SKILLS FOR CONNECTION
from Peaceful Parent, Happy Kids

**Terri Rowley, LCSW**  
June 3; 1:00 – 2:30pm  
*Online!*

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

**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  
terri.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

**Trauma & Discipline**

**Les Harris, LCSW**  
June 10; 6:00-8:00pm  
*Online!*

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.

**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.

**Caring for the Sexually Reactive Child**

**Les Harris, LCSW**  
June 30; 6:00-8:00pm  
*Online!*

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

**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.

**Allegation Prevention**

**Les Harris, LCSW**  
July 22; 6:00 -8:00pm  
*Online!*

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

**LIVING IN LIMBO**

**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.

**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.

**MANAGING EMOTIONS & BEHAVIORS**

**The Whole-Brain Approach**

**Brian Young, SSW**  
July 30; 7:00 – 9:00 pm  
*Online!*

From “The Whole-Brain Child”, we’ll discuss how understanding the brain can help us better model and teach behavior management.
WESTERN REGION
Virtual Support Group

Heidi Naylor, Utah Foster Care
June 4; 8:00 - 9:00pm
Online: Zoom Meeting

Please join us for our video conference support group meeting! We are not offering training hours for this support group. Just an opportunity to work through challenges in our current state. You can join on your computer, tablet, or phone from your home. We’ll begin at 8:00pm hopefully giving you time to get kids settled in for the night. Check Facebook for details.

Not on Facebook with us? Go to utahfostercare.org/joinfacebook

Heidi Naylor, Utah Foster Care
June 11; 8:00 - 9:00pm
Online: Zoom Meeting

Please join us for our video conference support group meeting! We are not offering training hours for this support group. Just an opportunity to work through challenges in our current state. You can join on your computer, tablet, or phone from your home. We’ll begin at 8:00pm hopefully giving you time to get kids settled in for the night. Check Facebook for details.

Not on Facebook with us? Go to utahfostercare.org/joinfacebook

Heidi Naylor, Utah Foster Care
June 18; 7:00 - 9:00pm
Online: Zoom Meeting

The only time you should look back is to see how far you have come! Every child deserves a history of who they have become. Come learn how to talk about the hard stuff in a healthy and appropriate way. Check out Facebook for details.

Not on Facebook with us? Go to utahfostercare.org/joinfacebook

Heidi Naylor, Utah Foster Care
June 25; 8:00 - 9:00pm
Online: Zoom Meeting

Please join us for our video conference support group meeting! We are not offering training hours for this support group. Just an opportunity to work through challenges in our current state. You can join on your computer, tablet, or phone from your home. We’ll begin at 8:00pm hopefully giving you time to get kids settled in for the night. Check Facebook for details.

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