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## Educational Opportunities for Adoptive and Foster Parents

*Each session counts as training toward your licensure requirement. Sessions are provided at low or no cost to all foster and adoptive parents. Registration is required.*

### **Impact of Strangers Under Your Roof**

Monday, October 9, 2017

6:00 pm – 9:00 pm

Bringing foster children into your home can create challenges for both you and your biological children. Having realistic expectations prior to the placement of children in your home, coupled with the acknowledgement of feelings, current family functioning, and coping with increased stress will all contribute to the outcomes for the children in care.

### **Working with Birth Families**

Thursday, October 12, 2017, 6:00 pm – 9:00 pm

-or-

Friday, October 13, 2017, 9:30 am – 12:30 pm

As resource parents, working with a child's birth family can be a daunting task; their values, morals, and behaviors may conflict with your own. How can you keep your cool when you see what has happened to the child in your home? Learning to step back and be non-judgmental, yet supporting a parent's effort to regain custody of their child can be very difficult. Resource parents will explore ways to navigate this difficult terrain. Setting boundaries with birth families will also be explored for adoptive parents.

### **All About Adolescents**

Thursdays: October 19 and 26, 2017, 6:00 pm – 9:00 pm

-or-

Fridays: November 3 and 10, 2017, 9:30 am – 12:30 pm

This two-week course will look at a wide array of topics that are pertinent to the adolescent years. Topics will include teen sexuality, dating, and the developmental tasks of the adolescent years considering a child's history of adoption and foster care. *The Teenage Brain* and *Off and Running* are two videos that will be used in conjunction with class discussion and group activities. Join other parents as they explore this wonderful and often frustrating period of human development.

**Please note that all classes are for adults only. Children are not permitted in the classroom as training content is often not appropriate for them. Please arrange for childcare as children cannot be left unattended in the lobby or hallways of the building. Thank you for helping keep your children safe.**

## **Blood Brothers Documentary**

Mondays: October 23 and 30, 2017

6:00 pm – 9:00 pm

Many children in the community have been exposed to deadly violence; whether in their family, the community, or vicariously through media. In this two-part training, we will view a documentary produced by Saint Louis University. Interviews with police, lawyers, physicians, social workers, and students will cover the topic of gun violence that has become so prevalent in the St. Louis area. Five video segments will be followed by questions that are designed to ignite discussion and explore viewpoints and the development of solutions to this escalating problem.

## **Prioritizing Your Partnership**

Mondays: November 6, 13, 20, 2017

6:00 pm – 9:00 pm

Parenting children with a trauma history requires time, patience, and lots of energy. If you are fortunate enough to have a parenting partner, it is no surprise that this hard work takes a toll on your relationship. However, a strong bond between parents or caregivers is vital to the health and wellbeing of the entire family. This three-week course is designed for couples to complete together, with each week building on the next. It covers evidence-based concepts and practices that result in greater harmony, satisfaction, and intimacy within the parenting partnership. Schedule some time to prioritize your partnership today!

## **Trauma 101**

Wednesday, November 29, 2017

6:00 pm – 9:00 pm

When a child is abused or neglected, it can affect every aspect of the child's development: physical, emotional, social, psychological, and behavioral. This class focuses on the reasons for delays and challenges. Material covered is from the National Child Traumatic Stress Network and is required for all foster parents for licensure. The neurobiology of trauma is introduced.

## **Transracial Parenting in Foster Care and Adoption**

Mondays: December 4 and 11, 2017

6:00 pm – 9:00 pm

Parenting a child of another racial or ethnic heritage brings with it additional challenges and opportunities. In this two-part class, activities include viewing several videos of transracial adoptees discussing their experiences and discussion on ways to better prepare to meet the cultural needs of children. Grandparents are welcome to attend this class.

## **Creating a Lifebook**

Monday, December 18, 2017

6:00 pm – 9:00 pm

For children in foster care or those who have been adopted, it is important to have their life stories documented. Learn about this essential tool that parents can use with their children in making sense of their past and chronicling their journey toward adulthood and healing.

**STARS Training will begin at FamilyForward's Creve Coeur site on Thursday November 2, 2017. Time is 6:00 pm – 9:00 pm. Interested individuals should contact their local Children's Division office for further information and registration.**

To register for training, contact Heather at  
314.968.2350 ext. 258 or [heather.fjone@familyforwardmo.org](mailto:heather.fjone@familyforwardmo.org).

Location: 1167 Corporate Lake Dr, Saint Louis, MO 63132-1716