

**SPRING 2023**

### ***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**

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



### **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, supervised children's activities are available, but adults and children must register separately. [connectingforkids.org/speakerseries](http://connectingforkids.org/speakerseries)

#### ***Building Self-Confidence with ADHD*** **E**

Dr. Cate Brandon, of Kenneth DeLuca & Associates, will discuss common causes of negative self-talk in those with ADHD as well as strategies that parents and caregivers can use to recognize their child's strengths and build positivity.

**Tuesday, Feb. 7, 6:30 p.m.**  
**Rocky River Public Library**

#### ***Overscheduled & Stressed*** **E**

Join Meghan Barlow, PhD, of Barlow & Adams Behavioral Health, as she discusses how to know when it's time to say "no" to an activity. Dr. Barlow will also address whether in today's culture, saying "no" will make your child lose the competitive edge and if allowing a child to quit sends the wrong message.

**Tuesday, April 25, 6:30 p.m.**  
**Westlake Porter Public Library**

**Register at [connectingforkids.org/register](http://connectingforkids.org/register)**

# Eastern Cuyahoga Resource Fair

A free event for families with youth between the ages of 0-22.

This in-person, indoor event with drive-up grab & go option, offers resources for families with concerns about their youth (ages birth-22) in Eastern Cuyahoga County and surrounding communities.

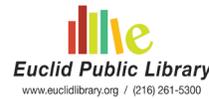
**Wednesday, March 1, 2023 from 6:00 - 8:00 p.m.**

**Cuyahoga County Community College - Eastern Campus**  
4250 Richmond Rd, Highland Hills

## PLATINUM SPONSORS



## GOLD SPONSORS



## SILVER SPONSORS

Bright Beginnings  
Cleveland Clinic Children's Hospital for Rehabilitation  
Cleveland Sight Center / Bright Futures Preschool  
Down Syndrome Association of NE Ohio  
Fit Learning Cleveland  
Forest City Vision

Frazier Behavioral Health  
Friendship Circle  
Galvin Therapy Center  
NEO Advocates  
Shield Healthcare  
Skylight Financial Group  
You Belong

### WHO?

Everyone concerned about a youth; including concerns about disabilities or mental health.

### WHY?

Find resources and talk with service providers.

### WHAT?

Adapted camps  
Adapted rec programs  
Alternative schools  
Disability services  
Early intervention  
Educational advocates  
Funding sources  
Job services  
Mental health providers  
Music therapy programs  
Occupational therapy  
Physical therapy  
Respite providers  
Social skills programs  
Speech-language therapy  
Transitional services  
Tutors and academic programs  
Vision therapy  
Much more!

### GRAB & GO OPTION DETAILS

Families who are not comfortable attending an in-person event can register to drive up to the grab & go tent and receive materials in a safer, more socially-distanced manner.

### REGISTER

For more information or to pre-register & win, visit [connectingforkids.org/east-cuyahoga-fair](https://connectingforkids.org/east-cuyahoga-fair)



To register, you can also scan the above code with your smartphone camera.

# Lorain County Resource Fair

A free event for families with youth between the ages of 0-22.

This in-person, indoor event with drive-up grab & go option, offers resources for families with concerns about their youth (ages birth-22) in Lorain County and surrounding communities.

**Tuesday, March 14, 2023 from 6:00 - 8:00 p.m.**

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

## WHO?

Everyone concerned about a youth; including concerns about disabilities or mental health.

## WHY?

Find resources and talk with service providers.

## WHAT?

Adapted camps  
Adapted rec programs  
Alternative schools  
Disability services  
Early intervention  
Educational advocates  
Funding sources  
Job services  
Mental health providers  
Music therapy programs  
Occupational therapy  
Physical therapy  
Respite providers  
Social skills programs  
Specialty legal services  
Speech-language therapy  
Transitional services  
Tutors and academic programs  
Much more!

## GRAB & GO OPTION DETAILS

Families who are not comfortable attending an in-person event can register to drive up to the grab & go tent and receive materials in a safer, more socially-distanced manner.

## REGISTER

For more information or to pre-register & win, visit [connectingforkids.org/lorain-resource-fair](https://connectingforkids.org/lorain-resource-fair)



To register, you can also scan the above code with your smartphone camera.

## PLATINUM SPONSORS



Kenneth A. De Luca, Ph.D. & Associates, Inc.  
PSYCHOLOGICAL, COUNSELING & EDUCATIONAL SERVICES



**Lorain County  
Children and Family  
First Council**



## GOLD SPONSORS



## SILVER SPONSORS

Abilities First LLC  
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Avon Lake Public Library  
Building Block Therapy  
Cleveland Clinic Children's Hospital for Rehabilitation  
Cleveland Sight Center / Bright Futures Preschool  
Down Syndrome Association of NE Ohio  
Friendship Circle

Galvin Therapy Center  
Mental Health, Addiction and Recovery Board of Lorain County  
Milestones Autism Resources  
North Pointe Ballet  
OhioGuidestone  
Shield Healthcare  
Summit Academy Schools  
The Lakewood Public Library  
Westlake Counseling and Wellness

# Western Cuyahoga Resource Fair

A free event for families with children between the ages of 0-12.

This in-person, indoor event with drive-up grab & go option, offers resources for families with concerns about their children (ages birth-12) in Western Cuyahoga County and surrounding communities.

**Saturday, March 25, 2023 from 11:00 a.m. - 1:00 p.m.**

**Don Umerley Civic Center**

21016 Hilliard Blvd, Rocky River

## PLATINUM SPONSORS



## GOLD SPONSORS



## SILVER SPONSORS

Beck Center for the Arts

Bright Beginnings

Cleveland Clinic Children's Hospital for Rehabilitation

Cleveland Health and Wellness Center

Cleveland Sight Center / Bright Futures Preschool

Down Syndrome Association of NE Ohio

Galvin Therapy Center

Milestones Autism Resources

NEO Advocates

North Coast Education Services

North Pointe Ballet

Pathway Caring for Children

Rocky River Public Library

Shield Healthcare

The Vision Development Team

Westlake Counseling and Wellness

## WHO?

Everyone concerned about a youth; including concerns about disabilities or mental health.

## WHY?

Find resources and talk with service providers.

## WHAT?

Adapted camps  
Adapted rec programs  
Alternative schools  
Disability services  
Early intervention  
Educational advocates  
Funding sources  
Mental health providers  
Music therapy programs  
Occupational therapy  
Physical therapy  
Respite providers  
Social skills programs  
Speech-language therapy  
Support groups  
Tutors and academic programs  
Vision therapy  
Much more!

## GRAB & GO OPTION DETAILS

Families who are not comfortable attending an in-person event can register to drive up to the grab & go tent and receive materials in a safer, more socially-distanced manner.

## REGISTER

For more information or to pre-register & win, visit [connectingforkids.org/west-cuyahoga-fair](https://connectingforkids.org/west-cuyahoga-fair)



To register, you can also scan the above code with your smartphone camera.

## Speaker Series, cont.

### **Mental Health 101** **A**

Join Karla Fitch, SWT, as she introduces CFK's tools for finding a mental health provider. Topics include identifying preferences, comparing specialties and understanding treatment options.

*Tuesday, Feb. 21, 6:30 p.m.*  
*Westlake Porter Public Library*

### **Summer Fun & Funds: How to Find Both on the East Side** **A**

Join us as we answer questions about east side resources and provide tips for sorting through information from the Eastern Cuyahoga Resource Fair. CFK staff will lead group discussions and share resources on funding and available programs to keep your child engaged all summer long.

*Thursday, March 9, 6:30 p.m.*  
*Euclid Public Library*

### **Sleep Solutions** **A**

Join Bridget Bowling and Lauren Fegely, certified Family Sleep Institute Pediatric Sleep Consultants from Little Snoozers, who will discuss bedtimes, nap times and nap transitions as well as what sleep should look like from birth to school age. As part of this discussion, Bridget will address children with disabilities and their unique sleep challenges.

*Tuesday, April 11, 6:30 p.m.*  
*Middleburg Heights Branch of Cuyahoga County Public Library*

### **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 adapted program options 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](https://connectingforkids.org/support).

## Share & Support Group

Join our interactive support groups and meet other families facing similar struggles. For all in-person programs, free, supervised children's activities are available, but adults and children must register separately. [connectingforkids.org/support](https://connectingforkids.org/support)

### **Parenting is Lonely for Families of Children with Complex Needs** **A**

The isolation of raising a child with disabilities or complex medical needs is real. This program welcomes all caregivers, including single parents and kindred caregivers, to receive encouragement as we discuss the article, "Why Parenting Can Be Lonely, Even When You're Rarely Alone." Amy Dillon Cody, MSW, LISW of Amy Dillon Cody, LLC, will also talk about self-care and ways to find support and community for the journey.

*Tuesday, March 7, 8:30 p.m.*  
*Virtual*

### **Parenting is Lonely** **A**

The isolation of raising a child with disabilities or mental health issues is real. This program welcomes all caregivers including single parents and kindred caregivers to receive encouragement as we discuss the article, "Why Parenting Can Be Lonely, Even When You're Rarely Alone." 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, March 21, 6:30 p.m.*  
*Westlake Porter Public Library*

### **LGBTQ+ Caregiver Connect** **A**

Are you the caregiver of a child who is gender questioning, expansive or LGBTQ+? Then join our interactive caregiver support group to meet and connect with other families. Kristen Pepera, MEd, LPCC-S, and Lisa Pepera, MEd, LPCC-S, of Colors+, will lead a discussion where families can learn, connect and find resources to better support and affirm their child.

*Thursday, March 30, 7:00 p.m.*  
*Virtual*



### **Parent Match Connect** **A**

Would you like to meet other parents who have similar experiences to your own but are further along on the path? Would it be nice to have someone to share your joys and frustrations? Do you just need someone who "gets it" and can listen? If so, attend Parent Match Connect where you'll meet our Parent Match Volunteers who will introduce themselves and their stories. Afterward, we'll break into small groups to give you the opportunity to connect with the volunteers as well as other families.

*Thursday, April 20, 6:30 p.m.*  
*Lakewood Public Library, Main Branch*

### **We Dare Be Brave Book Discussion for Black American Families** **A**

Join the authors of "We Dare Be Brave" as they lead a discussion of their book and encourage participants to reflect on the emotions and challenges involved in their parenting journeys. Salina Miller, AA; Patricia Parker, BA; and Nikki Montgomery, MA, MEd, GPAC, will facilitate the discussion as well as share tips for finding meaning as a caregiver. Register and a copy of the book will be mailed to you.

*Thursday, April 27, 6:30 p.m.*  
*Virtual*

## WINTER/SPRING PROGRAMS

### 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](http://connectingforkids.org/music)

#### Euclid Public Library

Sessions begin at 6:30 p.m.

- Thursday, Feb. 16
- Thursday, March 16
- Thursday, April 13

#### Lakewood Public Library, Main Branch

Sessions begin at 9:30 a.m.

- Saturday, Feb. 18
- Saturday, March 18
- Saturday, April 15
- Saturday, May 13
- Saturday, June 10
- Saturday, July 8

#### Middleburg Heights Branch of Cuyahoga County Public Library

Sessions begin at 11:00 a.m.

- Saturday, March 18
- Saturday, April 15
- Saturday, May 13

#### North Ridgeville Branch of Lorain Public Library System

Sessions begin at 6:30 p.m.

- Thursday, Feb. 23
- Thursday, March 23
- Thursday, April 27

#### Solon Branch of Cuyahoga County Public Library

Sessions begin at 10:30 a.m.

- Friday, March 17
- Friday, April 14
- Friday, May 12

#### Westlake Porter Public Library

Sessions begin at 10:30 a.m.

- Friday, Feb. 10
- Saturday, Feb. 11
- Friday, March 10
- Saturday, March 11
- Friday, May 5
- Saturday, May 6



### Teach Me to Play **Y**

Do you have questions or concerns about your child's development? Do you want ideas about how to encourage your child's learning through play? With fun, new themes each month, Teach Me to Play offers you and your child a host of new activities and experiences each time you attend. Your child will enjoy playing with other children while practicing language and social skills. You will have the chance to interact with our experienced Early Intervention Specialist and Speech-Language Pathologist who can provide strategies for dealing with problem behaviors or tips for increasing your child's communication skills. This program is specifically designed for caregivers and children ages 18 months - 6 years who are struggling in an area of development. Come connect with other families in a supportive and accepting environment. [connectingforkids.org/play](http://connectingforkids.org/play)

#### Westlake Porter Public Library

Thursday Preschool sessions begin at 6:30 p.m., Friday Preschool sessions begin at 9:30 a.m. and Friday Toddler sessions begin at 11:30 a.m.

- Thursday, Feb. 16
- Friday, Feb. 17
- Thursday, March 16
- Friday, March 17
- Thursday, April 20
- Friday, April 21



### 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 The Center for LifeSkills, LLC or Galvin Therapy Center. 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](http://connectingforkids.org/consult).

Wednesday, May 3, 6:00 - 8:00 p.m.

Solon Branch of Cuyahoga County Public Library

## 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](http://connectingforkids.org/library).

### Euclid Public Library

- Saturday, Feb. 11, 11:00 a.m.
- Saturday, March 11, 11:00 a.m.
- Saturday, April 8, 11:00 a.m.

### Lakewood Public Library, Main Library

- Saturday, Jan. 14, 2:00 p.m.
- Saturday, Feb. 11, 2:00 p.m.
- Saturday, March 11, 2:00 p.m.
- Saturday, April 8, 2:00 p.m.
- Saturday, May 6, 2:00 p.m.

### Middleburg Heights Branch of Cuyahoga County Public Library

- Saturday, Jan. 14, 11:00 a.m.
- Saturday, Feb. 25, 11:00 a.m.
- Saturday, March 25, 11:00 a.m.
- Saturday, April 22, 11:00 a.m.

### North Ridgeville Branch of Lorain Public Library System

- Tuesday, Jan. 17, 6:30 p.m.
- Wednesday, Feb. 8, 6:30 p.m.
- Tuesday, March 14, 6:30 p.m.
- Tuesday, May 9, 6:30 p.m.

### Rocky River Public Library

- Saturday, Jan. 14, 10:00 a.m.
- Saturday, Feb. 11, 10:00 a.m.
- Saturday, March 11, 10:00 a.m.
- Saturday, April 8, 10:00 a.m.
- Saturday, May 6, 10:00 a.m.

### Solon Branch of Cuyahoga County Public Library

- Saturday, Jan. 7, 10:30 a.m.
- Saturday, Feb. 11, 10:30 a.m.
- Saturday, March 11, 10:30 a.m.
- Saturday, April 29, 10:30 a.m.
- Saturday, May 13, 10:30 a.m.

### Westlake Porter Public Library

- Thursday, Jan. 12, 6:30 p.m.
- Friday, Jan. 20, 10:30 a.m.
- Saturday, Jan. 28, 11:00 a.m.
- Thursday, Feb. 9, 6:30 p.m.
- Sunday, Feb. 26, 1:30 p.m.
- Thursday, March 9, 6:30 p.m.
- Thursday, April 13, 6:30 p.m.
- Saturday, April 22, 11:00 a.m.
- Thursday, May 11, 6:30 p.m.
- Saturday, May 20, 11:00 a.m.

## Adapted Library Programs

For more information, visit [connectingforkids.org/library](http://connectingforkids.org/library).

### Playdough Playdate

Roll! Smash! Squeeze! Twist! So many fun things to do with playdough! We will have cookie cutters, rolling pins, and other utensils to experiment with. But the most fun is digging in with your hands! Please come join us as we play with dough and each other. Every child that attends will be able to take home their very own ball of homemade playdough.

**Wednesday, Feb. 8, 11:00 a.m.**

**Euclid Public Library**

### Feathered Friends Animal Meet and Greet

Meet a bird of prey and touchable education animals from the Ohio Bird Sanctuary in this informative and interactive program, including an animal craft. This program has live animals handled by professional handlers. For more information, call 440-250-5471.

**Wednesday, March 1, 4:15 p.m.**

**Westlake Porter Public Library**

### Inclusive Storytime and Craft with Author Lindsay Bonilla

Join us for an inclusive storytime followed by a craft session with Lindsay Bonilla, author of the picture books, *Polar Bear Island*, winner of 2018 Parent's Choice Silver Award, and *I Love You with All of My Hearts*, which was featured in *The Wall Street Journal*. We are pleased to partner with the Cuyahoga Board of Developmental Disabilities as a Library Facilitator location. For children with disabilities and typical peers, ages 3-10.

**Friday, March 10, 4:15 p.m.**

**Westlake Porter Public Library**

### Kids in the Kitchen Adapted Storytime

Join us for a storytime and a hands-on adapted cooking lesson. Children with varying learning styles and abilities learn together in a safe, supportive environment where respect and appreciation for differences is encouraged. Content is geared toward ages 3 to 7 years, but all ages are welcome. Siblings may also attend but must register separately.

**Tuesday, April 11, 6:30 p.m.**

**North Ridgeville Branch of Lorain Public Library System**

