

FREE EVENING WORKSHOPS

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

FORGIVENESS AND LETTING GO OF THE PAST

Presenter: Tricia Weyand, LCPC
Thursday, January 25, 2018
6:00-7:30pm

This workshop will provide a practical look at the why and how of letting go for family members touched by the effects of divorce as well as any adult looking for tools for various relationships in their lives.

CONFLICT RESOLUTION

Presenters:
David Webb, Esq. & Pamela Waite, Esq.
Thursday, April 26, 2018
6:00-7:30pm

This workshop explores conflict resolution both in the legal and practical context. Learn how mediation and the conflict resolution model can help parents shift away from an adversarial position and towards resolving differences that are in the best interests of their children.

SAVE THE DATE!
FRIDAY, MAY 4, 2018

www.kidsfirstcenter.org/bloom

Bloom
at Thompson's Point

MUSIC • FOOD • DANCING • AUCTION

HOW TO REGISTER FOR OUR PROGRAMS IN THE FOLLOWING LOCATIONS:

PORTLAND • BIDDEFORD • FARMINGTON • TOPSHAM

REGISTER ONLINE:

www.kidsfirstcenter.org

OR BY 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 our programs.

ALTERNATE LOCATIONS FOR THE KIDS FIRST PROGRAM IN MAINE:

Contact the following agencies for upcoming dates & registration.

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

Belfast - Broadreach Family Services, 207-338-2200

Lewiston - Advocates for Children, 207-783-3990

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

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.

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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

JANUARY - JULY 2018

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)

Jan 6 (Sat)	March 3 (Sat)	May 17 (Thur)
Jan 18 (Thur)	March 15 (Thur)	June 2 (Sat)
Feb 3 (Sat)	April 7 (Sat)	June 14 (Thur)
Feb 15 (Thur)	April 19 (Thur)	July 7 (Sat)

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

Feb 10 (Sat)	April 14 (Sat)	June 9 (Sat)
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FARMINGTON - Franklin Memorial Hospital, 111 Franklin Health Commons, Farmington (207-761-2709)

Jan 13 (Sat)	March 10 (Sat)	May 12 (Sat)	July 14 (Sat)
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TOPSHAM - Woodside Elementary School, 42 Barrows Drive, Topsham (207-761-2709)

Jan 13 (Sat)	March 10 (Sat)	May 12 (Sat)	July 14 (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 (5-10 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 once per week 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 *Kids First Program-The First Step* 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 5, 12, 19, 26, 2018
Topsham: Mondays, April 30, May 7, 14, 21, 2018

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 *Kids First Program-The First Step* is suggested. Participants will learn:

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

It is suggested that parents attend with new partners.
Fee is \$60 per person/\$100 for 2 parents (recommended)
Portland: Feb. 8 (Thursday, 5:00 - 9:00pm)
April 14 (Saturday, 8:30am - 12:30pm)
June 7 (Thursday, 5:00 - 9:00pm)

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 - 6:30-8pm (excluding July & August)
Fee is \$10 per person; registration not required
Portland: Second Tuesday of every month