

**Children's Home & Aid and Be Strong Families - Additional Foster Parent Virtual Trainings with Registration Links Included**

Date	Time	Training D	Registration Link:
Thursday, April 22, 2021	6-8:30p,	Foster Parent Café' AMPU	<p align="center"><a href="https://zoom.us/meeting/register/tJcocu2vrzsvE9MUMLP5bKQRJW5Sze4RpUxF">https://zoom.us/meeting/register/tJcocu2vrzsvE9MUMLP5bKQRJW5Sze4RpUxF</a></p> <p align="center"><b><i>A More Perfect Union Parent Cafés</i></b></p> <p>Training Description: <i>Parents lead busy lives and at times it may seem like you are caring for everyone else's needs but your own. Come, relax, network with fellow parents while having conversations from your heart about caring for yourself in the midst of caring for everyone else. These Cafés occur at the nexus of social justice and parenting, allowing parents to explore the broader context for parenting in a complicated and often unjust world. Organized around the Strengthening Families™ Protective Factors, the cafés mobilize shared civic values of peace, freedom, prosperity, safety, justice, and healing to assist parents in talking to their children about difficult issues and brainstorming how to keep their families safe and strong.</i></p>
Thursday, May 6, 2021	5pm - 8:30pm	Trauma-Informed: Lifebooks	<p align="center">You are invited to a Zoom meeting.</p> <p align="center">When: May 6, 2021 05:30 PM Central Time (US and Canada)</p> <p align="center">Register in advance for this meeting:</p> <p align="center"><a href="https://zoom.us/meeting/register/tJ0uceigpj4oGNypEhJSDjwo3FRmR-k7WPoH">https://zoom.us/meeting/register/tJ0uceigpj4oGNypEhJSDjwo3FRmR-k7WPoH</a></p> <p align="center">After registering, you will receive a confirmation email containing information about joining the meeting.</p> <p align="center"><b><i>Trauma-Informed Parenting: Using Lifebooks</i></b></p> <p>Training Description: <i>Often when children are involved with child welfare, elements of their history can be lost due to a variety of reasons, including multiple placements. Lifebooks are an essential tool in trauma-informed parenting. This training is designed to assist participants with understanding the value of a lifebook for a child in care and the ways in which the collaborative process of developing a lifebook can promote psychological wellbeing and assist with maintaining positive family ties as well as partnerships between birth and foster parents.</i></p>

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Date	Time	Training D	Registration Link:
Tuesday, June 8, 2021	6-8:30p,	Foster Parent Café' AMPU Cafe	<p align="center">You are invited to a Zoom meeting.</p> <p align="center">When: Jun 8, 2021 06:00 PM Central Time (US and Canada)</p> <p align="center">Register in advance for this meeting:</p> <p align="center"><a href="https://zoom.us/join/zoom/register/tJludeiqgD0qE9VkyYBTzhiJk9y_NIX2hRph">https://zoom.us/meeting/register/tJludeiqgD0qE9VkyYBTzhiJk9y_NIX2hRph</a></p> <p align="center">After registering, you will receive a confirmation email containing information about joining the meeting.</p> <p align="center"><b><i>A More Perfect Union Parent Cafés</i></b></p> <p align="center">Training Description: <i>Parents lead busy lives and at times it may seem like you are caring for everyone else's needs but your own. Come, relax, network with fellow parents while having conversations from your heart about caring for yourself in the midst of caring for everyone else. These Cafés occur at the nexus of social justice and parenting, allowing parents to explore the broader context for parenting in a complicated and often unjust world. Organized around the Strengthening Families™ Protective Factors, the cafés mobilize shared civic values of peace, freedom, prosperity, safety, justice, and healing to assist parents in talking to their children about difficult issues and brainstorming how to keep their families safe and strong.</i></p>
Thursday, July 22, 2021	5 PM -9PM CST	Maintaining Family Connectedness	<p align="center">You are invited to a Zoom meeting.</p> <p align="center">When: Jul 22, 2021 05:00 PM Central Time (US and Canada)</p> <p align="center">Register in advance for this meeting:</p> <p align="center"><a href="https://zoom.us/join/zoom/register/tJ0tc-mvqT8vGtdf8ERdCxKGaGM0Dfnwohw8">https://zoom.us/meeting/register/tJ0tc-mvqT8vGtdf8ERdCxKGaGM0Dfnwohw8</a></p> <p align="center">After registering, you will receive a confirmation email containing information about joining the meeting.</p> <p align="center">Training Description: <i>Navigating the child welfare system is difficult for any parent and doing the work to get one's children returned home is a monumental feat. When reunification is the permanency goal, maintaining strong family ties while the child is out of their parents' home is essential. Child welfare staff can do a lot to facilitate the process of maintaining family connectedness. This four-hour workshop highlights the importance of maintaining family connectedness and assists child welfare front line with understanding how they can strengthen family ties throughout the life of a case.</i></p>

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Date	Time	Training D	Registration Link:
Thursday, August 5, 2021	6pm-8pm CST	Vacarious Trauma, Vacarious Resilience Module 1	<p align="center">You are invited to a Zoom meeting.</p> <p align="center">When: Aug 5, 2021 06:00 PM Central Time (US and Canada)</p> <p align="center">Register in advance for this meeting:</p> <p align="center"><a href="https://zoom.us/join/zoom/register/tJArfumrrT4iHtfB5qRSHZ2Lyg8wES2VwmGy">https://zoom.us/meeting/register/tJArfumrrT4iHtfB5qRSHZ2Lyg8wES2VwmGy</a></p> <p>After registering, you will receive a confirmation email containing information about joining the meeting.</p> <p><i>Training Description: What is important for parenting a child who has experienced trauma? How can foster parents recognize and compassionately and therapeutically respond to behaviors that stem from trauma? How can foster parents recognize when their children's trauma is getting under their own skin? The first workshop in the series begins with learning about and identifying our own signs of trauma exposure response and our emotional triggers. Participants practice strategies for deescalating their own and others' emotional responses in the moment. The second workshop introduces and explores a framework for reading and shifting their own and others' energy to move into a positive relational zone. This workshop offers tools for increasing staff awareness, skills, and tools for understanding how to best respond when trauma or trauma history is in play. The third workshop introduces the Anu Family Services healing trauma paradigm shift from Blame-Shame-Punish-Disconnect to Protect-Connect-Grieve-Regulate and begins a conversation about practical, realistic, responsive trauma-informed parenting.</i></p>
Thursday, August 19, 2021	6pm-8pm CST	Vacarious Trauma, Vacarious Resilience Module 2	<p align="center">You are invited to a Zoom meeting.</p> <p align="center">When: Aug 19, 2021 06:00 PM Central Time (US and Canada)</p> <p align="center">Register in advance for this meeting:</p> <p align="center"><a href="https://zoom.us/join/zoom/register/tJMsc-qtpj8tH9xB_rhH1JIW5F3NFHhV9dVU">https://zoom.us/meeting/register/tJMsc-qtpj8tH9xB_rhH1JIW5F3NFHhV9dVU</a></p> <p>After registering, you will receive a confirmation email containing information about joining the meeting.</p>

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Date	Time	Training D	Registration Link:
Thursday, August 26, 2021	6pm-8pm CST	Vacarious Trauma, Vacarious Resilience Module 3	<p align="center">You are invited to a Zoom meeting.</p> <p align="center">When: Aug 26, 2021 06:00 PM Central Time (US and Canada)</p> <p align="center">Register in advance for this meeting:</p> <p align="center"><a href="https://zoom.us/meeting/register/tJUtdc-orj0iHdJlmx-pKHM0aD6b8DUoUtiR">https://zoom.us/meeting/register/tJUtdc-orj0iHdJlmx-pKHM0aD6b8DUoUtiR</a></p> <p align="center">After registering, you will receive a confirmation email containing information about joining the meeting.</p>
Thursday, September 16, 2021	5 PM -9PM	Parent Cafe	<p align="center">You are invited to a Zoom meeting.</p> <p align="center">When: Sep 16, 2021 05:00 PM Central Time (US and Canada)</p> <p align="center">Register in advance for this meeting:</p> <p align="center"><a href="https://zoom.us/meeting/register/tJwldugrqz8qHtZTSqtNXEdkV-xjnTQGiMHS">https://zoom.us/meeting/register/tJwldugrqz8qHtZTSqtNXEdkV-xjnTQGiMHS</a></p> <p align="center">After registering, you will receive a confirmation email containing information about joining the meeting.</p>
Thursday, October 21, 2021	5 PM -9PM	Trauma-Informed: Lifebooks	<p align="center">You are invited to a Zoom meeting.</p> <p align="center">When: Oct 21, 2021 05:00 PM Central Time (US and Canada)</p> <p align="center">Register in advance for this meeting:</p> <p align="center"><a href="https://zoom.us/meeting/register/tJEsdCorDwuHdKC-9oLwuhMvD2vVKJ47_la">https://zoom.us/meeting/register/tJEsdCorDwuHdKC-9oLwuhMvD2vVKJ47_la</a></p> <p align="center">After registering, you will receive a confirmation email containing information about joining the meeting.</p> <p align="center"><b><i>Trauma-Informed Parenting: Using Lifebooks</i></b></p> <p align="center">Training Description: <i>Often when children are involved with child welfare, elements of their history can be lost due to a variety of reasons, including multiple placements. Lifebooks are an essential tool in trauma-informed parenting. This training is designed to assist participants with understanding the value of a lifebook for a child in care and the ways in which the collaborative process of developing a lifebook can promote psychological wellbeing and assist with maintaining positive family ties as well as partnerships between birth and foster parents.</i></p>

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Date	Time	Training D	Registration Link:
Thursday, November 4, 2021	6pm-8pm CST	Vacarious Trauma, Vacarious Resilience Module 1	<p align="center">You are invited to a Zoom meeting.</p> <p align="center">When: Aug 5, 2021 06:00 PM Central Time (US and Canada)</p> <p align="center">Register in advance for this meeting:</p> <p align="center"><a href="https://zoom.us/join/zoom/register/tJARfumrrT4iHtfB5qRSHZ2Lvg8wES2VwmGy">https://zoom.us/join/zoom/register/tJARfumrrT4iHtfB5qRSHZ2Lvg8wES2VwmGy</a></p> <p>After registering, you will receive a confirmation email containing information about joining the meeting.</p> <p><i>Training Description: What is important for parenting a child who has experienced trauma? How can foster parents recognize and compassionately and therapeutically respond to behaviors that stem from trauma? How can foster parents recognize when their children’s trauma is getting under their own skin? The first workshop in the series begins with learning about and identifying our own signs of trauma exposure response and our emotional triggers. Participants practice strategies for deescalating their own and others’ emotional responses in the moment. The second workshop introduces and explores a framework for reading and shifting their own and others’ energy to move into a positive relational zone. This workshop offers tools for increasing staff awareness, skills, and tools for understanding how to best respond when trauma or trauma history is in play. The third workshop introduces the Anu Family Services healing trauma paradigm shift from Blame-Shame-Punish-Disconnect to Protect-Connect-Grieve-Regulate and begins a conversation about practical, realistic, responsive trauma-informed parenting.</i></p>
Thursday, November 11, 2021	6pm-8pm CST	Vacarious Trauma, Vacarious Resilience Module 2	<p align="center">You are invited to a Zoom meeting.</p> <p align="center">When: Nov 11, 2021 06:00 PM Central Time (US and Canada)</p> <p align="center">Register in advance for this meeting:</p> <p align="center"><a href="https://zoom.us/join/zoom/register/tJ0qduqsrT4qHNGB5VI3UqM3DohceC1qNliS">https://zoom.us/join/zoom/register/tJ0qduqsrT4qHNGB5VI3UqM3DohceC1qNliS</a></p> <p>After registering, you will receive a confirmation email containing information about joining the meeting.</p>

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Date	Time	Training D	Registration Link:
Thursday, November 18, 2021	6pm-8pm CST	Vacarious Trauma, Vacarious Resilience Module 3	<p align="center">You are invited to a Zoom meeting.</p> <p align="center">When: Nov 18, 2021 06:00 PM Central Time (US and Canada)</p> <p align="center">Register in advance for this meeting:</p> <p align="center"><a href="https://zoom.us/join/zoom/register/tJlkc-mrrTspEtzjLroFb9o0pQeU87x9Lq0O">https://zoom.us/meeting/register/tJlkc-mrrTspEtzjLroFb9o0pQeU87x9Lq0O</a></p> <p align="center">After registering, you will receive a confirmation email containing information about joining the meeting.</p>
Wednesday, December 15, 2021	5 PM -9PM	Holiday Parent Cafe	<p align="center">You are invited to a Zoom meeting.</p> <p align="center">When: Dec 15, 2021 05:00 PM Central Time (US and Canada)</p> <p align="center">Register in advance for this meeting:</p> <p align="center"><a href="https://zoom.us/meeting/register/tJlkcOmqrTwtHNNW1W78q1ssVU-1jpzTiWLsp">https://zoom.us/meeting/register/tJlkcOmqrTwtHNNW1W78q1ssVU-1jpzTiWLsp</a></p> <p align="center">After registering, you will receive a confirmation email containing information about joining the meeting.</p> <p align="center"><i>Training Description: Even in the best circumstances, the holidays can be stressful! Come to the Parent Café and spend some time with other parents looking to add the holiday magic back to their lives! Learn how to bounce back when the holiday stress gets to be too much. Find your holiday joy again by having conversations that matter.</i></p>