

# Active Parenting: First Five Years

BUILDING A STRONG FOUNDATION FROM BIRTH TO FIVE

4 week program for families with children from birth to age 5.



## This program covers:

- Ages and stages of development
- Building a strong bond
- Your child's growing brain
- Effective discipline that young children can understand
- Choices and consequences

**Free program over Zoom!**

**Thursdays, May 12 - June 2, 2022 from  
9:00-11:00 AM**

For more information or to register contact:  
Missy at (207) 442-7963 ext. 286 or email: [melissa.kettell@mmcacorp.org](mailto:melissa.kettell@mmcacorp.org).  
You can also register online with the QR code below.



Find Families CAN! on social media



Supported by the Department of Health and Human Services and the Maine Children's Trust

# Your Journey Just Got Easier



## Active Parenting: Teens

For parents and caregivers of tweens and teens

Active Parenting: Teens will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities of growth. You'll learn:

- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior
- How to be encouraging to your children
- Insight into important issues such as teens online, bullying, and depression
- How to handle sensitive issues such as drugs, sexuality, and violence

**FREE program over Zoom**

**6-week program**

**Part 1: Thursday May 12- May 26 from 6:00- 8:00 PM**

**Part 2: Thursday June 2- June 16 from 6:00- 8:00 PM**

Registration is required. Contact Missy at [melissa.kettell@mmcacorp.org](mailto:melissa.kettell@mmcacorp.org) or (207) 442-7963 ext.286. You can also register online with the QR code below.



MIDCOAST MAINE  
**Community Action**  
*Building better lives for stronger communities*



Find Families CAN! on social media

Supported by the Department of Health and Human Services and the Maine Children's Trust

*Families CAN! and Maine Roads to Quality Present:*



# Strengthening Families By Building Protective Factors

This training supports professionals who provide services to families.

Learn about the Protective Factors that build strong families and how they are important in our lives and in the lives of children and families. Find out how you're already supporting Protective Factors, and how to bring them to life in your work setting with families.

This training can provide .1 CEU.

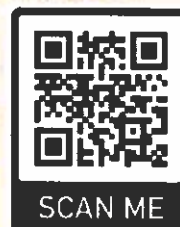
**Free program over Zoom - door prizes will be drawn!**

**Monday, May 23, 2022**

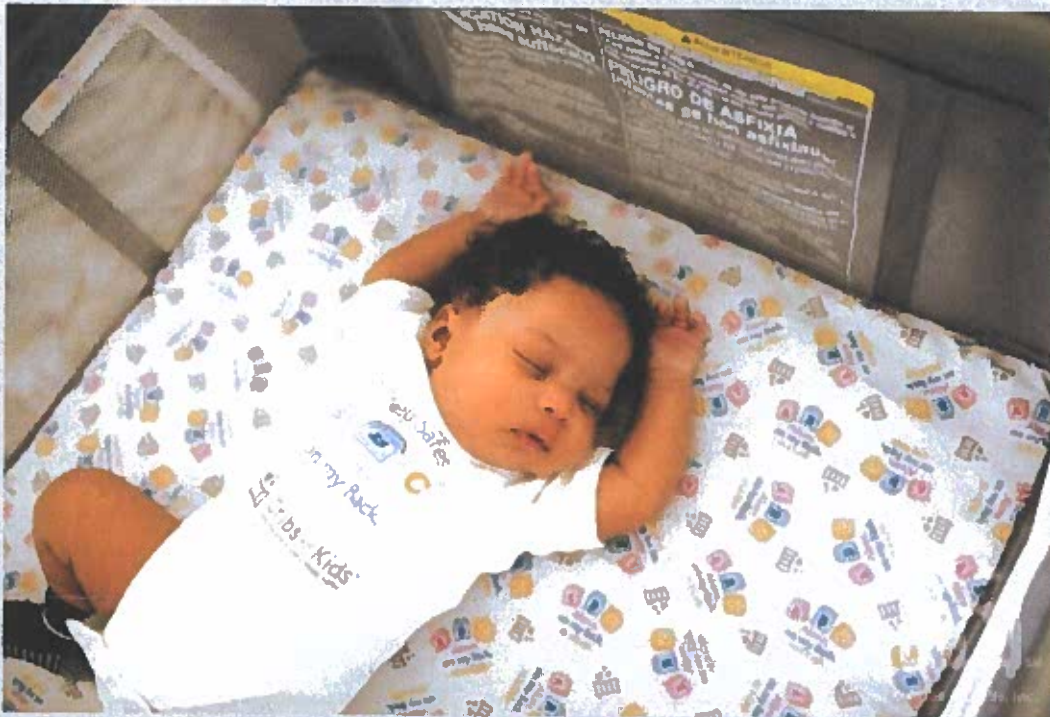
**6-8 PM**

**Registration is required. Contact Dawn at (207) 504-2328 or email [dawn.flagg@mmcacorp.org](mailto:dawn.flagg@mmcacorp.org).**

**You can also register online using the QR code below.**



**Families CAN! & Maine Roads to Quality Present:**



## **INFANT SAFE SLEEP & PERIOD OF PURPLE CRYING**

Infant Safe Sleep reviews the most up-to-date information on reducing the risk of sleep-related deaths. This topic can provide .1 CEU.

Period of PURPLE Crying presents information and tools to help parents understand and cope with the period in their baby's life when prolonged and intense crying is common. This topic can provide .1 CEU.

**Free training over Zoom  
Monday, June 6, 2022 from 6-8 pm**

**Door prizes will be included!**

**Registration is required. Contact Dawn at [dawn.flagg@mmcacorp.org](mailto:dawn.flagg@mmcacorp.org) or (207) 442-7963 ext. 230. You can also register online with the QR code.**



Find Families CAN! on social media



Supported by the Department of Health and Human Services and the Maine Children's Trust