

## WINTER 2022

### *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 interactive presentations on various childhood topics by local pediatric professionals and connect with other families. For all in-person programs, free childcare is available, but adults and children must register separately.  
[connectingforkids.org/speakerseries](https://connectingforkids.org/speakerseries)

#### **Academic Anxiety** **E**

Does your child get an upset stomach the morning of a big test? Does the thought of being called on to read aloud in class terrify your child? Are math struggles causing worry? Join John Zbornik, PhD, of Kenneth A. De Luca, PhD and Associates Inc., for a group discussion about academic anxiety disorders including test, reading and math anxiety. Attendees will learn how to spot these disorders and ways to ease fears.

**Tuesday, February 1, 6:30 p.m.**  
**Rocky River Public Library**  
**Childcare Available, Registration Required**

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

Co-presented by *Connecting for Kids*  
and *Leadership Lorain County*.



## 2022 LORAIN COUNTY RESOURCE FAIR

### Eighth Annual Lorain County Resource Fair

A socially distanced, indoor event with grab & go option, offering resources for Lorain and Western Cuyahoga Counties. Families who are not comfortable attending an in-person event may register to drive up to the grab & go tent outside of the Spitzer Conference Center to receive materials in a safe, socially distanced way.

**Wednesday, March 16, 2022 from 6:00 - 8:00 p.m.**

#### Lorain County Community College

Spitzer Conference Center  
1005 N. Abbe Rd., Elyria, OH 44035

This free public event will highlight providers from across Northeast Ohio, focusing on services for individuals (ages birth - 22). Special emphasis on:

- Adapted recreation programs/camps
- Alternative schools
- Counselors and mental health providers
- Educational advocates
- Grant/financial aid providers
- Music therapy programs
- Occupational and physical therapists
- Respite providers
- Speech-language pathologists
- Social skills programs
- Tutors and learning disability programs
- Transitional services
- Much more!

For more information or to register, visit:

**[connectingforkids.org/lorain-resource-fair](https://connectingforkids.org/lorain-resource-fair)**

#### PLATINUM SPONSORS



**Julie Billiard Schools**  
BEYOND EDUCATION. BEYOND EXPECTATIONS.



**Lorain County  
Community College**



**MurrayRidgeCenter**  
HELPING PEOPLE...FOR A LIFETIME



## PREREGISTER & WIN!

Preregister by March 15 and attend the in-person Lorain County Resource Fair to be entered to win a \$100 VISA gift card.

## EVENT HIGHLIGHTS

Free dinner for the first 400 participants.

Free Spanish translation available (habrá traductores de español disponibles).

## GRAB & GO OPTION

Families who are not comfortable attending the in-person fair can register to receive a free grab & go bag. Each bag includes a sponsor folder with select materials from sponsors and fliers from all fair and grab & go participants.

Families who attend the in-person fair will receive a bag with sponsor materials at registration.

Grab & go bags are generously supported by Leadership Lorain County.

## COVID-19 SAFETY

Please note any interaction with the general public poses an elevated risk of being exposed to COVID-19, and Connecting for Kids cannot guarantee that you will not be exposed while in attendance at the event. We encourage you to follow our safety policies, including wearing a mask, as well as local laws and restrictions.

For up-to-date information on safety policies for this event, please see [connectingforkids.org/lorain-resource-fair](https://connectingforkids.org/lorain-resource-fair)

## GOLD SPONSORS



## SILVER SPONSORS

ABA Therapy Solutions

Abilities First LLC

Autism Learning Partners

Cleveland Clinic Children's Hospital for Rehabilitation: Therapy Services

Cultivate Behavioral Health & Education

Lorain County Children & Family First Council

Lorain Public Library System

Mental Health, Addiction & Recovery Services Board of Lorain County

OhioGuidestone

Pathway Caring for Children



## Interactive Workshops

Interactive workshops are designed to help families gain in-depth knowledge on a topic. During workshop sessions, local pediatric professionals will guide families in discussion, problem-solving and learning experiences. These programs are free and open to the public, but registration is required. For more information, visit [connectingforkids.org/workshops](https://connectingforkids.org/workshops)

### Connect Your Story to People and Issues A

For Black American and Latinx Families

Use your personal story to advocate for issues important to you and your family. This program is for Black American and Latinx families of children with learning concerns or disabilities who are dealing with bias in the systems that serve them. Join Nikki Montgomery, MA, MEd, GPAC, in this series to learn how to add your voice to local organizations working to improve diversity and equity.

**Fridays, January 7, 14 & 21, 7:00 p.m.**  
**Virtual**



### Coffee and Chat

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

#### **Who's Taking Care of You?** **A** For Families of Children with Complex Needs

As a caregiver, what unmet needs do you have? How can you feel more supported? Are you able to set boundaries to carve out some time for yourself? Join Sarah Saunders, MA, LPCC, of Purposeful Growth & Wellness, as we discuss the invisible mental and emotional load of complex needs caregiving. You will learn the importance of stating what you need and saying no to what you don't need in order to say yes to yourself.

**Thursday, January 13, 8:30 p.m.**  
**Virtual**

#### **The Winter Blues** **A**

The holidays are over, it's cold outside and daylight hours are short – is it any wonder many of us get the winter blues this time of year? Receive encouragement and meet other families facing similar circumstances at this interactive support group. This group is for families with children who have disabilities or mental health concerns such as ADHD, autism, or anxiety. Lisa Ruman, LISW, CHt, of The Child & Family Counseling Center of Westlake, will facilitate a discussion about ways to care for yourself and find a little happiness even on a cold January day.

**Tuesday, January 18, 6:30 p.m.**  
**Westlake Porter Public Library**  
**Childcare Available, Registration**  
**Required**

#### **Caring for Your LGBTQ+ Child's Mental Health** **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, January 20, 7:00 p.m.**  
**Virtual**

*Connecting for Kids provides families with resources so they can make an informed decision for their child.*

## Speaker Series (cont.)

### 10 Tips to Help Your High Achiever Manage Emotions **E**

Is your child ahead of peers academically but struggling to control impulses? Are you looking to connect with families of other gifted or 2e students? Join Christine Chambers, MEd, OTR/L, of Abilities First LLC, as she provides 10 tips to help high achieving students learn how to regulate their behavior and manage emotions. Find out why high cognitive skills do not necessarily equate to high emotional regulation skills.

*Thursday, March 3, 6:30 p.m.*  
**Westlake Porter Public Library**  
*Childcare Available, Registration Required*

### Complex Trauma and PTSD **A** For Families of Children with Complex Needs

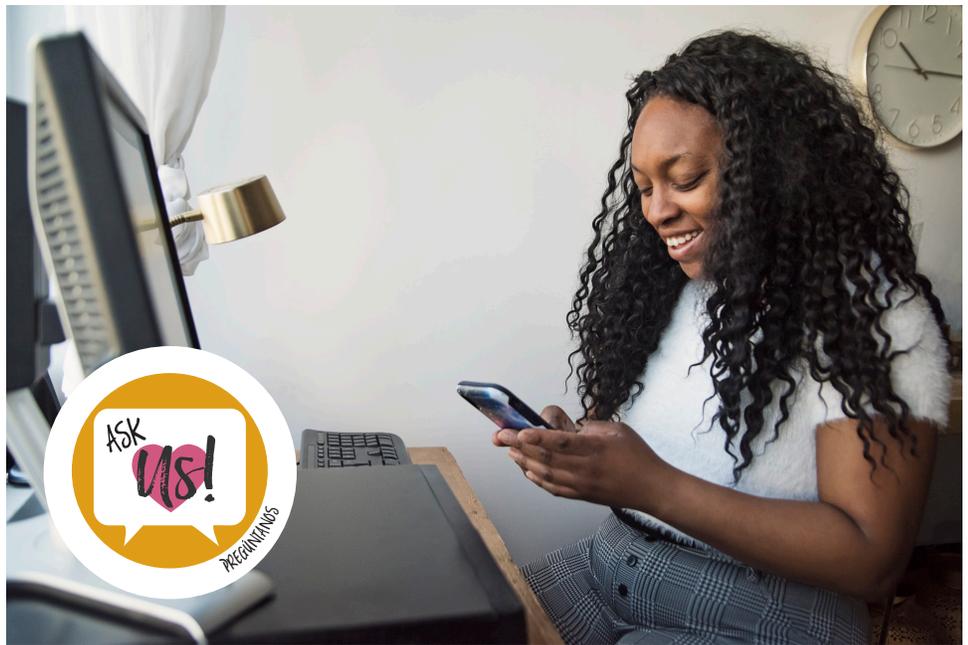
Do you feel like you are always in crisis mode? Are you dealing with chronic stress, hypervigilance or burnout? All of these may be signs of Post-Traumatic Stress Disorder (PTSD). Parents and caregivers of medically complex children are four times more likely to develop PTSD. Amy Dillon Cody, MSW, LISW, of Amy Dillon Cody LLC, will discuss the symptoms of PTSD and available therapies. Come and connect with other families of children with complex needs.

*Tuesday, March 22, 7:00 p.m.*  
**Virtual**

### Coping with Cancer, COVID and Other Illnesses **A**

You just found out a loved one is sick – what do you tell your child? What type of support can you as the parent or caregiver provide? Erin Rafter, PhD, CCLS, of The Gathering Place, will discuss developmentally appropriate reactions children have when a family member or close friend has cancer, COVID or another illness. Come connect and discuss coping strategies including ways to support your child and talk about illness.

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



### 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 learning disabilities 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).

### Ask Us 1:1 Interpreting Services

Do you need translation? Call 440-570-5908 and say your language. A translator will join the call so we can help you find resources and support. 150 languages offered, including Spanish, Arabic, Russian and Chinese.

¿Necesitas traducción? Llame al 440-570-5908 y diga su idioma. Un traductor se unirá a la llamada para que podamos ayudarlo a encontrar recursos y apoyo.

### Behavior Chat **A**

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 to learn how to use the tools in our Behavior Toolkit to help your child control behavior and manage emotions. Each attendee will receive a free Behavior Toolkit. 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.

#### Tools for Taming Big Emotions

*Tuesday, January 25, 7:00 p.m.*  
**Virtual**

#### Tracking and Tackling Problem Behaviors

*Wednesday, February 16, 7:00 p.m.*  
**Virtual**

BEHAVIOR CHAT

## WINTER PROGRAMS: WITH MY CHILD

### 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 Cleveland Clinic Children's Hospital for Rehabilitation. 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](https://connectingforkids.org/consult).

**Thursday, March 10, 6:00 - 8:00 p.m.**  
**Middleburg Heights Branch of Cuyahoga County Public Library and Virtual**



### Adapted Library Programs

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

#### Family Puzzle and Game Time

Put together a puzzle or enjoy a game at the library! You can bring your own or use one of ours! Ages 5-9.

**Wednesday, February 23, 4:00 p.m.**  
**Westlake Porter Public Library**

#### Kids in the Kitchen

Learn basic cooking with simple recipes for kids with disabilities and their typical peers. If you have an allergy or dietary concern, please contact the Youth Desk at 440-250-5471. Ages 8-12.

**Saturday, January 8, 1:00 p.m. and 2:15 p.m.**  
**Westlake Porter Public Library**

#### Music is My Jam

Explore music with shakers, rhythm sticks and more! For children with disabilities with a caregiver; siblings are welcome. Ages 2-7.

**Friday, March 18, 9:30 a.m.**  
**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.

**Saturday, January 29, 10:30 a.m.**  
**(Hybrid, in-person and virtual options available)**  
**North Ridgeville Branch of Lorain Public Library System**

#### Paint Play

We will explore many ways to play with paint. Please wear clothes that can get messy. Ages 3-8.

**Sunday, March 6, 3:30 p.m.**  
**Westlake Porter Public Library**

#### Sensory Creations: Hot Chocolate Cloud Dough

Pick up supplies and instructions for some of our favorite all-inclusive, sensory activities. *Registration opens two weeks before pickup.* All ages.

**Pickup begins Monday, January 17**  
**Avon Lake Public Library**

#### Sensory Creations: St. Patrick's Sensory Squishy Bag

Pick up supplies and instructions for some of our favorite all-inclusive, sensory activities. *Registration opens two weeks before pickup.* All ages.

**Pickup begins Monday, March 14**  
**Avon Lake Public Library**

#### Sensory Exploration

Engage your child's senses by scooping, pouring, and sorting a variety of materials. This session is for children with disabilities and their typical peers. Ages 3-7.

**Monday, March 28, 10:00 a.m.**  
**Westlake Porter Public Library**

## Music Therapy & More<sup>SM</sup>

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)

### In-Person Sessions

**Middleburg Heights Branch of Cuyahoga County Public Library**  
Sessions begin at 10:30 a.m.

- Saturday, January 15
- Saturday, February 19
- Saturday, March 19

**Solon Branch of Cuyahoga County Public Library**

Sessions begin at 10:30 a.m.

- Friday, January 21
- Friday, February 18
- Friday, March 18

**Westlake Porter Public Library**

Sessions begin at 9:30 and 10:30 a.m.

- Saturday, January 8
- Friday, January 14
- Friday, February 11
- Saturday, February 12
- Friday, March 11
- Saturday, March 12

### Virtual Zoom Sessions

These live, virtual programs work best for children who are unable to wear a mask to attend in-person programs. It is also helpful if they are used to interacting with a phone or computer screen. With Zoom, families can actively engage with the music therapist, talk to each other and enjoy the program together in real time. During the session, the music therapist will use common household materials to have fun while using music to improve skills.

- Saturday, January 22, 10:30 a.m.
- Saturday, February 26, 10:30 a.m.
- Saturday, March 26, 10:30 a.m.

### Sensory Fun for Babies & Toddlers: Let It Snow! Fake Snow

Designed to help caregivers engage with their young children, these activity bags include supplies and instructions for an activity or craft to share.

Registration opens two weeks before pickup. Ages 6-36 months.

Pickup begins Monday, February 28  
Avon Lake Public Library

### Sensory Fun for Babies & Toddlers: St. Patty's Sensory Bottle

Designed to help caregivers engage with their young children, these activity bags include supplies and instructions for an activity or craft to share.

Registration opens two weeks before pickup. Ages 6-36 months.

Pickup begins Monday, March 28  
Avon Lake Public Library

### Stories and Signs

Enjoy interactive stories, songs and movement activities while learning a few words in sign language! Siblings welcome! Ages 0-3.

Wednesday, February 16, 9:30 a.m.  
Westlake Porter 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)

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

- Saturday, January 22, 11:00 a.m.
- Saturday, February 26, 11:00 a.m.
- Saturday, March 12, 11:00 a.m.

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

(Hybrid - in-person and virtual options available)

- Saturday, February 5, 10:30 a.m.
- Saturday, March 19, 10:30 a.m.

**Solon Branch of Cuyahoga County Public Library**

- Saturday, January 15, 10:30 a.m.
- Saturday, February 12, 10:30 a.m.
- Saturday, March 12, 10:30 a.m.

**Westlake Porter Public Library**

- Thursday, January 6, 6:30 p.m.
- Sunday, January 9, 2:00 p.m.
- Friday, January 21, 11:00 a.m.
- Saturday, February 5, 11:00 a.m.
- Thursday, February 10, 6:30 p.m.
- Friday, February 25, 11:00 a.m.
- Saturday, March 5, 11:00 a.m.
- Thursday, March 17, 6:30 p.m.
- Friday, March 25, 11:00 a.m.



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

### Call or Text

440-570-5908

(para español 440-907-9130)

### Email

[info@connectingforkids.org](mailto:info@connectingforkids.org)



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Connecting for Kids.

## With Our Thanks

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

### Ask Us 1:1

Supported by a grant from the Community West Foundation.

### Middleburg Heights, Solon and Virtual Music Therapy & More Programs

Presented in partnership with Cuyahoga County Public Library.

### Rocky River Programs

Presented in partnership with Rocky River Public Library.

### 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

### 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

### Rocky River Public Library

1600 Hampton Rd.  
440-333-7610

### Solon Branch Cuyahoga County Public Library

34125 Portz Pkwy.  
440-248-8777

### Westlake Porter Public Library

27333 Center Ridge Rd.  
440-871-2600

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