



Workshop for Parents

Toxins in the Household :- (

Guest Speaker: Dr. Rok A. Morin, D.C. from Holland Chiropractic Wellness Center

Does our Environment affect our health? The industrial world we live in can have devastating effects on our health, often without our knowledge. Every day as we work, eat, sleep and play our bodies are stressed by the harmful effects of the toxins in our environment. A toxic external environment eventually leads to a toxic internal environment that disrupts the natural balance of the body causing sickness and disease in the physical, mental and emotional dimensions of health. In this special presentation **Dr. Rok A. Morin** will help us develop a practical perspective of how toxins can interfere with our health. He will provide information on how to limit our toxic exposure in your environment and home, as well as how to deal with the results of past exposure. **This 1 hour workshop will be offered at the following three Parent Support Group locations:**

- 6:30-8:30 p.m. on Thursday, July 1st, 2010_at Mobius, Inc., 319 Main St. in Damariscotta.
- 6:30-8:30 p.m. on Monday, July 12th, 3rd Floor Running Start classroom at Mid Coast Hospital Medical Office Building, 121 Medical Center Drive in Brunswick.
- 10 a.m.-12 p.m. on Thursday, August 19th, 2010_at Mid Coast Maine Community Action, 34 Wing Farm Parkway in Bath.

Workshops are free to parents/guardians of children with behavioral health needs.

You may register by email at nleblanc@crisisandcounseling.org; by telephone at 721-0161 or 1-800-264-9224, or fax this completed registration form to 207-621-6228 Attn: Carol Tiernan.

Child Care can be provided if given at least a 1-week advanced notice & a Care Giver is available.

I am a Parent or Professional (please check one) I will need Child Care. (1 week advanced notice)

Name: _____ Telephone #: _____

Full Mailing Address: _____

Email Address: _____

Check here if you wish to be included on our email/ mailing list

Are you worried about your child's emotional well-being? Through parent-to-parent sharing of experiences and knowledge, G.E.A.R. empowers parents of children with behavioral health needs to build on their family's strengths and to advocate for their family's needs. Free services available to parents & caregivers include: information and support by phone, monthly support groups, education, health & legal trainings and social opportunities. We are parents helping each other; we offer unconditional support - no blame, no shame and no judgment. We want you to know that you are not **ALONE!**

