

STATEWIDE TRAINING

February 2025

All trainings are open to parents across Massachusetts and are provided **FREE** of charge.



Next session on Jan 7, 2025 7:30PM EST • Starts in 28 days
January Trainings
Organized by Kid's Net MSPCC
By Kid's Net
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PLEASE NOTE THE FOLLOWING CHANGE:
We heard your feedback. We have added closed captioning and multiple language options for the presentations. We are pleased to now offer a SINGLE REGISTRATION option for monthly training! Instead of selecting and registering for each session independently, the link below will bring you to the Zoom registration page which includes all training events being presented this month. You can select the trainings that are of interest to you, all at once... Register using the link below.

[Register Here](#)

Tuesday, 2/4 Understanding Substance Use and Child Development Kelly Petravicz 7:30-9:00 pm

Review of impact of in-utero substance exposure on development. Review of typical behaviors and expected disruptions to developmental progress. Provision of strategies for supporting infant withdrawal. Presented by Kelly Petravicz, LCSW, is an Early Intervention Program Director.

Thursday, 2/6 LGBTQ+ Identity, Expression, and Transgender 101 GBPFLAG 7:30 am -9:00 pm

Understand LGBTQ+ terminology and the practice of inclusive language in this Training. Participants will be able to distinguish between gender identity, gender expression, sex assigned at birth, and sexual orientation as separate but intersecting aspects of one's identity. Exploring Transgender identity, participants will practice pronoun usage and allyship techniques to support gender-expansive individuals. Engage in thought-provoking discussions to enhance your skill in embracing inclusive language and fostering affirmation. This Training equips you with the tools to cultivate an attitude of respect and understanding for LGBTQ+ identities. Training is presented by, Greater Boston PFLAG: your partner in creating inclusive spaces that radiate belonging and empowerment for all, regardless of races, ethnicities, genders, sexualities, abilities, and beliefs.

Monday, 2/10 Sleep Success Lisa Bingley 10:30 am -12:00 pm

Children's sleep schedules impact the entire family. Good sleep routines promote healthy sleep and daytime alertness that can prevent the development of sleep problems and disorders. This session will look at helping participants develop routines and use strategies to support good sleep hygiene for the entire family. Presented by Lisa Bingley, MEd, is a Developmental Specialist at MENTOR Early Intervention.

Tuesday, 2/11 Addressing Black Youth Mental Health Workshop Courtney Begley 7:30-9:00 pm

How can you identify and support a Black youth struggling with a mood disorder? Although Black youth may face systemic barriers when it comes to address mental health, there are ways in which adults can help. Participants learn how to recognize someone who needs help and assist them in accessing services. Families for Depression Awareness (FFDA) is a nonprofit organization that helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. FFDA was founded on the belief that caring family members play a powerful role in uniting their loved ones and ensuring that no one suffers alone with a mood disorder.

Thursday, 2/13 Supporting & Maintaining Family Connections Michael Medeiros 6:30-8:00 pm

This session centers on a "Shared Parenting" approach as we highlight the importance of maintaining family connections for children placed in foster care. Allowing children to feel a sense of wholeness, respecting what family represents, and building alliances with the family of origin are essential to nurturing a child's sense of well-being. Hosted by trainer, foster and adoptive parent - Michael Medeiros

Monday, 2/24 Emotional awareness Gwenn Bass 7:30-9:00 pm

How can we help children understand and manage their complex emotions, especially when those emotions lead to big behaviors? Learn about grounding techniques to use in the moment when children need help managing their emotions safely, as well as proactive strategies that help to reduce the frequency of challenging behavior. This training is presented by Dr Gwen Bass and her team of trainers. Dr. Bass is a researcher and educator, who provides consultation and training for caregivers, teachers, and social workers. Dedicated to improving outcomes for children who have experienced trauma, she presents regularly on inclusive classroom practices, resilience-building parenting strategies, and trauma-sensitive teaching.

Tuesday, 2/25 Just do What I Say! Tips for Managing Conflict and the Need for Control Donna Shea 7:30-9:00 pm

Do you find yourself in frequent conflict with a child? In this workshop focused on frustration management, participants will gain a better understanding of why these conflicts occur and leave with easy actionable strategies to help with problem-solving skills and flexible thinking. We will discuss the rules about being angry, strategies to manage anger and power plays when they do occur, how to communicate and collaborate rather than retaliate, and develop more positive methods of interaction and discipline. Presenter Donna Shea, Founder of The Peter Pan Center, is a social educator and coach. She has worked to address the needs of families whose children are struggling with behavior and social challenges. Donna is a consultant to schools, parent groups, and human service agencies. Donna has certifications in Cognitive Behavioral Coaching, Pathological Demand Avoidance, Positive Psychology and Bullying Prevention.