

**Nov - Dec 2022**

### *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**  
**info@connectingforkids.org**  
**connectingforkids.org/register**

### *Connect With Us*

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

[connectingforkids.org/joinus](https://connectingforkids.org/joinus)

 [facebook.com/  
connectingforkids](https://facebook.com/connectingforkids)

 [@connectforkids](https://@connectforkids)

 [@connectforkids](https://@connectforkids)

### **Share & Support Group**

Join our interactive support groups and meet other families facing similar struggles. For all in-person programs, free, supervised children's activities are available, but adults and children must register separately. [connectingforkids.org/support](https://connectingforkids.org/support)

#### **Parent Match Connect** **A**

Would you like to meet other parents who have similar experiences to your own but are further along on the path? Would it be nice to have someone to share your joys and frustrations? Do you just need someone who "gets it" and can listen? If so, attend Parent Match Connect where you'll meet our Parent Match Volunteers who will introduce themselves and their stories. Afterward, we'll break into small groups to give you the opportunity to connect with the volunteers as well as other families.

**Wednesday, Nov. 2, 6:30 p.m.**  
**Solon Branch of Cuyahoga County Public Library**

#### **Dealing with Holiday Stress for Black American Families** **A**

The holiday season is full of festivities, fun and family, but for caregivers of children with mental health concerns or disabilities, changes in routine can be stressful. Join Anna Jones, LISW-S, of Up the Steps, and Nikki Montgomery, MA, MEd, GPAC, of Connecting for Kids, as they discuss tips and techniques for coping with stress during the holidays. This support group will offer a safe space for parents and caregivers who identify as Black Americans to share their concerns and find encouragement.

**Thursday, Nov. 3, 6:00 p.m.**  
**Virtual**

*continued, page 3.*

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



## Teach Me to Play **Y**

You will have the chance to interact with our experienced Early Intervention Specialist and Speech-Language Pathologist who can provide strategies for dealing with problem behaviors or tips for increasing your child's communication skills. This program is specifically designed for caregivers and children ages 18 months- 6 years who are struggling in an area of development. [connectingforkids.org/play](https://connectingforkids.org/play).

Thursday Preschool sessions begin at 6:30 p.m., Friday Preschool sessions begin at 9:30 a.m. and Friday Toddler sessions begin at 11:30 a.m.

- Thursday, Nov. 17
- Friday, Nov. 18

*Westlake Porter Public Library*

## Speaker Series

Join us for interactive presentations on various childhood topics by local pediatric professionals and connect with other families. For all in-person programs, free, supervised children's activities are available, but adults and children must register separately. [connectingforkids.org/speakerseries](https://connectingforkids.org/speakerseries)

### How to Communicate Effectively with 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. All participants will be given supplies to put together their own communication binder!

**Tuesday, Nov. 1, 6:30 p.m.**  
*Avon Lake Public Library*

### The Gender Spectrum **A**

Has your child asked to go by new pronouns, but you're not sure what that means? Are you unsure of the difference between gender identity and gender expression? Join this interactive presentation with Kristen Pepera, MEd, LPCC-S, and Lisa Pepera, MEd, LPCC-S, of Colors+, where you'll learn how to be an affirming caregiver if your child is exploring their gender expression or identity.

**Tuesday, Nov. 8, 7:00 p.m.**  
*Virtual*



## Ask Us 1:1 **A**

Do you need help navigating resources for your child? Would you like to meet one-on-one with a CFK staff member? Register for a 30-minute time slot during our monthly Ask Us 1:1 and get information on a wide range of concerns from adapted program options and school struggles to mental health and specific diagnoses. Timeslots are available by phone, Zoom or Facebook Messenger to meet your needs. To view available dates/times, visit [connectingforkids.org/support](https://connectingforkids.org/support).

**November Theme**  
How to Communicate with the School

**December Theme**  
Winter Holiday Survival

## Behavior Chat Y

Do you want strategies to motivate your child towards positive behavior? Do you wish you had a kit filled with proactive "tools" you could use to get ahead of meltdowns before they start? Join us to learn how to use the tools in our Behavior Toolkit to help your child manage emotions. Each attendee will receive a free Behavior Toolkit. The content in this program is geared toward caregivers of children ages 18 months - 6 years (with or without developmental concerns). At each session, Ochanya McRoberts-Wells, MEd, of Connecting for Kids, will discuss the theme of the month and answer your questions on a variety of topics, which can be asked



during the program or submitted upon registration. [connectingforkids.org/behavior-chat](http://connectingforkids.org/behavior-chat)

### Visual Cues to Help Children Manage Impulses

Thursday, Nov. 10, 6:30 p.m.  
Virtual



## 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 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. This program is led by a Board-Certified Music Therapist. [connectingforkids.org/music](http://connectingforkids.org/music)

### Euclid Public Library

- Thursday, Nov. 17, 6:30 p.m.

### Middleburg Heights Branch of Cuyahoga County Public Library

- Saturday, Nov. 19, 10:30 a.m.

### North Ridgeville Branch of Lorain Public Library System

- Thursday, Dec. 1, 6:30 p.m.

### Solon Branch of Cuyahoga County Public Library

- Friday, Nov. 18, 10:30 a.m.

### Westlake Porter Public Library

Sessions begin at 9:30 and 10:30 a.m.

- Friday, Nov. 11
- Saturday, Nov. 12

## Adapted Storytimes

Children with varying learning styles and abilities learn together in a safe, supportive environment where respect and appreciation for differences is encouraged. This storytime is designed for children who may not be successful in a typical storytime experience. Content is geared toward ages 3 - 7 years, but all ages are welcome. Siblings may also attend but must register separately. For more information, visit [connectingforkids.org/library](http://connectingforkids.org/library).

### Euclid Public Library

- Saturday, Nov. 19, 10:30 a.m.

### Lakewood Public Library, Main Library

- Saturday, Nov. 19, 2:00 p.m.

### Middleburg Heights Branch of Cuyahoga County Public Library

- Saturday, Nov. 12, 11:00 a.m.

### North Ridgeville Branch of Lorain Public Library System

- Wednesday, Nov. 9, 6:30 p.m.

### Rocky River Public Library

- Saturday, Nov. 12, 10:00 a.m.
- Saturday, Dec. 10, 10:00 a.m.

### Solon Branch of Cuyahoga County Public Library

- Saturday, Nov. 12, 10:30 a.m.

### Westlake Porter Public Library

- Friday, Nov. 4, 10:30 a.m.
- Sunday, Nov. 13, 2:00 p.m.
- Friday, Dec. 2, 10:30 a.m.

## Share & Support Group (cont.)

### How to Stay Calm When the Kids Are Out of Control A

Do you struggle to stay calm when feeling angry or frustrated by your child's behaviors? Has parenting stress or burnout left you feeling out of control of your emotions? 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.

Tuesday, Nov. 29, 6:30 p.m.

Westlake Porter Public Library

## Adapted Library Programs

For more information, visit [connectingforkids.org/library](http://connectingforkids.org/library).

### **A Passion for Puppets**

#### **Storytime**

This 30-minute storytime features puppets and a craft time. It is designed for those children who may not be successful in a typical storytime environment and their typical peers. Materials and facilitator generously provided through a grant from Cuyahoga County Board of Developmental Disabilities. Ages 3 - 7.

**Thursday, Nov. 10, 6:30 p.m.**  
**Westlake Porter Public Library**

#### **Sensory Creations**

Pick up supplies and instructions for delicious smelling pumpkin pie play dough that will keep you rolling, patting, and cutting just in time for Thanksgiving.

**Registration begins Nov. 7.**  
**Pick up Nov. 21-25**  
**Avon Lake Public Library**

### **Cookie Decorating**

Engage your child's senses and encourage messy play while delighting in the fun and wonder of the season. No baking or decorating experience necessary. Call us with any allergy or diet concerns. Ages 3 - 7.

**Thursday, Dec. 15, 4:00 p.m.**  
**Westlake Porter Public Library**

### **Sensory-Friendly Noon Year's Eve Celebration**

Ring in 2023 with a sensory-friendly celebration. This program is for children who need a quieter, less-crowded and sensory-friendly environment. Preregistration is required for all attending – children and caregivers. Siblings are welcome.

**Friday, Dec. 30, 11:00 a.m.**  
**North Ridgeville Branch of Lorain Public Library System**



## With Our Thanks

### **Ask Us 1:1**

Supported by a grant from the Nordson Corporation Foundation.

### **North Ridgeville Programs**

The Music Therapy & More program is supported by a grant from the Lakeland Community Foundation Endowment Fund.

### **Westlake Programs**

Presented in partnership with the Rotary Club of Westlake-Bay Village. Music Therapy & More is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture. Teach Me to Play is supported by a grant from GPD Employees' Foundation.

## 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](http://connectingforkids.org/joinus)

### **Call or Text**

440-570-5908

### **Email**

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



[facebook.com/  
connectingforkids](https://www.facebook.com/connectingforkids)



[@connectforkids](https://www.instagram.com/@connectforkids)



[@connectforkids](https://www.twitter.com/@connectforkids)

## Locations

**Avon Lake Public Library**  
32649 Electric Blvd.  
440-933-8128

**Euclid Public Library**  
631 E 222 St.  
216-261-5300

**Lakewood Public Library,  
Madison Branch**  
13229 Madison Ave.  
216-228-7428

**Lakewood Public Library,  
Main Library**  
15425 Detroit Ave.  
216-226-8275

**Middleburg Heights Branch  
Cuyahoga County Public  
Library**  
16699 Bagley Rd.  
440-234-3600

**North Ridgeville Branch  
Lorain Public Library System**  
35700 Bainbridge Rd.  
440-327-8326

**Rocky River Public Library**  
1600 Hampton Rd.  
440-333-7610

**Solon Branch Cuyahoga  
County Public Library**  
34125 Portz Pkwy.  
440-248-8777

**Westlake Porter Public  
Library**   
27333 Center Ridge Rd.  
440-871-2600

 KultureCity® Sensory Inclusive™ certified. Every employee has gone through sensory awareness training.

## Register for a program today!



Scan this code with your smartphone camera to register for a Connecting for Kids program. Need help? Call or text 440-570-5908 or send us an email at [info@connectingforkids.org](mailto:info@connectingforkids.org)