

Thursday, 5/4 7:30-9:00 pm Reaching the Seemingly Unreachable: I Want It Now! Jeanine Fitzgerald

In today's world, many well-intentioned parents provide their children with plenty of things and experiences to keep them occupied and happy. While on the surface this may seem like an effective parenting philosophy, under the surface are children trapped in entitlement and anxiety. How do we move beyond raising children who grow up with the expectation that the good life will always be available for the asking without the need to develop personal accountability and sacrifice? This session looks at ways to foster responsibility and grit as essential elements for a child's success.

> Monday, 5/8 7:30-9:00 pm **Understanding Behavior through a Trauma Lens** Dr. Gwen Bass, Eva Reynolds and Kelly Thibodeau

Please join us as trainers: Dr. Gwen Bass, Kelly Thibodeau and Eva Reynolds continue their training series with us. All educators, foster and/or adoptive parents themselves, these trainers provide detailed relevant information rooted in their own experiences. Behavior management is especially challenging when it comes to children who have experienced trauma. Understanding behavior as communication as well as building and utilizing a toolbox of practical strategies are key to responding effectively in the moment.

Tuesday, 5/9 7:30-8:30 pm LGBTQ+ Basics, Part 1 GBPFLAG

This training will provide a full breakdown of the LGBTQIA+ Acronym, explore pronouns and the best practices and understand their importance as well as explain gender vs. sexuality. Join this training to gain a basic understanding of LGBT+ identities and how to navigate around uncomfortability with this subject.

Tuesday, 5/9 7:30-9:00 pm Moving Beyond Survival to Wellness Jeanine Fitzgerald

Those who are emotionally engaged with surviving have no energy for thriving. They begin to feel insignificant, invisible and unimportant. They lose the ability to see life and the world from any point of view other than our own - loss of perspective, empathy and increase of extreme fear, anger and sadness. How do we facilitate thriving when our children are investing most of their energy into surviving the intensity of stress resulting from the demands that life has placed upon them? This session is based in 37 years of international research and the foundation to overcoming stress or distress and discovering the "hero" within.

Thursday, 5/11 7:30-9:00 pm Collaboration with Families of Origin Ruth Bodian

There are tremendous benefits for children when foster and adoptive parents are able to develop positive and collaborative relationships with the children's family of origin. We'll discuss these benefits and explore the barriers to developing collaborative relationships, as well as ways to overcome these barriers.

Tuesday 5/16 7:30-8:30 pm LGBTQ+ Basics, Part 2 GBPFLAG

Building off part 1, this session further explores the prior topics. Did you miss part 1? Don't worry you can still attend this session! Join this training to gain a basic understanding of LGBT+ identities and how to navigate around uncomfortability with this subject.

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Wednesday, 5/17 Live! With Rise Above 10:00 am-12:00 pm, 2:00-4:00 pm, 6:00-8:00 pm

Rise Above will be live on May 17th for foster parents across the state to ask questions and submit applications live with a Rise Above representative! Rise Above funds individual activity wishes for foster children through an online application process. All children who are in the physical care and custody of the MA DCF are eligible. See the ad below for additional details.

Wednesday, 5/17 7:30-9:00 pm What to Expect from the Child's Attorney, Part 2 CPCS

Is the child in your care capable of articulating and weighing the pros/cons of their wishes? Join us for part two of our caregiver trainer series for an in depth discussion of the difference between client directed representation and substantiated judgment. CPCS is the Committee for Public Counsel Services, which is located in the Massachusetts Public Defenders Office. CPCS consists of both staff attorneys and private panel attorneys appointed by the Court.

> Thursday, 5/18 7:30-9:00 pm **Trauma Informed Transition IEPs - Youth 14-22** Jennie Dunkley

Jennie DunKley continues her educational training series. Jennie has been a special education consultant, advocate, trainer, mentor and presenter for over 20 years. As an advocate, she has represented hundreds of families and attended thousands of IEP meetings.

Monday, 5/22 7:30-9:00 pm **Fostering Emotional Awareness** Dr. Gwen Bass, Eva Reynolds and Kelly Thibodeau

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. Please join us as trainers: Dr. Gwen Bass, Kelly Thibodeau and Eva Reynolds continue their training series with us. All educators, foster and/or adoptive parents themselves, these trainers provide detailed relevant information rooted in their own experiences.

Tuesday, 5/23 7:30-8:30 pm **The State of LGBTQ+ Youth in Massachusetts** GBPFLAG

This session aims to inform caregivers of the barriers and needs that LGBTQ+ youth deal with in Massachusetts and to provide you with ideas in which to support kids to today's current landscape.

Thursday, 5/25 7:30-9:00 pm Reaching the Seemingly Unreachable: Breaking the Cycle of Anger Jeanine Fitzgerald

There are several perspectives about the emotion of anger. Some view it as wrong, and therefore it is to be suppressed; others believe it should be vented fully, even if in destructive ways; yet both of these are extremes. This session examines a framework for understanding anger and the proven ways to change the cycle of rage.

Tuesday, 5/30 7:30-9:00 pm

Reaching the Seemingly Unreachable: Breaking the Cycle of Anger Jeanine Fitzgerald

How many times have we heard someone say, "Pay attention!"? Do we really understand what that entails? Attention can be thought of broadly as a complex system of brain controls that allows us to energize and regulate our thinking and daily activities. This session examines all 14 of the attention controls and what we can do to strengthen those that are causing challenges.

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