

March 2022

You're not alone

Connecting for Kids (CFK) provides education and support to families who have concerns about their child. We serve all families, including those children with and without formal diagnoses. CFK offers educational programs, support groups, a Parent Match Program and numerous resources.

Designed for your family

Programs are designed to educate and support families of children (birth - 12 years) who are struggling. Look for these icons to choose programs for your family:

- Y** Families with young children (0-6 years)
- E** Families with elementary-aged children (7-12 years)
- A** All families with children (0-12 years)

Free programs


All Connecting for Kids programs are free and open to the public. For more information:


Call/Text: 440-570-5908
info@connectingforkids.org
connectingforkids.org/register

Connect With Us

It's free to join Connecting for Kids and start connecting with other Greater Cleveland Area families on a similar path.

connectingforkids.org/joinus

 [facebook.com/
connectingforkids](https://facebook.com/connectingforkids)

 @connectforkids



Speaker Series

Join us for interactive presentations on various childhood topics by local pediatric professionals and connect with other families. For all in-person programs, free childcare is available, but adults and children must register separately. connectingforkids.org/speakerseries

10 Tips to Help Your High Achiever Manage Emotions **E**

Is your child ahead of peers academically but struggling to control impulses? Are you looking to connect with families of other gifted or 2e students? Join Christine Chambers, MEd, OTR/L, of Abilities First LLC, as she provides 10 tips to help high achieving students learn how to regulate their behavior and manage emotions. Find out why high cognitive skills do not necessarily equate to high emotional regulation skills.

Thursday, March 3, 6:30 p.m.
Westlake Porter Public Library
Childcare Available, Registration Required

Complex Trauma and PTSD **A** For Families of Children with Complex Needs

Do you feel like you are always in crisis mode? Are you dealing with chronic stress, hypervigilance or burnout? All of these may be signs of Post-Traumatic Stress Disorder (PTSD). Parents and caregivers of medically complex children are four times more likely to develop PTSD. Amy Dillon Cody, MSW, LISW, of Amy Dillon Cody LLC, will discuss the symptoms of PTSD and available therapies. Come and connect with other families of children with complex needs.

Tuesday, March 22, 7:00 p.m.
Virtual

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Register at connectingforkids.org/register

MARCH PROGRAMS: ADULTS

Speaker Series (cont)

Coping with Cancer, COVID and Other Illnesses **A**

You just found out a loved one is sick -- what do you tell your child? What type of support can you as the parent or caregiver provide? Erin Rafter, PhD, CCLS, of The Gathering Place, will discuss developmentally appropriate reactions children have when a family member or close friend has cancer, COVID or another illness. Come connect and discuss coping strategies including ways to support your child and talk about illness.

Wednesday, March 30, 7:00 p.m.
Virtual



Ask Us 1:1 **A**

Do you need help navigating resources for your child? Would you like to meet one-on-one with a CFK staff member? Register for a 30-minute time slot during our monthly Ask Us 1:1 and get information on a wide range of concerns from learning disabilities and school struggles to mental health and specific diagnoses.

Time slots are available by phone, Zoom or Facebook Messenger to meet your needs. To view available dates/times, visit connectingforkids.org/support.

Save The Date:

10th Annual CFK Meet and Greet **A**

Thursday, April 7, 6:00 - 8:00 pm
Don Umerley Civic Center, 21016 Hilliard Blvd., Rocky River

For more information or to register, visit connectingforkids.org/meetandgreet



Presented in Partnership with Lakewood Elks Lodge #1350

Discuss services and explore resources for your family member (birth through age 22) at this FREE public event. Whether your child is struggling with behavior problems, anxiety, developmental delays, academic issues or has a formal diagnosis such as ADHD or autism spectrum disorder (ASD), this fair is for you!

Wednesday, March 16, 6:00 – 8:00 p.m.
Lorain County Community College,
Spitzer Conference Center,
1005 N. Abbe Rd., Elyria

- In-person or Grab & Go options
- Free pasta dinner.
- Free Spanish translation available (habrá traductores de español disponibles).
- Preregister and attend the in-person Lorain County Resource Fair to be entered into a raffle to win a \$100 Visa gift card.

For more information or to register, visit connectingforkids.org/lorain-resource-fair

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GOLD SPONSORS



SILVER SPONSORS

ABA Therapy Solutions
Abilities First LLC
Autism Learning Partners
Cleveland Clinic Children's Hospital for Rehabilitation: Therapy Services
Cultivate Behavioral Health & Education

Lorain County Children & Family First Council
Lorain Public Library System
Mental Health, Addiction & Recovery Services Board of Lorain County
OhioGuidestone
Pathway Caring for Children

Music Therapy & More Y

This program is designed for families and their children, ages 0-6 years, who are struggling in an area of development. Join us for a hands-on program designed to teach families how to use music to improve their child's academic, motor, communication and social skills as well as behavior. This program is led by a Board-Certified Music Therapist. connectingforkids.org/music

In-Person Sessions

Middleburg Heights Branch of Cuyahoga County Public Library
Session begins at 10:30 a.m.

- Saturday, March 19

Solon Branch of Cuyahoga County Public Library

Session begins at 10:30 a.m.

- Friday, March 18

Westlake Porter Public Library

Sessions begin at 9:30 and 10:30 a.m.

- Friday, March 11
- Saturday, March 12



Sensory Consult A

Does your child have meltdowns during typical daily activities? Is your child bothered by noises, constantly spinning or crashing into things, or unable to wear certain clothing? If so, come to our Sensory Consult where you and your child will meet with a pediatric occupational therapist from Cleveland Clinic Children's Hospital for Rehabilitation. This 15-minute consultation is open to children ages

18 months-12 years. Your child will have the chance to engage in sensory activities while caregivers and therapists discuss concerns and strategies to help at home. For more information, visit connectingforkids.org/consult.

Thursday, March 10, 6:00 - 8:00 p.m.
Middleburg Heights Branch of Cuyahoga County Public Library and Virtual

There Are Lots of Ways to Connect with CFK!

Our Family Resource Specialists are happy to help you find resources and support.

Have Questions?

Call/Text: 440-570-5908
info@connectingforkids.org

With Our Thanks

Programming is made possible in part by support from local organizations.

Ask Us 1:1

Supported by a grant from the Community West Foundation.

Middleburg Heights, Solon and Virtual Music Therapy & More Programs

Presented in partnership with Cuyahoga County Public Library.

Westlake Programs

Presented in partnership with Westlake Porter Public Library.

Music Therapy & More is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture.

Locations

Middleburg Heights Branch Cuyahoga County Public Library
16699 Bagley Rd.
440-234-3600

Solon Branch Cuyahoga County Public Library
34125 Portz Pkwy.
440-248-8777

Westlake Porter Public Library*
27333 Center Ridge Rd.
440-871-2600

*KultureCity(R) Sensory Inclusive(™) certified. Every employee has gone through sensory awareness training.