

G.E.A.R. Parent Network and Maine Parent Federation Announce Joint Annual Conference for Parental Support During Pandemic

Two of Maine's leading organizations known for providing support and education to parents are teaming up again this year with a free 4-day conference in March 2021 that will be held virtually.

Monday, March 8th, 2021, AUGUSTA, Maine / For Immediate Release – G.E.A.R. Parent Network and the Maine Parent Federation have announced that registration is now open for their free annual conference entitled *Parenting During a Pandemic Survival Toolkit*. This year, the conference will be held virtually for the first time and its agenda is tailored specifically toward parents, caregivers and educators.

Conference organizers recognize that those in caregiving positions have experienced a year unlike any other and wanted to make this educational conference as accessible as possible to those that it will benefit most.

Cindy Seekins, Director at G.E.A.R. Parent Network, explains, "We will be sharing information that parents and caregivers will benefit tremendously from. We'll navigate topics ranging from mental health, educational obstacles, and vaccination developments during what have proven to be unprecedented times. This conference has been built entirely around the goal of providing knowledge that will empower people to make decisions and increase positive outcomes for themselves, their children, and their families".

Dates, times, and event topics can be found below with links to more information and registration included. Conference goers can pick and choose which events they would like to attend. All are encouraged and welcome to attend what promises to be a very helpful educational experience.

| 2021 Annual Virtual Conference Schedule – Parenting During a Pandemic Survival Toolkit | | |
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| Date | Time | Event Topic (click link for details) |
| March 16, 2021 | 9:00 – 10:30am | Back to In-Person Learning |
| March 16, 2021 | 1:00 – 3:00pm | Recognizing the Signs of Suicide Risk & Navigating the System of Care |
| March 17, 2021 | 9:00 – 10:30am | Surviving Parenting: Self-Care is Never Selfish |
| March 17, 2021 | 1:00 – 2:30pm | Pandemic Parent Support Group |
| March 23, 2021 | 9:00 – 10:30am | Impulsivity and Disruptive Behaviors in Children and Youth |
| March 23, 2021 | 1:00 – 3:00pm | Vaccination Information |
| March 24, 2021 | 9:00 – 10:30am | Compensatory Education |
| March 24, 2021 | 1:00 – 3:00pm | Katie Beckett Waiver |

G.E.A.R. Parent Network, a program of Crisis & Counseling Centers, has been operating since 1987 and is the place where **G**aining **E**mpowerment **A**llows **R**esults. G.E.A.R. Parent Network is totally run by parents for parents providing 1:1 long term parent support, educational workshops, system navigation, information, support groups and advocacy for parents of children with emotional and behavioral health concerns. Through parent-to-parent sharing of experiences and knowledge, G.E.A.R. Parent Network empowers parents of children with behavioral health needs to build on their family's strengths and to advocate for their family's needs. Learn more online at, <https://gearparentnetwork.org/>

The Maine Parent Federation has been operating since 1984 and works with families to provide information and assistance on topics ranging from specific disabilities, parenting issues, special education, family support, services and resources that assist families and professionals within homes, schools, and the community. Learn more online at, <https://mpf.org>

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