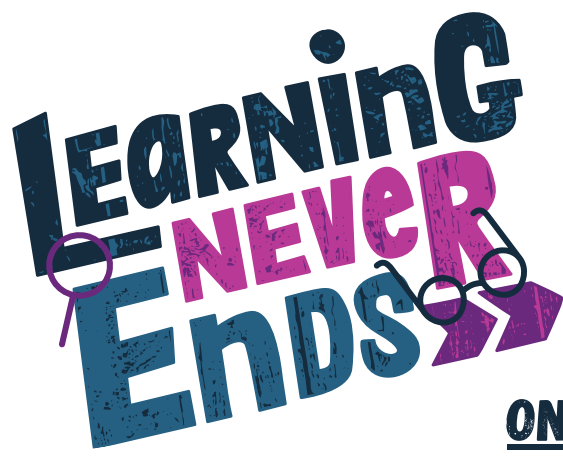




ONLINE TRAINING FOR FOSTER PARENTS

Tuesday, 10/6
Screen Time and Social Media
Kelly Petravicz
7:30 pm-9:00 pm

This training explores the complex relationship between social media, technology use, and child and adolescent development. Participants will learn about current research on the positive and negative effects of screen time on physical health, mental well-being, social relationships, and academic performance. The session also covers digital safety, responsible online behavior, and practical strategies to help families and youth develop healthy technology habits.

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

Wednesday, 10/7
Hair Care Basics
Terria Epting
7:00 pm-8:30 pm

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 Epting 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.

Tuesday, 10/13
LGBTQIA+ Identity and Transgender Part 2
Greater Boston PFLAG
7:30 pm-9:00pm

*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

Wednesday, 10/14
Caregiver Self-Awareness
Gwenn Bass
12:00 pm -1:30 pm

Caring for children impacted by trauma can be both meaningful and demanding. This workshop provides caregivers and professionals with practical tools to recognize and manage their own emotional responses while supporting children affected by trauma. Through self-awareness, reflection, and self-compassion practices, participants will explore ways to manage stress, strengthen resilience, and sustain their own wellbeing. The workshop will also focus on recognizing signs of secondary trauma, compassion fatigue, and burnout; developing personal strategies for emotional regulation and reflection; and integrating self-care practices that support overall wellbeing and enhance caregiving effectiveness.

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

Thursday, 10/15
Trauma-Sensitive Parenting & Building Relationships
Micheal Mederios
6:30pm-8:00pm

Learn about how experiencing trauma, including abuse, neglect, separation, and loss can impact children. Together we discuss effective strategies for building positive relationships, increasing protective factors, and helping children recover from trauma.

Presented by Michael Medeiros, a foster/adoptive parent with decades of experience training other foster parents.

Monday, 10/19
Building Resilience in Foster Children and Youth
Judith Wilson
7:30 pm-9:00 pm

This session introduces participants to the risk and resilience framework through a lens of cultural responsiveness. We will explore parenting strategies and how to strengthen protective factors, with sensitivity to a child's experience(s) of trauma and risk. 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.

Tuesday, 10/20
Surviving Adolescence - Outwit, Outplay, Outlast
Donna Shea
10:30 am-12:00 pm

Adolescence is a fascinating—and sometimes exasperating—stage of development that affects both teens and the adults who live and work with them. This engaging workshop explores why teens often pull away from parents, why they may seek guidance from other adults, and how each adolescent's journey is both universal and unique. Participants will learn practical ways to earn and maintain teens' respect, communicate effectively, build connections without power struggles, and engage with adolescents differently than with younger children. Attendees will leave with a deeper understanding of adolescent development, useful communication tools, and a renewed sense of humor and hope for navigating the teenage years.

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

Wednesday, 10/21
Caring for Teens
Micheal Mederios
6:30 pm- 8:00 pm

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, a trainer, foster, and adoptive parent.

Thursday, 10/22
Infant Safe Sleep
Alyssa Golner
7:30 pm-9:00 pm

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 days for you and your loved ones.

Presented by Alyssa Golner, a passionate advocate for infant safe sleep, this training blends expertise with personal experience

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