

Registration Form

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

Check training you are registering for:

Session 1 Facebook for Beginners

Session 2 Facebook for Beginners

Are You a Happy Grandparent?

September 13-“Taking Care of Yourself”

October 11-“Financial and Benefit Issues”

November 8 -“Tips for Managing Holiday Stress”

December 13-“Things Children Need From You”

Come Walk With Me: Rail Trail Walking Club

Amount Enclosed: \$ _____

Make payable to and mail to:

Child Care Options

337 Maine Ave., Farmingdale, ME 04344

Join us this fall!

You can register my mail, phone, email or stop by the office . We take cash, checks, money orders or credit card payments.

Register early, space is limited



**RESOURCE
DEVELOPMENT CENTER**

347 Maine Ave
Farmingdale, ME 04344

Phone: 207-582-3110 ext. 27

Fax: 582-3115

E-mail: training@skcdc.org

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opportunities for the adult learner*

Community Trainings and Events



Tel: 207-582-3110 ext.27

Community Trainings and Events

Facebook for Beginners

Are you someone who still hasn't succumbed to the lure of Facebook? Maybe you're a beginner or perhaps you just haven't had the time, skills or confidence to explore every last corner of the world's most expansive social network.

This four week course is for those eager to learn more about the basics of Facebook. Through a beginners eyes you will take a social stroll through the network's main features and learn how to connect with family, long lost friends and new friends worldwide.

Session 1: Dates: September 18, 25, October 2, 9

Session 2: Dates: October 30, November 6, 13, 20

Time: 9:00 -10:30 am

Cost: \$60.00

Are You a Happy Grandparent?

Grandparenting is one of the greatest joys in life. It can sometimes be more than that though. Grandparents are often faced with raising their grandchildren. Another issue is when grandparents are trying to help their children raise the grandchildren. Financially or otherwise, it doesn't really matter, grandparenting has taken on a different meaning these days. Join us, relax, talk and enjoy the company of other grandparents as we discuss topics and share resources that could make you a happy grandparent.

Dates and Topics:

Thursday, September 13-"Taking Care of Yourself"

Thursday, October 11-"Financial and Benefit Issues"

Thursday, November 8 -"Tips for Managing Holiday Stress"

Thursday, December 13-"Things Children Need From You"

Time: 9:00-10:30 am

Cost: \$10.00/per session

Come Walk With Me: Rail Trail Walking Club

Tired of walking alone? Looking for a new way to motivate yourself? Want to meet other walkers? Join our "Walking Club", a great way to expand your walking workout and improve your heart health. We will walk Monday, Wednesday and Friday mornings from 8:00 am to 9:00 am on the Kennebec Rail Trail. You determine your pace and speed, we provide the company on your walk. As a group we may even decide to share an occasional breakfast together before/or after our walk!

Date: Starts September 10th-every Monday, Wednesday and Friday (weather permitting) through November 16th.

Time: 8:00 am to 9:00 am

Cost: \$50.00