

**November 7<sup>th</sup> - Hettie Wilson**

**10am-11am (Zoom meeting)**

**Substance Abuse in Adults**

This training will provide participants with information about substance abuse. Participants will be provided with the knowledge needed to understand substance abuse, recognize the signs of use, understand the addiction, treatment and recovery process, and be provided useful tips for assisting in making healthy choices and working through substance abuse problems.

**November 9<sup>th</sup> – Lora Bruce**

**3pm-4pm (Zoom meeting)**

**Parenting Children with Special Needs**

Gain an understanding of the most common types of special needs; physical, developmental, behavioral/emotional, and sensory impaired. Participants will understand the different approaches of being a parent with a special needs child. Discuss different parenting styles to understand which style parents can relate with the most.

**Nov 18<sup>th</sup> – Renee Lilley**

**1pm-2pm (Zoom meeting)**

**It Takes a Team: Helping Foster Children Prepare for Independence**

To explore the dynamics and challenges that foster children face when they transition out of foster care, help identify and discuss the different roles of foster parents and community resources, and to examine suggestions on how foster parents can assist their youth in preparing for the transition into adulthood and independence.

**November 23<sup>rd</sup> - Hettie Wilson**

**6:30pm-7:30pm (Zoom meeting)**

**Substance Abuse in Adults**

This training will provide participants with information about substance abuse. Participants will be provided with the knowledge needed to understand substance abuse, recognize the signs of use, understand the addiction, treatment and recovery process, and be provided useful tips for assisting in making healthy choices and working through substance abuse problems.

**December 8<sup>th</sup>– Lora Bruce**

**3pm-4pm (Zoom meeting)**

**Parenting Children with Special Needs**

Gain an understanding of the most common types of special needs; physical, developmental, behavioral/emotional, and sensory impaired. Participants will understand the different approaches of being a parent with a special needs child. Discuss different parenting styles to understand which style parents can relate with the most.

**December 12<sup>th</sup> – Renee Lilley**

**10am – 11am (Zoom meeting)**

**It Takes a Team: Helping Foster Children Prepare for Independence**

Participants will explore the dynamics and challenges that foster children face when they “age out” of the system, help identify and discuss the different roles of foster parents and community resources and to examine suggestions on how foster parents can assist youth in preparing for the transition into adulthood and independence.

**December 16<sup>th</sup> – Lora Bruce**

**12pm – 1:30pm (Zoom meeting)**

**Adult Childhood Experiences (ACE's)**

Participants will learn about the ACE study and the examined long-term impacts of various childhood traumatic experiences. This study found long term mental and physical consequences related to 2 or more adverse experiences. They will also learn more about the ACE study and how to help children navigate trauma in a proactive and healing way.

**December 28<sup>th</sup> - Hettie Wilson**

**6pm-7pm (Zoom)**

**Emotional Resilience**

Participants will recognize the effects of stress and define Emotional Resilience. Additionally, learners will be able to identify attitudes of resilience and how resilience works. Much of the presentation focuses on learning the keys to increasing emotional intelligence, as well as pinpointing strategies to teach resilience to children. Finally, learners will acquire resilience and make a lasting change.