

EVENING WORKSHOPS

Designed for parents and/or professionals, these workshops are offered at the *Kids First Center* in Portland. **Registration is required.**

THE COURT-APPOINTED ROLE AND DUTY OF GALs: A PRIMER FOR PARENTS & GUARDIANS

(for parents, guardians, grandparents, or other persons who may have parental rights & responsibilities)

Thursday, February 9, 2017

7:00 - 8:30 pm

When parents struggle to reach agreement on a parenting plan, the family court can appoint a guardian *ad litem* (GAL) to investigate and report to the court concerning the best interests of the child as defined by Maine law. Presenters will describe the role and duties of a GAL and provide information on expectations and how best to work with a GAL to assist your family. *Presenters may not and cannot answer specific questions about any case that is pending in court.*

UNDERSTANDING DOMESTIC VIOLENCE & ITS IMPACT ON CHILDREN

Presenter: Dr. Pamela J. Boivin, JD, Ph.D.

Thursday, March 23, 2017

6:00 - 7:30 pm

Domestic violence can span age, sexual orientation, religion and gender, and it affects people of all socioeconomic backgrounds and education levels. Families in this workshop will better understand the negative impact of domestic violence on children exposed to violence in the home. While each child is unique, and may respond differently to the abuse, there are common short and long-term effects that can impact a child's day-to-day functioning. Families will gain a better understanding of how to support children exposed to domestic violence.

GAY, LESBIAN, BISEXUAL & TRANSGENDER FAMILIES: PARENTING THROUGH SEPARATION, TRANSITION & DIVORCE

Presenters: Frank Brooks, Ph.D. and Susan Wiggan, LMSW

Monday, April 3, 2017

5:30 - 7:00 pm

Gay, Lesbian, bisexual and transgender parents and their families face a unique set of issues when experiencing separation and divorce. In addition, these family members must cope with the difficult processes that all families face when separation and divorce occur. Please participate in a discussion that will help expand your thinking about the effects of family transition and dissolution with the GLBT parents and their children.

HOW TO REGISTER FOR OUR PROGRAMS - PORTLAND, BIDDEFORD, FARMINGTON & TOPSHAM LOCATIONS ONLY:

- **ONLINE:** WWW.KIDSFIRSTCENTER.ORG
- **BY PHONE:** Call 207-761-2709

Please note - All programs are at Kids First Center in Portland unless otherwise noted.

For evening and weekend programs, participants should enter from the rear of the building, as front entrances will be locked.

If needed, financial assistance is available for all of our programs.

ALTERNATE LOCATIONS FOR THE KIDS FIRST PROGRAM IN MAINE:

Please call local numbers for upcoming dates and to register.

Augusta, Waterville, Skowhegan - KVCAP, 207-859-1500

Belfast - Broadreach Family Services, 207-338-2200

Lewiston - Advocates for Children, 207-783-3990

SIMILAR PROGRAMS OFFERED IN THE FOLLOWING LOCATIONS:

Rockland, Wiscasset, Newcastle - The ParentWorks, Home Counselors, 207-596-0359

Bangor, Ellsworth - For Kids' Sake, 207-942-9329, or 207-942-8200

Presque Isle - Moving Forward Program, 207-488-6657

Stephane Yulita Lending Library

Lending Library: Located in the *Kids First Center* office, Suite 101. Parents, teens, children and professionals may borrow books covering a wide range of topics related to divorce, separation and stepparenting.

Resource Guide: Clients may call *Kids First Center* for referrals for attorneys, therapists, mediators and various support agencies.



222 Saint John St., Suite 101, Portland, ME 04102

Phone: 207-761-2709 | Fax: 207-780-0059

www.kidsfirstcenter.org



IT'S YOUR DIVORCE. NOT THEIRS.

Supporting Families of Separation and Divorce

JANUARY - JULY 2017

Kids First Center

222 Saint John St., Suite 101

Portland, ME 04102

207.761.2709

www.kidsfirstcenter.org



Kids First Program - The First Step

The first step for successful co-parenting, this four-hour workshop for parents is designed to help address conflict and reduce the negative effects of separation and divorce. This workshop will address:

- Children's needs as marital and family roles change
- The effects of and children's reactions to separation and divorce
- Talking with children about divorce and other changes
- Making decisions about parenting arrangements
- Dealing with conflict without involving children, using a conflict resolution model
- Helping children adjust to differences between households

Participants are encouraged to attend this program as early in the separation and divorce process as possible. You must register to attend. Meets on Saturdays, 8:30am - 12:30pm, or Thursdays, 5:00 to 9:00pm. Fee is \$60 per person.

PORTLAND - Kids First Center, 222 Saint John Street, Suite 104 (207-761-2709)

Jan 7 (Sat)	March 16 (Thur)	June 3 (Sat)
Jan 19 (Thur)	April 1 (Sat)	June 15 (Thur)
Feb 4 (Sat)	April 13 (Thu)	July 1 (Sat)
Feb 16 (Thur)	May 6 (Sat)	July 13 (Thur)
March 4 (Sat)	May 18 (Thur)	Aug 5 (Sat)

BIDDEFORD - Southern Maine Medical Center, One Medical Center Drive, Biddeford (207-761-2709)

Feb 11 (Sat)	April 8 (Sat)	Jun 10 (Sat)	Aug 12 (Sat)
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FARMINGTON - Franklin Memorial Hospital, 111 Franklin Health Commons, Farmington (207-761-2709)

Jan 14 (Sat)	March 11 (Sat)	May 13 (Sat)	July 8 (Sat)
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TOPSHAM - Woodside Elementary School, 42 Barrows Drive, Topsham (207-761-2709)

Jan 14 (Sat)	March 11 (Sat)	May 13 (Sat)	July 8 (Sat)
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* **SEE BACK PAGE FOR ALTERNATE KIDS FIRST PROGRAM LOCATIONS IN MAINE.**

OUR MISSION

The mission of *Kids First* is to reduce the impact of separation, divorce and re-partnering on kids. As painful as it is for parents, it's the kids who may pay the highest price - the hurt can last a lifetime. But it doesn't have to be that way. That's where *Kids First Center* comes in. Providing practical information and support through a wide variety of programs for parents, kids, and professionals who work with them, we are a resource for families when they need us most. More information can be found at www.kidsfirstcenter.org.

Support Groups For Children & Adolescents

These six-week after-school support groups give kids an opportunity to share experiences around the divorce or separation of their parents with their peers in a safe, neutral environment. Groups are small in size (5-8 children), and are facilitated by mental health professionals who guide participants through thoughtful discussions and fun activities that help kids better understand and adjust to whatever family changes are happening at home.

GROUP DETAILS:

- Held on Mondays from 4:30 – 6:00 p.m. for six weeks
- New groups start every other month
- Groups are scheduled when registration is filled
- Fee is \$90/child, or \$70/siblings
- Parental consent required; contact us at 761-2709, or email info@kidsfirstcenter.org to pre-register

Kids First: What Kids Want Grown-Ups to Know About Separation & Divorce



Our book provides valuable insights for separating parents, attorneys, mental health professionals and others. Order your copy online through Amazon or pick one up at Kids First Center for \$15.00 (includes ME sales tax).

Next Step Program - Putting Conflict Aside

A **four-week** program for parents who wish to explore the impacts of separation and divorce more deeply. Prior attendance at a Kids First Program is required.

- Focus on co-parenting and managing conflict
- Fine tune communication skills to fit children's changing needs
- Address parenting arrangements and new relationships

Meets four consecutive weeks - 6:00 - 9:00pm
Fee is \$180 per person

Portland: Mondays, March 6, 13, 20, 27, 2017

Topsham: Mondays, April 24, May 1, 8, 15, 2017

Kids First Program for Stepparents & New Partners

This **four-hour**, one-time workshop is designed to help parents, and stepparents or new partners, understand the typical difficulties experienced by each person - including the children - in the new family. Prior attendance at a Kids First Program is suggested. Participants will learn:

- Ways to ease the transition process for children
- Appropriate boundaries
- Various roles and expectations in a stepfamily

Meets on Saturdays - 8:30am - 12:30pm
Fee is \$60 per person/\$100 for 2 parents (recommended)
Portland: Feb. 11 Apr. 8 Jun. 10

Kids First Program for Women

This **six-hour** workshop is designed for mothers who have left relationships where any form of domestic abuse was present. In addition to the Kids First Program curriculum, this program addresses issues specifically related to the following:

- Physical, emotional and verbal abuse
- Financial exploitation
- Safety planning
- Other support services in the community

Meets quarterly on Saturdays - 8:30am - 2:30pm
Fee is \$60 per person

Portland: Please call 761-2709 for dates and times

Separation Divorce & Dads

A **drop-in** support group for dads covering various separation and divorce related topics.

Meets monthly - 6:30 - 8:00pm (excluding July)
Fee is \$10 per person; registration not required
Portland: First Tuesday of every month