

THE FIRST STEP ONLINE
COMING EARLY 2020

THE FORMAT YOU'VE BEEN WAITING FOR!

Maine's leading provider of co-parent education introduces a web-workshop that brings *The First Step* program to parents living in all parts of Maine and beyond.

PROFESSIONAL EDUCATION

In 2020, the annual professional education conference moves to late Spring. The conference will explore current research on a topic impacting families and children in transition. Continuing education credits are available to mental health and legal providers, and guardians ad litem.

ADDITIONAL PROFESSIONAL EDUCATION

Opportunities will be offered throughout the year, including in a webinar format.

FREE WEBCASTS AND VIDEO RESOURCES

Additional helpful information and resources on talking to your children about separation and divorce, the most effective communication strategies, and other topics that parents struggle with can be found on the Kids First Center website.

THIS BROCHURE IS PARTIALLY FUNDED
BY THE GENEROUS SUPPORT OF:



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REGISTER ONLINE AT
WWW.KIDSFIRSTCENTER.ORG

For our Programs in the
following locations:

SCARBOROUGH
BIDDEFORD
FARMINGTON
TOPSHAM

(Note alternate Maine locations below)

PAYMENT AND REFUND POLICY:
PAYMENT IS DUE UPON REGISTRATION. REQUESTS
FOR REFUNDS MUST BE MADE AT LEAST 24
HOURS BEFORE SCHEDULED CLASS.
*Financial assistance is available.
Please contact Kids First Center.*

ALTERNATE LOCATIONS FOR THE KIDS FIRST PROGRAM IN MAINE:

You must contact the following agencies for
program dates & registration.

AUGUSTA, WATERVILLE, SKOWHEGAN
KVCAP, 207-859-1500

LEWISTON
COMMUNITY CONCEPTS/ADVOCATES
FOR CHILDREN, 207-783-3990

ADDITIONAL RESOURCES:
Lending Library at Kids First Center
WWW.KIDSFIRSTCENTER.ORG/RESOURCES
Call for information on community resources

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).

kidsfirst
education and support for changing families

JANUARY - JULY 2020

KIDS FIRST CENTER

*offering a variety of educational programs
about separation, divorce and co-parenting
for parents, children, and professionals.*



REGISTRATION & INFORMATION:
WWW.KIDSFIRSTCENTER.ORG

51 US-1 Suite S, Scarborough, Maine 04074
Phone: 207-761-2709 | Fax: 207-780-0059

KIDS FIRST PROGRAM: THE FIRST STEP

A **four-hour** co-parenting program providing a basic overview and understanding of co-parenting best practices, the separation/divorce process, and how to help children experiencing parental separation.

Participants are encouraged to attend this program as early in the separation or divorce process as possible. You must register to attend.

**Saturdays, 8:30am - 12:30pm,
or Thursdays, 5:00pm - 9:00pm
\$75/person**

SCARBOROUGH - Kids First Center
51 US Route 1, Suite S, Scarborough

January 9 (Thur) April 16 (Thu)
January 18 (Sat) May 02 (Sat)
February 1 (Sat) May 14 (Thu)
February 13 (Thu) June 06 (Sat)
March 7 (Sat) June 18 (Thu)
March 19 (Thu) July 09 (Thur)
April 04 (Sat) July 18 (Sat)

BIDDEFORD - Southern ME Medical Center
1 Medical Center Drive, Biddeford

February 8 (Sat) April 11 (Sat) June 13 (Sat)

FARMINGTON - Franklin Memorial Hospital
111 Franklin Health Commons, Farmington

January 11 (Sat) May 9 (Sat)
March 14 (Sat) July 11 (Sat)

TOPSHAM - Woodside Elementary School
42 Barrows Drive, Topsham

January 11 (Sat) May 9 (Sat)
March 14 (Sat) July 11 (Sat)

KIDS FIRST FOR KIDS!

A Saturday morning workshop bringing children together to learn about separation and divorce and how to manage feelings and family challenges in healthy and positive ways.

- Small group model facilitated by two mental health professionals
- Ice-breaking games and activities that help everyone feel comfortable together
- Discussions around family changes, feelings, coping skills, and more...

Saturdays, 9am - 12:30pm
Ages 6-15 | \$40/child, \$30/siblings
Scarborough:
Saturday, February 29, 2020
Saturday, April 11, 2020
Saturday, May 30, 2020

“Both my kids loved it!
My daughter said that it made her feel less alone, that she wasn’t the only person going through this.” — Kids First Center Parent

Request for Info / Parent Consent Form available at:
WWW.KIDSFIRSTCENTER.ORG/FOR-KIDS

KIDS FIRST PROGRAM FOR WOMEN

This **six-hour** workshop is designed for mothers who have left relationships where interpersonal abuse was present. This program includes a modified Kids First Program curriculum, along with education about abuse, safety, and available community resources.

Saturdays, 8:30am - 2:30pm | \$75/person
Scheduled quarterly in Scarborough.
Call for dates & times.

THE NEXT STEP: PUTTING CONFLICT ASIDE

This four-week program focuses on co-parenting, managing conflicts, improving communication skills and addressing new relationships. (Scheduled quarterly. 12 total hrs.)

Meets four consecutive weeks;
6pm - 9pm | \$220/person

SCARBOROUGH:
Monday, March 2 - March 23, 2020

TOPSHAM:
Monday, April 27 - May 18, 2020

KIDS FIRST PROGRAM FOR PARENTS WITH NEW PARTNERS

A four-hour program outlining how new partners may impact co-parenting, steps to success, and how children may experience this new family dynamic. (Scheduled quarterly. 4 hrs.)

\$75/person, or \$120 for 2 parents
(recommended)

SCARBOROUGH:
Saturday, February 8, 2020
Thursday, April 9, 2020
Saturday, June 13, 2020

INTENSIVE CO-PARENTING EDUCATION (ICOPE)

A court mandated nine-week program for parents displaying a consistent and chronic inability to co-parent or to move on from specific issues. This program is not appropriate for all co-parenting partnerships. (Scheduled monthly in Scarborough. 27 total hrs.)

“When I came here, I thought that the best thing I could do for my kids was to not say anything bad about their mother. What I learned was that the best thing I can do for my kids is to say something good about their mother!” — ICOPE Program Father