

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

Cost: None  
FMI: 1-888-389-3610

Lincoln: Last Tuesday/month  
10:30 a.m. to 12:00 p.m.  
Lincoln Library, 11 W. Broadway

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

Cost: None  
Date: 1st Monday of every month  
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.

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

Cost: \$25\*  
Date: January 12 through 15  
Time: 5:30 p.m. to 8:30 p.m.  
Location: Penquis, 262 Harlow St., Bangor

Cost: \$25\*  
Date: Saturdays, January 24 and 31  
Time: 8:00 a.m. to 3:00 p.m.  
Location: Penquis, 170 Pleasant St., Rockland

Cost: \$25\*  
Date: Saturdays, February 7 and 14  
Time: 8:00 a.m. to 3:00 p.m.  
Location: Penquis, 170 Pleasant St., Rockland

Cost: \$25\*  
Date: Saturdays, February 21 and 28  
Time: 8:00 a.m. to 3:00 p.m.  
Location: Penquis, 262 Harlow St., Bangor

Cost: \$25\*  
Date: Saturdays, March 14 and 21  
Time: 8:00 a.m. to 3:00 p.m.  
Location: Waldo Community Action Partners,  
9 Field St., Belfast

Cost: \$25\*  
Date: March 16, 17, 23 and 24  
Time: 5:30 p.m. to 8:30 p.m.  
Location: Penquis, 262 Harlow St., Bangor

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

Cost: \$25\*  
Date: April 20 through 23  
Time: 5:30 p.m. to 8:30 p.m.  
Location: Penquis, 262 Harlow Street, 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. Must have a minimum of 10 persons registered.

Cost: None  
Date: Thursday, January 15  
Time: 5:00 p.m.  
Location: Penquis, 262 Harlow St., Bangor  
FMI: 974-2407 or 1-800-215-4942

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

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## COURSES & SPECIAL PROGRAMS



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

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

## 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  
Date: TBA, March 2009  
Time: 6:00 p.m.  
Location: TBA  
FMI: 1-800-215-4942, ext. 210

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

Cost: None  
Date: TBA, April 2009  
Time: 6:00 p.m. to 9:00 p.m.  
Location: Penquis, 50 North St, Dover-Foxcroft  
FMI: 1-800-215-4942, ext. 210

**Eco Healthy Child Care.** This training will identify some of the toxins in our environment and why we need to avoid these products. The training will also include alternative, safe products that may be used.

Cost: \$5  
Date: Tuesday, February 3  
Time: 6:00 p.m. to 8:00 p.m.  
Location: Penquis, 262 Harlow St., Bangor  
FMI: 973-3533 or 1-888-917-1100

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

**MRTQ Caring for Infants and Toddlers, & Their Families.** Learn about the unique aspects of providing child care for infants & toddlers, home or center-based setting. Focusing on establishing the parent/provider relationship, understanding temperament, curriculum, & setting developmentally appropriate environments.

Cost: \$25  
Date: Tuesday and Thursdays  
March 3—April 2  
Time: 6:00 p.m. to 8:00 p.m.  
Location: Penquis, 262 Harlow St., Bangor  
FMI: 973-3533 or 1-888-917-1100

**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. 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.

Cost: \$25  
Date: February 28th, March 14, 21 and 28  
Time: 9:00 a.m. to 3:00 p.m.  
Location: Bangor—TBA  
FMI: 973-3533 or 1-888-917-1100

**MRTQ Foundations in Center Based Care—focus on school age.** 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: Saturdays, March 7 and 14  
Time: 9:00 a.m. to 12:00 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: Thursdays, January 15 and 22  
Time: 6:00 p.m. to 9:00 p.m.  
Location: Penquis, 262 Harlow St., Bangor  
FMI: 973-3533 or 1-888-917-1100

Cost: \$15  
Date: Thursdays, April 9 and 16  
Time: 6:00 p.m. to 9:00 p.m.  
Location: Penquis, 50 North St, Dover-Foxcroft  
FMI: 973-3533 or 1-888-917-1100

**MRTQ Operating A Family Child Care Business.** This MRTQ training covers information to help individuals merge their desire to provide care for children with their need to become a viable business. This comprehensive training program will help providers think and act as business owners and build sustainable business. *Offered as part of a collaborative effort between Aroostook County Action Program, Child Care Opportunities, and Penquis Resource Development Center.*

Cost: \$20  
Date: Monday, January 5  
Location: Online  
FMI: 973-3533 or 1-888-917-1100

**MRTQ Partners In Caring-Families & 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. *Offered as part of a collaborative effort between Aroostook County Action Program, Child Care Opportunities, and Penquis Resource Development Center.*

Cost: \$15  
Date: Tuesday, January 27  
Location: Online  
FMI: 768-3045 or 1-800-432-7881

**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 & 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, April 7—May 26  
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 Weaving Diversity into Our Work with Children and Families.** Participants will explore personal memories, be introduced to concepts of the cultural lens and anti-bias approach, and practice responses using work-based scenarios. Hector Sapien facilitating.

Cost: \$15  
Date: Saturday, February 7  
Time: 9:00 a.m. to 3:30 p.m.  
Location: Bangor Public Library Lecture Hall, 145 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  
Time: 5:00 p.m. to 8:00 p.m.  
Location: Penquis, 262 Harlow St., Bangor  
FMI: 973-3674 or 1-888-389-3610

*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.*