

**Mommy and Me.** This group is designed for new mothers and their babies, from birth to one year old. New moms can share ideas and ask questions while benefiting from support and encouragement. This group is offered in cooperation with Eastern Maine Medical Center. No cost to participate.

Date: 3rd Thursday of every month  
Time: 10:00 am - 11:30 am  
Location: EMMC, Phillips Oliver 5 Lactation and Perinatal Education Suite, Bangor  
FMI: 973-3674 or 1-888-389-3610

**Support Group for Parents of Children with Autism:** Open to all parents/guardians of children with autism spectrum disorder. No cost to participate..

Date: First Monday of every month  
January 4th - May 3rd  
Time: 6:00 pm - 8:00 pm  
Location: Penquis, 262 Harlow St., Bangor  
FMI: 973-3592 or 1-800-215-4942 x592

### Community Outreach & Education

**Community Outreach Educators' Showcase:** Rape Response Services offers an array of primary prevention presentations and workshops to schools, businesses and community groups. Enjoy our most popular presentations: Personal Body Safety with our Puppet Friends; NetSmartz Internet Safety; Sexual Harassment/Gender Stereotypes/Labeling; Media Literacy; and Sexual Assault 101. Light refreshments will be served. Please Pre-Register. No cost to participate.

Date: 2<sup>nd</sup> Tuesday of every month  
Time: 6:00 pm -8:00 pm  
Location: Penquis, 262 Harlow St., Bangor  
FMI: 973-3662; 1-800-215-4942 x662; or bvoigt@penquis.org

*We invite requests for presentations at your school, business or community group.*

*In accordance with federal regulations, Penquis does not discriminate in access to or the provision of its services.*

*Penquis reserves the right to make changes, without prior notice, to the information contained in this publication, including alteration of fees, schedules and the revision or cancellation of particular courses.*

### Business

**Business 101.** This class, offered through MaineStream Finance, a subsidiary of Penquis, provides an overview of the pros and cons of operating a microenterprise, what a business plan is, why it is needed and resources for business development assistance. No cost to participate.

Dates: Monday, January 11th  
Time: 6:00 pm  
Location: Penquis, 262 Harlow St., Bangor

Date: Tuesday, January 12th  
Time: 6:00 pm  
Location Penquis, 50 North St., Dover-Foxcroft  
FMI: 1-800-215-4942, ext. 210

#### **Incubator Without Walls- Business Basics:**

This 12-session course teaches individuals how to start and expand businesses with 5 or fewer employees. This course will be offered early February in both Piscataquis and Penobscot counties. It is suggested that you take Business 101 first. To receive an application or for more information visit [www.mainstreamfinance.org](http://www.mainstreamfinance.org). No cost to participate.

Date & Time: TBA  
Location: Penquis, 262 Harlow St., Bangor and Penquis, 50 North St., Dover-Foxcroft  
FMI: Call James Macomber at 1-800-215-4942, ext. 210 or [jmacomber@penquis.org](mailto:jmacomber@penquis.org)

### HOUSING

**Home Buyer Education.** This 12-hour certified training course offered through MaineStream Finance, a subsidiary of Penquis, helps potential home buyers make prudent home purchasing decisions. Participants must attend all classes. Cost: \$25

Dates: January 11, 12, 13 & 14  
Time: 5:30 pm - 8:30 pm  
Location: Penquis, 262 Harlow St., Bangor

Dates: Saturdays, February 6 & 13  
Time: 8:00 am - 3:00 pm  
Location: Penquis, 50 North St., Dover-Foxcroft  
FMI: 1-800-215-4942 ext. 424 or [rdavis@penquis.org](mailto:rdavis@penquis.org)

262 Harlow Street  
P.O. Box 1162  
Bangor, ME 04402-1162

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## COURSES & SPECIAL PROGRAMS



Spring 2010

262 Harlow Street • PO Box 1162 • Bangor, ME 04402  
207/973-3500 • 800-215-4942 • TDD 207/973-3520  
[www.penquis.org](http://www.penquis.org)

## Maine Roads To Quality Training 2010

**MRTQ Maine Early Childhood Learning**

**Guidelines:** These sessions include orientation to the ECLG, integrating the guidelines into your current curriculum, adapting the guidelines to children with special needs, observation and assessment of young children, and sharing guidelines with families. (30 hrs.)

Date: Mondays, January 11 - March 29

Time: 5:30 pm - 8:30 pm

Location: Stillwater Montessori, Old Town

Cost: \$20 or \$15 for QRS participants

FMI: 973-3533 or 1-888-917-1100

**MRTQ Getting Started in Family Child Care**

**Part 1:** This training introduces aspects of opening a family child care business in the home. It covers state certification procedures and addresses the reasons and importance of becoming a family child care provider. This revised curriculum identifies and provides a full array of resources to aid providers in establishing a successful and organized in-home business. (6 hrs.)

Dates: March 22 & 23

Time: 6:00 pm – 9:00 pm

Location: Penquis, 262 Harlow St., Bangor

Cost: \$20 or \$15 for QRS participants

FMI: 973-3533 or 1-888-917-1100

**MRTQ Getting Started in Family Child Care-**

**Part 2:** This companion training to Part 1 introduces aspects of child development, health and safety and curriculum, as well as professional development in a family child care setting. This training supports higher achievement in the Quality for ME rating system by informing you about compliance with Maine certification requirements (licensing), policies and procedures, learning environment, developmentally appropriate practice, professional development and parent/family involvement. (6 hrs.)

Dates: April 5 & 6

Time: 6:00 pm – 9:00 pm

Location: Parkside Learning Center

107 Maine Ave., Bangor

Cost: \$20 or \$15 for QRS participants

FMI: 973-3533 or 1-888-917-1100

**MRTQ Caring for Infants and Toddlers &**

**Their Families:** This training covers the unique aspects of providing care for infants and toddlers in a home or center-based setting. Focus will be given to establishing the parent/provider relationship, understanding temperament, curriculum, setting up and maintaining developmentally appropriate environments.

Dates: Mondays, March 1 – April 26

Times: 6:00 pm – 9:00 pm

Location: Penquis, 262 Harlow St., Bangor

Date: Tuesdays, May 4 – June 22

Time: 6:00 pm – 9:00 pm

Location: Seabastcook Valley Community Center  
81 North St. Newport, ME

Cost: \$20 or \$15 for QRS participants

FMI: 973-3533 or 1-888-917-1100

**MRTQ Operating a FCC Business—Online:**

This eight-part curriculum is designed to develop and improve basic business management skills for Family Child Care. Learning activities and take home action steps encourage participants to practice what they learn to improve the bottom line. Topics: Balancing Work and Family, Tips on Writing Contracts and Policies, Creative Marketing Ideas, Recordkeeping, and Increasing Business Profits, and Growing the Business. **Date: Starts January 4**

**MRTQ Foundations in Center Based Care-**

**Online:** This orientation is geared toward professionals who are new to center-based care. Because every setting is unique, with its own philosophies, program characteristics and policies, much of the work in these modules will require students to work with a supervisor or center director to complete the training. **Date: Starts March 1**

**MRTQ Curriculum & Development**

**Preschool:** This curriculum is designed to introduce participants to planning, developing and implementing curriculum to meet the unique needs of preschoolers.

Date: Wednesdays, March 17 – April 17

Location: Penquis, 262 Harlow St., Bangor

Time: 6:00 pm - 9:00 pm

Cost: \$20 or \$15 for QRS participants

FMI: 973-3533 or 1-888-917-1100

**Healthy Maine Partnership– Celebrate**

**Foods:** Offered at 5 locations and free to attend, participants will prepare and taste test healthy snacks and learn basic food safety. Recipes will be shared.

Date: February 4

Locations: Mayo Regional Hospital

897 W. Main St., Dover-Foxcroft

Old Town YMCA, 472 Stillwater Ave., Old Town

Nokomis High School, 266 Williams Rd., Newport

Date: February 11

Locations: Penobscot Valley Hospital, Room A

7 Transalpine Road, Lincoln

Health and Wellness Center, 103 Texas Ave, Bangor

Time: 6:00 pm - 9:00 pm at all locations

**Curriculum Night:** Held on the last Wednesday of each month, these nights are full of hands-on activities, curriculum ideas, guest speakers, presentations and an opportunity to browse the library and sign books out.

Dates: Jan. 27, Feb. 24, Mar. 31, April 28 & May 26

Time: 6:00 pm – 8:00 pm

Location: Penquis, 262 Harlow St., Bangor

FMI: 973-3533 or 1-888-917-1100

Cost: \$5 per class

**Conscious Discipline® :** This comprehensive classroom management program and social-emotional curriculum is based on current brain research, child development information and developmentally appropriate practices. It utilizes the unique approach of increasing the social-emotional skills of adults first. As adults change their attitudes and behaviors so will the children in their care. All aspects of Conscious Discipline® focus on creating a safe environment for children to learn and practice the skills needed for healthy social, emotional and academic development.

Date: February 11, March 11, April 8 and May 13

Time: 6:00 pm – 9:00 pm

Location: Penquis, 262 Harlow St., Bangor

Cost: \$10 per session

FMI: 973-3533 or 1-888-917-1100

**Personal Body Safety with our Puppet**

**Friends** For Children K-4<sup>th</sup> grade & Their Caretakers. Come view and enjoy our take on teaching children the importance of personal body safety. Maggie and Lucy exchange friendly banter until Lucy confesses a secret and that she needs some help deciding what to do. Maggie encourages Lucy to tell a trusted adult. In the show, we learn about the three personal body safety rules. Research shows that children who have this information are less likely to be hurt by a predator.

Please Pre-Register for this free program.

Date :Wednesday, January 27<sup>th</sup>, 5-6pm

Location: Penquis, 262 Harlow St, Bangor

FMI/To Register: (207)973-3662 or 1888-389-3610

**Boot Camp for New Dads.** A unique father-to-father, community-based workshop that inspires and equips men to become confidently engaged with their infants, support their mates and personally navigate their transformation into dads. Participants spend time in a casual setting talking with an experienced dad who brings his own baby. Pizza and beverages provided. No cost to participate.

Date: TBA

Time: 5:00 pm - 8:00 pm

Location: Penquis, 262 Harlow St., Bangor

FMI: 973-3674 or 1-888-389-3610

**Local Parent and Child Playgroups.**

A playgroup is a small gathering of parents/caregivers and their pre-school aged children, who get together on a regular basis for play and interaction often meeting in a public place such as a park or designated play area. No cost to participate.

Lincoln

Date: 4th Tuesday/month

Time: 10:30 am - 12:00 pm

Location: Lincoln Library, 11 W. Broadway

Millinocket

Date: 2nd Monday/month

Time: 10:30 am - 12:00 pm

Location: Millinocket Memorial Library, Maine St.

Held in cooperation with DHHS Public Health

Nursing. Call 723-6734. FMI: 1-888-389-3610