

## NEW LOCATION!

AS OF JANUARY 2019,  
YOU CAN FIND US  
IN **SCARBOROUGH, MAINE**

At Kids First Center, we educate and support 3500 children and parents of separation and divorce each year. As part of this effort, the Center has established new headquarters in the

**Nonesuch River Plaza,  
51 US Route 1, Suite S  
Scarborough, ME 04074**

*(Formerly, the Humpty Dumpty building)*

Our new offices are off Routes 95 and 295, and have ample off-street parking, expanded training facilities and conference rooms, and a comfortable learning environment for our valued participants.

*We hope you will come visit us!*

### FREE EVENING WORKSHOP

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

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

Thursday, April 11, 2019

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. **Register online.**

REGISTER FOR PROGRAMS ONLINE:  
**WWW.KIDSFIRSTCENTER.ORG**

#### PAYMENT AND REFUND POLICY:

Payment is due upon registration.  
Requests for refunds must be made  
at least 24 hours before scheduled class.

*Financial assistance may be available  
in some cases by contacting Kids First Center.*

#### ADDITIONAL RESOURCES:

- Lending Library at Kids First Center
- Online Resources:  
[www.kidsfirstcenter.org/resources](http://www.kidsfirstcenter.org/resources)
- Call for information on community resources

#### 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

**Belfast**  
Broadreach Family Services, 207-338-2200

**Lewiston**  
Advocates for Children, 207-783-3990



**NEW LOCATION!** Nonesuch River Plaza,  
51 U.S. Route 1, Suite S, Scarborough, ME 04074  
Phone: 207-761-2709 | Fax: 207-780-0059  
[www.kidsfirstcenter.org](http://www.kidsfirstcenter.org)

**NEW LOCATION!**  
Our new home beginning January 2019:  
Nonesuch River Plaza,  
51 US Route 1, Scarborough, ME

*keeping*  
**kidsfirst**  
education and support for changing families

### PROGRAM SCHEDULE JANUARY - JUNE 2019

Kids First Center offers a variety of educational programs about separation, divorce and co-parenting for parents, children, and professionals.

[WWW.KIDSFIRSTCENTER.ORG](http://WWW.KIDSFIRSTCENTER.ORG)



## Kids First Program - *The First Step*

A **four-hour** co-parenting program for those who need 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, 5pm - 9pm**

Fee: \$60/person

**\* NEW  
LOCATION!**

**SCARBOROUGH** - Kids First Center,  
Nonesuch River Plaza, 51 US Route 1, Scarborough

January 17 (Thur)	March 2 (Sat)	May 4 (Sat)
January 19 (Sat)	March 21 (Thur)	May 16 (Thur)
February 2 (Sat)	April 6 (Sat)	June 1 (Sat)
February 21 (Thur)	April 18 (Thur)	June 20 (Thur)

**BIDDEFORD** - Southern Maine Medical Center,  
One Medical Center Drive, Biddeford

February 9 (Sat)	April 13 (Sat)	June 8 (Sat)
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**FARMINGTON** - Franklin Memorial Hospital,  
111 Franklin Health Commons, Farmington

January 12 (Sat)	March 9 (Sat)	May 11 (Sat)
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**TOPSHAM** - Woodside Elementary School,  
42 Barrows Drive, Topsham

January 12 (Sat)	March 9 (Sat)	May 11 (Sat)
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### **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).

[WWW.KIDSFIRSTCENTER.ORG](http://WWW.KIDSFIRSTCENTER.ORG)

## 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...

**Scarborough: (9am-12:30pm)  
February 16, 2019 (Sat)  
April 27, 2019 (Sat)  
June 15, 2019 (Sat)**

Ages 6-15 | \$40/child, \$30/siblings

***“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***

To Register / For Parent Consent:

[www.kidsfirstcenter.org/for-kids](http://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 the Kids First Program curriculum, along with education about abuse, safety, and available community resources.

**Saturdays, 8:30am - 2:30pm** | \$60/person  
(Scheduled quarterly in **Scarborough**.  
Call for dates and times.)

## Separation, Divorce & Dads

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

**6:30-8pm**; \$10/person; *registration not required*  
**Scarborough:** February 12, 2019 (Tuesday)  
April 9, 2019 (Tuesday)  
June 11, 2019 (Tuesday)

## 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**  
\$180/person

**Scarborough:** Mondays, March 4 - 25, 2019

**Topsham:** Mondays, April 22 - May 13, 2019

## 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***

## 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.)

\$60/person, or \$100 for 2 parents (*recommended*)

**Scarborough:** February 7 (Thursday, 5pm - 9pm)  
April 13 (Saturday, 8:30am - 12:30pm)  
June 6 (Thursday, 5pm - 9pm)