



children's home & aid

## Self-Care Support Group

Each Support group will meet from 7:00 PM-7:30 PM. Training credit will be given.

10/19/20- Self Care Apps

11/23/20- Foster Care Trivia

12/14/20- Nutrition/Quick Recipes

01/19/21- Mental Health  
Awareness/Check-in

02/11/21- Family Feud

03/16/21- Games to Help Regulate

04/19/21- TBD

05/17/21- TBD

06/21/21-TBD

IF YOU HAVE QUESTIONS OR NEED  
TO REGISTER PLEASE CONTACT:

Ashley Akerman at:  
aakerman@childrenshomeandaid.org  
or

Metro-  
Lmyles@childrenshomeandaid.org

Northern-  
Kcottrell@childrenshomeandaid.org

Southern-  
Rwhittingtonstiff@childrenshomeandaid.org

**To attend any trainings/support  
groups please go to:**

**<https://zoom.us/j/3241895820>**

**Caregiver  
Support and  
Training  
2020/2021**

## New Caregiver Orientation

THIS ORIENTATION IS GEARED FOR FAMILIES THAT ARE NEW TO CHILDREN'S HOME AND AID OR HAVE NOT TAKEN THE ORIENTATION PREVIOUSLY.

09/21/20- 9:00 AM-11:00 AM  
10/22/20- 6:00 PM-8:00 PM  
11/30/20- 6:00 PM-8:00 PM  
12/22/20- 10:00 AM-12:00 PM  
01/26/21- 6:00 PM-8:00 PM  
02/26/21- 2:00 PM-4:00 PM  
03/23/21- 9:00 AM-11:00 AM  
04/29/21- 6:00 PM-8:00 PM  
05/25/21- 6:00 PM-8:00 PM  
06/29/21- 10:00 AM-12:00 PM

## Support/Training Group

Each group/training is available at two times: 9:00 AM-10:30 AM, and 6:00 PM-7:30 PM. The same topic will be presented at both times. Training credit will be given.

Car Seat Safety-09/17/20  
Trauma 101-10/15/20  
Setting Rules and Expectations-11/19/20  
The Child's Team and CFTMS-12/17/20  
Life Books- 01/21/21  
Juvenile Court Process-02/18/21  
Understanding Your Rights and Responsibilities- 03/18/21  
Shared Parenting-04/15/21  
Behaviour Support Techniques- 05/20/21  
Safe Sleep-06/17/21

## Core Teen Curriculum

Core teen is: curriculum for prospective and current foster, adoptive, kinship and parents who are or will be raising older children from foster care who have moderate to severe emotional and behavioral challenges.

*These classes are part of a 7-session grouping. **Registration is required to attend, two weeks prior to class start.** Classes run from 5:30 PM-8:30 PM. Training credit will be given.*

**09/29/20-11/10/20 This class meets on Tuesday evenings**

**01/13/21-02/24/21 This class meets on Wednesday evenings**

**04/07/21-05/19/21- This class meets on Wednesday evenings**

### Topics

**Session 1-** Introduction and Understanding the impact of trauma on youth.

**Session 2-**Parenting Youth Who have Experienced Trauma

**Session 3-** Developing and Sustaining Healthy and Supportive Relationships with Your Youth

**Session 5-** Understanding and Managing Youth's Challenging Behaviors-part 1

**Session 6-** Understanding and Managing Youth's Challenging Behaviors-part 2.

**Session 7-** A New Suitcase of Parenting Knowledge and Skills