**Regulating Emotions**

*February 3, 2021 9:00am-10:00am Trainer: Renee Lilley*

This training teaches parents how to regulate their emotions while also finding ways to help those in their care deal with their feelings and emotions when times get tough.

**LGBTQ Youth In Care**

*February 8, 2021 2:00pm-3:00pm Trainer: Hettie Wilson*

This training addresses cultural competency. That goes for anyone who is lesbian, gay, bisexual, transgender, intersexual, asexual, and questioning youth. Participants will learn to differentiate between a value or belief and a myth or a stereotype and will help participants develop strategies to balance personal views and professional responsibilities when the two are in conflict.

**Grief, Loss, Separation, and Attachment**

*February 22, 2021 1:00pm-2:30pm Trainer: Lora Bruce*

This training will identify the challenges of facing grief, loss, separation, and attachment due to the transitional nature of caring for foster children. Participants will explore the 5 stages of grief with examples of how they may be expressed in the foster care system, will gain knowledge in preventative measures, and will identify coping skills and resilience factors to manage grief and loss. In addition, examine the different attachment styles, assist foster parents in cultivating their abilities to be thoughtful and responsive to their foster child’s needs and identify coping skills and strategies for foster parents and children as they progress toward the formation of more healthy and secure attachments.

**Future and current foster parents, adoptive resources, and kinship and relative providers can see a full list of available trainings by going to the Children’s Alliance website at:** [**https://childally.gosignmeup.com/public/course/browse**](https://childally.gosignmeup.com/public/course/browse)**.**