**Self-Care For Foster Parents**

The goal of this training is to provide foster parents with information regarding the importance of self-care. The training will provide foster parents with information on the problems that can arise from not caring for themselves. Foster parents will be provided with definitions and signs and symptoms for the conditions of stress, burnout, and secondary traumatic stress. Foster parents will be able to understand the need to watch for signs within themselves and how to develop a stress management plan, as well as other ways to combat stress, burnout, and secondary traumatic stress.

November 14, 2023 12:30 p.m.-1:30 p.m. (Trainer: Renee Lilley)

**Preparing Foster Children For Independent Living**

This training will provide participants with information about supporting foster children as they prepare to age out of the foster care system. Participants will be provided with the knowledge they need to understand the child's transition plan and how to effectively support them in completing tasks outlined in the plan. Participants will also gain knowledge about supportive resources to help children successfully transition from foster care to adulthood.

November 16, 2023 11:30 a.m.-1:00 p.m. (Trainer: Renee Lilley)

**Identifying Learning Strengths In Children**

Participants will understand the 3 main types of learning styles (Visual, Auditory and Kinesthetic) and acquire strategies to use with each type of strength to make learning easier.

               November 28, 2023 10:00 a.m.-11:00 a.m. (Trainer: Kayla Patton)

**Substance Abuse In Adults**

This training will provide participants with information about adult substance abuse. Participants will be provided with the knowledge needed to understand substance abuse, recognize the signs of use, understand the addiction, treatment, and recovery process, and be provided useful tips for assisting in making healthy choices and working through substance abuse problems.

               November 29, 2023 11:30 a.m.-1:00 p.m. (Trainer: Kayla Patton)