

Adverse Childhood Experiences (ACEs)**CA # 110866***May 18, 2021 3:00pm-4:30pm**Trainer: Lora Bruce*

Participants will learn about the ACE Study, and its findings regarding long term mental and physical consequences related to two or more adverse experiences in childhood. This training will also examine long-term impacts of various childhood traumas, and how to help children navigate trauma in a proactive and healing way.

Self-Care For Foster Parents**CA # 110897***May 20, 2021 7:00pm-9:00pm**Trainer: DeAnna Colahan*

Participants will learn important information regarding the importance of self-care and be provided with information on the problems that can arise from not caring for themselves. Participants will learn definitions, signs, and symptoms related to Stress, Burnout, and Secondary Traumatic Stress, and will be able to understand the need to watch for signs within themselves and how to develop a stress management plan. Participants will be able to pull information from a road to self-care guide, in order to take excellent care of themselves and their family and in the end have more positive outcomes for themselves and their families.

Substance Abuse In Adults**CA # 110877***June 9, 2021 2:00pm-3:30pm**Trainer: Hettie Wilson*

This training will provide participants with information about substance abuse. Participants will be provided with the knowledge needed to understanding 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.

Preparing Foster Children For Independent Living CA # 110893*June 24, 2021 11:00am-12:00pm**Trainer: Renee Lilley*

This training will provide participants with information about supporting foster children as they prepare to age out of the foster care system. Participants will be provided with the knowledge they need to understand the child's transition plan and how to effectively support them in completing tasks outlined in the plan. Participants will also gain knowledge about supportive resources to help children successfully transition from foster care to adulthood.