

Breakout sessions

Parental stress management & coping skills

10:45-11:15am 1-1:30pm 2:30-3pm

Workshop will focus on recognizing sources of parental stress and identification of stress symptoms. Parents/caregivers will learn how to utilize effective strategies to manage stress relating to work and family life.

Presented by Cindy Holik, BS, Parent Trainer and Ohio Certified Adoption Assessor with the State of Ohio.

Child rearing/Child development

10:45-11:15am 1:45-2:15pm 3:15-3:45pm

Session will teach parents and caregivers how to set limits, age appropriate consequences and techniques for managing behavioral challenges.

Presented by Dorothy Staaf, LSW, a Parent Trainer and Certified Adoption Assessor.

Protecting your children online

(geared to parents and children of elementary school age)

11:30-12pm 1-1:30pm

Think before you click (targeting tweens & teens)

1:45-2:15pm 2:30-3pm

These multi-media presentations are offered by the Ohio Attorney General's staff and are based upon training and research through a number of local, state and federal sources, including such national initiatives as iSafe, National Center on Missing and Exploited Children's NetSmartz, HRSA's Stop Bullying Now, and the FTC's Netcetera adapted for age and audience.

Presented by Jennifer Varley Gray, MS

Nurturing/Attachment through infant massage (0-18mo.)

11:30-12pm

Session will focus on exposing participants to the benefits associated with infant massage. Infant massage can help with improved sleep patterns, reduction of stress for both parent and child, improved interaction in families as well as help for depressed babies and mothers. Time will be set aside for hands-on learning and for questions as well as information and referral.

Presented by Kim Johnson, MS, LSW, and Help Me Grow Project Director.

Parenting children with disabilities

3:15-3:45pm

Workshop will provide a general overview of issues related to caring for children with disabilities such as Downs Syndrome and Autism, identifying stressors associated with caring for children with disabilities, and local treatment options and community resources available to assist parents.

Presented by Meghan Tarantino, MS Ed, LSW a Foster Care and Adoption caseworker and parent of a four year old with a disability. She is also an Ohio Certified Adoption Assessor, and a Certified Surrogate Parent.

Hosted by:



Mahoning County Family and Children First Council

100 DeBartolo Place, Suite 105
Boardman, Ohio 44512

(330) 965-7828

<http://www.familyandchildrenfirst.co.mahoning.oh.us>



Mahoning County Children Services

222 West Federal St. 4th floor
Youngstown, OH 44503

(330) 941-8888

www.mahoningkids.com



Mahoning County Help Me Grow

100 DeBartolo Place, Suite 220

Boardman, OH 44512 (330) 965-7912

<http://www.ohiohelpmegrow.org>



Help Hotline Crisis Center, Inc.

P.O. Box 46, Youngstown, OH 44501

(330) 747-5111

www.helphotline.org

Funded by:



STRONG families growing safe kids

a Child Abuse and Neglect
Prevention Month event

Saturday, April 16th - 10 am to 4 pm

Mill Creek MetroParks

Fellows Riverside Gardens

123 McKinley Ave., Youngstown



STRONG *families* growing safe kids

a Child Abuse and Neglect Prevention Month event

Free resources

(for the first 200 parents and children)

Coloring and story books,
wristbands and pencils

Community directory resource

for the first 100 adults (one per household, \$15 value)

Local resource fair

Children's Activity Stations

- ◆ Story reading
- ◆ FBI Identikit
- ◆ Games & crafts
- ◆ and more ...

Mahoning County Family and Children First Council in collaboration with Mahoning County Children Services, Mahoning County Help Me Grow, and Help Hotline Crisis Center will be presenting a Child Abuse and Neglect Awareness prevention event for the community.

Our mission is to provide the community with informational resources, education and family friendly activities on preventing child abuse and neglect **before** it occurs.



Let us help you grow a strong family and create a safe environment for children.

