

## Active Parenting First Five Years

This series is designed to support the growth and development of young children.

**Milo Town Hall**  
6 Pleasant St., Milo  
Tuesdays, January 7th, 14th, 21st  
9:00am - 11:00am

**Guilford Library**  
4 Library St., Guilford  
Mondays, February 3rd, 10th, 17th  
1:00pm-3:00pm

**Penquis**  
262 Harlow St., Bangor  
Fridays, February 7th, 14th, 21st  
10:00am - 11:00am

**Thompson Free Library**  
183 E. Main St., Dover Foxcroft  
Fridays, March 13th, 20th, 27th  
9:00am - 11:00am

**Penquis**  
262 Harlow St., Bangor  
Saturdays, March 7th, 14th, 21st  
10:00am - 12:00pm

**Millinocket Memorial Library**  
5 Maine Ave., Millinocket  
Mondays, March 16th, 23rd, 30th  
11:00am - 1:00pm

## Individual Nurturing Workshops

One session workshops on a variety of parenting topics.

Managing Stress  
Griffin Park Hub  
194 Griffin Rd., Bangor ME  
Tuesday, January 7th  
10:30am - 12:00pm

Self-worth & Parenting  
Griffin Park Hub  
194 Griffin Rd., Bangor ME  
Thursday, February 27th  
12:30pm - 2:00pm

Healthy Communication & Parenting  
Griffin Park Hub  
194 Griffin Rd., Bangor ME  
Friday, March 13th  
9:00am - 11:00am

## Active Parenting School Aged Children

This Five session interactive series is designed to teach parents with children 5-12 effective ways to use discipline, open lines of communication and prevent problems.

**Penquis**  
50 North St., Dover-Foxcroft  
Tuesdays, February 4th, 11th, 18th, 25th  
March 3rd, 10th  
1:00pm - 3:00pm

**Our mission** is to prevent child abuse and neglect before it happens. Each year, we work with partner organizations to fulfill that mission. Our geographic service area covers Penobscot and Piscataquis counties.  
**Preventing child abuse is everyone's responsibility.**

**C.A.N. Council is funded by  
Maine Department of Health  
and Human Services**



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# Parenting

Support · Empower · Connect

January, February,  
March 2020



### Our Focus

Helping parents feel supported in all aspects of parenting, by connecting them to other parents, and available resources in the community, and holding events that bring families together.

## Nurturing Workshop Series

Nurturing workshop series includes ten individual parenting topics, come to one or come to all.

### Penquis

**50 North St. Dover-Foxcroft**

**Wednesdays, January 8th - March 11th**

9:00am - 11:00am

### Penquis

**262 Harlow St., Bangor**

**Tuesdays, January 21st - March 24th**

Offered twice, once at 12:00pm - 1:30pm

And again from 5:00pm - 7:00pm

### Newport Cultural Center

**154 Main St., Newport**

**Thursdays, January 9th - March 12th**

12:30pm - 2:00pm

## Nurturing Families in Recovery

The impact of substance use on families and children can be devastating. Group discussions guide parents toward restoring and rebuilding the connection between family members.

### Mayo Regional Hospital

**897 W. Main St., Dover-Foxcroft**

**Mondays, January 6th - April 4th**

9:00am - 11:00am

## Safe Babies

Join us while we discuss topics such as Car Seat Safety, Safe Sleep, The Period of Purple Crying, Introducing baby to pets, Milestones, Self Care and more.

### Mayo Regional Hospital

**897 W. Main St., Dover Foxcroft**

**Thursday, January 9th**

10:00am - 12:00 pm

### Greenville Town Office

**7 Minden St., Greenville**

**Thursday, February 6th**

10:00am - 12:00pm

### Northern Light Medical Center

**489 State St., Bangor**

**Brown Conference Room**

**Wednesday, February 12th**

6:00pm - 8:00pm

### Mayo Regional Hospital

**897 W. Main St., Dover Foxcroft**

**Thursday, March 19th**

6:00pm - 8:00pm



## Nurturing Prenatal Connections

During this nine session workshop we will celebrate the journey through pregnancy, talk about ways to bond with your baby, build connections, explore resources and much more.

### Mayo Regional Hospital

**897 W. Main St., Dover-Foxcroft**

**Fridays, January 10th - February 28th**

8:00am-9:00am

### Penobscot County

**Dates TBD**

**Time TBD**

## Boot Camp For New Dads

You'll hear from a dad about how he made it through the first months of parenthood and became a confident, on-the-job father. In this men-only environment, no question is stupid and no topic off limits.

### Northern Light Medical Center

**489 State St., Bangor**

**Pavilion 8 Conference Room**

**Wednesday, February 19th**

6:00pm - 9:00pm

## Active Co Parenting

Family relationships do not disappear when a relationship ends. Parents continue to communicate regarding their children and the ability of parents to interact greatly impacts the child's adjustment.

### Penquis

**262 Harlow St., Bangor**

**Mondays, January 13th , 20th, 27th**

6:00pm - 8:00pm

### Mayo Regional Hospital

**897 W. Main St., Dover Foxcroft**

**Mondays, January 6th, 13th, 20th**

12:00pm-2:00pm

### Milo Town Hall

**6 Pleasant St., Milo**

**Thursdays, February 20th, 27th, March 5th**

9:00am-11:00am

### Penquis

**50 North St., Dover Foxcroft**

**Wednesdays, March 11th, 18th, 25th**

12:00pm-2:00pm

## Nurturing Hope

This workshop series for parents of children with special needs including topics such as calming techniques, grief and loss, developing family rules, expressing feelings, sibling support and managing stress.

### Penobscot County

**Dates TBD**

**Time TBD**

**All workshops and classes are free.**

**Dates and times are subject to change based on enrollment.**

For more information or to register please call: **Jessica Lanphere 974-2488 or Maureen Cipullo 974-2479**