

November 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

At a glance

- 1 Early Childhood Education Series
- 2 Early Childhood Education Series
- 2 Speaker Series
- 3 Coffee and Chat
- 3 En Español
- 4 Music Therapy & More



NOVEMBER 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

Using Social Stories to Teach Behavioral Skills **Y**

Did you know you can use social stories to teach your children what to do in a variety of situations? Join CFK Early Intervention professionals Paula C. Papp, M.A.Ed., and Neysa McKenney, M.A., CCC-SLP, as they explain how to use short stories with simple text and pictures to reinforce accepted and proper behavior for children ages 18 months – 6 years. Paula & Neysa will also answer your questions on a variety of topics, which can be asked during the program or submitted upon registration.

Tuesday, Nov.10, 7:00 – 8:00 pm

Free social stories provided to participants!

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

NOVEMBER PROGRAMS: ADULTS

Virtual Zoom Early Childhood Education Series (cont.)

Developmental Milestones - How To Know If Your Child Is Behind and What To Do About It **Y**

Did you know recent statistics indicate that as many as 1 in 4 young children can be at risk for developmental, behavioral or social delays? Are you concerned that your child's development may be behind? Join Morgan O'Leary, an outreach specialist from Help Me Grow at Bright Beginnings, as she provides information about developmental milestones for those birth through 3 years. She will also give parents and caregivers ideas of how to work with a child to help reach these milestones. In addition, Morgan will answer your questions, which can be asked during the program or submitted upon registration.

Wednesday Nov. 18, 7:00 – 8:00 pm

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

Assessing and Reacting to Problems **E**

Problems come in all different shapes and sizes and can range from a small "glitch" to a huge catastrophe! As social thinkers, it is not only important to rate our problems but also to match our reaction to them in a socially appropriate way. Ellen Spear, MA, CCC-SLP, of Lakeshore Speech Therapy, LLC., will teach you skills to assist your child in determining how big or little a problem is and then know what strategies will work to help deal with that problem. This program is for parents and caregivers of children ages 7-12. This program is for adults only and a portion of it will be recorded.

Saturday, Nov. 14, 1:00 – 2:00 pm

This program is supported by a grant from the Knights of Columbus at St. Ladislav.

Parent-Teacher Conference Check-In **E**

Was the first quarter difficult for your child? Did you attend Parent-Teacher Conferences only to find that your child is falling behind academically, having behavioral issues or struggling socially? Join Connecting for Kids for this November check-in where our Family Resource Specialists will answer your questions, address your concerns and help locate resources for your family including local tutors, social skills groups, behavioral specialists, mental health counselors, pediatric providers and other services. You will be able to network with other families that also have children who are struggling this year with the many changes both for in-person learning and those doing school virtually. This program will not be recorded.

Monday, Nov. 16, 7:00-8:00 pm



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

Have Questions?

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

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

Use Journaling to Deal with Worry and Loneliness 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. Those who have to quarantine may feel loneliness at their loss of connection with others. This monthly group is a way for families to share their struggles, challenges and encourage one another. Join Sarah Saunders, MA, LPCC, of Purposeful Growth & Wellness as she facilitates this private session to help deal with feelings of overwhelming worry and loneliness using journaling. This program is for adults only.

Wednesday, Nov. 11, 8:30-9:30 pm

FREE KIT

The first 20 households who register and attend this program will earn a free self-care item related to this month's tip!

One free giveaway per household

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

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

November Theme: Finding Gratitude
November is the month of giving thanks and in this month's session we will be listening to live music all about finding gratitude. The music therapist will guide you through lyric discussions of several songs and at the end of the session, she will lead you through a guided meditation centered around gratitude. Come and connect with other families as we use music to cope with our ever-present struggles. 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.

Saturday, Nov. 21, 1:00-2:00 pm

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



Buscando Apoyo: **en español** Comunidad Hispana

¿Deseas conocer a otras familias latinas en una situación similar a la tuya? Ven a conocer a Dr. Brittany Myers, psicóloga infantil de MetroHealth, quien discutirá maneras para conseguir recursos para inquietudes tales como la Ansiedad, el Trastorno de Déficit de Atención e Hiperactividad (TDAH), el Trastorno del Espectro Autista y Superdotado, entre otros. Los participantes también tendrán la oportunidad de establecer contactos y encontrar el apoyo necesario dentro de la Comunidad Latina. Este programa será impartido en español. Regístrate en la liga de abajo y recibirás un correo electrónico explicándote cómo unirte al programa utilizando el app gratuito de Zoom, desde tu teléfono celular o computadora.

19 de noviembre, 7:00-8:00 pm

Este programa es posible gracias a la Fundación de The Nordson Corporation.

connectingforkids.org/registrate

NOVEMBER 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, Nov. 12, 7:00 pm.

Supported by a grant from Nordson Corporation Foundation.

Saturday, Nov. 14, 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, Nov. 20, 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, Dec. 5, 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!

November's theme is communication.

Join us to sing, dance, make music and learn about letter recognition and sounds, vocabulary, controlling impulses and ways to improve motor skills.

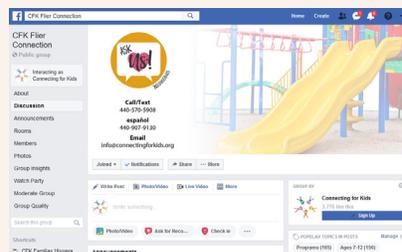
Stay afterward to ask the music therapist questions.

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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 pinterest.com/connectforkids

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