well as behavior.

Saturday, April 10, 10:30 am
Friday, April 23, 10:30 am

In-Person Outdoor Programs

This program will be kept to 10 attendees so all attendees must register separately. Masks would be required for all attendees ages 4 and over with exceptions made for an inability to wear a mask due to a medical reason or disability. Each child will have their own set of musical instruments. Social distancing rules will be encouraged but please note that not all children will be able to comply at all times. In the event of a weather or health concern, Connecting for Kids reserves the right to move this program to virtual.

Westlake Porter Public Library - Outdoors
Sessions begin at 9:30 am and 10:30 am.

- ***Saturday, May 8***
- ***Friday, May 21***

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

Printed at the expense of Connecting for Kids.

Virtual Music Therapy & More On Demand Videos Y

Connecting for Kids collaborates with local music therapists to produce Music Therapy & More On Demand videos you can play anytime. Videos are available in both English and Spanish.

Get your free kit that will give you everything you need to watch and complete the activities included in the videos. April kits will be available starting on April 11 and the May kits will be available starting on May 9.

Pick up your kits on a first-come, first-served basis at the Westlake Porter Public Library at either the Youth Services desk or drive-through window. Or, if you prefer, a kit will be mailed to your residence if you fill out the form on our website (*connectingforkids.org/MusicOnDemand*). Please note that mail can be delayed due to circumstances outside of our control.

These kits are created in partnership with Westlake Porter Public Library, and supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture.



There are lots of ways to connect with CFK!

Our Family Resource Specialists are happy to help you find resources and support.

Have Questions?

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