



March 25, 2020

Dear Community Partners -

While we are currently safely isolated in our homes, G.E.A.R. Parent Network staff would like all to be aware that we are here to support the parents/caregivers in Maine who are raising children or youth with emotional and behavioral health concerns. We understand what parents are going through, all members of the G.E.A.R. team are parents who have raised, or are raising, children with special needs.

G.E.A.R. Parent Network offers, free of charge: phone support, parenting suggestions (like child behavior management), education regarding children/youth's diagnosis, educational workshops via webinar (accessible by computer or smartphone), referral to services, and resource information. We also can offer personalized long-term, one on one in-home parent support for up to 6 months (must meet eligibility criteria) and during this pandemic, we will meet with parents through our private webinar sessions.

Please pass this on to parents of youth with behavioral health needs and post on your social media accounts: "If you are a parent/caregiver in Maine who is raising children or youth with emotional and behavioral health concerns and you need to vent, want emotional support, resource information or need more intensive parent support - call the G.E.A.R. Parent Network anytime at 1-800-264-9224 and the G.E.A.R. Parent Network parent staff would be happy to listen or help you."

Warmly,

Cindy Seekins, CFPS
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gearparentnetwork.org



G.E.A.R. Parent Network is a Parent-to-Parent Network of Information & Support For Parents of Children with behavioral health needs, is a program of Crisis & Counseling Centers, Inc. and is funded by the Department of Health & Human Services, the United Way and Private Donations

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