

## ADLU Winter '26 Training & Support Calendar

| Month    | Dates | Time          | Topic  | Location |
|----------|-------|---------------|--|----------|
| January  | 11    | 6:00 - 7:30pm | The benefits of self care  | Virtual  |
| February | 11    | 6:00 - 7:30pm | Attachment and bonding with traumatized children                 | Virtual  |
| March    | 11    | 6:00 - 7:30pm | Benefits of connecting with school guidance/adjustment counselor | Virtual  |
| April    | 15    | 6:00 - 7:30pm | Trauma and ADHD  | Virtual  |

**Contact your FRL, Marion DeSa for more information.**

**Visit [mspcc.org/kidsnet](https://mspcc.org/kidsnet) for additional statewide virtual training opportunities**