

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

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
January 4th - May 3rd
Time: 6:00 pm - 8:00 pm
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3592 or 1-800-215-4942 x59

Community Outreach & Education

Community Outreach Educators' Showcase: Rape Response Services offers an array of primary prevention presentations and workshops to schools, businesses and community groups. Enjoy our most popular presentations: Personal Body Safety with our Puppet Friends; NetSmartz Internet Safety; Sexual Harassment/Gender Stereotypes/Labeling; Media Literacy; and Sexual Assault 101. Light refreshments will be served. Please Pre-Register. No cost to participate. *We invite requests for presentations at your school, business or community group.*

Date: 2nd Tuesday of every month
Time: 6:00 pm -8:00 pm
Location: Penquis, 262 Harlow St., Bangor
FMI: 973-3662; 1-800-215-4942 x662; or
bvoigt@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.

Business

***Business 101.** This class, offered through MaineStream Finance, a subsidiary of Penquis, provides an overview of the pros and cons of operating a microenterprise, what a business plan is, why it is needed and resources for business development assistance. No cost to participate.

Dates: Monday, January 11th
Time: 6:00 pm
Location: Penquis, 262 Harlow St., Bangor

Date: Tuesday, January 12th
Time: 6:00 pm
Location Penquis, 50 North St., Dover-Foxcroft
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. This course will be offered early February in both Piscataquis and Penobscot counties. **No cost to participate.**

Date & Time: TBA
Location: Penquis, 262 Harlow St., Bangor and Penquis, 50 North St., Dover-Foxcroft
FMI: 1-800-215-4942, ext. 210

* Funded in part through a cooperative agreement with the U.S. Small Business Administration. Reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance. Contact James Macomber at 262 Harlow St. Bangor , ME or call 1-800-215-4942 ext. 210

HOUSING

Home Buyer Education. This 12-hour certified training course offered through MaineStream Finance, a subsidiary of Penquis, helps potential home buyers make prudent home purchasing decisions. Participants must attend all classes.
Cost: \$25

Dates: January 11, 12, 13 & 14
Time: 5:30 pm - 8:30 p.m.
Location: Penquis, 262 Harlow St., Bangor

Dates: Saturdays, February 6 & 13
Time: 8:00 am - 3:00 pm
Location: Penquis, 50 North St., Dover-Foxcroft
FMI: 1-800-215-4942 ext. 424 or rdavis@penquis.org

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PROFESSIONAL DEVELOPMENT

Maine Roads To Quality Training 2010

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 guidelines with families. (30 hrs.)

Date: Mondays, January 11 - March 29

Time: 5:30 pm - 8:30 pm

Location: Stillwater Montessori, Old Town

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

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

MRTQ Getting Started in Family Child Care

Part A: 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: March 22 & 23

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 B: 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: April 5 & 6

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 Supporting Maine's Infant Toddlers: Learning & 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. (30 hrs) This training is funded from the American Recovery and Reinvestment Act.

Dates: Mondays, March 1 – April 26

Times: 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 Operating a FCC Business–Online:

This eight-part curriculum is designed to develop and improve basic business management skills for Family Child Care. Learning activities and action steps encourage participants to practice what they learn to improve the bottom line. Topics: Balancing Work and Family, Tips on Writing Contracts and Policies, Creative Marketing Ideas, Recordkeeping, Increasing Business Profits, and Growing the Business. **Starts January 4**

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

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

MRTQ Foundations in Center Based Care-Online:

This orientation is geared toward professionals who are new to center-based care. Because every setting is unique, with its own philosophies, program characteristics and policies, much of the work in these modules will require students to work with a supervisor or center director to complete the training. **Starts March 1**

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

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

MRTQ Curriculum & Development for

Preschool: This curriculum is designed to introduce participants to planning, developing and implementing curriculum to meet the unique needs of preschoolers.

Date: Wednesdays, March 17, 24, 31, April 7, 14, 28, and Saturdays April 10, 17

Location: Penquis, 262 Harlow St., Bangor

Time: 6:00 pm - 9:00 pm

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

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

Healthy Maine Partnership– Celebrate

Foods: Offered at 5 locations and free to attend, participants will prepare and taste test healthy snacks and learn basic food safety. Recipes will be shared.

There is no cost to participate

Date: February 4

Locations: Mayo Regional Hospital

897 W. Main St., Dover-Foxcroft

Old Town YMCA, 472 Stillwater Ave., Old Town

Nokomis High School, 266 Williams Rd., Newport

Date: February 11

Locations: Penobscot Valley Hospital, Room A

7 Transalpine Road, Lincoln

Health and Wellness Center, 103 Texas Ave, Bangor

Time: 6:00 pm - 9:00 pm at all locations

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

Dates: Jan. 27, Feb. 24, Mar. 31, April 28 & May 26

Time: 6:00 pm - 8:00 pm

Location: Penquis, 262 Harlow St., Bangor

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

Cost: \$5 per class

Conscious Discipline® : This comprehensive classroom management program and social-emotional curriculum is based on current brain research, child development information and developmentally appropriate practices. It utilizes the unique approach of increasing the social-emotional skills of adults first. As adults change their attitudes and behaviors so will the children in their care. All aspects of Conscious Discipline® focus on creating a safe environment for children to learn and practice the skills needed for healthy social, emotional and academic development.

Date: February 11, March 11, April 8 and May 13

Time: 6:00 pm - 9:00 pm

Location: Penquis, 262 Harlow St., Bangor

Cost: \$10 per session

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

CHILD AND FAMILY

Personal Body Safety with our Puppet

Friends For Children K-4th grade & Their Caretakers. Come view and enjoy our take on teaching children the importance of personal body safety. Maggie and Lucy exchange friendly banter until Lucy confesses a secret and that she needs some help deciding what to do. Maggie encourages Lucy to tell a trusted adult. In the show, we learn about the three personal body safety rules. Research shows that children who have this information are less likely to be hurt by a predator.

Please Pre-Register for this free program.

Date :Wednesday, January 27th, 5-6pm

Location: Penquis, 262 Harlow St, Bangor

FMI/To Register: (207)973-3662 or 1888-389-3610

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