



## **ONLINE TRAINING FOR FOSTER PARENTS**

**Wednesday 3/4**  
**Depresión Adolescente**  
**Family Works**  
**7:30-9 pm**



Como puedes preguntar si tu adolescente se siente deprimido/a/x? Este programa es presentado por un profesional en la salud mental. Participantes aprenden como reconocer las síntomas de depresión en los adolescentes, hablar sobre la tema de depresión, como buscar tratamiento, y donde acesar recursos en su comunidad.

Presentada por Family Works

**Monday 3/9**  
**Supporting & Maintaining Family Connections**  
**Michael Medeiros**  
**6:30-8pm**

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.

**Tuesday 3/10**  
**Just Do What I Say! Tips for Managing Conflict and the Need for Control**  
**Donna Shea**  
**10:30am - 12pm**

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.

Presented by Donna Shea, a social skills coach with over 23 years of experience working with children and teens (Grades K-12) using a playful, strength-based approach that supports confident communication and emotional growth.

**Monday 3/16**  
**Building Distress Tolerance**  
**Gwenn Bass**  
**7:30 - 9 pm**

This workshop supports caregivers in understanding how trauma impacts a young person's ability to manage big emotions and stress. Participants will learn practical, trauma-informed parenting strategies that help youth build distress tolerance, emotional regulation, and a sense of safety in relationships. The session blends research, real-life examples, and immediately usable tools caregivers can apply to support connection, resilience, and positive behavior change.

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 3/17**  
**Finances and Tax information for Foster and Adoptive Parents**  
**Helen Leue**  
**7:30 - 9 pm**

This training provides foster and adoptive parents with a clear, practical understanding of financial responsibilities, supports, and tax considerations related to caring for children. Participants will learn how to manage stipends, subsidies, reimbursements, and out-of-pocket expenses while ensuring compliance with state and federal guidelines.

The session also covers essential tax information, including foster care payments, adoption assistance, tax credits (such as the Adoption Tax Credit), dependent claims, and record-keeping best practices. Real-world examples and common scenarios will be discussed to help families confidently navigate financial planning and tax reporting.

Helene Leue was a foster parent for over 15 years and a professional tax preparer for over 10 years. She has helped hundreds of foster and adoptive families understand their taxes and helped them think about finances as yet another tool to support the children in their care.

**Wednesday 3/18**  
**Difficult Conversations: Communicating with Kids About Being in Care**  
**Ronald Molinn**  
**7:30-9pm**

Being separated from one's family is recognized as a traumatic experience. While sharing with a child about why they were removed and the issues affecting their future can reduce distress and help children and youth recover, this is a sensitive topic for foster families. This training reviews the need for honest conversations, the reasons why we may avoid difficult subjects with children and how foster parents can advocate for kids in their care to have access to information and to participate in decisions about their situation.

Presented by Ronald Molin, Ph.D., a Licensed Psychologist who focuses on interactions among children and families involved with the child welfare system, foster families, child welfare staff, and behavioral health professionals.

**Tuesday, 3/24**  
**Teaching Discipline: Helping Children Manage Behavior**  
**Michael Medeiros**  
**6:30- 8pm**

This session provides a comprehensive refresher for parents on effective behavior management strategies. Participants will explore practical techniques for teaching discipline and helping children manage their behavior in a positive and constructive way. Topics will include setting clear expectations, using consistent consequences, and fostering emotional regulation.

Hosted by trainer, foster and adoptive parent, Michael Medeiros.

**Wednesday, 3/25**  
**Water Safety**  
**Department of Public Health**  
**7:30 - 9pm**

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.

**Thursday 3/26**  
**Infant Safe Sleep**  
**Alyssa Golner**  
**7:30 - 9pm**

This session introduces the fundamentals of creating a safe and nurturing sleep environment for your family. Whether you're a new parent or caregiver, or you're seeking safe sleep methods for your growing family, this course equips you with essential knowledge and practical tips based on established safety standards. Join us as we explore strategies for promoting healthy sleep habits, ensuring peaceful nights and brighter day for you and your loved ones.

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 of every child empowers caregivers with the confidence and skills needed to create the safest sleep environments for their babies.

**Monday 3/30**  
**Working with Challenging Behavior**  
**Cindy Horgan**  
**6:30 - 8 pm**

This training focuses on helping participants understand that all behavior serves a purpose. By learning how to identify the underlying goals or functions of behavior—such as gaining attention, avoiding tasks, accessing preferred items, or seeking sensory input—participants will be better equipped to respond effectively and compassionately. The training emphasizes shifting from reactive responses to proactive skill-building strategies that support positive, pro-social behaviors. Participants will explore practical tools for observing behavior, identifying its function, and teaching replacement skills that meet the same need in more appropriate ways, ultimately promoting stronger relationships, improved communication, and more successful social interactions.

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

**Tuesday 3/31**  
**Autism Facts, Screening, and Resource Awareness**  
**Kelly Petravicz**  
**7:30 - 9pm**

This training provides participants with a foundational understanding of Autism Spectrum Disorder (ASD), focusing on accurate facts, early screening practices, and available community and professional resources. Participants will explore evidence-based information to help identify early signs of autism, reduce stigma, and promote inclusion and support for individuals and families affected by ASD

Presented by Kelly Petravicz, LCSW, an Early Intervention Program Director.

[Register Here](#)