

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
Beginning October 5th - May 3rd
Time: 6:00 pm - 8:00 pm
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3592 or 1-800-215-4942 x592

Business

Business 101. This class, offered through MaineStream Finance, a subsidiary of Penquis, 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. **No cost to participate.**

Date: August 20 & September 23
Time: 6:00 pm
Location Penquis, 50 North St., D-F Dover-Foxcroft

Dates: August 17 & September 21
Time: 6:00 pm
Location: Penquis, 262 Harlow St., Bangor
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. **No cost to participate.**

Date: Beginning October 5th
Time: 6:00 pm - 9:00 pm
Location: Penquis, 262 Harlow St., Bangor
FMI: 1-800-215-4942, ext. 210

Rural Maine Small Business Conference:
Offered through MaineStream Finance, a subsidiary of Penquis, this conference is designed to foster the success of microenterprises doing business in rural Maine by providing access to educational and networking opportunities.

Date: Wednesday, October 28
Time and Cost: TBA
Location: Penquis Higher Education Center, Dover-Foxcroft
FMI: 564-7116 or 1-800-215-4942 ext. 210

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 purchasing decisions. **Participants must attend all classes.**

Dates: September 9, 10, 16 & 17
Time: 5:30 pm - 8:30 pm
Location: Penquis, 262 Harlow St., Bangor
Cost: \$25

Dates: September 21, 22, 23 & 24
Time: 5:30 pm - 8:30 pm
Location: Penquis, 262 Harlow St., Bangor
Cost: \$25

Dates: September 26 & October 3
Time: 8:00 am - 3:00 pm
Location: Penquis, 50 North St., Dover-Foxcroft
Cost: \$25

Dates: October 17 & 24
Time: 8:00 am - 3:00 pm
Location: Penquis, 170 Pleasant St., Rockland
Cost: \$25

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

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

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.

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

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Fall 2009

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PROFESSIONAL DEVELOPMENT

Fall 2009 Schedule Maine Roads To Quality Training

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: October 7 & 8

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: October 14 & 15

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 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 them with families. (30 hrs.)

Date: TBA

Time: 6:00 pm - 9:00 pm

Location: Millinocket

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

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

MRTQ Caring for Infant and Toddlers & Their Families:

This training covers the unique aspects of providing child 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, and setting up and maintaining developmentally appropriate environments. Required course for the Infant/Toddler Credential. (30 hrs.)

Dates: October 1, 8, 10, 15, 17, 22, 24

Times: Thursdays, 6:00 pm - 9:00 pm

Saturdays, 9:00 am - 3:00 pm

Location: Penquis, 262 Harlow St., Bangor

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

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

MRTQ Partners in Caring - Families and Caregivers:

Children experience the best quality of care when parents and caregivers are partners with the same goals for the child. This training covers information about families today, roles and boundary setting and verbal/written communication to reduce potential areas of conflict between families and caregivers. (12 hrs.)

Dates: October 15, 22, 29 & November 5

Time: 6:00 pm - 9:00 pm

Location: Sedomacha Middle School, 63 Harrison Ave., Dover-Foxcroft

Cost: \$15 or \$10 for QRS participants

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

MRTQ-ONLINE- Foundations in Health, Wellness & Safety:

This training will introduce you to the importance of health, wellness and safety through personal care routines, nutrition education, environmental hazards that could impact the health of children & families and create a framework to meet the health care needs of children with chronic conditions. This is one of the required courses for the Infant/Toddler Credential. The training also supports higher achievement in the Quality for ME rating system by informing you about health & safety policies, procedures and parent/family resources. (18 hrs.)

Date: November – December

Cost: \$15 or \$10 for QRS participants

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

Maine Early Language & Literacy Initiative

(MELLI): This 6 part series offers an opportunity to learn current research-supported practices in promoting the literacy development of children from birth to age 5. Successful completion of the series will result in early childhood professionals who confidently design literacy-rich classroom environments and assess, stimulate and develop individual children's literacy knowledge. (18 hrs.)

Dates: October 7, 21, Nov. 4, 18, Dec. 2, 16

Location: Penquis, 262 Harlow St., Bangor

Time: 6:00 pm - 9:00 pm

Cost: \$25

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

Penquis Resource Development Center

Child Care Symposium: The morning session will be filled with exciting workshops including: Bringing the Universe to Your Early Childhood Classroom, Building Literacy Through Dramatic Play, Establishing Relationships with Families, Meeting the Needs of All Children, and Puppets in the Preschool Setting. The afternoon will feature guest speaker Jeanine Fitzgerald, whose topic is: *Nurturing the Young, the Restless, the Bold and the Beautiful*. She shares that while most children are "being" loved, they may not be "feeling" loved. It is the responsibility of adults to become "multilingual" in the languages of love.

Date: September 12

Time: 7:30 am - 3:15 pm

Location: Eastern Maine Community College, Rangeley Hall

Cost: \$30, after August 28, \$35

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

Curriculum Night: These nights are full of hands-on activities, curriculum ideas, guest speakers, presentations and an opportunity to browse the library and sign books out.

Topics: Apples and Maps (2 hrs.)

Dates: September 30 & October 28

Time: 6:00 pm - 8:00 pm

Location: Penquis, 262 Harlow St., Bangor

Cost: \$5

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

CHILD AND FAMILY

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

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