

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. No cost to participate.

Date: 3rd Thursday of every month
Time: 10:00 a.m. to 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. No cost to participate.

Date: May 4th
Time: 6:00 p.m. to 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. Cost: \$25*

Date: May 16 and 23
Time: 8:00 a.m. to 3:00 p.m.
Location: Penquis, 262 Harlow St., Bangor

Date: May 11, 12, 18 and 19
Time: 5:30 p.m. to 8:30 p.m.
Location: Penquis, 170 Pleasant St., Rockland

Date: June 6 and 13
Time: 8:00 a.m. to 3:00 p.m.
Location: Penquis, 170 Pleasant St., Rockland

Date: June 15, 16, 17 and 18
Time: 5:30 p.m. to 8:30 p.m.
Location: Penquis, 262 Harlow St., Bangor

Continued . . .

Date: July 11 and 18
Time: 8:00 a.m. to 3:00 p.m.
Location: Penquis, 262 Harlow St., Bangor

Date: July 15 and August 1
Time: 8:00 a.m. to 3:00 p.m.
Location: Waldo Community Action Partners,
9 Field St., Belfast

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

*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.

SAVE THE DATE!

MAY 14, 2009

3RD Annual SENIOR EXPO
at Spectacular Events

Workshops and Information for Seniors
and their Caregivers!

For More Information
Visit www.penquis.org

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.

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

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Spring 2009

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

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. No cost to participate.

Date: April 21 Time: 6:00 p.m.
Location: Penquis, 50 North St., Dover-Foxcroft

Date: April 22 Time: 6:00 p.m.
Location: Penquis, 262 Harlow St., Bangor

FMI: 1-800-215-4942, ext. 210

Early Childhood Programs Promoting Smoke Free Living. A collaborative effort between Penquis Child Care Resource Development Center and the Healthy Maine Partnerships in Penobscot and Piscataquis counties. There is no cost, but space is limited. Please register with Amy Ludwig at 973-3533 or 1-888-917-1100.

Millinocket

Date: Tuesday, April 14
Time: 6:00 p.m. to 8:00 p.m.
Location: TBA

Bangor

Date: Thursday, April 16
Time: 6:00 p.m. to 8:00 p.m.
Location: Bangor Health and Community Services,
103 Texas Ave.
Trainer: Kristin Brooks, Health and Wellness Specialist, Bangor Region Public Health and Wellness

Old Town

Date: Thursday, April 16
Time: 6:00 p.m. to 8:00 p.m.
Location: Old Town/Orono YMCA, Stillwater Ave.
Trainer: Willow McVeigh, Program Coordinator, River Coalition

Dover-Foxcroft

Date: Thursday, April 23
Time: 6:00 p.m. to 8:00 p.m.
Location: Mayo Regional Hospital, Dover-Foxcroft
Trainer: Diane Rosell, MSW, Piscataquis Public Health Council

Incubator Without Walls. This 10-session course helps individuals start and expand businesses with 5 or fewer employees. No cost to participate.

Date: Starting April 28
Time: 6:00 p.m. to 9:00 p.m.
Location: Penquis, 50 North St, Dover-Foxcroft
FMI: 1-800-215-4942, ext. 210

Introduction to Infant Mental Health. This training provides specific information on attachments, temperament, relationship building, use of self, principles of infant mental health practice, assessment, identification and support of family strengths. Michael Sandberg facilitating. Cost: \$20

Date and Time:

April 25 and May 9, 8:30 a.m. to 3:00 p.m.
April 30 and May 7, 6:00 p.m. to 9:00 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: July 9 and 16
Time: 9:00 a.m. to 3:30 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3533 or 1-888-917-1100

MRTQ Maine Early Childhood Learning Guidelines. 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: June 9, 16, 23, and 30, July 7, 14, 21 and 28,
August 4, 11
Time: 6:00 p.m. to 9:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3533 or 1-888-917-1100

MRTQ Supporting Maine's Infant Toddlers: Learning and Development Guidelines.

The modules focus on orienting providers to the document and on developing understanding regarding its use in a provider's work with infants/toddlers and their families. Participants complete a portfolio/case study of one infant/toddler that utilizes concepts and strategies introduced in the training. Cost: \$25

Date: Tuesdays, June 9 through July 28
Time: 6:00 p.m. to 9:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3533 or 1-888-917-1100

Nutrition in Early Care and Education Settings. A collaborative effort between Penquis Child Care Resource Development Center and the Healthy Maine Partnerships in Penobscot and Piscataquis counties. There is no cost, but space is limited. Please register with Amy Ludwig at 973-3533 or 1-888-917-1100.

Millinocket

Date: Tuesday, April 14
Time: 6:00 p.m. to 8:00 p.m.
Location: TBA

Bangor

Date: Thursday, May 7
Time: 6:00 p.m. to 8:00 p.m.
Location: Bangor Health and Community Services,
103 Texas Avenue, Bangor
Trainer: Kristin Brooks, Health and Wellness Specialist, Bangor Region Public Health and Wellness

Old Town

Date: Thursday, May 7
Time: 6:00 p.m. to 8:00 p.m.
Location: Old Town/Orono YMCA, Stillwater
Ave., Old Town
Trainer: Willow McVeigh, Program Coordinator, River Coalition

Dover-Foxcroft

Date: Thursday, May 7
Time: 6:00 p.m. to 8:00 p.m.
Location: Mayo Regional Hospital, Dover-Foxcroft
Trainer: Diane Rosell, MSW, Piscataquis Public Health Council

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. No cost to participate.

Date: TBA
Time: 5:00 p.m. to 8:00 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3674 or 1-888-389-3610

Exploring Relationships. This course focuses on strengthening relationships of all types. It's designed to help participants explore relationship patterns and styles. We will cover information and skills that can facilitate the development of more successful relationships both personally and professionally. No cost to participate.

Date: Thursdays, May and June
Time: 5:30 p.m. to 7:30 p.m.
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3662 or 1-800-215-4942, ext. 662

Local Parent and Child Playgroups. Open to parents with children age five and under. No cost to participate.

Lincoln

Date: 4th Tuesday/month
Time: 10:30 a.m. to 12:00 p.m.
Location: Lincoln Library, 11 W. Broadway

Millinocket

Date: 2nd Monday/month
Time: 10:00 a.m. to 12:00 p.m.
Location: Millinocket Memorial Library, Maine St.
Held in cooperation with DHHS Public Health Nursing. Call 723-6734.

FMI: 1-888-389-3610

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