

FREE WEBINARS

Visit our website for *free* informational webinars:
www.kidsfirstcenter.org/webcasts

FREE EVENING WORKSHOP

CO-PARENTING THROUGH THE HOLIDAYS: MANAGING THE UPS AND DOWNS OF SPECIAL DAYS

Wednesday, November 20, 2019
6:00-7:30 pm

This workshop will provide practical information for separated and blended families, and how they can create a harmonious shared holiday. Providing strategies and tips for maintaining kids' traditions, while managing change.

SAVE THE DATES!

Kids First Professional Conference
Harraseeket Inn, Freeport, ME
Friday, Oct. 18, 2019

Bloom Event at Grace, Portland, ME
Dinner • Dancing • Auction
Friday, Nov. 15, 2019

REGISTER FOR PROGRAMS ONLINE:
WWW.KIDSFIRSTCENTER.ORG

ADDITIONAL RESOURCES:

- The Stephane Yulita Lending Library at Kids First Center
- Online Resources:
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

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.



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



KIDS FIRST CENTER
51 U.S. ROUTE 1, SUITE S
SCARBOROUGH, ME

PROGRAM SCHEDULE JULY - DECEMBER 2019

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

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, 5:00pm - 9:00pm**

Fee: \$60/person

*** NEW
LOCATION!**

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

| | | |
|------------------|-----------------|----------------|
| July 11 (Thur) | Sept. 7 (Sat) | Nov. 2 (Sat) |
| July 20 (Sat) | Sept. 19 (Thur) | Nov. 21 (Thur) |
| August 3 (Sat) | Oct. 5 (Sat) | Dec. 7 (Sat) |
| August 15 (Thur) | Oct. 17 (Thur) | Dec. 19 (Thur) |

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

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| August 24 (Sat) | Oct. 12 (Sat) | Dec. 14 (Sat) |
|-----------------|---------------|---------------|

FARMINGTON - Franklin Memorial Hospital,
111 Franklin Health Commons, Farmington

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|---------------|----------------|--------------|
| July 20 (Sat) | Sept. 14 (Sat) | Nov. 9 (Sat) |
|---------------|----------------|--------------|

TOPSHAM - Woodside Elementary School,
42 Barrows Drive, Topsham

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|---------------|----------------|---------------|
| July 13 (Sat) | Sept. 14 (Sat) | Nov. 16 (Sat) |
|---------------|----------------|---------------|

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

Kids First - for Kids!

A 3.5-hour 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...

Ages 6-15 | \$40/child, \$30/siblings
Kids First Center, Scarborough

Autumn Date Options: (9:00am-12:30pm)

September 21, 2019 (Sat)

October 19, 2019 (Sat)

November 9, 2019 (Sat)

To Register / For Parent Consent:

www.kidsfirstcenter.org/for-kids

“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

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.

6:30-8:00pm; \$10/person; *registration not required*

Scarborough: August 13, 2019 (Tuesday)
October 8, 2019 (Tuesday)
December 10, 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, Sept. 30, Oct. 7, 21, 28, 2019
(No session Oct. 14)

Topsham:

Mondays, Nov. 4, 18, 25, Dec. 2, 2019
(No session Nov. 11)

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: Aug.10 (Saturday, 8:30am - 12:30pm)
Oct. 10 (Thursday, 5:00pm - 9:00pm)
Dec. 14 (Saturday, 8:30am-12:30pm)