

STATEWIDE TRAINING

September 2023



All trainings are open to parents across Massachusetts and are provided **FREE** of charge.

Monday, 9/11

Intro to Child Development and Trauma
Dr. Gwen Bass, Eva Reynolds and Kelly Thibodeau
7:30 - 9:00pm

[Register Here](#)

This workshop explores the impact of childhood trauma and adverse experiences (ACEs) on mental and physical health outcomes later in life. The session includes strategies for promoting resilience, and to equip individuals with the knowledge and tools to support children who have experienced ACEs. All educators, foster and/or adoptive parents themselves, Dr. Gwen Bass, Kelly Thibodeau and Eva Reynolds, provide detailed relevant information rooted in their own experiences.

Tuesday, 9/12

Trauma Informed ADLs
Audrie Vantangoli, MOT, OTR/L, CPRCS
7:30 - 9:00 pm

[Register Here](#)

Join pediatric occupational therapist and owner of Get A Grip Occupational Therapy, Audrie Vantangoli, MOT, OTR/L, CPRCS, in presenting Trauma Informed ADLs. Struggling with daily hygiene or bedtime routines? Join this training about strategies and techniques around daily living skills such as hygiene, feeding and bed-time routines. Many children have difficulty with initiating tasks, sensory sensitivities, and experience trauma based responses to these tasks. Learn helpful language, how current expectations can relate to past experiences, and how changes in routine can be so upsetting.

Tuesday 9/19

Maximize the Day
Lisa Bingley, MEd
10:00 - 11:30 am

[Register Here](#)

Parents work hard to make connections when children come into the home. Meaningful connections are about the quality of time you spend together. This training will review typical routines to identify the opportunities for learning and relationship building throughout your day. Session will include information for infants through teens. Host - Lisa Bingley, MEd, is a Developmental Specialist. Before joining early intervention, Lisa spent over 25 years working with families in childcare settings. Lisa has taught college courses and specialized in care and program planning classes. Lisa enjoys working with families to celebrate childhood and to cherish the adventure that family brings.

Tuesday 9/19

What is the Massachusetts Behavioral Health Help Line?
Ana Artavia-Speight
7:30 - 8:30 pm

[Register Here](#)

What is the Behavioral Health Help Line? How do you access it? When and for what reason/s would you access it? What support and/or resources will result in accessing this line?

Please join us to learn more about the new Massachusetts Behavioral Health Help Line and have your questions answered.

BHHL number: (833) 773-2445. **Learn more at:** <https://www.masshelpline.com/>

Wednesday 9/20

Introduction to Trauma Informed Care
Jenise Katalina
7:30 - 9:00 pm

[Register Here](#)

This training introduces the definition, types and symptoms of trauma. This training will discuss the understanding and definition of trauma and adverse situations that can cause trauma and how the neurobiology of trauma affects individuals across their lifespan. Identify the function of trauma related behaviors and responses and how to help support individuals. Identify ways you can enhance a trauma survivor's sense of safety in your home. Identify your own self-care plan to decrease professional burnout and enhance the quality of care when working with trauma survivors.

Monday 9/25

Advocating for Educational Needs
Dr. Gwen Bass, Eva Reynolds and Kelly Thibodeau
7:30 - 9:00 pm

[Register Here](#)

Children who have experienced trauma face unique challenges in the school setting, and many have learning difficulties that require extra help and attention. This training will discuss ways that school personnel can best support these children to succeed, and how parents can advocate effectively for their children to receive what they need in order to reach their full potential. All educators, foster and/or adoptive parents themselves, Dr. Gwen Bass, Kelly Thibodeau and Eva Reynolds, provide detailed relevant information rooted in their own experiences.

Wednesday 9/27

Trauma-Sensitive Parenting and Building Relationships
Michael Medeiros
6:30 - 8:00 pm

[Register Here](#)

Learn about how experiencing trauma, including abuse, neglect, separation, and loss can impact children as we discuss effective strategies for building positive relationships, increasing protective factors, and helping children recover from trauma. Hosted by trainer, foster and adoptive parent - Michael Medeiros.

Thursday 9/28

Paying for College for Adoptive Children
Helene Leue
7:30 - 9:00 pm

[Register Here](#)

If you have adopted, are in the process or only just considering adoption - it is never too early to start planning for college. What are your options? What resources are available to you? Join us to have your questions answered or just to learn more! A foster parent herself, Helene will help to answer any questions you may have and provide helpful financial tips!