

Spring/Summer 2019

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.

At a glance

- 1 Meet and Greet
- 2 Programs by Location
- 3 Meet and Greet Sponsors
- 3 Sensory Consults
- 4 Speaker Series
- 4 Coffee and Chat
- 5 Teach Me to Play
- 5 Adapted Playgroup
- 5 Music Therapy and More
- 6 Elementary Experiences
- 7 Library Programs
- 8 Locations



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

8th Annual Connecting for Kids

Meet and Greet



Thursday, April 11, 6:30 - 8:30 pm
Don Umerley Civic Center, 21016
Hilliard Blvd., Rocky River

This is a free, public event where families can learn about local resources, therapies, after-school programs, summer camps and more for their child (birth-12, with or without a formal diagnosis) who is struggling.

Visit with representatives from more than 70 organizations to discuss services and explore program options.

Pre-register and attend the Meet and Greet to be entered to win a \$100 VISA gift card!

For more information, visit connectingforkids.org/meetandgreet

Platinum Plus Sponsor



See page 3 for additional sponsors.

Parking concerns?

Free shuttle bus from **St. Thomas Lutheran Church & School** (21211 Detroit Rd.), compliments of Rotary Club of Lakewood and Rocky River with service provided by Youth Challenge. All riders will be entered to win a \$50 Amazon gift card.

Coffee donated by Starbucks Coffee Company.



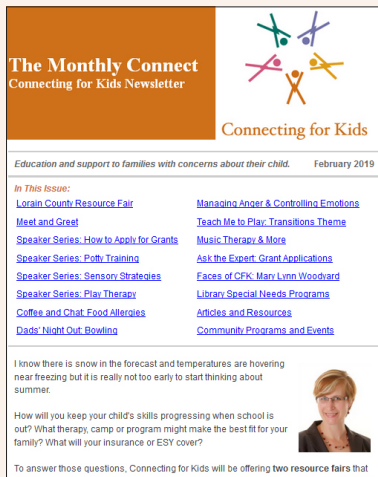
Register at connectingforkids.org/register

Email: info@connectingforkids.org | Phone: 440-570-5908

The Monthly Connect

Never miss a beat with your favorite Connecting for Kids programs!

Did you know that Connecting for Kids publishes a subscribers-only eNewsletter? Each issue of The Monthly Connect includes the latest CFK programs, articles from local experts, community programs and events.



As a family subscriber, you'll never miss a CFK program and you'll be the first to know about new services, providers and programs in our area.

It's always free to join CFK and in addition to the eNewsletter, you'll be able to access exclusive subscriber services, including closed Facebook support groups, our popular Parent Match program and more.

To become a CFK family subscriber, visit connectingforkids.org/Joinus and complete the registration form.

ABBREVIATIONS

- CC Coffee and Chat
- EE Elementary Experiences
- SS Speaker Series

Note: *Connecting for Kids programs are highlighted in orange. All other programs are offered by local libraries.*

Akron-Summit County Public Library, Ellet Branch (ASCPL)

- 4/27 Adapted Storytime
- 5/25 Adapted Storytime

Akron-Summit County Public Library, North Hill Branch (ASCPL)

- 4/27 Adapted Storytime
- 5/25 Adapted Storytime

Avon Lake Public Library (ALPL)

- 4/1 Discovery Works Sensory-Friendly Play
- 4/14 Music Enrichment
- 7/19 Sensory-Friendly Movie
- 8/14 Sensation Stations

Cuyahoga County Public Library, Middleburg Heights Branch (CCPL)

- 4/10 Adapted Storytime
- 4/13 Adapted Storytime
- 4/27 Music Therapy & More
- 4/30 (CC) Special Needs and Different Cultures
- 5/4 Adapted Storytime
- 5/4 (EE) Practicing Mindfulness to Calm Anxiety and Increase Focus
- 5/8 Adapted Storytime
- 5/18 Music Therapy & More
- 6/15 Adapted Storytime
- 6/19 Adapted Storytime
- 7/13 Adapted Storytime
- 7/17 Adapted Storytime
- 8/21 Adapted Storytime
- 8/24 Adapted Storytime

Cuyahoga County Public Library, North Royalton Branch (CCPL)

- 6/29 Adapted Storytime

Cuyahoga County Public Library, Parma Branch (CCPL)

- 4/13 Adapted Storytime

Cuyahoga County Public Library, Parma Snow Branch (CCPL)

- 4/8 Adapted Storytime

Cuyahoga County Public Library, Solon Branch (CCPL)

- 4/5 Music Therapy & More
- 4/13 (EE) Music
- 4/13 (EE) Animated Favorites
- 4/19 Adapted Playgroup (NEW)
- 4/27 Adapted Storytime
- 5/1 (CC) How to Stay Calm when the Kids are Out of Control
- 5/3 Music Therapy & More
- 5/17 Adapted Playgroup (NEW)

Cuyahoga County Public Library, Southeast Branch (CCPL)

- 6/8 Adapted Storytime
- 7/6 Adapted Storytime

Cuyahoga Falls Library (CFL)

- 4/18 Adapted Storytime

Don Umerley Civic Center, Rocky River

- 4/11 Meet and Greet

Elyria Public Library System, West River Branch (EPLS)

- 4/4 Teach Me to Play
- 4/6 (EE) Assessing and Reacting to Problems
- 5/2 Teach Me to Play
- 5/8 (SS) Changes to Ohio Waivers
- 5/9 Music Therapy & More

Lakewood Public Library, Main Library (LPL)

- 4/6 Music Therapy & More
- 4/28 Adapted Storytime
- 5/4 Music Therapy & More
- 5/13 Sensory Consult
- 5/14 Sensory Consult
- 6/23 Adapted Storytime

Lorain Public Library System, Avon Branch (LPLS)

- 4/6 Adapted Storytime
- 5/4 Adapted Storytime

Rocky River Public Library (RRPL)

- 4/6 Adapted Storytime
- 5/4 Adapted Storytime
- 6/1 Adapted Storytime
- 7/6 Adapted Storytime
- 8/3 Adapted Storytime

Westlake Porter Public Library (WPPL)

- 4/2 (SS) Strategies for Managing Hyperactivity/Impulsivity in Children with ADHD
- 4/12 Music Therapy & More
- 4/13 Music Therapy & More
- 4/18 Teach Me to Play
- 4/19 Teach Me to Play
- 5/10 Music Therapy & More
- 5/11 Music Therapy & More
- 5/16 Teach Me to Play
- 5/17 Teach Me to Play
- 7/16 (CC) Coping with Fear of the Future

For location addresses and phone numbers, please see back cover or visit connectingforkids.org/library

Eighth Annual Connecting for Kids Meet and Greet

Platinum Sponsors



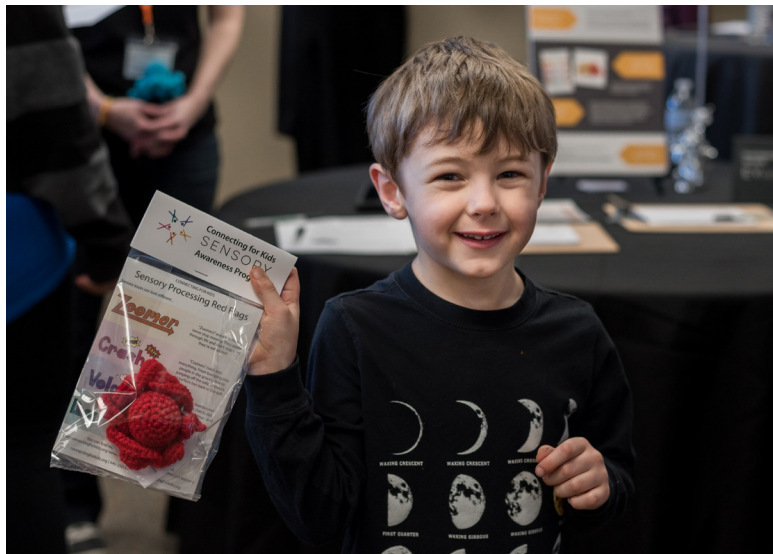
Event Sponsors

- Meghan Barlow and Associates
- Westlake Porter Public Library

Sponsors

- Autism Learning Partners
- Beyond Words: Music & Dance Center
- Cleveland Clinic Children's Therapy Services & Cleveland Clinic Children's Center for Autism
- Galvin Therapy Center
- Kenneth A. De Luca, Ph.D. & Associates, Inc.
- Music Therapy Enrichment Center (MTEC)
- Spectrum Resource Center and School
- State Support Team - Region 3
- The Child & Family Counseling Center of Westlake
- The Emily Program

See page 1 for event details.



A young guest at the Seventh Annual Connecting for Kids Meet and Greet, held in April 2018, shows off his Sensory Awareness Kit.

Sensory Consults A

Does your child hate "itchy" clothes? Is your child bothered by noises or have difficulty with busy environments? Are you concerned about your child's frequent meltdowns and difficulty interacting with others? Does your child frequently spin, jump and crash his or her body into things? If so, come to our Sensory Consult where you and your child will meet with a pediatric occupational therapist.

This consult is open to children ages 18 months-12 years.

Your child will be encouraged to engage in some activities while you complete a checklist. You will also learn strategies to help him or her at home.

This program is supported by Abilities First, LLC and co-sponsored by the Lakewood Family Room.

**Monday, May 13 & Tuesday, May 14,
6:30 - 8:00 pm
Lakewood Public Library, Main Branch**



A new way to get the most out of your resource fair experience!

New for this year's resource fairs, Connecting for Kids is offering a better way to get what you need. Simply stop by our **Ask Us! Table** to get expert advice from our staff on which providers are best able to meet your family's needs.

We're prepared to help with questions like:

- Which tables should I visit to find summer camps or recreational opportunities for my child?
- What questions should I ask when interviewing a social skills group provider?
- Which providers have offices close to my home?
- How do I know if this provider is right for my child?
- And much more!

In addition to resources at the **Ask Us! Table**, families can visit our website for lists of sample questions you can use to interview providers. Available lists include:

- Questions to Ask Camps
- Questions to Ask Mental Health Providers
- Questions to Ask About Social Skills Groups

You can find these questions at: connectingforkids.org/fairtips

Found the perfect provider but need help paying for the program or service? We can help with that too! Our **Funding Therapy Guide** offers eight different ways to cover the cost of programming and includes more than 40 different grants you can apply to use. Learn more here: connectingforkids.org/funding_therapy

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. connectingforkids.org/speakerseries

Strategies for Managing Hyperactivity/Impulsivity in Children with ADHD A

Does your child struggle with impulsive behaviors? Does he or she act without thinking? Do impulsivity and hyperactivity negatively impact your child's relationships and academics? Join Dr. Kimberly Burkhart of Rainbow Babies and Children's Hospital to learn five behavior management strategies you can use to modify your child's behaviors at home. She will also teach you strategies that your child can use to manage his or her own behaviors. In addition, Dr. Burkhart will identify five classroom strategies that you can request to help minimize the impact of ADHD on academic performance. There will be time at the end of the program for questions so families can ask about their specific situations. *Co-sponsored by National Alliance on Mental Illness Greater Cleveland (NAMI GC).*

Tuesday, April 2, 6:30 pm
Westlake Porter Public Library

Changes to Ohio Waivers A

Gary Tonks, CEO, of The Arc of Ohio, will be on hand to discuss changes at the Ohio Department of Developmental Disabilities. Director Jeff Davis of the Ohio Department of Developmental Disabilities may also join the discussion. Registrants will be updated of guest panel closer to the program date.

Join us to learn more about:

- Home and Community-Based Services Waivers
- Fix the List and what to expect during your assessment
- Navigating the waiver funding approval process
- Additional funding sources
- And other questions you might have!

Our guests will answer questions regarding services and supports for our children (of all ages). The meeting will include opportunities to discuss pre-submitted questions (submitted upon registration for the program).

Co-sponsored by Lorain County Family Forum, Ohio Department of Developmental Disabilities, Ohio Family 2 Family and The Arc of Ohio.

Wednesday, May 8, 6:00 pm
Elyria Public Library System, West River Branch



A volunteer and a participant in our free, supervised children's activities laugh together during a program in Westlake.

Coffee and Chat

Join our interactive support group and meet other families facing similar struggles. Coffee and Chat is for families of children ages 0-12 years.

Free, supervised children's activities are available, but adults and children must register separately. connectingforkids.org/support

Special Needs and Different Cultures A

Are you a parent or caregiver who was raised in a different culture? Come join Dr. Alaka Chandurkar, a local pediatrician, and other families as we discuss the challenges and opportunities of navigating the special needs world while managing cultural differences. Come meet others from different cultures, share your experiences and connect with those in similar situations.

Tuesday, April 30, 6:30 pm
Middleburg Heights Branch of Cuyahoga County Public Library

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

Being able to stay calm even when you are angry or frustrated by your child's behaviors will make you a more effective parent. Lisa Ruman, LISW, CHt, of The Child & Family Counseling Center of Westlake, will facilitate as we discuss six techniques that will help you stay calm in the face of adversity.

Wednesday, May 1, 6:30 pm
Solon Branch of Cuyahoga County Public Library

Coping with Fear of the Future A

Do you ever fear what your child's future will be? Do you have sleepless nights worrying about whether he or she will ever be independent? Come join us for a discussion, facilitated by Lisa Ruman, LISW, CHt, of The Child & Family Counseling Center of Westlake, about how to plan for the future but live in the present. We will be discussing the article, "Fears and Raising Children with Special Needs."

Tuesday, July 16, 6:30
Westlake Porter Public Library



Families practice taking turns at a Teach Me to Play session in Westlake.

Teach Me to PlaySM **Y**

Do you want to help your child learn to play with others? Are you looking to give your child more social opportunities? With fun, new themes each month, Teach Me to Play offers your child a host of new activities and experiences each time he or she attends. Your child will enjoy playing with other children while practicing language and social skills. Since you attend together, you will have the opportunity to interact with our experienced Early Intervention Specialist and Speech-Language Pathologist who can provide strategies for dealing with problem behaviors and offer tips for increasing your child's communication skills. This program is specifically designed for 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

Elyria Public Library System, West River Branch

Preschool sessions begin at 6:00 pm.

- Thursday, April 4
- Thursday, May 2

Westlake Porter Public Library

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

- Thursday, April 18
- Friday, April 19
- Thursday, May 16
- Friday, May 17

Adapted Playgroup **Y**

Join us for a new Adapted Playgroup that is safe and welcoming for families who have concerns about their child (ages 0-6 years). Learn new skills, meet other families and connect to community resources to help your child. The Adapted Playgroup will mix free play opportunities with small group activities such as parachute play or bubbles. As participants practice social and communication skills, staff members will be available to answer questions and offer tips. Each month, a new topic will be highlighted and families will go home with an educational handout. Typical siblings are welcome, but must register separately. Families are encouraged to play together at this program. The Adapted Playgroup will be led by an experienced Speech-Language Pathologist from the Cleveland Hearing & Speech Center.

Solon Branch of Cuyahoga County Public Library

Sessions begin at 10:30 am.

- Friday, April 19
- Friday, May 17

New Program!

Music Therapy & MoreSM **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 motor, communication and social skills as well as behavior. This program is led by a Board-Certified Music Therapist. Siblings (ages 0-6 years) may also attend but must register separately. connectingforkids.org/music

Elyria Public Library System, West River Branch

Session begins at 6:00 pm.

- Thursday, May 9

Lakewood Public Library

Sessions begin at 10:30 am.

- Saturday, April 6
- Saturday, May 4

Middleburg Heights Branch of Cuyahoga County Public Library

Sessions begin at 10:30 am.

- Saturday, April 27
- Saturday, May 18

Solon Branch of Cuyahoga County Public Library

Sessions begin at 10:30 am.

- Friday, April 5
- Friday, May 3

Westlake Porter Public Library

Sessions begin at 9:30 am and 10:30 am.

- Friday, April 12
- Saturday, April 13
- Friday, May 10
- Saturday, May 11



Elementary ExperiencesSM **E**

These hands-on training programs are designed for families and their children (ages 7-12 years) who are struggling. Families will learn targeted skills together and receive a handout with ideas and resources to use at home. Adults are expected to participate in the program with their children. Siblings (ages 7-12 years) may also attend but must register separately. connectingforkids.org/elementary

Social Series: Assessing and Reacting to Problems

Problems come in all different shapes and sizes and can range from a small “glitch” to a huge catastrophe! As social thinkers, it is not only important to rate our problems but also to match our reaction to them in a socially appropriate way. Ellen Spear, MA, CCC-SLP, of Lakeshore Speech Therapy, LLC., will help families determine how big or little a problem is and know what strategies will work to help deal with that problem.

Saturday, April 6, Sessions begin at 1:00 pm and 2:30 pm

Elyria Public Library System, West River Branch

Music

Are you concerned about your child’s anxiety, anger or sensory needs? Come and learn how to incorporate music to aid in self-regulation. Adults and children will participate together in this group music therapy session where musical experiences may include song writing, instrument playing, lyric analysis, listening practices and singing.

Saturday, April 13, Session begins at 1:00 pm

Solon Branch of Cuyahoga County Public Library

Animated Favorites Sing-Along for Children with Moderate-Severe Disabilities

Sing along to popular movie tunes featuring your child’s favorite animated princesses, heroes and more! In addition to singing, children will play, move and experience all aspects of general music making to enhance cognition, motor, social, emotional, behavioral and communication needs. Adults and children will participate together in this group music therapy session which will include alternative communication devices as needed. Adaptations will be made for all needs for everyone’s participation and enjoyment!

Saturday, April 13, Session begins at 2:30 pm

Solon Branch of Cuyahoga County Public Library

Practicing Mindfulness to Calm Anxiety and Increase Focus

Mindfulness is being aware of thoughts, feelings and sensations that are happening around you at the present time. In children, mindfulness provides many benefits including helping them focus their attention and calm down when anxious. Join Terri McNeely, MEd, BS, of The Child & Family Counseling Center of Westlake, in this interactive session as she teaches caregivers and children ways to calm themselves and become more mindful. She will lead attendees through exercises that can be practiced every day to increase attention, focus and to better regulate emotions.

Saturday, May 4, Sessions begin at 1:00 pm (7-9 years) and 2:30 pm (10-12 years)

Middleburg Heights Branch of Cuyahoga County Public Library

Podcast Update

Highlighting new content in the CFK podcast library

Solutions to Anger and Defiance
Featuring Dr. Nora McNamara and Dr. Solomon Zarea of University Hospitals Cleveland Medical Center
connectingforkids.org/anger-defiance18

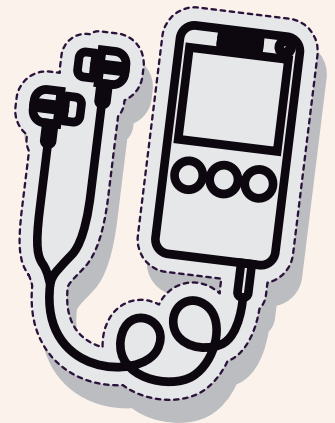
Positive Play with Preschoolers
Featuring Jennifer Knott of Rec2Connect
connectingforkids.org/positiveplay18

Supporting the Social Development of Gifted Kids
Featuring Meghan Barlow, PhD, of Meghan Barlow and Associates
connectingforkids.org/SocialGifted18

Solutions For Picky Eaters and Problem Feeders
Featuring Stefanie Peck and Brenda Richards of The Center for LifeSkills
connectingforkids.org/PickyEating18

Electronic Addiction: The New Epidemic
Featuring Jay Berk, PhD, of Jay Berk PhD and Associates
connectingforkids.org/ElectronicAddiction19

For a complete list of podcasts produced by Connecting for Kids, please visit our podcast archive at: connectingforkids.org/previous-speakers



Special Needs Library Programs

For more information, visit connectingforkids.org/library

Discovery Works

Sensory-Friendly Play

Avon Lake Public Library

We know that Discovery Works can be overwhelming, especially for children with sensory sensitivities. Join us for a private play time, just for kids who need a quieter, less crowded experience and their families. Lights will be dimmed, admission will be limited, and loud displays will be quieted. All ages with a caregiver.

Monday, April 1, 9:15 am

Music Enrichment

Avon Lake Public Library

Designed for children with special needs and their families, this fun and engaging music program is conducted by local Music on a Mission staff. Ages 3-7 with a caregiver.

Sunday, April 14, 2:00 pm

Sensation Stations

Avon Lake Public Library

Engage your child's senses by scooping, pouring and sorting a variety of fun materials. For children with special needs (ages 2-7) their families, and their typical siblings/peers.

Wednesday, August 14, 10:30 am

Sensory-Friendly Movie

Avon Lake Public Library

Need a break from the pool and the sun? Join us in a sensory-friendly environment with more light, less sound and the option to move around. This will help children with special needs and their families enjoy this free movie screening. Light snacks and covered beverages are welcome. All ages are welcome.

Friday, July 19, 2:30 pm

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.

Akron-Summit County Public Library

Ellet Branch

- Saturday, April 27, 10:30 am
- Saturday, May 25, 10:30 am

North Hill Branch

- Saturday, April 27, 10:30 am
- Saturday, May 25, 10:30 am

Cuyahoga County Public Library

Middleburg Heights Branch

- Wednesday, April 10, 7:00 pm
- Saturday, April 13, 11:00 am
- Saturday, May 4, 11:00 am
- Wednesday, May 8, 7:00 pm
- Saturday, June 15, 11:00 am
- Wednesday, June 19, 7:00 pm
- Saturday, July 13, 11:00 am
- Wednesday, July 17, 7:00 pm
- Wednesday, August 21, 7:00 pm
- Saturday, August 24, 11:00 am

North Royalton Branch

- Saturday, June 29, 10:00 am

Parma Branch

- Saturday, April 13, 11:00 am

Parma Snow Branch

- Monday, April 8, 10:00 am

Solon Branch

- Saturday, April 27, 10:30 am

Southeast Branch

- Saturday, June 8, 10:30 am
- Saturday, July 6, 10:30 am

Cuyahoga Falls Library

- Thursday, April 18, 6:30 pm

Lakewood Public Library

- Sunday, April 28, 3:30 pm
- Sunday, June 23, 3:30 pm

Lorain Public Library System

Avon Branch

- Saturday, April 6, 10:30 am
- Saturday, May 4, 10:30 am

Rocky River Public Library

- Saturday, April 6, 10:00 am
- Saturday, May 4, 10:00 am
- Saturday, June 1, 10:00 am
- Saturday, July 6, 10:00 am
- Saturday, August 3, 10:00 am

Sensory Break Box Improves Accessibility for Library Patrons

Patrons of Westlake Porter Public Library now have even more tools to make their visit successful. The Sensory Break Box includes tools such as:

- noise-canceling headphones
- wobble seat
- weighted pad
- foam roller
- fidget toys
- bubble timers

In addition, there is a visual chart on the front of the box with activities you can do at the library if you need a break.

Families can request any of the tools at the Youth Services Department desk.

You do not need to be a Westlake



Westlake Porter Public Library's Sensory Break Box

resident to become a patron of Westlake Porter Public Library. For additional information on services at Westlake Porter Public Library, please call the library at 440-871-2600 or visit their website at westlakelibrary.org.

Participants in the Seventh Annual Connecting for Kids Meet and Greet, held in April 2018, gather resources from local professionals.

The Eighth Annual Meet and Greet will be held on April 11 from 6:30 - 8:30 pm at the Don Umerley Civic Center in Rocky River.



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

Email

info@connectingforkids.org



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



[@connectforkids](https://www.instagram.com/@connectforkids)



[pinterest.com/connectforkids](https://www.pinterest.com/connectforkids)



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

Printed at the expense of Connecting for Kids and its library partners.

With Our Thanks

Elyria

CFK programs are supported by a grant from The Nordson Corporation Foundation.

Lakewood

CFK programs are supported by a grant from Community West Foundation and presented in partnership with Lakewood Public Library.

Middleburg Heights and Solon

CFK programs are presented in partnership with Cuyahoga County Public Library. The Adapted Playgroup in Solon is supported by a grant from the Rotary Club of Solon.

Westlake

Music Therapy & More is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture. CFK programs are presented in partnership with Westlake Porter Public Library.

Photos generously donated by The Therapeutic Lens Photography.

Locations

Akron-Summit County Public Library

Ellet Branch
2470 E. Market St.
330-784-2019

North Hill Branch
183 E. Cuyahoga Falls Ave.
330-535-9423

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

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

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

Parma Branch
6996 Powers Blvd.
440-885-5362

Parma-Snow Branch
2121 Snow Rd.
216-661-4240

Solon Branch
34125 Portz Pkwy.
440-248-8777

Southeast Branch
70 Columbus St. (Bedford)
440-439-4997

Cuyahoga Falls Library
2015 3rd St.
330-928-2117

Elyria Public Library System
West River Branch
1194 West River Rd. N.
440-324-2270

Lakewood Public Library
15425 Detroit Ave.
216-226-8275 ext. 140

Lorain Public Library System
Avon Branch
37485 Harvest Dr.
440-934-4743

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

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