

EVENING WORKSHOPS

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

ROUNDTABLE: DIVORCE AFTER 50

Facilitators: Jacqueline R. Moss, Esq. & Steve Young, LCSW
Wednesday, September 13, 2017 6:00 - 7:30 pm

Separation and divorce later in life can present unique challenges to parents and their adult children. Learn how to navigate this terrain and how it may affect family relationships going forward.

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, October 26, 2017 6:00 - 7:30 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.

SURVIVING THE HOLIDAYS

Facilitators: Terri DeCoster, MS, CPP & Pamela Waite, Esq.
Thursday, November 2, 2017 6:00 - 7:30 pm

The process of separation and divorce can be stressful under normal circumstances. Holidays can cause additional pressure, confusion, and conflict for separating families and blended ones, as well. This workshop will provide practical information on how families can create a harmonious shared holiday.

SAVE THE DATE!
ANNUAL FALL
CONFERENCE
FRIDAY, OCT. 20, 2017

HOW TO REGISTER FOR OUR PROGRAMS IN THE FOLLOWING LOCATIONS:

PORTLAND
BIDDEFORD
FARMINGTON
TOPSHAM

ONLINE: WWW.KIDSFIRSTCENTER.ORG

Phone: 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

Stephane Yulita Lending Library

Lending Library: Located in the *Kids First Center* office. 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.

If you need co-parenting education outside of our service area, please visit:
www.courts.maine.gov/maine_courts/family/parent_edu.html

keeping
kidsfirst
education and support for changing families

222 Saint John St., Suite 101, Portland, ME 04102
Phone: 207-761-2709 | Fax: 207-780-0059
www.kidsfirstcenter.org

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Supporting Families of Separation and Divorce

JULY - DECEMBER 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, 5:00pm to 9:00pm.

Fee is \$60 per person.

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

July 1 (Sat)	Sept 14 (Thur)	Nov 4 (Sat)
July 13 (Thur)	Sept 23 (Sat)	Nov 16 (Thur)
Aug 5 (Sat)	Oct 7 (Sat)	Dec 2 (Sat)
Aug 17 (Thur)	Oct 19 (Thur)	Dec 14 (Thur)

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

Aug 12 (Sat)	Oct 14 (Sat)	Dec 9 (Sat)
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FARMINGTON - Franklin Memorial Hospital, 111 Franklin Health Commons, Farmington (207-761-2709)

July 8 (Sat)	Sept 9 (Sat)	Nov 11 (Sat)
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TOPSHAM - Woodside Elementary School, 42 Barrows Drive, Topsham (207-761-2709)

July 8 (Sat)	Sept 9 (Sat)	Nov 11 (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
- For more information and to pre-register, visit: www.kidsfirstcenter.org/for-kids (or call 761.2709)

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, Sept. 25, Oct. 2, 16, 23, 2017
(no class Oct. 9th)

Topsham: Mondays, Nov. 6, 13, 20, 27, 2017

Kids First Program for Steparents & 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

Fee is \$60 per person/\$100 for 2 parents (recommended)

Portland: Sept. 21 (Thursday, 5 - 9pm)
Oct. 14 (Saturday, 8:30am - 12:30pm)
Dec. 9 (Saturday, 8:30am - 12:30pm)

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 in **Portland** on Saturdays, 8:30am - 2:30pm. Fee \$60 per person. Call 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