

What is Families CAN!?

Our mission is to strengthen Sagadahoc County families through parent enrichment workshops and support, community education and awareness, and collaboration.

What parents are saying:

"I needed help with my child. He was out of control. We have started using the program with a lot of success." 1-2-3 Magic parent participant

"Our 5-year-old daughter has taken to the program well. Things that used to be an argument are now easily taken care of simply by counting." 1-2-3 Magic parent participant

"I have gained so much through these programs. I really appreciate the ability to connect with families and be honest about my family in a safe, non-judgmental place." Active Parenting parent participant

"It is entertaining, it is good company, it's easy to ask questions, and it's a friendly environment." First Five Years parent participant

"I loved the safety of the room's atmosphere. I could share parts of my heart and not feel judged. I have a new set of tools under my belt and more connections/friends to talk to." Blended Families parent participant

"It helps me talk to my partner about parenting and be more mindful of my role in helping kids grow into well rounded adults." Cooperative Parenting parent participant

Families CAN!

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MMCA is a 501 (c)(3) non-profit organization & an equal opportunity provider and employer

MIDCOAST MAINE
Community Action

Building better lives for stronger communities



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Families CAN!



Your Journey Is About to Get
a Whole Lot Easier!

FREE! Parent Enrichment Workshops

1-2-3 Magic: Effective Discipline
Nurturing Parenting
The First Five Years
Active Parenting 5-12
Cooperative Parenting & Divorce
Active Parenting for Blended Families
Nurturing Fathers
Infant Safe Sleep & Period of Purple Crying

Families CAN! uses award-winning, evidence-based programs to provide enrichment opportunities to parents, caregivers and educators about topics affecting families with children from birth through the teen years. Programs through Families CAN! are available to all parents and caregivers at *no cost*. Free on-site childcare and snacks are typically provided.

"Very informative. I liked learning that I wasn't alone— other parents have the same problems." Parent participant

Parent & Caregiver Enrichment Workshops

1-2-3 Magic: Effective

Discipline: 3 sessions

This class takes a humorous look at parenting and a serious look at discipline. Parenting is

broken down into three jobs: #1 Controlling obnoxious behavior; #2 Encouraging good behavior; #3 Strengthening your relationship.

The First Five Years: 4 sessions

Topics include parenting styles and roles; ages and stages of development; effective discipline techniques; your child's growing brain, building strong family bonds; and ways to prepare your child for school success.

Active Parenting: 5-12: 3-6 sessions

Learn valuable skills that bring back the joy of parenting! Topics include how brain development affects children's behavior and decision-making; winning cooperation; responsibility and discipline; building courage, character, and self-esteem;

and so much more to prepare children to enter the teen years.

Nurturing Parenting:

10 separate sessions

In this nationally recognized parent program, you will learn new skills and attitudes important in caring for yourself, your children and the world around you.

Nurturing Fathers: 13 sessions

Every child deserves a nurturing father—a man who actively provides guidance, love and support to enhance the development and growth of children for whom he cares. This program provides proven, effective skills for healthy family relationships and child development.



Infant Safe Sleep &

Period of PURPLE Crying: 1 session

Get the most up-to-date information about safe infant sleeping environments, and gain a new way of understanding the normal period of crying during healthy babies first 5 months of life.

Active Parenting for Blended Families:

3-6 sessions

Topics include blending family histories, preventing or stopping problems such as loyalty conflicts and power struggles; setting boundaries that work for the whole family, improving communication, building new relationships, teaching responsibility and cooperation; plus so much more!

Cooperative Parenting and Divorce:

8 sessions

This award winning parenting program gives divorcing or separating parents the power to make positive changes that shield their children from parental conflict and guides them into establishing a long-term relationship with the child's other parents.

Other Services:

Providing information, making referrals, and developing community awareness through education and community events.

