

Local Parent and Child Playgroups. Open to parents with children age five and under.

Cost: None
FMI: 1-888-389-3610
Bangor: 3rd Thursday/mo., 3:00-4:30 p.m.
Grace Methodist Church, 193 Union St.
Corinth: 3rd Thursday/mo., 10:00-11:30 a.m.
United Methodist Church, 275 Main St.
Lincoln: Last Wednesday/mo., 1:30-3:00 p.m.
Lincoln Library, 11 W. Broadway
Millinocket: 2nd Monday/mo., 10:00 a.m.-12:00 p.m.
Millinocket Memorial Library, Maine St.
Held in cooperation with DHHS
Public Health Nursing. Call 723-6734.

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: 4th Monday of every month
Time: 6:30—8:30 p.m.
Location: Penquis, 50 North St., Dover-Foxcroft
FMI: 1-866-298-0896

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: 3rd Thursday of every month
Time: 10:00—11:30 a.m.
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.

Cost: None
Date: 1st Monday of every month
Time: 6:00 - 8:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3592 or 1-800-215-4942 x592

HOUSING

Home Buyer Education. This 12-hour certified training course is offered through MaineStream Finance, a Penquis subsidiary, and helps potential home buyers make prudent home purchasing decisions. Participants must attend all classes.

FMI: 1-800-215-4942 ext. 424 or
fperry@penquis.org

Cost: None
Date: Saturdays, September 20 and 27
Time: 8:00 a.m.—3:00 p.m.
Location: Penquis, 50 North St., Dover-Foxcroft

Cost: \$25*
Date: Saturdays, October 4 and 11
Time: 8:00 a.m.—3:00 p.m.
Location: Penquis, 170 Pleasant St., Rockland

Cost: \$25*
Date: October 13-16
Time: 5:30-8:30 p.m.
Location: Penquis, 262 Harlow St., Bangor

Cost: \$25*
Date: Saturdays, November 8 and 15
Time: 8:00 a.m.-3:00 p.m.
Location: Penquis, 262 Harlow St., Bangor

Cost: \$25*
Date: December 8-11
Time: 5:30-8:30 p.m.
Location: Penquis, 262 Harlow St., Bangor

*Payment must be received in advance of the class. Mail checks to Farrah Perry, MaineStream Finance, PO Box 1162, Bangor, ME 04402-1162. Note the date and location of the class.

Home Energy Conservation Workshop.

Learn what you can do to reduce energy costs this winter. Many tips will be shared with an opportunity for questions at the end. Please register in advance.

Cost: None
Date: Thursday, October 2
Time: 6:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 974-2407 or 1-800-215-4942

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

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

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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/PROFESSIONAL DEVELOPMENT

10th Annual RDC Child Care Symposium.

Good Beginnings Last a Lifetime, Excellence Begins with You!

Cost: \$30 before Aug. 31; \$35 after Aug. 31
Date: Saturday, September 20
Time: 7:30 a.m.—3:30 p.m.
Location: Rangeley Hall, EMCC, Bangor
FMI: 973-3533 or 1-888-917-1100

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: Monday, September 15
Time: 6:00 p.m.
Location: Penquis, 262 Harlow St., Bangor

Date: Wednesday, September 17
Time: 6:00 p.m.
Location: Rockland—TBA

Date: Tuesday, September 23
Time: 6:00 p.m.
Location: Penquis, 50 North St., Dover-Foxcroft

Curriculum Night (formerly Library Night).

It's all about curriculum. Learn activities to help create your own fun with the children. The library will be open for you to browse & borrow. Please come and check out the resources available.

Cost: \$5
Dates: September 24 — Fire Safety
October 29 — Fun Fall Favorites
November 19 — Are you prepared for an emergency?

Time: 6:00—8:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3533 or 1-888-917-1100

Incubator Without Walls. This 10-session course helps individuals start and expand businesses with 5 or fewer employees.

Cost: None
Date: TBA. Fall 2008.
Time: 6:00-9:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 1-800-215-4942, ext. 210

MRTQ Fostering the Social / Emotional Development & Competence of Young Children.

This 30-hour training focuses on helping all children, not only the children who fit in well, but those with “difficult” behaviors, develop social skills, self confidence and build their social-emotional intelligence. Participants will take an in-depth look at why children act out and how they can work preventively to diminish social difficulties. The content covers building relationships, assessing the environment and curriculum, designing strategies to support children to maintain peer relationships, develop skills to improve self regulation and conflict resolution, and identifying community resources when involving other specialists is needed.

Cost: \$25
Date: Saturdays, Oct. 2008—Feb. 2009
Time: 9:00 a.m.—12:00 p.m.
Location: Bangor—TBA
FMI: 973-3533 or 1-888-917-1100

MRTQ Foundations in Center Based Care. This training serves as a basic overview of working in center-based early childhood programs. Topics focus on the role and requirements of the early childhood educator, the needs of young children, the components of quality early childhood programming, and options for pursuing additional training in the field.

Cost: \$15
Date: Friday, August 22
Time: 8:30 a.m.—4:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3533 or 1-888-917-1100

MRTQ Getting Started in Family Child Care.

This training introduces the aspects of opening a family child care business in the home. It covers state certification procedures, health and safety

practices, working with families, child development, community and professional resources, and business and professional development.

Cost: \$15
Date: Tuesdays, September 16 and 23
Time: 6:00—9:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
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, and sharing them with families.

Cost: \$25
Date: Mondays, Oct. 6, 20, 27, Nov. 3, 10, 17, 24
Time: 2:00—5:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3533 or 1-888-917-1100

MRTQ Starting Core Knowledge. This 3-hour training introduces the Core Knowledge Training Program, its uses in professional development, such as the CDA and Infant/Toddler Credential, and how the portfolio can transform training into college credit. Basic information includes procedures for documenting learning, orientation to the Maine Roads Professional Registry, and tracking hours of training. Participants are required to be on the MRTQ Registry. To join the Registry go to: <https://mrtq.musk.usm.maine.edu/public/login.aspx>.

Cost: \$15
Date: Wednesday, October 8
Time: 6:00—9:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
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. Presented by the Born to Read program of the Maine Humanities Council.

Cost: \$20
Date: Thursdays, November 6 and 13
Time: 6:00—9:00 p.m.
Location: Penquis, 50 North St., Dover-Foxcroft
FMI: 973-3533 or 1-888-917-1100

Rural Maine Small Business Conference.

Information and networking for rural Maine small business owners. See www.ruralmainebiz.org.

Cost: \$20
Date: Wednesday, October 29
Time: 9:00 a.m.—4:30 p.m.
Location: Penquis Higher Education Center, 50 Mayo St., Dover-Foxcroft
FMI: 564-7116 or 1-800-215-4942 ext. 210

Transportation Training. Topics include transporting children safely and proper installation of child safety seats with hands-on demonstrations. This training meets licensing requirements.

Cost: \$10
Date: Saturday, October 4
Time: 9:00 a.m.—1:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3533 or 1-888-917-1100

CHILD AND FAMILY

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: TBA, late September/early October
Time: 5:00—8:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3674 or 1-888-389-3610

Discovery Day Playdate. This group is designed for parents 25 years old and younger with children under the age of 5.

Cost: None
Date: 2nd Wednesday of every month
Time: 1:00—2:30 p.m.
Location: Maine Discovery Museum, Main St., Bangor
FMI: 973-3591 or 1-888-389-3610

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