

## CONNECTING FOR KIDS JANUARY/FEBRUARY 2026 PROGRAMS



### Resources, support & community

Connecting for Kids (CFK) provides resources, support and community to families in Northeast Ohio who have concerns about their child. We serve all families, including those children with and without diagnoses.

#### January/February Programs

Learn more about our free programs:

[Workshops](#)  
[Share & Support Groups](#)  
[Music Therapy & More](#)  
[Playgroups](#)  
[Adapted Library Programs](#)

#### 2026 Resource Fairs

**Western Cuyahoga**  
March 5, from 6-8 p.m.

**Lorain County**  
March 18 from 6-8 p.m.

**Eastern Cuyahoga**  
March 31 from 6-8 p.m.

[\*\*connectingforkids.org/resource-fairs\*\*](https://connectingforkids.org/resource-fairs)

#### Concerned? Ask Us!

Ask Us is a free 30-minute call with another parent who gets what it's like to be concerned about a child. Our Family Resource Specialists will also give you tailored resources for your family.

[\*\*connectingforkids.org/AskUs\*\*](https://connectingforkids.org/AskUs)

## WORKSHOPS

### **Sleep Solutions** (ages 0-6)

Join Bridget Bowling, certified Family Sleep Institute Pediatric Sleep Consultant from Little Snoozers, who will discuss bedtimes, nap times, sleep transitions, as well as what sleep should look like from birth to school age. This program will also discuss the unique sleep challenges faced by children with disabilities, with discussion groups for families navigating these experiences.

📍 [Rocky River Public Library](#)  
Tuesday, Feb. 10, 6:30 p.m.

## SHARE & SUPPORT GROUPS

### **Caregiver Support Group: Winter Blues** (ages 0-12)

Share & Support is a peer support group where caregivers can meet families on a similar journey. Join CFK staff for virtual, monthly themed sessions where we'll share our "roses" (joys), "thorns" (struggles) and "buds" (hopes) to foster connection and support.

**Virtual**  
**Monday, Jan. 26, 7:00 p.m.**

### **Neurodivergent Caregivers Meetup (ages 0-12)**

Are you a neurodivergent caregiver hoping to find your community? Do your child's ADHD, autism or sensory needs echo (or trigger) your own experiences, leaving you searching for a welcoming space to share, vent and connect? Join Connecting for Kids for the first Neurodivergent Caregivers Meetup! Enjoy crafts, snacks and casual conversations to make new connections.

📍 **Westlake Porter Public Library**  
**Tuesday, Jan. 27, 6:30 p.m.**

### **You Are Not Alone: Supporting LGBTQ+ and Gender-Expansive Kids (ages 0-12)**

How can you best support your LGBTQ+ or gender-expansive child in today's shifting social and political climate? Join K. Pepera, MEd, LPCC-S, of Colors+ Counseling, and Connecting for Kids, for a supportive conversation where families can learn, connect and gather resources to better affirm and protect their children.

**Virtual**  
**Monday, Feb. 2, 7:00 p.m.**

### **Caregiver Support Group: Complex Needs Caregivers (ages 0-12)**

Share & Support is a peer support group where caregivers can meet families on a similar journey. Join CFK staff for virtual, monthly themed sessions where we'll share our "roses" (joys), "thorns" (struggles) and "buds" (hopes) to foster connection and support.

**Virtual**  
**Monday, Feb. 23, 7:00 p.m.**

## **MUSIC THERAPY & MORE**

### **Music Therapy & More (ages 0-6)**

- For families with a concern about their child, ages 0-6
- Led by a Board Certified Music Therapist
- Learn to use music to improve academic, motor skills, communication and behavior

📍 **Heights Libraries, Lee Road Branch**  
Session begins at 6:30 p.m.

- Wednesday, Feb. 11

📍 **North Ridgeville Branch of Lorain Public Library System**

Session begins at 6:30 p.m.

- Thursday, Feb. 26

📍 **Westlake Porter Public Library**  
Sessions begin at 10:30 a.m.

- Friday, Jan. 9
- Saturday, Jan. 10
- Friday, Feb. 6
- Saturday, Feb. 7

📍 **Maple Heights Branch of Cuyahoga County Public Library**

Sessions begin at 10:00 a.m.

- Saturday, Jan. 24
- Saturday, Feb. 28

📍 **Parma-Snow Branch of Cuyahoga County Public Library**

Session begins at 6:30 p.m.

- Monday, Jan. 12
- Monday, Feb. 9

📍 **Middleburg Heights Branch of Cuyahoga County Public Library**

Sessions begin at 11:00 a.m.

- Saturday, Feb. 14

### **Reminder**

Music Therapy & More sessions open on a month-by-month basis. Registration for next month's session will not open until the current month session is over.

### **Music Therapy & More: Elementary Age (ages 7-12)**

- For families and children ages 7-12 with complex needs or disabilities
- Led by a Board Certified Music Therapist
- Learn to use music to enhance gross motor skills, develop body awareness and practice social skills.

📍 [Lakewood Public Library, Main Library](#)  
Thursday, Feb. 12, 6:30 p.m.

## PLAYGROUPS

### [Inclusive Drop-in Playgroup \(ages 0-6\)](#)

- For families with children - with or without disabilities or delays
- Led by an Early Childhood Specialist
- Connect with other families and get free resources from our staff

📍 [Lakewood Family Room](#)  
Thursday, Feb. 5 from 9:30 - 11:00 a.m.

### [Adapted Playgroups \(ages 18 months - 6 years\)](#)

- For families with concerns about their child's development
- Led by an Early Childhood Specialist
- Your child will practice play and social skills while you get tips

📍 [Lakewood Public Library, Main Library](#)  
Session begins at 9:30 a.m.

- Saturday, Feb. 21

📍 [Westlake Porter Public Library](#)  
Thursday session begins at 6:30 p.m. and  
Friday session begins at 10:30 a.m.

- Thursday, Feb. 19
- Friday, Feb. 20

### Reminder

Adapted playgroup sessions open on a month-by-month basis. Registration for next month's session will not open until the current month session is over.

## ADAPTED LIBRARY PROGRAMS

### Storytimes

📍 [Heights Libraries, Noble Neighborhood Branch](#)

- Saturday, Feb. 7, 10:30 a.m.

📍 [Maple Heights Branch of Cuyahoga County Public Library](#)

- Saturday, Jan. 17, 10:30 a.m.
- Saturday, Feb. 21, 10:30 a.m.

📍 [Middleburg Heights Branch of Cuyahoga County Public Library](#)

- Saturday, Jan. 17, 11:00 a.m.
- Saturday, Feb 7, 11:00 a.m.

📍 [North Ridgeville Branch of Lorain Public Library System](#)

- Tuesday, Feb. 17, 6:30 p.m.

📍 [Oberlin Public Library System](#)

- Thursday, Feb. 26, 6:30 p.m.

📍 [Parma-Snow Branch of Cuyahoga County Public Library](#)

- Tuesday, Jan. 13, 11:00 a.m.
- Tuesday, Feb. 10, 11:00 a.m.

📍 [Rocky River Public Library](#)

### Adapted Programming

📍 [Avon Lake Public Library](#)

#### Music & Movement

- Saturday, Jan. 10, 10:30 a.m.
- Saturday, Feb. 7, 10:30 a.m.

📍 [Heights Libraries, Coventry Village Branch](#)

#### ASL Storytime with Liliana Pokorny

- Saturday, Feb. 28, 11:00 a.m.

#### Express-a-Story

- Saturday, Jan. 10, 10:30 a.m.
- Saturday, Feb. 14, 10:30 a.m.

📍 [Middleburg Heights Branch of Cuyahoga County Public Library](#)

#### GenZen Hangout: For Tweens of all Abilities in Grades 4-6

- Wednesday, Feb. 4, 7:00 p.m.

📍 [North Ridgeville Branch of Lorain Public Library System](#)

#### Sensory Play Time

- Tuesday, Jan. 20, 6:30 p.m.

📍 [Parma-Snow Branch of Cuyahoga County Public Library](#)

#### P.A.L.S. Big Screen Sensory Friendly Movie

- Saturday, Feb. 7, 11:00 a.m.

📍 *Westlake Porter Public Library*

- Wednesday, Feb. 4, 10:30 a.m.
- Saturday, Feb. 28, 10:30 a.m.

- Saturday, Jan. 17, 11:00 a.m. - Dogman
- Friday, Feb. 27, 11:00 a.m. - A Minecraft Movie

📍 *Westlake Porter Public Library*

**Adapted Weekend Fun**

- Saturday, Jan. 31, 11:00 a.m.

**Adapted Playdate**

- Sunday, Feb. 1, 2:00 p.m. - 3:00 p.m.

**To register for any Connecting for Kids program, visit: [connectingforkids.org/register](https://connectingforkids.org/register)**

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