

## BUSINESS/PROFESSIONAL DEVELOPMENT

**Business 101.** This class will provide an overview of the pros and cons of operating a microenterprise, what a business plan is and why it is needed and resources for business development assistance.

Cost: None  
FMI: 1-800-215-4942, ext. 210  
Date: Wednesday, May 7  
Time: 6:00 pm  
Location: Penquis, 50 North St., Dover-Foxcroft  
Date: Wednesday, May 21  
Time: 6:00 pm  
Location: Penquis, 262 Harlow St., Bangor

**Early Language Development.** This elective will cover developmental milestones and “red flags”, strategies for encouraging children’s language development, and what a speech pathologist does and how to make a referral for services. Facilitator: MaryBeth Richards, MS, CCC-SLP, Program Director, The Warren Center for Communication and Learning.

Cost: \$15  
Date: August 5 & 12  
Time: 6:00—8:00 pm  
Location: Penquis, 262 Harlow St., Bangor  
FMI: 973-3533 or 1-888-917-1100

**Incubator Without Walls.** This 10-week course helps individuals start and expand businesses with five or fewer employees.

Cost: None  
Date: Begins in May  
Time: 6:00—9:00 pm  
Location: Penquis, 50 North St., Dover-Foxcroft  
FMI: 1-800-215-4942, ext. 210

**Introduction to Infant Mental Health: Issues and Practice.** The 18-hour course will provide specific information on attachments, temperament, relationship building, use of self, principles of infant mental health practice, assessment, identification and support of family strengths. Required for the I/T Credential. Presenter is Anne C. Williams, BSN, M.Ed., Infant Mental Health Specialist.

Cost: \$15  
Date: May 16, 17, 31  
Time: 8:30 am—3:30 pm  
Location: Penquis, 262 Harlow St., Bangor  
FMI: 973-3533 or 1-888-917-1100

**Many Eyes, Many Voices.** This 6-hour training is provided in conjunction with the Maine Humanities Council. Young children are aware of differences—of skin color, body shape, gender, language, family structure, living arrangements—from a very early age. This training uses vividly illustrated children’s books as a vehicle for having meaningful conversations about differences. Activities accompanying the children’s literature are included in the guide. Each participant will receive books and the curriculum guide for use in the early care and education setting.

Cost: \$20  
Date: May 20 & 22  
Time: 6:00—9:00 pm  
Location: Penquis, 262 Harlow St., Bangor  
FMI: 973-3533 or 1-888-917-1100

**MRTQ Foundations in Health, Wellness & Safety.** Participants will be introduced to the importance of health, wellness and safety through personal care routines, nutrition education, and environmental hazards. The training adheres to best quality practices as established by the National Standards set forth by NAEYC, NAFCC, and NAA.

Cost: \$20  
Date: July 14-22; Registration deadline is June 6  
Location: ONLINE  
FMI: 973-3533 or 1-888-917-1100

**MRTQ Maine Early Childhood Learning Guidelines.** Maine’s Early Childhood Learning Guidelines are written for all children ages 3-5 and are a precursor to Maine’s K-12 Learning Results. 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 using the guidelines, and sharing them with families.

Cost: \$20  
FMI: 973-3533 or 1-888-917-1100  
Date: June 3, 10, 17, 24; July 8, 15, 22, 29  
Time: 6:00—9:00 pm  
Location: Penquis, 262 Harlow St., Bangor

Date: June 7, 14, 28; July 12, 26; Aug. 9, 23; Sept. 6  
Time: 9:00 am—12:00 pm  
Location: Penquis, 262 Harlow St., Bangor  
Date: Summer 2008—TBA  
Time: TBA  
Location: Penquis, 50 North St., Dover-Foxcroft

**MRTQ Partners in Caring—Families and Caregivers.** This training covers information about families today, roles and boundary setting, verbal/written communication to reduce potential areas of conflict between families and caregivers.

Cost: \$15  
Date: July 8-31; Registration deadline is June 6  
Location: ONLINE  
FMI: Faith Perkins, 667-2467

**MRTQ Supporting Maine’s Infant/Toddler: Learning & Development Guidelines.** This 24-hour module focuses on orienting providers to the document and on developing an understanding regarding its use in a provider’s work with infants/toddlers and their families, using various tools and strategies to engage in observation, to collect evidence of children’s development, and to plan curriculum within the context of Maine’s guidelines for infants/toddlers. Participants complete a portfolio/case study of one infant/toddler that utilizes concepts and strategies introduced in the training.

Cost: \$20  
Date: May 22, 29; June 5, 12, 19, 26; July 17, 24  
Time: 6:00—9:00 pm  
Location: CDS, Outer Pine St., Dover-Foxcroft  
FMI: 973-3533 or 1-888-917-1100

**Peaceable Stories.** This 6-hour training will explore a variety of picture books in conjunction with related activities and strategies on the eternal subjects of conflict resolution and peaceable environment. Each participant will receive books and the curriculum guide for use in the early care

and education setting. This training is intended to complement, not duplicate, the Building a Peaceable Non-violent Early Childhood Setting. Presented by the Born to Read program of the Maine Humanities Council.

Cost: \$20  
Date: July 15 & 17  
Time: 6:00—9:00 pm  
Location: Old Town-Orono YMCA, Old Town  
FMI: 973-3533 or 1-888-917-1100

**Sharing Books with Babies.** This 6-hour training is designed to promote early literacy with infants and toddlers. Explore early learning and how that learning develops language mastery and builds early literacy skills. Please bring a favorite book that you have shared with infants and toddlers.

Cost: \$15  
Date: June 12 & 19  
Time: 5:30—8:30 pm  
Location: Penobscot Valley Hospital, Lincoln  
FMI: 973-3533 or 1-888-917-1100

## CHILD AND FAMILY

**Bangor Parent and Child Playgroup.** Open to Bangor area parents with children age five & under.

Cost: None  
Date: 3rd Thursday of every month  
Time: 10:00—11:30 am  
Location: Grace Methodist Church, Union St., Bangor  
FMI: 973-3619 or 1-888-389-3610

**Boot Camp for New Dads.** This workshop is designed for dads-to-be who are in the last trimester of pregnancy. Participants spend time in a casual setting talking with an experienced dad who brings his own baby. Pizza and beverages provided.

Cost: None  
Date: June (TBA)  
Time: 5:00—8:00 pm  
Location: Penquis, 262 Harlow St., Bangor  
FMI: 973-3674 or 1-888-389-3610

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**Corinth Play Group for Parents and Children.**

Open to parents with children age five and under.

Cost: None  
 Date: 3rd Thursday of the month  
 Time: 10:00—11:30 am  
 Location: Corinth United Methodist Church  
 FMI: 564-7116 or 1-888-389-3610

**Lincoln Parent and Child Playgroup.**

Open to Lincoln area parents with children five and under.

Cost: None  
 Date: Last Wednesday of every month  
 Time: 1:30 - 3:00 pm  
 Location: Lincoln Library, 11 W. Broadway, Lincoln

**Maine Kids-Kin.** For grandparents, aunts and uncles raising grandchildren, nieces and nephews in Piscataquis County. Support and information on legal, financial and educational issues, getting services for children and needs of children who have experienced family disruption. Child care provided.

Cost: None  
 Date: 4<sup>th</sup> Monday of each month  
 Time: 6:30—8:30 pm  
 Location: Penquis, 50 North St., Dover-Foxcroft  
 FMI: 1-866-298-0896

**Millinocket Area Parent and Child Playgroup.**

Open to Millinocket area parents with children age five and under. Held in cooperation with DHHS Public Health Nursing.

Cost: None  
 Date: 2<sup>nd</sup> Tuesday of every month  
 Time: 10:00 am—12:00 pm  
 Location: Millinocket Memorial Library, Main St.  
 FMI: 723-6734

**Mommy and Me.** This group is designed for new mothers and their babies, from birth to one year old, to share support and ideas. Offered in cooperation with Eastern Maine Medical Center.

Cost: None  
 Date: Third Thursday of every month  
 Time: 10:00—11:30 am  
 Location: EMMC, Grant 2D Conference Room, Bangor  
 FMI: Call 973-3620 or 1-888-389-3610

**Newport Parent and Child Playgroup.**

Open to Newport area parents with children five and under.

Cost: None  
 Date: 2<sup>nd</sup> Wednesday of every month  
 Time: 10:00—11:30 am  
 Location: Sebasticook Valley Community Center, North Street, Newport  
 FMI: 973-3619 or 1-888-389-3610

**Young Adult Parent and Child Playgroup.**

This group is designed for parents 21 years old and younger.

Cost: None  
 Date: Every other Thursday  
 Time: 3:00—4:30 pm  
 Location: Grace United Methodist Church, Union St., Bangor  
 FMI: 973-3581 or 1-888-389-3610

**Support Group for Parents of Children with Autism.**

Open to all parents/guardians of children with autism spectrum disorder.

Cost: None  
 Date: 1st Monday of every month  
 Time: 6:00 - 8:00 pm  
 Location: Penquis, 262 Harlow St., Bangor  
 FMI: Call 973-3674 or 1-888-389-3610

**FINANCE**

**Create a Better Future.** This free MoneySmart course will teach you how to build a family budget that you can live with; how to build savings for the future; and how your credit score affects you. One-on-one budget/debt management counseling will be made available to those who complete the course.

Cost: None  
 FMI: 1-800-215-4942 ext. 605  
 Date: Tuesday, April 29  
 Time: 6:00 pm  
 Location: Penquis, 50 North St., Dover-Foxcroft  
 Date: Monday, June 12  
 Time: 6:00 pm  
 Location: The Knox Center, 6 White St., Rockland  
 Date: Tuesday, June 13  
 Time: 6:00 pm  
 Location: Penquis, 50 North St., Dover-Foxcroft

**HOUSING**

**Home Buyer Education.** This 12-hour certified training course is offered through MaineStream Finance, a subsidiary of Penquis, and helps potential home buyers make prudent home purchase decisions. Course includes Budget and Debt Management Counseling and Financial Crisis Counseling. Participants must attend all classes. Registration is required.

Cost: None  
 FMI: 1-800-215-4942 ext. 424  
 Date: Saturday, May 10 and 17  
 Time: 8:00 a.m.—3:00 pm  
 Location: Penquis, 170 Pleasant St., Rockland  
 Date: May 12, 13, 14 and 15  
 Time: 5:30—8:30 pm  
 Location: Penquis, 262 Harlow St., Bangor  
 Date: June 9, 10, 16 and 17  
 Time: 5:30—8:30 pm  
 Location: Penquis, 170 Pleasant St., Rockland  
 Date: Saturdays, June 21 and 28  
 Time: 8:00 am—3:00 pm  
 Location: Baxter State Park, 24 Balsam Dr., Millinocket  
 Date: Saturdays, July 5 and 12  
 Time: 8:00 am—3:00 pm  
 Location: WCAP, 9 Field Street, Belfast  
 Date: July 14, 15, 16 and 17  
 Time: 5:30—8:30 pm  
 Location: Penquis, 262 Harlow St., Bangor  
 Date: Saturdays, August 2 and 9  
 Time: 8:00 am—3:00 pm  
 Location: Greenville Incubator Conference Room, 76 Spruce St., Greenville

*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.*

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



## COURSES & SPECIAL PROGRAMS



### Spring/Summer 2008