

September 20, 2023

Dear SJS Parents,

This year, SJS will be partnering with Ohio Guidestone to provide whole group wellness sessions for grades K-8. For our lower hall students, these sessions will focus on emotional development, building friendships, and how we think, feel, and behave in various social and school situations. In our upper grades they will continue to focus on how we think, feel, and behave when presented with situations both inside and outside of school, with a focus on how we can deal with stress and anxiety as responsibilities grow and change as we get older and mature. Miss Sarah Rozman, a licensed therapist, will lead our students with the support of their SJS homeroom teacher. We are excited to have this partnership continue this school year and to give our students an opportunity to participate in universal prevention programs to grow to be happy, healthy people now and in the future. This program is offered to us for free courtesy of the Mental Health Board in Lorain County. Our sessions will begin the week of October 3rd and will take place 16 times over the course of the school year.

Sincerely,

Mrs. Amy Makruski
Principal

FALL 2023

Resources, support and community for families

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 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
info@connectingforkids.org
connectingforkids.org

Connect With Us

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

connectingforkids.org/joinus

f [facebook.com/
connectingforkids](https://www.facebook.com/connectingforkids)

@connectforkids

Printed at the expense of
Connecting for Kids.



Learning Disability Provider Showcase **A**

Have you been told your child is at risk for dyslexia? Are your child's reading or math skills lagging behind? Would you like an easy way to meet tutors to see if they are a match for your child's needs? The Learning Disability Provider Showcase will provide the chance for you to meet with more than 40 area providers offering tutoring and other learning disability services. During the event, Connecting for Kids

staff will be available to suggest resources and other programs to help your child. In addition, Westlake Porter Public Librarians will offer books that aid in literacy for you to check out. Caregivers with their children are welcome and interactive family activities will be available. For more, see connectingforkids.org/showcase.

Wednesday, Nov. 29, 6:00 - 8:00 pm
Westlake Porter Public Library

Save the Date!

Connecting for Kids resource fairs will return in spring 2024:

**Eastern Cuyahoga County
Resource Fair
Saturday, March 2, 2024**

**Lorain County Resource Fair
Tuesday, March 12, 2024**

**Western Cuyahoga County
Resource Fair
Wednesday, March 27, 2024**

Fair information available beginning
in January at [connectingforkids.org/
resource-fairs](http://connectingforkids.org/resource-fairs)

Register at connectingforkids.org/register

SHARE & SUPPORT

Join our support groups and meet other families facing similar concerns. Free, supervised children's activities are available but adults and children must register separately. connectingforkids.org/support

Parenting is Hard for Families of Children with Complex Needs **A**

At this session, we will focus on the difficulties of parenting for complex needs, caregiver burnout and how to beat exhaustion before it beats you. Parents will have the chance to learn techniques and coping tools while connecting virtually.

Tuesday, Sept. 26, 8:30 p.m.

Virtual

LGBTQ+ Caregiver Connect **A**

Are you the caregiver of a child who is gender-questioning, expansive or LGBTQ+? Kristen Pepera, MEd, LPCC-S, and Lisa Pepera, MEd, LPCC-S, of Colors+, will lead a discussion where families can learn, connect and find resources to better support and affirm their child.

Thursday, Sept. 28, 7:00 p.m.

Virtual

Parenting is Hard **A**

At this session, we will focus on the difficulties of parenting, caregiver burnout and how to beat exhaustion before it beats you. Parents will have the chance to learn techniques and coping tools while enjoying coffee and treats.

Tuesday, Oct. 24, 6:30 p.m.

Westlake Porter Public Library

You're No Longer Just Parenting for Black American Caregivers **A**

Join Salina Miller, AA; Nikki Montgomery, MA, MEd, GPAC; and Patricia Parker, BA, for a book discussion of "We Dare Be Brave." They will encourage participants to explore their role as a caregiver, examine the emotional challenges caregivers face and identify the warning signs of caregiver burnout.

Wednesday, Nov. 1, 6:30 p.m.

Virtual

SPEAKER SERIES

Presentations on childhood topics by pediatric professionals. Free, supervised children's activities are available but adults and children must register separately. connectingforkids.org/speakerseries

Medication Management **A**

Dr. Veena Tripathi Ahuja of Balanced Innovative Care will discuss the different types of medications used to treat mental health issues and what questions families should ask their doctor. She will also discuss how to use medication in combination with other mental health treatments

Wednesday, Oct. 4, 6:30 p.m.

Solon Branch of Cuyahoga County Public Library

Potty Training with Complex Needs **Y**

Ian B. Gentile, BCBA, of Galvin Therapy Center, will discuss the challenges of potty training. This program will focus on methods to support children with sensory processing, anxiety, autism and physical disabilities, but will also be helpful for caregivers of typically developing children.

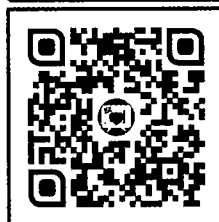
Wednesday, Nov. 8, 6:30 p.m.

North Ridgeville Branch of Lorain Public Library System

ASK US 1:1

Register for a 30-minute time slot and get information on a wide range of concerns from adapted program options and school struggles to mental health and specific diagnoses. Time slots are available by phone or Zoom. To view available dates/times, visit connectingforkids.org/AskUs or scan the QR code with your smartphone camera.

RESERVE NOW



WORKSHOPS

During workshop sessions, pediatric professionals will guide families in discussion, problem-solving and learning experiences. Free, supervised children's activities are available but adults and children must register separately. connectingforkids.org/workshops

Behavior Chat **Y**

Ochanya McRoberts-Wells, MEd, and CFK staff will lead a discussion guided by your questions on a variety of behavior topics. Each session will focus on a new tool from our Behavior Toolkit, but questions on any behavior concern are welcome. Content is geared toward children ages 18 months - 6 years.

Creating a Reward System That Works
Tuesday, Sept. 19, 6:30 p.m.

Middleburg Heights Branch of Cuyahoga County Public Library

How Structure Can Prevent Meltdowns
Tuesday, Nov. 14, 6:30 p.m.

Virtual

The Explosive Child Book Club **A**

Join Connecting for Kids for this four-week, peer-led book club of Dr. Ross W. Greene's book, "The Explosive Child." Each week families will discuss sections of the book and support each other as they learn to use collaborative and proactive problem-solving with their children.

Saturday, Sept. 23, 3:30 p.m.

Westlake Porter Public Library

Navigating IEPs, 504s & ETRs **A**

Join Connecting for Kids staff as they help you understand the IEP, 504 and ETR processes so that you can more effectively work with the school to help your child. Families will have the chance to engage in breakout sessions to talk about concerns.

Thursday, Oct. 12, 6:30 p.m.

Lakewood Public Library, Main Library

Thursday, Nov. 9, 6:30 p.m.

Euclid Public Library

Co-Regulation is Your Superpower **A**

Join Christine Chambers, MEd, OTR/L, of Abilities First, LLC, as she introduces you to your hidden superpower: co-regulation. Learn what it is and strategies to help you and your child stay calm in challenging moments.

Tuesday, Nov. 28, 6:30 p.m.

Westlake Porter Public Library

MUSIC THERAPY & MORESM Y

Join us for a hands-on program designed to teach families how to use music to improve their child's academic, motor, communication and social skills as well as behavior. This program is designed for families and their children, ages 0 - 6 years, who have concerns about development. connectingforkids.org/music

Euclid Public Library
Sessions begin at 6:30 p.m.

- Thursday, Sept. 21
- Thursday, Oct. 19
- Thursday, Nov. 16

Lakewood Public Library, Main Branch
Sessions begin at 9:30 a.m.

- Saturday, Sept. 16
- Saturday, Oct. 14
- Saturday, Nov. 18

Middleburg Heights Branch of Cuyahoga County Public Library
Sessions begin at 11:00 a.m.

- Saturday, Sept. 16
- Saturday, Oct. 14
- Saturday, Nov. 18

North Ridgeville Branch of Lorain Public Library System
Sessions begin at 6:30 p.m.

- Thursday, Sept. 28
- Thursday, Oct. 26
- Thursday, Nov. 30

Solon Branch of Cuyahoga County Public Library

Sessions begin at 10:30 a.m.

- Friday, Sept. 15
- Friday, Oct. 20
- Friday, Nov. 17

Westlake Porter Public Library
Sessions begin at 10:30 a.m.

- Friday, Aug. 11
- Saturday, Aug. 12
- Friday, Sept. 8
- Saturday, Sept. 9
- Friday, Oct. 6
- Saturday, Oct. 7
- Friday, Nov. 10
- Saturday, Nov. 11

ADAPTED PLAYGROUPS Y

Adapted Playgroup is a safe, welcoming environment for caregivers of children (18 mos - 6 years) with concerns about development. Your child will practice play and social skills. You will have the chance to interact with our experienced Intervention Specialist who can provide tips on everything from behavior to social skills. connectingforkids.org/play

Westlake Porter Public Library
Thursday sessions begin at 6:30 p.m. and
Friday sessions begin at 10:30 a.m.

- Thursday, Aug. 17
- Friday, Aug. 18
- Thursday, Sept. 21
- Friday, Sept. 22
- Thursday, Oct. 26
- Friday, Oct. 27
- Thursday, Nov. 16
- Friday, Nov. 17



WITH THANKS

Programming is made possible in part by support from local organizations.

Community Foundation of Lorain County

Community West Foundation

Cuyahoga Arts & Culture

GPD Employees' Foundation

Healthy Lakewood Foundation

Nordson Corporation Foundation

Rotary Club of North Ridgeville

Rotary Club of Westlake-Bay Village

LOCATIONS

Euclid Public Library

631 E 222 St.
216-261-5300

Lakewood Public Library, Main Library

15425 Detroit Ave.
216-226-8275

Middleburg Heights Branch of Cuyahoga County Public Library

16699 Bagley Rd.
440-234-3600

North Ridgeville Branch of Lorain Public Library System

35700 Bainbridge Rd.
440-327-8326

Parma-Snow Branch of Cuyahoga County Public Library


2121 Snow Road
216-661-4240

Solon Branch of Cuyahoga County Public Library

34125 Portz Pkwy.
440-248-8777

Westlake Porter Public Library

27333 Center Ridge Rd.
440-871-2600

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

Adapted Storytimes

Children with varying learning styles and abilities learn together in a safe, supportive environment where respect and appreciation for differences is encouraged. This storytime is designed for children who may not be successful in a typical storytime experience. Content is geared toward ages 3 - 7 years, but all ages are welcome. Siblings may also attend but must register separately. For more information, visit connectingforkids.org/library.

Euclid Public Library

- Saturday, Sept. 16, 11:00 a.m.
- Saturday, Oct. 21, 11:00 a.m.
- Saturday, Nov. 18, 11:00 a.m.

Lakewood Public Library, Main Library

- Saturday, Sept. 30, 11:30 a.m.
- Saturday, Oct. 28, 11:30 a.m.
- Saturday, Nov. 25, 11:30 a.m.

Middleburg Heights Branch of Cuyahoga County Public Library

- Saturday, Sept. 2, 11:00 a.m.
- Saturday, Oct. 7, 11:00 a.m.
- Saturday, Nov. 11, 11:00 a.m.

Parma-Snow Branch of Cuyahoga County Public Library

- Tuesday, Sept. 12, 11:00 a.m.
- Tuesday, Oct. 10, 11:00 a.m.
- Tuesday, Nov. 14, 11:00 a.m.

Solon Branch of Cuyahoga County Public Library

- Saturday, Sept. 16, 10:30 a.m.
- Saturday, Oct. 7, 10:30 a.m.
- Saturday, Nov. 18, 10:30 a.m.

Westlake Porter Public Library

- Thursday, Sept. 28, 6:30 p.m.
- Sunday, Oct. 8, 2:30 p.m.
- Friday, Oct. 20, 11:30 a.m.
- Saturday, Nov. 4, 11:00 a.m.
- Thursday, Nov. 9, 6:30 p.m.
- Thursday, Nov. 30, 6:30 p.m.
- Thursday, Dec. 14, 6:30 p.m.
- Friday, Dec. 22, 11:30 a.m.

Adapted Library Programs

For more information, visit connectingforkids.org/library.

GenZen Hangout: For Tweens of All Abilities in Grades 4-6

Play games, tinker, make art, and just hang out at our inclusive monthly meet-up.

Middleburg Heights Branch of Cuyahoga County Public Library

- Saturday, Sept. 9, 3:00 p.m.
- Saturday, Oct. 21, 3:00 p.m.
- Saturday, Nov. 18, 3:00 p.m.
- Saturday, Dec. 30, 3:00 p.m.

Solon Branch of Cuyahoga County Public Library

- Thursday, Sept. 14, 6:30 p.m.
- Thursday, Oct. 19, 6:30 p.m.
- Wednesday, Nov. 8, 6:30 p.m.

Inclusive Playtime

All families with all abilities are welcome to play and connect with other families in our community. Older siblings welcome!

Euclid Public Library

- Wednesday, Sept. 6, 10:30 a.m.
- Wednesday, Oct. 4, 10:30 a.m.
- Wednesday, Nov. 1, 10:30 a.m.

Little Artists Adapted Story Time

A story time and an art project for children with varying learning styles and abilities to learn together in a safe, supportive environment where respect and appreciation for differences are encouraged. Content is geared toward ages 3 to 7 years, but all ages are welcome.

Tuesday, Sept. 12, 6:30 p.m.

North Ridgeville Branch of Lorain Public Library System

Photography Walk: All Ages

Patrons with disabilities, their family and friends are invited to meet at Clague Park for a low-impact, accessible walk and take nature photographs. The library will provide devices for participants. Photography will be featured in the library's art gallery in December 2023.

Saturday, Oct. 7; 2:00 p.m.

Westlake Porter Public Library at Clague Park

Stretches and Smiles

Let's stretch together and try this fun form of exercise! Learn ways to calm active bodies and minds, leading to smiles all around. It's a perfect way to introduce simple stretches, some yoga poses and some mindfulness to children. Ages 3 and up with disabilities and typical peers.

Westlake Porter Public Library

- Tuesday, Oct. 17, 1:00 p.m.
- Tuesday, Dec. 12, 1:00 p.m.



Find Full Program Details & Register Online!

Learn more about our fall programs and register on our website. To get started, visit connectingforkids.org/register or use a smartphone camera to scan this QR code!