

FALL 2021

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
(para español 440-907-9130)
info@connectingforkids.org
connectingforkids.org/register

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Concerned about your
child?
Whatever the reason...
Connecting for Kids
can help.



Speaker Series

Join us for presentations on various childhood topics by local, pediatric professionals.
connectingforkids.org/speakerseries

"Handy" Activities for Young Children **Y**

Do you want to learn some fun "hands-on" activities to help your child master the use of scissors and pencils? Do you want to learn how hands and eyes work together to build fine motor skills necessary for school? Join CFK Early Intervention professionals Neysa McKenney, MA, CCC-SLP, and Paula C. Papp, MAEd, as they teach you engaging experiences to help your child develop hand skills using inexpensive sensory, art, and play activities.

Tuesday, Oct 12, 7:00 pm
Virtual

Help! My Young Child Doesn't Listen **Y**

How can you help your young child become a better listener and make sense of what they are hearing? Children may hear us, but are they really listening to and understanding what we are saying? Join CFK Early Intervention professionals Neysa McKenney, MA, CCC-SLP, and Paula C. Papp, MAEd, as they share ideas about how to foster effective listening behaviors and support a child's understanding.

Tuesday, Nov 9, 7:00 pm
Virtual

Speaker Series programs continued, page 6.

Register at connectingforkids.org/register

FALL PROGRAMS BY LOCATION

Connecting for Kids Virtual Programs

- 9/17* IW: Use Your Story for Personal Growth for Black and Latinx Families
- 9/21 BC: Visual Cues to Help Children Manage Impulses
- 9/23 CC: Supporting Your Child on the Gender Spectrum
- 9/28 SS: How to Effectively Communicate with the School
- 10/6* IW: Healing from the Trauma of Institutional Racism for Black Families
- 10/7 Speech & Language Consults
- 10/12 SS: "Handy" Activities for Young Children
- 10/19 BC: Strategies to Ease Transitions
- 10/21 CC: Can "Mom-Rage" Be a Good Thing? For Families of Children with Complex Needs
- 11/3* IW: Families Building Partnerships for Success for Black Families: Advocacy & Allies
- 11/9 SS: Help! My Young Child Doesn't Listen
- 11/10 BC: How Structure Can Prevent Meltdowns
- 11/17* IW: Families Building Partnerships for Success for Black Families: Problem-Solving & Providers
- 11/17 SO: Wrapping Up Social Skills for the Holidays
- 11/18 CC: Talking to Others About Your LGBTQ+ Child

ABBREVIATIONS

- BC Behavior Chat
- CC Coffee and Chat
- IW Interactive Workshop
- SS Speaker Series
- SO Social Series
- * Starts on this date but has multiple dates



In-Person Programs By Location

For location addresses, please see back cover or visit connectingforkids.org/library
NOTE: Connecting for Kids Programs are highlighted in orange.

Avon Lake Public Library (ALPL)

- 9/13* Sensory Creations Pick-Up Program
- 10/4* Sensory Creations Pick-Up Program
- 11/1* Sensory Creations Pick-Up Program

Cuyahoga County Public Library, Garfield Heights Branch (CCPL)

- 9/21 BC: Visual Cues to Help Children Manage Impulses

Cuyahoga County Public Library, Middleburg Heights Branch (CCPL)

- 9/18 Music Therapy & More
- 10/16 Music Therapy & More
- 10/19 BC: Strategies to Ease Transitions
- 11/6 Adapted Storytime
- 11/20 Music Therapy & More

Cuyahoga County Public Library, Solon Branch (CCPL)

- 9/17 Music Therapy & More
- 9/18 Adapted Storytime
- 10/2 Adapted Storytime
- 10/15 Music Therapy & More
- 11/10 BC: How Structure Can Prevent Meltdowns
- 11/13 Adapted Storytime
- 11/19 Music Therapy & More

Lorain Public Library System, North Ridgeville Branch (LPLS)

- 9/18 Adapted Storytime
- 9/25 Musical Toolbox
- 10/16 Adapted Storytime
- 11/6 Musical Toolbox
- 11/13 Adapted Storytime

The Nord Center

- 9/23 CC: Noche de Arte y Pintura

Westlake Porter Public Library (WPPL)

- 9/10 Music Therapy & More
- 9/11 Music Therapy & More
- 9/13 Gross Motor Monday
- 9/16 CC: Music for Mental Health
- 9/17 Adapted Storytime
- 9/25 Adapted Storytime
- 10/5 CC: Parenting is Lonely
- 10/7 Speech & Language Consults
- 10/8 Music Therapy & More
- 10/9 CC: Music for Mental Health
- 10/9 Music Therapy & More
- 10/11 Gross Motor Monday
- 10/21* Send Your Friend to a Sleepover
- 10/23 Adapted Storytime
- 10/26 Porter Pumpkin Patch
- 11/10 So Many Ways To Read Storytime
- 11/12 Music Therapy & More
- 11/13 Music Therapy & More
- 11/15 Gross Motor Monday
- 11/16 SS: Addressing COVID Behaviors
- 11/18 CC: Music for Mental Health
- 11/20 Adapted Storytime
- 11/20 Pre-Cooking Skills for Kids
- 12/10 Music Therapy & More
- 12/11 Music Therapy & More
- 12/13 Gross Motor Monday
- 12/18 Adapted Storytime
- 12/21 Winter Tea Party

SOCIAL SERIES

Wrapping Up Social Skills for the Holidays **E**

Does your child have a difficult time attending holiday functions? Could you use some tips to make the upcoming holiday season better for your child? The holidays are a fun and exciting time but can also become overwhelming and confusing for those who struggle with social skills. This program, led by Ellen Spear, MA, CCC-SLP, of Lakeshore Speech Therapy, LLC., is designed to help navigate the many social situations, hidden rules and potential problems related to the holidays. Join us as we discuss how to make conversation with relatives and friends, tips for handling holiday parties and appropriate ways to give and receive gifts.

Wednesday, Nov 17, 7:00 pm
Virtual

BEHAVIOR CHATS

Behavior Chats for Families with Young Children **Y**

Do you want strategies to motivate your child toward positive behavior? Do you wish you had a kit filled with proactive “tools” you could use to get ahead of meltdowns before they start? Join us each month to learn how to use the tools in our Behavior Toolkit to help your child aged 18 months – 6 years control behavior and manage emotions. This program is designed for children with or without developmental concerns. At each session, Ochanya McRoberts-Wells, MEd, will discuss the theme of the month and answer your questions on a variety of topics, which can be asked during the program or submitted upon

registration. You have the option to attend in person or via live stream.

Visual Cues to Help Children Manage Impulses

Tuesday, Sept 21, 6:30 pm
Cuyahoga County Public Library,
Garfield Heights Branch OR Live Stream

Strategies to Ease Transitions

Tuesday, Oct 19, 6:30 pm
Cuyahoga County Public Library,
Middleburg Heights Branch OR Live Stream

How Structure Can Prevent Meltdowns

Wednesday, Nov 10, 6:30 pm
Cuyahoga County Public Library,
Solon Branch OR Live Stream

Miss a program? Listen online!

Did you miss a program in one of our series? Many of these programs have been recorded as podcasts and are available on our website.

Podcasts are also available through Apple Podcast and Google Play. Search “Connecting for Kids” to access the full library.

Anxiety & Attention Series

connectingforkids.org/anxiety-attention

- Helping the Child Who Struggles with Transition
- Helping the Child Who Struggles with Impulsivity
- Helping the Child Who Struggles with Anxiety
- Electronic Addiction and Distance Learning

Behavior Series

connectingforkids.org/behavior-series

- Visual Schedules
- Emotion Regulation Tools
- Behavior Reward Charts
- ABC Checklist
- Behavior Toolbox Overview (también en español)

Social Series

connectingforkids.org/social-series

- Friendship 411
- Using Your Social Filter
- Assessing and Reacting to Problems

For a full list of all Connecting for Kids podcasts, visit connectingforkids.org/Previous-Speakers

Concerned about your child? Ask Us!

Connecting for Kids Family Resource Specialists (FRS) stay up-to-date with providers, programs and other resources across the Greater Cleveland area. Support from our FRS team is free and families can get information on a wide range of concerns from learning disabilities and school struggles to mental health and specific diagnoses.

Families can contact our FRS team by phone, text or email — or join our Facebook groups.

Call/Text: 440-570-5908
(para español 440-907-9130)
info@connectingforkids.org

Facebook Groups
connectingforkids.org/
OnlineSupport





Coffee and Chat

Join our interactive support group and meet other families facing similar struggles. connectingforkids.org/support

Supporting Your Child on the Gender Spectrum **A**

Are you trying to foster a gender-affirming environment, but are unsure what the differences are between gender expression and gender identity? Join Kristen Pepera, MEd, LPCC-S, and Lisa Pepera, MEd, LPCC-S, of Colors+, for a short presentation on the gender spectrum. Afterward, they will lead a discussion on how to nurture a gender creative environment for your child who is gender expansive or questioning.

Thursday, Sept 23, 7:00 pm
Virtual

Parenting is Lonely **A**

The isolation of raising a child with disabilities or mental health issues is real. The pandemic has compounded this sense of loneliness by limiting social interactions over the last year and caused many of us to lose touch with friends and neighbors. Meet other families and receive encouragement as we discuss the article, "Loneliness for New Parents of Disabled Children." Lisa Ruman, LISW, CHt, of The Child & Family Counseling Center of Westlake, will facilitate a discussion about ways to find support for the journey.

Tuesday, Oct 5, 2021, 6:30 pm
Westlake Porter Public Library

Can "Mom-Rage" Be a Good Thing? (for Families of Children with Complex Needs) **A**

Can anger actually be a positive thing? Is your "mom-rage" or "caregiver-rage" trying to alert you to a deeper problem? Sarah Saunders, MA, LPCC, of Purposeful Growth & Wellness, will discuss how anger can actually be a good messenger. Similar to a check engine light in your car, anger is a signal that something more is going on. If you feel "rage-y," you're not alone. Join other families of children with complex needs and we'll help you identify how anger feels, why it might be happening and what to do about it. Each attendee will receive a free sand timer.

Thursday, Oct 21, 8:30 pm
Virtual

Talking To Others About Your LGBTQ+ Child **A**

Will you be seeing family and friends over the holidays that you have not seen in a while? How should you navigate questions about your child's gender identity while still being supportive and affirming? Join Kristen Pepera, MEd, LPCC-S, and Lisa Pepera, MEd, LPCC-S, of Colors+, for a short presentation on gender nonconformity. Afterward, they will lead a discussion on ways to be an advocate for your child and be prepared for difficult conversations with others, especially with the holidays approaching.

Thursday, Nov 18, 7:00 pm
Virtual

En Español

Noche de Arte y Pintura **A**

¡Usa tu creatividad! Están cordialmente invitados a nuestra "Noche de Arte y Pintura!" Ven y conoce a otras familias de la comunidad hispana. Este evento es gratis! Estaremos hablando sobre varios temas de la salud mental de menores como: la ansiedad, el déficit de atención, la depresión, problemas emocionales y de comportamiento y mucho más. Ven y comparte con nosotros en un ambiente confidencial y con otras personas que comprendan las buenas y las malas de criar a niños con condiciones o síntomas de salud mental y emocional. Estaremos ahí para contestar preguntas! Betsy Amador Ramos estará representando a La Alianza Nacional de La Salud Mental y Emocional y traerá recursos.

Jueves, 23 de septiembre, 6:00 pm
El Nord Center



Music for Mental Health **A**

This program is open to any caregiver who needs support, regardless of how much their child is struggling. Join us as the music therapist focuses on coping with seasons of stress and difficult times both at home and in society. Come and connect with other families as we use music to cope with our ever-present struggles. Attendees will listen to live music and engage in discussions, group songwriting and other fun music experiences.

- Thursday, Sept 16, 6:30 pm
- Saturday, Oct 9, 1:00 pm
- Thursday, Nov 18, 6:30 pm

Westlake Porter Public Library



Interactive Workshops

Interactive workshops are designed to help families gain in-depth knowledge on a topic. connectingforkids.org/workshops

Use Your Story for Personal Growth (for Black and Latinx Families) **A**

Learn to tell your story with power and conviction to get the best results for your child (and for yourself). This program is part of the Torchbearers Advocacy Series which is a workshop for Black and Latinx families of children with health, learning concerns or disabilities who are dealing with bias and unequal outcomes in the systems that serve them. Join Nikki Montgomery, MA, MEd, GPAC, in this workshop series, where you will learn to turn your narrative skills inward to support self care, confidence building and gather personal support to cope with the demands of caregiving and parenting. *Please note that registration for this program will close on Friday, September 10.*

Fridays, Sept 17, 24, & Oct 1, 7:00 pm
Virtual

Healing from the Trauma of Institutional Racism (for Black Families) **A**

Do you identify as a Black American who feels the effects of institutional racism? Are you currently raising a child aged birth – 12 years? If so, join Anna Jones, LISW, of Cleveland State University, for this four-week workshop, which will help you move forward despite the trauma. She will help you see and stop patterns of trauma survival that can affect you and your children and practice hands-on self-care and healing techniques. Anna will help you develop coping skills to thrive, even in a society where institutional racism continues to exist.

Wednesdays, Oct 6, 13, 20 & 27, 7:00 pm
Virtual

Families Building Partnerships for Success (for Black Families) **A**

Dealing with health and education issues can be tough. It's important for Black families to develop skills to help them navigate these complex systems. Do you want to learn how to find solutions for your child when working with health care providers, therapists and educators? If so, register for one or both of the workshops that focus on families working with professionals and dealing with challenges. The workshops, led by Nikki Montgomery, MA, MEd, GPAC, are designed for parents and caregivers of children aged birth - 12 years to talk about challenges and work on solutions.

Advocacy & Allies

This two-day workshop covers what it takes to be a good advocate and how to gather a team of allies.

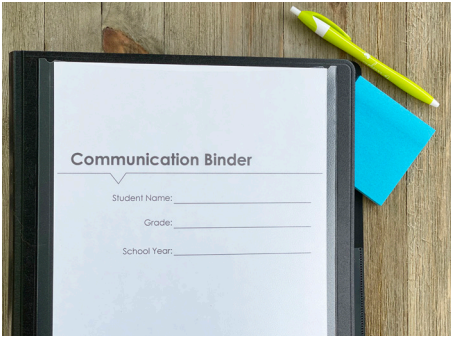
Wednesdays, Nov 3 & 10, 7:00 pm
Virtual

Problem-Solving & Providers

This two-day workshop focuses on finding reliable information and problem-solving. *Advocacy & Allies is not a prerequisite to take this workshop.*

Wednesday, Nov 17 & Tuesday, Nov 23,
7:00 pm
Virtual

Adult Programs: Speaker Series (Cont.)



How to Communicate Effectively with the School **A**

What are some ways you can improve communication with your child's school? How can you more effectively ask for support? Join Karla Fitch, MTSC, of Connecting for Kids, as she teaches families how to create and use a communication binder. Karla will walk attendees through the documents a family should have readily available and discuss the importance of each. She will also demonstrate ways to use the binder throughout the year to communicate your child's needs. All participants will be given supplies to put together your own communication binder!

Tuesday, Sept 28, 7:00 pm
Virtual

Addressing COVID Behaviors **A**

Is your child struggling to transition back to a more normal routine? Are you finding that your child is now fearful of others after being told to stay six feet apart for so many months? Is your child too attached to electronics and having a hard time connecting with friends? Join Meghan Barlow, PhD, of Meghan Barlow and Associates, as she discusses behaviors that your child may have picked up during the COVID-19 crisis and ways to address them. The presenter will give you strategies to help your child make positive behavior changes.

Tuesday, Nov 16, 6:30 pm
Westlake Porter Public Library

Speech and Language Consults **A**

Do others find your child's speech difficult to understand? Does your child have trouble talking or playing with other children? Does your child have difficulty understanding what you say? If so, register to attend a Speech and Language Consult, either in-person or virtually, where you and your child will meet with a pediatric speech language pathologist from Effective Speech Therapy, Cleveland Hearing & Speech Center or Lakeshore Speech Therapy, LLC.

This consultation is open to children aged 18 months - 12 years. Your child will be encouraged to engage in some activities and parents/caregivers will be asked to complete a checklist. You will also learn strategies to help your child at home.

Thursday, Oct 7, 6:00 – 8:00 pm
Westlake Porter Public Library and Virtual



Music Therapy & MoreSM **Y**

This program is designed for families and their children (ages birth - 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

Middleburg Heights Branch of Cuyahoga County Public Library
Sessions begin at 10:30 am.

- Saturday, Sept 18
- Saturday, Oct 16
- Saturday, Nov 20

Solon Branch of Cuyahoga County Public Library
Sessions begin at 10:30 am.

- Friday, Sept 17
- Friday, Oct 15
- Friday, Nov 19

Westlake Porter Public Library
Sessions begin at 9:30 and 10:30 am.

- Friday, Sept 10
- Saturday, Sept 11
- Friday, Oct 8
- Saturday, Oct 9
- Friday, Nov 12
- Saturday, Nov 13
- Friday, Dec 10
- Saturday, Dec 11

Adapted Library Programs

For more information, visit connectingforkids.org/library

Gross Motor Monday

Start your week with some movement activities! We will have fun balancing, jumping, tossing, marching and more! Ages 3-7.

- Monday, Sept 13, 11:00 am
- Monday, Oct 11, 11:00 am
- Monday, Nov 15, 11:00 am
- Monday, Dec 13, 11:00 am

Westlake Porter Public Library

Musical Toolbox

Designed for children with disabilities and their families, this fun and engaging music program is conducted by a board-certified music therapist from MTEC, the Music Therapy Enrichment Center. Caregivers will be given musical tools to use with their children outside of class. Open to all ages.

- Saturday, Sept 25, 10:30 am
- Saturday, Nov 6, 10:30 am

North Ridgeville Branch of Lorain Public Library System

Pre-Cooking Skills for Kids

Get ready to cook by learning important skills you will use in your kitchen. Ages 8-12.

Saturday, Nov 20, 3:00 pm
Westlake Porter Public Library

Porter Pumpkin Patch

We will listen to a story and spend some time decorating pumpkins together. Ages 3-7.

Tuesday, Oct 26, 4:00 pm
Westlake Porter Public Library

Send Your Friend to a Sleepover

Drop off your favorite stuffed animal or doll for a library sleepover. We will show your friend what a sleepover is all about! Then you can take them with you when you need some confidence! Ages 3-7. Drop-off/pick-up event in the Youth Services Department.

Oct 21-24 (Drop off Oct 21, 9:00 am – 9:00 pm / Pick up Oct 24, 1:00 - 5:00 pm)
Westlake Porter Public Library

Sensory Creations Pick-Up Program

Stop by and pick up supplies and instructions for some of our favorite all-inclusive, all-ages sensory activities. Register two weeks before pickup.

Pick up the week of:

- Monday, Sept 13
- Monday, Oct 4
- Monday, Nov 1

Avon Lake Public Library

So Many Ways to Read Storytime

Have fun learning stories, rhymes, and movements in multiple languages and formats! Ages 3-7.

Wednesday, Nov 10, 10:00 am
Westlake Porter Public Library

Winter Tea Party

You are invited to a Winter Tea Party! Practice pouring, table manners, and icebreakers while enjoying tasty refreshments! Ages 5-8.

Tuesday, Dec 21, 3:30 pm
Westlake Porter Public Library



In-Person, 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 is designed for children who may not be successful in a typical storytime experience. Content is geared toward ages 3-7 years, but all ages are welcome. Siblings may also attend but must register separately. For more information, visit connectingforkids.org/library

Middleburg Heights Branch of Cuyahoga County Public Library

- Saturday, Nov 6, 11:00 am

North Ridgeville Branch of Lorain Public Library System

- Saturday, Sept 18, 10:30 am
- Saturday, Oct 16, 10:30 am
- Saturday, Nov 13, 10:30 am

Solon Branch of Cuyahoga County Public Library

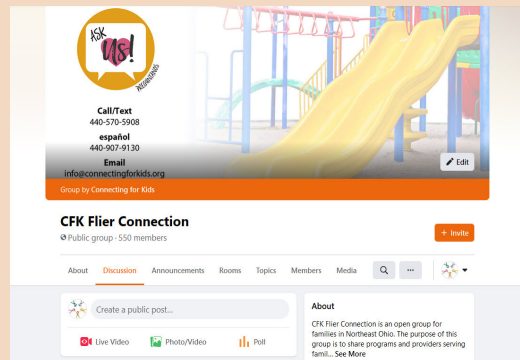
- Saturday, Sept 18, 10:30 am
- Saturday, Oct 2, 10:30 am
- Saturday, Nov 13, 10:30 am

Westlake Porter Public Library

- Friday, Sept 17, 10:00 am
- Saturday, Sept 25, 11:00 am
- Saturday, Oct 23, 11:00 am
- Saturday, Nov 20, 11:00 am
- Saturday, Dec 18, 11:00 am

CFK Flier Connection

The Flier Connection is a Facebook group where families can access fliers from partnered providers throughout the Greater Cleveland area. Join the group to learn about local providers, new programs, online learning and community activities.



Join at facebook.com/groups/CFKFliers



Connect With Us

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

Online

connectingforkids.org/joinus

Call or Text

440-570-5908

(para español 440-907-9130)

Email

info@connectingforkids.org



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[@connectforkids](https://twitter.com/@connectforkids)

With Our Thanks

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

Garfield Heights, Middleburg Heights and Solon Programs

Presented in partnership with Cuyahoga County Public Library.

Social Series Program

Supported by a grant from the Knights of Columbus at St. Ladislav.

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

Avon Lake Public Library

32649 Electric Blvd.
440-933-8128

Garfield Heights Branch Cuyahoga County Public Library

5409 Turney Road
216-475-8178

Middleburg Heights Branch Cuyahoga County Public Library

16699 Bagley Rd.
440-234-3600

North Ridgeville Branch Lorain Public Library System

35700 Bainbridge Rd.
440-327-8326

Solon Branch Cuyahoga County Public Library


34125 Portz Pkwy.
440-248-8777

The Nord Center

6140 South Broadway,
Lorain
440-233-7232

Westlake Porter Public Library

27333 Center Ridge Rd.
440-871-2600

 KultureCity® Sensory Inclusive™ certified. Every employee has gone through sensory awareness training.