

STATEWIDE TRAINING

February 2024



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

Monday, 2/5
Centering the Child in High Conflict Situations
Dr. Gwen Bass, Kelly Thibodeau, and Eva Reynolds
7:30 - 9:00 pm

[Register Here](#)

Often, kids in our care have many adults involved in their lives. Each person holds a different piece of the child's puzzle and positive collaborations help ensure that kids get what they need. In this session we discuss strategies for diffusing tensions and centering the child when there is conflict about how to support our kids and their complex needs. All educators, foster and/or adoptive parents themselves, Dr. Gwen Bass, Kelly Thibodeau and Eva Reynolds, provide detailed relevant information rooted in their own experiences.

Tuesday, 2/13
Sleep Success
Lisa Bingley, MEd
10:00-11:30 am

[Register Here](#)

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. Host - Lisa Bingley, MEd, is a Developmental Specialist.

Wednesday, 2/14
Caring for Teens,
Michael J. Medeiros
6:30-8:00 pm

[Register Here](#)

There are a high number of teens in need of out-of-home placements in Massachusetts, yet foster or pre-adoptive families are sometimes reluctant to accept teen placements for a variety of reasons. Adolescent years can be a time of ups and downs for all youth, and parents often struggle with understanding how best to support the teenagers in their care. Join us as we demystify the teen experience, highlighting important aspects of adolescent development, and discuss strategies for having a positive impact in working with teens. Hosted by trainer, foster and adoptive parent: Michael Medeiros.

Thursday, 2/15
Finances and Tax Information for Foster and Adoptive Parents,
Helene Leue
7:30-9:00 pm

[Register Here](#)

Tax season is here!
Do you have questions? Join us to get answers!
A foster parent herself, Helene will help to answer any questions you may have and provide helpful financial tips!

Tuesday 2/20
Understanding Autism: The Big Picture
Kelly Petravicz
7:30-9:00 pm

[Register Here](#)

This training will provide an overview of Autism Spectrum Disorder including history, behaviors, and interventions.
Host: Kelly Petravicz, LCSW, is an Early Intervention Program Director.

Monday, 2/26
De-escalation
Dr. Gwen Bass, Kelly Thibodeau, and Eva Reynolds
7:30-9:00 pm

[Register Here](#)

Knowing the typical pattern of an escalation helps caregivers better understand what their child is trying to communicate through their behavior, and the kinds of responses that will be most effective in the moment. Learn which strategies to use throughout the course of an escalation, as well as strategies that help both caregiver and child to recover and repair after these difficult moments. All educators, foster and/or adoptive parents themselves, Dr. Gwen Bass, Kelly Thibodeau and Eva Reynolds, provide detailed relevant information rooted in their own experiences.

Thursday, 2/29
Understanding and Caring for Teens: A Roadmap for When You Feel Lost
Kelly Petravicz
7:30-9:00 pm

[Register Here](#)

This training will provide an overview of teen development including: the teen brain, behavior, friendships, choices, and emotions. We will also discuss ways to support and understand your teen.
Kelly Petravicz, LCSW, is an Early Intervention Program Director and former teacher.