

Winter 2018

You're not alone

Connecting for Kids (CFK) provides education and support to families with 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)

Close to home

CFK programs are offered at various locations:

- E** *Elyria Public Library System, West River Branch, 1194 West River Rd. N.*
- H** *Horace Mann Elementary School, 1215 W. Clifton Blvd., Lakewood*
- L** *Lakewood Public Library, 15425 Detroit Ave.*
- M** *Middleburg Heights Branch of Cuyahoga County Public Library, 15600 Bagley Rd.*
- S** *Solon Branch of Cuyahoga County Public Library, 34125 Portz Pkwy.*
- W** *Westlake Porter Public Library, 27333 Center Ridge Rd.*



Concerned about your child?

Whatever the reason...

Connecting for Kids can help.

Special Panel Event

Autism: Your Questions Answered **A**

Tuesday, March 20, 6:30 – 8:00 pm

This event features Thomas Frazier, PhD, Chief Science Officer of Autism Speaks; Beth Mishkind Roth, MSSA, LISW-S, Autism Patient Navigator, University Hospitals Rainbow Babies & Children's Hospital; and Joseph P. Stram, Grandparent of a young adult with autism and Milestones Board Member. After a brief introductory statement by each panel participant, we will open the floor to your questions. Child care will be provided by individuals experienced in working with children who are on the autism spectrum. Co-sponsored by Autism Society of Greater Cleveland, Autism Speaks and Milestones Autism Resources.

*Lorain County Community College
Spitzer Conference Center,
1005 N. Abbe Rd., Elyria*

Speaker Series

Join us for presentations on various childhood topics by local, pediatric professionals. Free, supervised children's activities are available, but adults and children must register separately. For more information, visit connectingforkids.org/speakerseries

Sleep Solutions **A W**

Tuesday, January 16, 6:30 pm

Learn how medications and underlying mental health issues such as anxiety, ADHD, and depression can affect a child's ability to fall or stay asleep. John Hertzler, MD, Director, Division of Child & Adolescent Psychiatry, University Hospitals Cleveland Medical Center, will discuss what parents and caregivers can do to encourage higher quality sleep. He will also talk about when a family should seek medical intervention for sleep and what type of professional to see. Lastly, Dr. Hertzler will walk participants through the benefits of undergoing a sleep study and how the results can be useful to solving sleep problems. Co-sponsored by NAMI Greater Cleveland.

Register at connectingforkids.org/register

Email: info@connectingforkids.org | Phone: 440-250-5563

Speaker Series (continued)

Struggling to Learn **E W**

Saturday, February 10, 1:00 pm

Join Carole Richards of North Coast Education Services as she answers your questions and provides practical ideas families can implement immediately. With more than 32 years of experience working with children, she can address questions such as:

- How can I make homework time less of a nightmare?
- How can I help my child improve writing skills or boost reading comprehension?
- How can I help my child with common core math when I don't understand it myself?

Strategies for Controlling Emotions and Resisting Impulsive Behaviors **A H**

Tuesday, February 13, 6:30 pm

If your child struggles with impulsive or other inappropriate behavior, join Aletta Sinoff, PhD, CCC-SLP, BCBA-D, as she provides strategies to help children with self-regulation skills (a child's ability to manage behavior and control emotions). She will cover how parents may assist their kids through difficult situations using a variety of visual methods, and oral language strategies, such as positive self-talk. Sinoff will also discuss ways to 're-engineer' environments which may be chaotic for the child, to positively impact the ability to self-regulate. Co-sponsored by Lakewood City Schools.

Emotional Intensity in Gifted Children **E W**

Tuesday, February 27, 6:30 pm

Meghan Barlow, PhD, of Meghan Barlow and Associates, will discuss why gifted children may have more extreme emotional reactions, explosions, and anxieties. Dr. Barlow will provide a perspective to help families understand how their child's intensities can be framed as strengths and she will also provide tips on how families can prevent power struggles and support their child in learning to manage their emotions.

Help Me Talk! Strategies to Improve Communication **Y L**

Wednesday, March 7, 6:30 pm

Join Stefanie Peck, MA, CCC-SLP, and Deborah Finley, MA, CCC-SLP, of The Center for LifeSkills, as they discuss speech and language development as well as at-home ways to develop these skills in a toddler or preschooler. They will also discuss red flags to watch for that may indicate that an evaluation by a speech-language pathologist is recommended. Co-sponsored by Lakewood Family Room.

Coffee and Chat

Join our interactive support group and meet other families facing similar struggles. Free, supervised children's activities are available, but adults and children must register separately. Coffee is donated by Starbucks Coffee Company. For more information, visit connectingforkids.org/support

How to Stay Calm when the Kids are Out of Control **A M**

Tuesday, January 30, 6:30 pm

Being able to stay calm even when you are angry or frustrated by your child's behaviors will make you a more effective parent. Join us as we discuss six techniques that will help you stay calm in the face of adversity.

How to Avoid Stress and Become a More Mindful Parent **A W**

Tuesday, February 6, 6:30 pm

Join Terri McNeely, MEd, BS, of The Child & Family Counseling Center of Westlake, in this interactive session as she teaches caregivers ways to calm both themselves and their child. Attendees will also gain an understanding of mindfulness.

Parents AND Siblings Chat about the Needs of Siblings **E W**

Tuesday, March 6, 6:30 pm

This program is for parents and elementary-aged siblings (7-12 years) to attend together. Families will work on exercises designed to better communicate the needs of a sibling who has a brother or sister who is struggling.

Hands-On Family Training Programs

Elementary ExperiencesSM

Siblings (ages 7-12 years) may also attend. For more information, visit connectingforkids.org/elementary

Get Organized **E W**

Saturday, January 13, Sessions begin at 1:00 pm and 2:30 pm

If organization is a challenge for your student, join Christine A. Chambers, MEd, OTR/L, of Abilities First, LLC, as she provides tips for organizing backpacks, lockers and homework spaces. Each student attending is asked to bring their backpack and a photo of their homework space. Chambers will discuss strategies to help your child get started on a task, prioritize, see a task through to completion and manage his or her time so that there is time left over to have fun!

Social Series: Using your Social Filter **E L**

Saturday, February 3, Sessions begin at 1:00 pm and 2:30 pm

Deciding what is OK to say or not say in a social situation can be tricky. Join Ellen Spear, MA, CCC-SLP, of Lakeshore Speech Therapy, LLC, as she helps children use their "brain filters" and understand how words and actions have an effect on others. This program will also help students decipher the hidden rules of inside thoughts versus expressing a thought out loud.

Fun with Fitness **E M**

Saturday, February 17, Sessions begin at 1:00 pm and 2:30 pm

Did you know that group exercise not only increases health and fitness levels, it also promotes social interaction and friendship? Join Tony D'Orazio of Jacob's Ladder Special Needs Fitness as he leads your family through a workout specifically designed for children with special needs. Social interaction will be encouraged at this program as families learn exercises to help their child stay active and fit. D'Orazio will also provide nutrition tips for elementary-aged students.

Elementary ExperiencesSM (continued)

Ballet **E W**

Saturday, March 10, Sessions begin at 1:00 pm and 2:30 pm

North Pointe Ballet (NPB) will present a fun, engaging dance workshop for all abilities. The workshop will include dance fundamentals, rhythm and movement games, as well as an introduction to basic ballet positions and choreography from the upcoming performance of "Peter Pan." Parents, siblings, fairies and pirates will enjoy dancing together as they are led by NPB staff who are specially trained to work with children who have physical and behavioral needs. Attendees will have the opportunity to meet a ballerina.

Teach Me to PlaySM

Teach Me to Play is a play-based program for families and their children (Toddler: ages 18 months-2 years and Preschool: ages 3-6 years) who are struggling in an area of development. Diverse opportunities for learning are provided, with an emphasis on facilitating communication, practicing social interactions and responding to behaviors in a positive way. Each themed session offers a variety of engaging individual, small and whole group activities. The staff coaches families, demonstrates and suggests strategies, responds to questions and provides resources. For more information, visit connectingforkids.org/play

Elyria **Y E**

Thursday Preschool sessions begin at 6:00 pm. Friday Toddler session begins at 11:30 am.

- Thursday, January 4
- Thursday, February 1
- Thursday, March 1
- Friday, March 2

Westlake **Y W**

Thursday Preschool sessions begin at 6:30 pm. Friday Preschool sessions begin at 9:30 am. Friday Toddler sessions begin at 11:30 am.

- Thursday, January 18
- Friday, January 19
- Thursday, February 15
- Friday, February 16
- Thursday, March 15
- Friday, March 16

Music Therapy & MoreSM

This program is designed for families and their children (ages 0-6 years) who are struggling in an area of development. Families can learn how to use music to improve their child's motor, communication and social skills as well as behavior. Siblings (ages 0-6 years) may also attend. For more information, visit connectingforkids.org/music

Elyria **Y E**

Sessions begin at 6:00 pm.

- Thursday, January 11
- Thursday, February 8
- Thursday, March 8

Lakewood **Y L**

Sessions begin at 10:30 am.

- Saturday, February 3
- Saturday, March 3

Middleburg Heights **Y M**

Sessions begin at 10:30 am.

- Saturday, January 20
- Saturday, February 17

Solon **Y S**

Sessions begin at 10:30 am.

- Friday, January 5
- Friday, February 2
- Friday, March 2

Westlake **Y W**

Friday sessions begin at 9:30 am and 10:30 am. Saturday sessions begin at 9:30 am, 10:30 am and 11:30 am.

- Friday, January 12
- Saturday, January 13
- Friday, February 9
- Saturday, February 10
- Friday, March 9
- Saturday, March 10



A family connects at Teach Me to Play.

Free Programs

All Connecting for Kids programs are free and open to the public. For more information or to register, call 440-250-5563, email info@connectingforkids.org or visit us online at connectingforkids.org/register

Upcoming Resource Fairs

20th Annual Summer and Beyond Fair for Children and Youth with Disabilities

Saturday, February 17
10:00 am-1:00 pm

Woodside Event Center at
St. Michael's, 5025 Mill Rd.,
Broadview Heights

Registration not required.

Lorain County Special Needs Resource Day

Tuesday, March 13
5:00-7:00 pm

Elyria Catholic High School,
725 Gulf Rd., Elyria

Registration not required.

7th Annual Connecting for Kids Meet and Greet

Thursday, April 19
6:30-8:30 pm

Don Umerley Civic Center,
21016 Hilliard Blvd., Rocky River

For more information
and to register, visit
[connectingforkids.org/
meetandgreet](http://connectingforkids.org/meetandgreet)

Special Needs Library Programs

Adapted Storytimes

Children with varying learning styles and abilities learn together in a safe, supportive environment where respect and appreciation for differences is encouraged. This storytime, followed by a time for socialization, is designed for children who may not be successful in a typical storytime experience. Content is geared toward ages 3 to 7 years, but all ages are welcome. Siblings may also attend, but must register separately.

Avon Lake Public Library
32649 Electric Blvd., 440-933-8917

- Saturday, January 27, 10:30 am
- Saturday, March 24, 10:30 am

**Cuyahoga County Public Library
Middleburg Heights Branch**
15600 East Bagley Rd., 440-234-3600

- Saturday, January 6, 11:00 am
- Saturday, February 10, 11:00 am
- Saturday, March 31, 11:00 am

North Royalton Branch
5071 Wallings Rd., 440-237-3800

- Saturday, February 3, 10:00 am

Parma Branch
6996 Powers Blvd., 440-885-5362

- Saturday, January 6, 2:00 pm
- Saturday, February 3, 2:00 pm
- Saturday, March 17, 2:00 pm

Solon Branch
34125 Portz Pkwy., 440-248-8777

- Saturday, January 20, 10:30 am
- Saturday, February 3, 10:30 am
- Saturday, March 17, 10:30 am

Lakewood Public Library
15425 Detroit Ave., 216-226-8275

- Sunday, January 14, 3:30 pm
- Sunday, February 11, 3:30 pm
- Sunday, March 11, 3:30 pm

Rocky River Public Library
1600 Hampton Rd., 440-333-7610

- Saturday, January 13, 10:00 am
- Saturday, February 3, 10:00 am
- Saturday, March 3, 10:00 am

Adapted Storytimes (continued)

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

- Monday, January 15, 6:30 pm
- Saturday, January 27, 10:30 am
- Monday, February 12, 6:30 pm
- Saturday, February 24, 10:30 am
- Monday, March 12, 6:30 pm
- Saturday, March 24, 10:30 am

Additional Special Needs Programming

Exploration Stations

Monday, February 5, 6:30 pm

Explore a variety of center-based activities supporting educational and social skills in a supportive environment. Grades 1-4.

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

Music Enrichment

Monday, February 12, 1:30 pm

This fun and engaging music program is designed for children (ages 3-7 years) with special needs and their families and conducted by staff from Music on a Mission. Adults are expected to participate in the program with their child. Siblings may also attend, but must register separately.

**Avon Lake Public Library, 32649 Electric
Blvd., 440-933-8917**

Sensory-Friendly Movie

Sunday, March 25, 2:00 pm

A sensory-friendly environment including more light, less sound and the option to move around the room will help children with special needs and their families enjoy this free movie screening. All ages.

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

With Our Sincere Thanks

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

Coffee and Chat

Supported by The Child & Family Counseling Center of Westlake.

Elyria

Music Therapy & More and Teach Me to Play are supported by a grant from The Nordson Corporation Foundation. A special thank you is extended to Lorain County Community College, Lorain County's REACH Higher P-16 Council and The Nordson Corporation Foundation for their support in bringing the March 20 event, Autism: Your Questions Answered, to Lorain County families.

Lakewood

CFK programs are supported by a grant from Community West Foundation.

Middleburg Heights and Solon

CFK programs are made possible through the generous support of the Callahan Foundation.

Westlake

Music Therapy & More is supported by a grant from Cuyahoga Arts & Culture. All other programs are presented in partnership with Westlake Porter Public Library.

Photos generously donated by The Therapeutic Lens Photography

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Register at connectingforkids.org/library

Email: info@connectingforkids.org | Phone: 440-250-5563