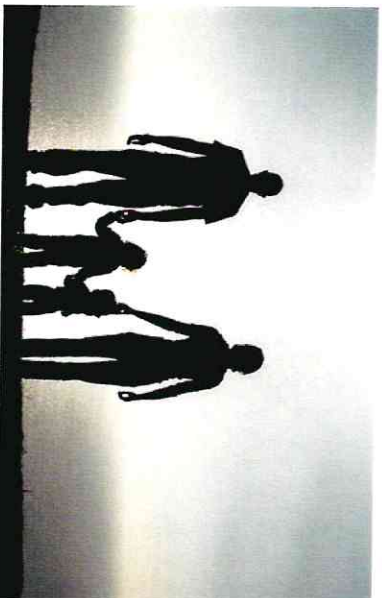


Who is Broadreach?

Broadreach is a private, nonprofit 501(c)(3) agency. Our programs and services have been making a positive difference in the lives of children and families since 1983

Our Mission

Broadreach is a community-based organization that strengthens the fabric of our community by offering hope, advocating for fair treatment, equity and social justice, and by connecting resources through education and collaboration: we work with children, youth, adults and families across the lifespan, including those with diverse life challenges, to discover their potential, foster independence and lead healthy and productive lives.



Broadreach is the representative of the Child Abuse & Neglect (CAN) Prevention Council of Maine for Knox and Waldo Counties, delivering programs supported by the Department of Health & Human Services and Maine Children's Trust.



For more information on Broadreach service locations and eligibility requirements, contact:

Administrative Office
5 Stephenson Lane
Belfast, ME 04915
email info@brmaine.org
telephone 207-338-2200

Active Parenting



A Parent's Guide to Raising
Happy and Successful
Children (for parents of
children aged Birth to 5 in
Knox County)

This class is offered **FREE** of charge by Broadreach Family & Community Services
Supported by the Department of Health & Human Services and
Maine Children's Trust

For more information contact
Helen Rogers
at 338-6675 or hroggers@brmaine.org

The First 5 Years

This **FREE** parenting class will meet once a week in Knox County at Rockland South School 30 Broadway Rockland, ME. with **free childcare and food provided.**

Session 1 : You and Your Child

- Styles of Parenting
- Ages & Stages of Development
- Building a Bond With Your Child
- The Method of Choice

Session 2: Preventing Problems

- Your Child's Beautiful Brain
- Using Nonviolent Discipline
- The "A-C-T" of Parenting

Session 3: Encouraging Positive Behavior

- The Power of Encouragement
- Choices & Consequences
- Caring for the Caregiver

Session 4: Building Courage, Character, and Self-Esteem

- 6 Smart Things Parents Can Do to Help Young Children Get Ready for School

What is so great about the all-new First 5 Years Program?

- It covers 5 years of parenting, starting from birth to age 5
- New information on topics like your child's temperament & teaching self-calming methods.
- It teaches nonviolent methods of discipline.
- There is a new (optional) 4th session dedicated to helping you prepare your child for school.



broadreachmaine.org

Parents and caregivers will have the chance to learn evidence-based tools in a fun, supportive environment.

Food and childcare will be provided.

CLASS DATES:

4/25, 5/2, 5/9 & 5/16

5:30 pm. to 7:30 p.m.

LOCATION:

Rockland South School 30
Broadway Rockland, ME.
04841

To **Register**, or if you have any questions, please contact:

Helen Rogers,
Parent Educator

Office: 338-6675

Cell: 930-9445

hrogers@brmaine.org



Active Parenting: First Five Years for Parents & Caretakers of Children Birth to 5 Years

- This free class for parents and caretakers of children birth to 5 will be held on Wednesday evenings at **Rockland South School at 30 Broadway, Rockland, Me.** for 4 weeks.
- Each class includes 2 hours of learning time, during which a light meal will be served.
- Childcare is available.
- The class teaches the ages and stages of child development.
- We will cover topics such as temperament, mindfulness, brain development, self-calming, and special needs.
- The course teaches discipline for young children.
- The purpose is to help parents and caretakers of young children have a happier, less stressful experience while building positive relationships.
- Parents will receive a workbook with all of the power point slides to keep.

The dates for this class are: 4/25, 5/2, 5/9 & 5/16 - 2019

Time: 5:30 to 7:30 p.m.

Registration is required.

Name: _____ Address: _____

Phone: _____ Email: _____ Ages of Your Children? _____

I will require childcare: Yes / No IF YES Ages of children needing care? _____

Food allergies? Yes / No IF YES What to avoid? _____

I would be interested in a similar class for ages 5-12 ____

Please return to:
Broadreach
Helen Rogers, Parent Educator
5 Stephenson Lane, Belfast, ME 04915
Cell: 930-9445 OR FAX 338-1652
hr Rogers@brmaine.org