

## Business

### Business 101

This class is offered through MaineStream Finance and provides an overview of the pros and cons of operating a microenterprise, developing a business plan and resources for business development. For information on dates, times, locations and class availability visit [www.MaineStreamFinance.org](http://www.MaineStreamFinance.org) click on the "Workshops and Trainings" or contact Jim Macomber at 1-800-215-4942



### Incubator Without Walls

**Business Basics:** This 12-session course teaches individuals how to start and expand businesses with 10 or fewer employees. The course will be offered in Bangor, Dover-Foxcroft and Rockland. No cost to participate. For more information on the dates and times this class will be offered in your area contact Jim Macomber at 1-800-215-4942 ext. 2476 -Twitter: iwwjim, Facebook Fan Page: IWW – Incubator Without Walls of Eastern Maine

*Business 101 and Incubator Without Walls are funded in part through a cooperative agreement with the U.S. Small Business Administration and USDA and a grant from the Bangor Savings Foundation. Reasonable accommodations for people with disabilities will be made if requested at least two weeks in advance.*

### The Penquis Early Education Profession Project (EEPP)

This opportunity is designed to help individuals start their own home-based Family Child Care or expand an existing child care program of five or less employees. Participants will learn how to plan educational activities, arrange the home for the children in care, establish a budget and develop a realistic business plan. The program also offers assistance with becoming certified by the State of Maine. There are opportunities to meet other Family Child Care providers to share ideas and develop friendships. EEPP has funds available to help you start or expand your Family Child Care business. For more information contact Karen Hall at 1-800-215-4942 ext. 3505 or 973-3505.

*This service is funded by a grant from the U.S. Department of Health and Human Services to help individuals achieve economic self-sufficiency.*



Jennifer Crosby (center) receives her certificate of completion for the EEPP project, with Penquis staff, Amanda Pate and James Macomber

**PENQUIS**  
Helping Today • Building Tomorrow

262 Harlow St. Bangor, ME 04401 207/973-3500

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115 Main St. Lincoln, ME 04457 207/794-3093

170 Pleasant St. Rockland, ME 04841 596-0361

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[www.penquis.org](http://www.penquis.org)



[Facebook.com/ PenquisHelpingTodayBuildingTomorrow](https://www.facebook.com/PenquisHelpingTodayBuildingTomorrow)

## PENQUIS 2012 WINTER/SPRING COURSE OFFERINGS

### Child Care Provider Trainings by Penquis RDC

#### Ethical Dilemmas for Early Childhood Educators (2 hrs) - Eileen McAvoy, facilitator.

This discussion will look at how we treat children, families, colleagues, our co-workers, our employer, our clients and community members. We will review the National Association for the Education of Young Children (NAEYC) Code of Ethical Conduct. For CDA candidates: This training provides education in the CDA subject area #5 Strategies to manage an effective program operation.

Date: February 7, 2012, Time: 6:00 - 8:00 pm - Cost: \$10

Location: Piscataquis Room, Penquis, 262 Harlow St., Bangor

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



#### Tip Sheet Topics: Aggressive Behavior (2 hrs) - Jen Maeverde, facilitator.

Date: February 15, 2012, Time: 6-8 pm - Cost: \$10

Location: Piscataquis Room, Penquis, 262 Harlow St., Bangor

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

#### Intentional Discipline Using Principles of Conscious Discipline® (9 hrs) - Eileen McAvoy, facilitator.

This comprehensive classroom management program is based on current brain research, child development information, and developmentally appropriate practices. As adults begin to change their attitudes and behaviors, so will the children in their care. We can't teach behaviors and skills that we do not possess ourselves. Cost: \$10 (includes all 3 sessions)

Date: February 21, 23, March 1, 2012, Time: 6:00 - 9:00 pm

Location: Piscataquis Room, Penquis, 262 Harlow St., Bangor

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

#### Children's Transportation (4 hrs) - Karen Hall, facilitator.

Required for center-based programs that transport children and relevant for family child care programs.

Date: February 25, 2012, Time: 9:00 am - 1:00 pm - Cost: \$10

Location: Piscataquis Room, Penquis, 262 Harlow St., Bangor

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

#### MRTQ Getting Started in Family Child Care Part A (6 hrs) - Sally Healey, facilitator.

This training introduces aspects of opening a family child care business in the home. Topics: state certification procedures, health & safety practices, working with families, child development, resources, and business & professional development. (Required by DHHS)

Date: March 5 & 12, 2012 (Mondays), Time: 6:00 - 9:00 pm - Cost: \$20

Location: Piscataquis Room, Penquis, 262 Harlow St., Bangor

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

#### Family Involvement - Expectations, Boundaries, and Communication (2hrs) - Amanda Baker, facilitator.

This workshop will help providers find ways to bridge quality care for children between their homes and childcare settings. Providers will learn and exchange ideas around ways to establish clear expectations with families through positive communication.

Date: March 7, 2012, Time: 6:00 - 8:00 pm - Cost: \$10

Location: Piscataquis Room, Penquis, 262 Harlow St., Bangor

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

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## Community Education and Support

### Community Outreach Educators' Showcase

Rape Response Services, a subsidiary of Penquis, offers an array of primary prevention presentations and workshops to schools, businesses and community groups. Our most popular and engaging presentations include: Personal Body Safety with our Puppet Friends; NetSmartz Internet Safety; Sexual Harassment; Gender Stereotypes; Media Literacy; and an overview of Rape Response Services. We can tailor topics and presentations to suit your specific needs. Presentations are provided at no cost to your group, school or business and are available by request. Day and evening hours available. FMI: 973-3662 / Brianna Bryant at Bbryant@penquis.org

### Rape Response Services



### Support Group for Those Affected by Sexual Violence

Rape Response Services offers support groups for those who have been affected by sexual violence at any time in their lives. We offer support and education around issues of sexual violence. Topics may include boundary setting, self-esteem, trust, healthy relationships, sleep tips, relaxation tips and much more. Support groups will meet once a week for 10 weeks. Group members are encouraged to pick the topics. All services are free and confidential. Please call to see when the next group will start.

FMI: Contact Kait Read at 973-3589 or email kread@penquis.org or visit [www.rrsonline.org](http://www.rrsonline.org).

### Rape Response Services Advocate Training

Rape Response Services is looking for compassionate and dedicated volunteers to offer victim advocacy to those affected by sexual violence & stalking. This 40-hour training will provide information about sexual violence & stalking, RRS services, crisis intervention, safety options, community resources and how to provide support and information during medical exams, law enforcement interviews, and the court process. For more information on dates and class availability, contact Angel Shaw 973-3661 at or ashaw@penquis.org or visit [www.rrsonline.org](http://www.rrsonline.org).

## Child and Family Support

### Boot Camp for New Dads

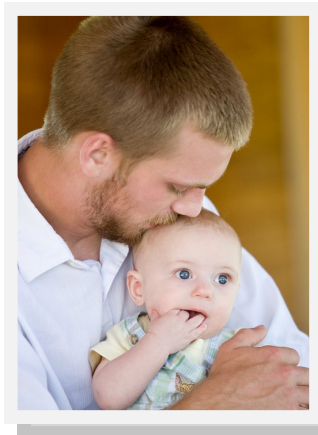
A father-to-father, community-based workshop that inspires and equips men to confidently engaged with their infants, support their mates and personally navigate their transformation into dads. Pizza and beverages provided.

No cost to participate.

Date: Feb. 1 and May 9, 2012; Time: 6:00 - 9:00 pm

Location: Eastern Maine Medical Center

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



### Active Parenting Now

Active Parenting Now is an evidence-based program offering ideas and support to help families thrive and survive in our challenging world. Maine Families is sponsoring this 8-week parent workshop for families in Piscataquis and Northern Penobscot counties who have children ages 2 to 12. For more information, contact Wendy Pace at 973-3674 or wpace@penquis.org. This program is funded by the Maine Children's Trust and the CAN Council Parent Education Grants.

## Child and Family Support Continued

### Autism Parent Support Group

Parents and family members of children with Autism meet to discuss topics, listen to speakers, and provide each other with support in the joys and challenges of raising a child with an Autism Spectrum Disorder. There is no cost to participate.

Dates: First Monday of every month from February - June; Time: 6:00 - 8:00 pm

Location: Penquis, 262 Harlow St., Bangor

FMI: 973-3593 or 1-888-389-3610



### Facilitating Social Skills for Children with Autism Spectrum Disorders

This social skills group is for children 6-9 years of age diagnosed with an Autism Spectrum Disorder. The goal of the group is to provide techniques and strategies for youth to improve communication skills, organizational strategies, and increase positive adult and peer interactions. A Parent/Support Worker/Caregiver must be in attendance at each session to learn the strategies for continued skill development outside of the group setting. *Funded by Elizabeth W. Means Trust, Bank of America, Trustee.*

Dates: May 1st – June 5th – Tuesday of each week; Time: 5:30 – 7:00 pm

Location: Bangor Parks and Recreation Building, 647 Main St., Bangor, ME

FMI: 973-3593 or 1-888-389-3610

## Home Ownership

### Home Buyer Education

This 12-hour certified training course is offered through MaineStream Finance and helps potential home buyers make prudent home purchasing decisions.

#### Classes Offered in Bangor

Feb. 20, 21, 22, 23 5:30 pm - 8:00 pm

March 17, 24 8:00 am - 3:00 pm

April 16, 17, 18, 19 5:30 pm - 8:00 pm

Location: Penquis, 262 Harlow St., Bangor

#### Classes Offered on Saturdays in Rockland

Feb. 4, 18, 25 8:00 am - 3:30 pm

March 31 8:00 am - 3:30 pm

April 7 8:00 am - 3:30 pm

Location: Penquis, 170 Pleasant St. Rockland, ME 04841 596-0361

FMI: visit [www.Mainehomeworks.org](http://www.Mainehomeworks.org) or contact Rachael Davis at 974-2424 or 1-800-215-4942 ext. 2424 or email [rdavis@penquis.org](mailto: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 on the check. *Funded in part by a grant from the People's United Community Foundation*



*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.*