**Human Trafficking**

December 10, 2021 at 12:00 p.m. – 2:00 p.m.

December 15, 2021 at 11:00 a.m. – 1:00 p.m.

Participants will leave this training with a clear understanding of what Human Trafficking is and examine how victims are recruited and maintained in the industry. Participants will additionally learn how it affects children in foster care in the state of Kansas and further develop their knowledge in identifying victims, working with them, and preventative measures that can be utilized to prevent the victimization of children.

**Creating Discipline and Appropriate Boundaries**

December 4, 2021 at 10:30 a.m. – 11:30 a.m.

Participants will gain strategies of how to use effective discipline and way to build a relationship with a child during times of tantrums. Discuss how, why, and importance of setting appropriate boundaries.

**Self-Care For Foster Parents**

December 10, 2021 at 11:30 a.m. – 12:30 p.m.

Foster parents will be provided with important information regarding the importance of self-care. The training will provide foster parents with information on the problems that can arise from not caring for themselves. The foster parents will be provided with definitions and signs and symptoms for the conditions of stress, burnout and secondary traumatic stress. The foster parent will be able to understand the need to watch for signs within themselves and how to develop a stress management plan, as well as other ways to combat stress, burnout and secondary traumatic stress. The foster parent 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.