

## FREE EVENING WORKSHOPS

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

### MINDFULNESS FOR PARENTS

Presenter: Laura Watters, LCPC  
Thursday, October 4, 2018  
6:00-7:30pm

This valuable and empowering training will equip parents with essential skills to approach the parent-child relationship in a loving and values-based manner. Parents will learn the mindfulness skills needed to guide positive growth and development. These skills will also assist parents in successfully and mindfully supporting their children through the transition of separation and divorce.

### 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, November 8, 2018  
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.

SAVE THE DATE!  
ANNUAL FALL  
CONFERENCE  
FRIDAY, OCT. 19, 2018

REGISTER ONLINE AT

[www.kidsfirstcenter.org](http://www.kidsfirstcenter.org)

FOR OUR PROGRAMS  
IN THE FOLLOWING LOCATIONS:

PORTLAND  
BIDDEFORD  
FARMINGTON  
TOPSHAM  
WELLS

*(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 may be available*  
*in some cases by contacting 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

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

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

### 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

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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](http://www.kidsfirstcenter.org)

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**JULY - DECEMBER 2018**

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

REGISTRATION & INFORMATION:

[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**  
\$60/person

**PORTLAND** - Kids First Center,  
222 Saint John Street, Suite 104, Portland

July 7 (Sat)	Sept 6 (Thur)	Nov 3 (Sat)
July 19 (Thur)	Sept 22 (Sat)	Nov 15 (Thur)
August 4 (Sat)	Oct 6 (Sat)	Dec 1 (Sat)
August 16 (Thur)	Oct 18 (Thur)	Dec 13 (Thur)

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

August 11 (Sat)	Oct 13 (Sat)	Dec 8 (Sat)
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**FARMINGTON** - Franklin Memorial Hospital,  
111 Franklin Health Commons, Farmington

July 14 (Sat)	Sept 8 (Sat)	Nov 10 (Sat)
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**TOPSHAM** - Woodside Elementary School,  
42 Barrows Drive, Topsham

July 14 (Sat)	Sept 8 (Sat)	Nov 10 (Sat)
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**WELLS - New Location!** - York County  
Community College, 112 College Drive, Wells  
\* Please check our online calendar for Wells dates &  
locations: [www.kidsfirstcenter.org/register-online](http://www.kidsfirstcenter.org/register-online)

### 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...

**Saturdays, 9am - 12:30pm**  
(Scheduled monthly in Portland)  
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

Request for Info / Parent Consent Form available at:  
[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 **Portland**.  
Call for dates and times.)

## Separation, Divorce & Dads

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

\$10/person; *registration not required*  
Scheduled monthly in **Portland**  
on the **second Tuesday (6:30-8pm)**  
**of every month (excluding July & August)**

## 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

**Portland:** Mondays, Sept. 24, Oct. 1, 15, 22, 2018  
(No class Oct. 8)

**Topsham:** Mondays, Nov. 5, 19, 26, Dec. 3, 2018  
(No class Nov. 12)

## 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)

**Portland:** Aug. 11 (Saturday, 8:30am - 12:30pm)  
Oct. 11 (Thursday, 5pm - 9pm)  
Dec. 8 (Saturday, 8:30am - 12:30pm)

*“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

## 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 Portland. 27 total hrs.)