



## **ONLINE TRAINING FOR FOSTER PARENTS**

**Monday 5/11**

**Welcoming & Supporting LGBTQIA+ Youth**

**Michael Medeiros**

**6:30-8 pm**

LGBTQ+ youth are overrepresented in the child welfare system and often face discrimination, rejection, and alienation. Foster and pre-adoptive parents must be prepared to provide safe, affirming, and supportive homes for all youth.

Join this essential skill development session to deepen your understanding, increase sensitivity, and learn practical strategies for meeting the unique needs of LGBTQIA+ youth in your care.

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

**Tuesday 5/12**

**Why Can't My Child Make Friends? Understanding and Supporting Social Struggles in Childhood**

**Donna Shea**

**10:30am - 12 pm**

This workshop explores the barriers to friendship that may be preventing a child from having positive peer relationships. We'll explore how to help a child recognize and overcome these barriers, the important role that adults play in social coaching and tips on how to teach children social independence and increase their social success.

Presented by Donna Shea, Founder of The Peter Pan Center, Social Coach and Educator.

**Wednesday 5/13**

**Poison Prevention**

**Department of Public Health**

**7:30 - 9pm**

Poison Prevention Training provides participants with an overview of the risks, causes, and prevention strategies related to childhood poisonings, with a focus on age- and development-specific vulnerabilities. Learners will gain the ability to recognize common poisoning hazards, promote safe habits among children, and apply practical strategies to reduce risk in everyday environments. The training also emphasizes how to access and use available resources, tools, and community services that support poison prevention and safety.

Key topics include identifying and preventing in-home risks such as improper medication use, exposure to cleaning products, carbon monoxide, and lead, as well as understanding the risks associated with cannabis. In addition, the training addresses outdoor hazards, including bites and stings, safe use of insect repellents, and the dangers of toxic plants such as certain mushrooms, berries, and poison ivy, oak, and sumac.

Presented by the Massachusetts Department of Public Health

**Wednesday 5/20**

**Shame and Resilience**

**Gwenn Bass**

**7:30 - 9 pm**

Shame is a powerful, often hidden emotion that affects how we see ourselves and relate to others. This session explores how shame operates in the lives of children, caregivers, and professionals—and offers tools for transforming shame into self-compassion, authenticity, and resilience. Learning Objectives: Define and recognize how shame shows up in behavior, relationships, and systems. Examine how shame contributes to stress, reactivity, and burnout in caregiving and professional roles. Practice strategies for fostering self-compassion and building resilience personally and professionally.

Presented by Dr. Gwen Bass and her team of educators and foster/adoptive parents.

**Thursday 5/21**

**Caring for Teens**

**Michael Medeiros**

**6:30-8pm**

In Massachusetts, there is a high need for out-of-home placements for teens, yet foster and pre-adoptive families are sometimes hesitant to accept teen placements for various reasons. Adolescence can be a challenging time for all youth, and parents often struggle to understand how best to support the teens in their care.

Join us as we demystify the teen experience, explore key aspects of adolescent development, and discuss strategies for positively impacting and working with teens.

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

**Tuesday 5/26**

**LGBTQIA+ Identity and Transgender-Part 2**

**GBPFLAG**

**7:30- 9pm**

Part 2 of the training is an extension of Part 1, delving further into LGBTQIA+ subjects.

You can attend this training without having attended Part 1

We'll explore challenges that LGBTQ+ individuals face in a mostly heteronormative society. This training takes a closer look at gender and expression with further explanation of gender-expansive identities including experiences of trans and nonbinary folks. Allyship is strengthened through empathy and understanding, as participants strive to truly comprehend others' experiences. By actively listening, learning, and valuing diverse perspectives, allies will be supportive and inclusive in their perspective and understanding of the LGBTQIA+ community.

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.

**Thursday 5/28**

**Hair Care Basics**

**Terria Epting**

**7:30 - 9pm**

**Black Hair Basics: Understanding Texture, Moisture, and Maintenance**

This training introduces how Black hair works, including texture, moisture, and daily care needs. Participants will learn how to build simple, practical routines that reduce guesswork and support healthy hair.

Terria Roushun is a licensed cosmetologist, certified in trauma-informed care, who equips parents and professionals with practical skills and culturally grounded insight to confidently care for Black children's hair.

**Register Here**

**To learn more about Kid'sNet and all of the ways we support foster parents, visit our website at [www.mspcc.org/kidsnet](http://www.mspcc.org/kidsnet)**