

# October 2019

## You're not alone

Connecting for Kids (CFK) provides education and support to families who have concerns about their child. We serve all families, including those children with and without formal diagnoses. CFK offers educational programs, support groups, a Parent Match Program and numerous resources.

## Designed for your family

Programs are designed to educate and support families of children (birth - 12 years) who are struggling. Look for these icons to choose programs for your family:

- Y** Families with young children (0-6 years)
- E** Families with elementary-aged children (7-12 years)
- A** All families with children (0-12 years)

## Free programs

All Connecting for Kids programs are free and open to the public. For more information:

**Call/Text: 440-570-5908**  
**(para español 440-907-9130)**  
**info@connectingforkids.org**  
**connectingforkids.org/register**

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## OCTOBER PROGRAMS: ADULTS

### Speaker Series

Join us for presentations on various childhood topics by local, pediatric professionals. Free, supervised children's activities are available, but adults and children must register separately. [connectingforkids.org/speakerseries](http://connectingforkids.org/speakerseries)

#### Overcoming OCD **A**

Does your child struggle with Obsessive Compulsive Disorder (OCD)? What does science tell us about how to treat OCD and other anxiety disorders, and what strategies can you use to help your child meet their goals and enjoy their childhood? Join Jonah Lakin, Psy.D., of the OCD & Anxiety Center of Cleveland, as he discusses these questions, as well as the difficulties families face when a child has OCD. Attendees will learn about evidence-based strategies they can use to support, encourage and help their children.

**Tuesday, October 15, 6:30 pm**  
**Middleburg Heights Branch of Cuyahoga County Public Library**

#### Enhancing Growth Mindset to Improve Motivation and Achievement **A**

Join Heather Dukes-Murray, Ph.D., licensed independent clinical psychologist, as she discusses how encouraging a growth mindset for your child, and developing a growth mindset in parenting, can help your child develop resilience in thinking and actions. She will provide growth mindset exercises to incorporate into daily activities that can be used to combat common struggles with homework, motivation and self-doubt. In addition, Dr. Dukes-Murray will provide you with ways to help your child identify, express, and regulate emotions as well as ideas for changing negative thinking patterns. Growth mindset exercises geared towards parenting will also be discussed.

**Thursday, October 24, 6:30 pm**  
**Westlake Porter Public Library**

**Register at [connectingforkids.org/register](http://connectingforkids.org/register)**

## OCTOBER PROGRAMS: ADULTS

### Mother 2 Mother Support Meetings

Are you looking for some coffee and conversation in a judgement-free zone? Connecting for Kids will co-sponsor two support group meetings with the Mother 2 Mother organization. These meetings provide a structured, safe place for you to share your thoughts, feelings and experiences. Light refreshments will be served in a comfortable and inviting atmosphere. Connecting for Kids staff will be on hand to provide local resources. NOTE: Supervised children's activities will not be offered. [mother2mother.info](http://mother2mother.info)



Support group meeting dates:

**Saturday, October 12, 1:00 pm**  
**The Hildebrandt Building,**  
**3619 Walton Ave, Cleveland**

**Monday, October 21, 6:30 pm**  
**Warrensville Heights Branch of**  
**Cuyahoga County Public Library**

### CFK Flier Connection

Join the CFK Flier Connection group on Facebook to see local events, adaptive programs, entertainment options, family education seminars, support groups, respites, camps and much more! To join, [visit facebook.com/groups/CFKFliers](https://www.facebook.com/groups/CFKFliers)

You will have the option to search by program type or age group to find information specific to your child and situation. Join today!

## OCTOBER PROGRAMS: WITH MY CHILD

### Elementary Experiences<sup>SM</sup> **E**

These hands-on training programs are designed for families and their children (ages 7-12 years) who are struggling. Families will learn targeted skills together and receive a handout with ideas and resources to use at home. Adults are expected to participate in the program with their children. Siblings (ages 7-12 years) may also attend but must register separately. [connectingforkids.org/elementary](http://connectingforkids.org/elementary)

#### Matching Emotions with Music

Are you concerned about your child's anxiety, anger or sensory needs? Come and learn how to incorporate music to aid in self-regulation of big emotions. Adults and children will participate together in this group music therapy session led by a certified music therapist. Together you will learn strategies such as song writing, instrument playing, lyric analysis, and listening practices, and how these strategies can assist in steadying emotions.

**Saturday, October 5,**  
**Session begins at 1:00 pm**  
**Elyria Public Library System,**  
**West River Branch**

#### Music Making with Songs from Your Animated Favorites, for Children with Moderate-Severe Disabilities

Sing and play along to popular movie tunes featuring your child's favorite animated princesses, heroes and more! Children will play, sing, move and experience all aspects of music making to enhance cognition, motor, social, emotional, behavioral and communication needs. Adults and children will participate together in this group music therapy session which will include alternative communication devices as needed. Adaptations will be made for all needs for everyone's participation and enjoyment!

**Saturday, October 5,**  
**Session begins at 2:30 pm**  
**Elyria Public Library System,**  
**West River Branch**

### Looking for more programs to experience with your child?

Learn about adapted programming at a library near you when you check out our partner libraries online. Visit [connectingforkids.org/library](http://connectingforkids.org/library)



### There are lots of ways to connect with CFK!

We now have three Family Resource Specialists to help families find education and support. You can get to know Nicole Born-Crow, Andrea Campesino and Nikki Montgomery on our staff web page: [connectingforkids.org/staff](http://connectingforkids.org/staff)

#### Have Questions?

**Call/Text: 440-570-5908**  
**(para español 440-907-9130)**  
**[info@connectingforkids.org](mailto:info@connectingforkids.org)**

## Music Therapy & More<sup>SM</sup>

This program is designed for families and their children (ages 0-6 years) who are struggling in an area of development. Join us for a hands-on program designed to teach families how to use music to improve their child's motor, communication and social skills as well as behavior. This program is led by a Board-Certified Music Therapist. Siblings (ages 0-6 years) may also attend but must register separately. [connectingforkids.org/music](http://connectingforkids.org/music)

### **Elyria Public Library System, West River Branch**

Sessions begin at 6:00 pm.  
• Thursday, October 10

### **Solon Branch of Cuyahoga County Public Library**

Sessions begin at 10:30 am.  
• Friday, October 4

### **Lakewood Public Library**

Sessions begin at 10:30 am.  
• Saturday, October 5

### **Westlake Porter Public Library**

Sessions begin at 9:30 am and 10:30 am.  
• Friday, October 11  
• Saturday, October 12

### **Middleburg Heights Branch of Cuyahoga County Public Library**

Sessions begin at 10:30 am.  
• Saturday, October 19

## Teach Me to Play<sup>SM</sup>

Do you have questions or concerns about your child's development? Are you looking for a social opportunity for you and your child in the community? Do you want ideas about how to encourage your child's learning through play? With fun, new themes each month, Teach Me to Play offers your child a host of new activities and experiences each time he or she attends. For parents and caregivers, there is a Parent Education Focus every month that provides information on a variety of developmentally appropriate topics. Your child will enjoy playing with other children while practicing language and social skills. Since you attend together, you will have the option of interacting with our experienced Early Intervention Specialist and Speech-Language Pathologist. They can suggest strategies for managing problem behaviors, offer tips for increasing your child's communication skills, or share appropriate resources. This program is specifically designed for children ages 18 months-6 years who are struggling in an area of development. Come connect with other families in a supportive and accepting environment. [connectingforkids.org/play](http://connectingforkids.org/play)

### **Elyria Public Library System, West River Branch**

Preschool sessions begin at 6:00 pm.  
• Thursday, October 3

### **Westlake Porter Public Library**

Thursday Preschool sessions begin at 6:30 pm, Friday Preschool sessions begin at 9:30 am and Friday Toddler sessions begin at 11:30 am.  
• Thursday, October 17  
• Friday, October 18

## Play & Say

Join us for an adapted playgroup that is safe and welcoming for families who have concerns about their child (ages 0-6 years). Learn new skills, meet other families and connect to community resources to help your child. Play & Say will mix free play opportunities with small group activities such as parachute play or bubbles. As participants practice social and communication skills, staff members will be available to answer questions and offer tips. Each month, a new topic will be highlighted and families will go home with an educational handout. Typical siblings are welcome, but must register separately. Families are encouraged to play together at this program. The playgroup will be led by an experienced Speech-Language Pathologist from the Cleveland Hearing & Speech Center. [connectingforkids.org/play-say](http://connectingforkids.org/play-say)

### **Solon Branch of Cuyahoga County Public Library**

Sessions begin at 10:30 am  
• Friday, October 25





## Connect With Us

It's free to join Connecting for Kids and start connecting with other Northeast Ohio families on a similar path.

### Online

[connectingforkids.org/joinus](http://connectingforkids.org/joinus)

### Call or Text

440-570-5908

(para español 440-907-9130)

### Email

[info@connectingforkids.org](mailto:info@connectingforkids.org)



## With Our Thanks

### Elyria

CFK programs are supported by a grant from The Nordson Corporation Foundation.

### Lakewood

CFK programs are supported by a grant from Community West Foundation and presented in partnership with Lakewood Public Library. Music Therapy & More in Lakewood is supported by a grant from the Rotary Club of Lakewood and Rocky River.

### Middleburg Heights and Solon

CFK programs are presented in partnership with Cuyahoga County Public Library. Play & Say in Solon is supported by a grant from the Rotary Club of Solon.

### Rocky River

CFK programs are presented in partnership with Rocky River Public Library.

### Westlake

Music Therapy & More is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture. Teach Me to Play is supported by a grant from GPD Employees' Foundation. CFK programs are presented in partnership with Westlake Porter Public Library.

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## Locations

### Akron-Summit County Public Library

*Ellet Branch*  
2470 E. Market St.  
330-784-2019

### Avon Lake Public Library

32649 Electric Blvd.  
440-933-8917

### Cuyahoga County Public Library

*Middleburg Heights Branch*  
16699 Bagley Rd.  
440-234-3600

*North Royalton Branch*  
5071 Wallings Rd.  
440-237-3800

*Parma Branch*  
6996 Powers Blvd.  
440-885-5362

*Parma-Snow Branch*  
2121 Snow Rd.  
216-661-4240

*Solon Branch*  
34125 Portz Pkwy.  
440-248-8777

*Warrensville Heights Branch*  
4415 Northfield Rd.  
216-464-5280

### Elyria Public Library System

*West River Branch*  
1194 West River Rd. N.  
440-324-2270

### Euclid Public Library

631 East 222nd St.  
216-261-5300

### Lakewood Public Library

15425 Detroit Ave.  
216-226-8275 ext. 140

### Lorain Public Library System

*Avon Branch*  
37485 Harvest Dr.  
440-934-4743


*North Ridgeville Branch*  
35700 Bainbridge Rd.  
440-327-8326

### Rocky River Public Library

1600 Hampton Rd.  
440-333-7610

### Westlake Porter Public Library

27333 Center Ridge Rd.  
440-871-2600

 KultureCity® Sensory Inclusive™ certified. Every employee has gone through sensory awareness training.



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