



ONLINE TRAINING FOR FOSTER PARENTS

Monday, 6/1
Digital Dilemma
Gwenn Bass
7- 8:30 pm

This training explores how screen use influences children's emotional regulation, relationships, attention, and development. Participants will examine the impact of excessive or unstructured screen time on emotional, social, and cognitive growth, while learning to recognize early signs of digital overload and dependency. Through discussion and practical application, participants will explore strategies for creating healthy technology routines, setting meaningful boundaries, strengthening communication, and modeling balanced digital habits in both home and care settings.

Presented by Dr. Gwen Bass and her team—educators and foster/adoptive parents—for practical strategies to resolve conflict and reconnect after difficult moments, all grounded in personal and professional experience.

Tuesday, 6/2
Infant Toddler Play
Lisa Bingley
7:30-9 pm

This session will help parents understand the benefits of play with attention to routines and natural situations that arise in the home. We will discuss the importance of observation and how to use observation as a tool for growth and development. This session will include information appropriate for ages birth to three years.

Presented by Lisa Bingley, MEd, a Developmental Specialist at MENTOR Early Intervention.

Wednesday, 6/3
Infant Safe Sleep
Alyssa Golner
7:30 - 9 pm

This session introduces the fundamentals of creating a safe and nurturing sleep environment for your family. Join us as we explore strategies for promoting healthy sleep habits, ensuring peaceful nights and brighter days for you and your loved ones. Through Alyssa's guidance, caregivers will learn how to prioritize safe sleep practices, fostering a future where every baby sleeps soundly and securely.

Presented by Alyssa Golner, a passionate advocate for infant safe sleep, this training blends expertise with personal experience. Alyssa's dedication to the safety and well-being empowers caregivers with the confidence and skills needed to create the safest sleep environments for their babies.

Tuesday, 6/9
Caring for the Caregivers
Donna Shea
7:30 - 9pm

This session supports parents in finding simple, realistic ways to take care of their own well-being while raising and supporting their children. It explores how quickly energy can become depleted in day-to-day parenting and why small, intentional shifts matter. Using the PERMA framework, parents are introduced to practical strategies that build positive emotion, connection, purpose, and a sense of accomplishment. The session emphasizes rest, self-awareness, and manageable daily habits that fit into real family life. Parents will leave with tools to feel more balanced, present, and better equipped to support their children by first supporting themselves.

Presented by Donna Shea, a social skills coach with over 23 years of experience working with children and teens using a playful, strength-based approach that supports confident communication and emotional growth.

Wednesday 6/10
Water Safety
Department of Public Health
7:30 - 9 pm

Water recreation is a great way to stay cool and have fun. In this training, you'll learn how to beat the heat and stay safe. Participants will learn about the causes of childhood drownings based on age and development-specific risks, as well as how to identify drowning risks in the home and in the community and implement strategies to prevent childhood drownings. We will review key highlights of pool regulations as well as the sources of the regulations, and who enforces them.

Presented by a representative from the Massachusetts Department of Public Health as part of an on-going effort to prevent drownings.

Monday, 6/15
Child Development and Impacts of Trauma
Audrie Vantangoli
7:30 - 9 pm

This session introduces foundational concepts about how trauma may influence typical child development, highlighting key areas of impact and considerations for support. It provides an overview of how children grow and develop physically, emotionally, socially, and cognitively—and how trauma can affect each stage of that development. Participants will explore the ways adverse experiences, such as abuse, neglect, or exposure to violence, can influence brain development, behavior, attachment, and learning. The session emphasizes trauma-informed approaches to support healing and resilience in children.

Presented by Audrie Vantangoli, MOT, OTR/L, CPRCS, owner of Get A Grip Occupational Therapy.

Wednesday, 6/17
Building Resilience in Children and Youth in Foster Care
Judith Wilson
7:30-9pm

This session introduces participants to the risk and resilience framework through a lens of cultural responsiveness. We will explore parenting strategies for diverse children and youth that identify and strengthen protective factors, with sensitivity to a child's experience(s) of trauma and risk factors. Risk factors related to cultural marginalization and alienation will be discussed. Foster parents will learn about aspects of resilience related to cultural identity, community connections and building coping skills.

Presented by Dr. Judith Wilson, Associate Professor at Bridgewater State University and Dr. Wendy Champagne Williams (she/her), Associate Professor at Bridgewater State University.

Thursday, 6/18
Understanding and Responding to a Child in Crisis: Tools for Successful De-escalation
Michael Mederios
6:30- 8pm

Caring for a child in crisis can be overwhelming. This session explores why behaviors escalate, how to prevent crises with proactive strategies, and what factors support successful intervention.

Presented by Michael Medeiros, experienced trainer and foster/adoptive parent.

Monday, 6/22
Understanding the Intersection of Emotions and Anger
Cindy Horgan
7:30- 9pm

Anger is a big word to describe lots of emotions, learning to understand the root of the anger helps to create opportunity to be constructive versus destructive.

Presented by Cindy Horgan, Director of Family Support Services at Cape Cod Children's Place

Tuesday, 6/23
Supporting Caregivers
GBPFLAG
7:30- 9pm

What does it mean to be a parent, guardian, or caregiver of an LGBTQ+ child? What supports do caregivers need? This training explores the unique experiences that are involved with raising and supporting LGBTQ+ youth. In this training, participants will have a chance to discuss their experiences navigating caregiving and discuss how reality for LGBTQIA+ youth have changed for better and for worse today.

Presented by Greater Boston PFLAG, an organization dedicated to creating a world where LGBTQ+ individuals are safe, supported, and equal in their families, communities, and society.

[Register Here](#)