

Educational Opportunities for Adoptive, Foster, and Kinship Parents

All in-person classes will be held at FamilyForward's Developmental Trauma Center located at 11358 Van Cleve Ave in St. Louis County. *Light refreshments will be provided.*

Trauma 101

Wednesday, January 17, 2024 | 6:00-8:30 pm

When a child is abused or neglected, it can impact every aspect of the child's development: physical, emotional, social, and psychological. A video will kickstart the discussion, focusing on the reasons for delays and challenges based on the neurobiology of brain development. The National Child Traumatic Stress Network's Core Concepts of Traumatic Stress are covered. This course incorporates mandatory reading material essential for resource parents and offers a comprehensive introduction to the topic of trauma.

Building Parental Resilience (Virtual Lunch and Learn)

Friday, January 19, 2024 | 12:00-1:00 pm

From the catalog of the National Training and Development Curriculum Right Time Training, this discussion will emphasize the importance of self-care for parents who are fostering or adopting, along with practical ideas on how to incorporate it into their daily routines. We will unpack ways to help parents understand why maintaining their own mental, physical, emotional, and spiritual well-being is crucial when caring for children who have experienced trauma, separation, or loss.

Preparing for Adulthood

Tuesday, January 23, 2024 | 6:00-8:00 pm

From the catalogue of the National Training and Development Curriculum (NTDC) Right Time Training, this theme provides an overview of the common skills that youth will need to effectively navigate as an adult and provide strategies on how families who are fostering or adopting can prepare youth to successfully transition into adulthood. The theme highlights the variance that can exist between chronological and developmental age for children who have experienced trauma, separation and loss and how this can impact the transition to adulthood. Some of the challenges that youth may face during this transition are highlighted.

The Amazing Brain

Wednesday, January 24, 2024 | 6:00-9:00 pm

This training will give parents a deeper understanding of brain development from conception to maturation. The impact of early childhood trauma on the brain's organization will be explored through a small group activity utilizing The Brain Architecture Game. Will your team be able to build a brain that stands up to toxic stress?

Healthy Relationships

Wednesday, January 31, 2024 | 6:00-8:00 pm

Children in the foster care system often have not had healthy relationships modeled for them within their families of origin. Some have witnessed domestic violence, inappropriate familial and peer relationships, and experienced the violation of their bodies, distorting what is or is not appropriate in relationships. Exploring topics that may be difficult for adults to discuss with children and teens is the starting point for becoming comfortable with the subject matter. Developing a healthy self-respect is the foundation for future healthy relationships, and as caregivers, we must engage our children in ongoing conversations.

MO CARE (Replacing STARS)

Tuesday, February 6, 13, 20, 27, March 5, 12, 19, 26, and April 2, 9, 2024 | 6:00-9:00 pm

MOCARE/STARS preservice training is required of any individual wishing to be licensed as a foster parent through the state of Missouri. Please contact Tonya.Williams@dss.mo.gov for further information and registration.

Prioritizing Your Partnership (Virtual)

Mondays, February 12, 19, 26, 2024 | 6:00-8:30 pm

Families can only be as strong as the parents' relationship. In this 3-week course, couples will learn evidence-based principles and techniques designed to help strengthen their connection to one another. Course content includes a brief examination of historical changes within marriage/partnership and the importance of realistic expectations. Systems theory and the critical role of prioritizing the parent partnership in providing a strong, stable family base are at the core of this curriculum. Maslow's Hierarchy of Needs is presented as an important way to consider the adjustment of expectations in times of crisis.

Working with Biological Parents

Wednesday, March 6, 2024 | 6:00-8:30 pm

For many resource families, the prospect of working with a child's birth family can be intimidating. This class is designed to examine the benefits and realities of working with birth families and to provide tools and ideas to help bridge the gap. The intergenerational nature of trauma, along with special considerations in dealing with kin relationships, will be discussed. Setting boundaries in continued relationships with the birth family, both prior to and following adoption, will also be examined.

Sexual Development and Identity

Monday, March 11, 2024 | 6:00-8:00 pm

From the National Training and Development Curriculum (NTDC) Right Time Training catalog, this training offers an overview of healthy sexual development and provides guidance on discussing it with children, including aspects of healthy sexual relationships. It delves into the specific needs that children who have experienced trauma, loss, or separation may have in forming a positive and healthy identity concerning their sexual orientation, gender identity, and expression (SOGIE) and overall sexuality. Additionally, the training will highlight strategies for parents who are fostering or adopting to support their child's sexual development.

Building Children's Resilience (Virtual Lunch and Learn)

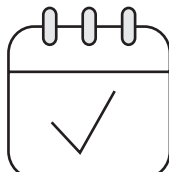
Friday, March 15, 2024, 12:00-1:30pm

From the catalog of the National Training and Development Curriculum (NTDC) Right Time Training, this theme assists parents who are fostering and adopting in comprehending concepts and definitions related to enhancing the resilience of children who have experienced trauma, separation, or loss. It provides descriptions of protective factors, coupled with strategies on how to build upon these factors to support children in developing their identity, self-esteem, and skills for self-advocacy.



Online resources

Sign up for our LifeLines email newsletter and view training information online by scanning the QR code or by visiting familyforwardmo.org/calendar



Register for training

Call: 314.534.9350 ext. 7234

Email: intake.dept@familyforwardmo.org