Statewide Training  June, 2020 & July, 2020

**SKILLS FOR CONNECTION**  
from Peaceful Parent, Happy Kids  

**Mindfulness for Kids & Their Grownups**  
Terumi Sagers, MS  
June 9; 7:00 - 8:00pm  
Online!  

This is an interactive class for kids ages 4-12 and their grownups to learn about their brain and strategies for calming it down.

**RSVP FOR CLASSES!**  
All classes will be online. To get the link for the class, please RSVP to the trainer presenting the class.  
You are welcome to attend any class being offered in June and July.

Terri Rowley  
terr.rowley@utahfostercare.org  

Terumi Sagers  
terumi.sagers@utahfostercare.org  

Les Harris  
les.harris@utahfostercare.org  

Denice Beacham  
denice.beacham@utahfostercare.org  

Liz Rivera  
liz.rivera@utahfostercare.org  

Brian Young  
brian.young@utahfostercare.org

We can raise children in an atmosphere of emotional connection. Attachment is the groundwork we do across the lifespan not just as infants.

**Trauma & Discipline**  

**Sex Trafficking & What I Need to Know**  
Denice Beacham, BS  
June 24; 6:00-8:00pm  
Online!  

In this course, we will discuss the statistics, trends, and risks for children and teens in Foster Care. We will explore the tactics used by those exploiting children.

Parenting a child with a trauma history can be challenging. This training can provide some insight into ways to help children manage difficult emotions and behaviors.

**Caring for the Sexually Reactive Child**  

**Working with Primary Families**  
Les Harris, LCSW  
July 8; 6:00 - 8:00pm  
Online!  

In order to help children heal, they must maintain healthy connections with their families. This training can help foster parents learn ways to manage these relationships more effectively.

Managing behaviors associated with child sexual abuse can present challenges to caregivers. This training will help develop necessary skills.

**NEURO DIVERSITY**  

**Why Kids do the Damnedest Things**  
Les H, Terri R, & Terumi S  
July 15; 6:00 -8:00pm  
Online!  

Helping children who have neurological challenges is challenging! Offering insights on how we can strengthen our own understanding & increase learning opportunities & connection.

Helping children who have neurological challenges is challenging! Offering insights on how we can strengthen our own understanding & increase learning opportunities & connection.

**LIVING IN LIMBO**  

**MANAGING EMOTIONS & BEHAVIORS**  

**Maintaining Presence While in Uncertainty**  
Liz Rivera, MS, SSW  
July 28; 7:00 – 9:00pm  
Online!  

The whole world has been getting a crash-course in living in limbo. Foster Parents have already chosen that way of life. We’ll discuss how to live with presence while not knowing what comes next.

This training can provide some insight into ways to help foster parents avoid allegations.