

Subject: Positively Transform Families and Communities with BSF Workshops
From: Robyn Harvey <stayconnected@beststrongfamilies.net>
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To: mcateed@mokena159.org

BSF_RGB__Logo

Sharpen your professional skills in transforming families. Join a workshop
from:

Be Strong Families Training Institute

Upcoming Schedule

Relationship-Based

[Relationship-Based Practice & Making Effective Referrals \(Part 1 & Part 2\)](#)

April 1 to April 2, 2024 | 12pm - 4pm CDT each day

Everybody needs help sometimes and when the right assistance comes at the right time, it can be lifesaving. Staff are charged with brokering relationships between families in need and local service providers by providing Information and Referral Services (I&R). This workshop teaches participants how to implement a client-driven, partnership-based approach to I&R where the focus is on building parents' skills to research and access services as they both build their knowledge of what's available in the community.

Register now

Reducing-Toxic-Stress

[Reducing Toxic Stress by Living the Protective Factors](#)

April 9, 2024 | 12pm - 4pm CDT

Toxic stress takes a toll on all family members. Well-meaning attempts to educate parents about the damaging impact of toxic stress on their children's development can end up adding more pressure and shame to an overwhelming situation.

This interactive workshop—developed originally for the American Academy of Pediatrics—is different. We'll cover the basics of toxic stress, adverse childhood experiences, and trauma. The heart of this session is learning a strengths-based way to engage parents in building Protective Factors to reduce toxic stress. Updated to include discussion on pandemic-related toxic stress. Open to all who work with or are part of families experiencing high levels of stress.

[Register now](#)

Beyond-Self-Care

[Beyond Self-Care Avoiding Burnout from an Ecological Perspective](#)

April 18, 2024 | 1pm - 4pm CDT

The experience of burnout in the workplace is at an all-time high. The common-place solutions to burnout are often superficial and ineffective. They don't get to the heart of the issues. In this presentation, we will explore the main causes of burnout and the creative solutions to address burnout in our stressed out world.

[Register now](#)

LPF-Training

[Living the Protective Factors \(Part 1 and Part 2\)](#)

May 2 to May 3, 2024 | 9am - 1pm CDT each day

This online workshop gives participants the opportunity to “test-drive” the five research-based Strengthening Families™ Protective Factors that are proven to keep children safe and families strong. Highly interactive, fun, and informative—the workshop begins with understanding the impact of adverse childhood experiences (ACES) and presents the Protective Factors as a concrete way to mitigate the long-term impact of trauma. For both parents and providers, this workshop results in participants having practical insight and strategies for overcoming obstacles and strengthening your own family—from the inside out.

[Register now](#)

R&R

[Recognizing and Responding to Signs of Family Stress](#)

May 8, 2024 | 12pm - 4pm CDT

Responding to signs of child abuse and neglect is crucial—and research now allows us to start earlier in keeping children safe and families strong. By recognizing and responding to early signs of stress, family-serving staff can assist families with getting the support they need to promote the health and well-being of their family and prevent abuse and neglect. This training will help participants get in touch with their own stress and help them recognize early signs of family stress.

[Register now](#)

Addressing-Racial Trauma

[Addressing Racial Trauma in Young Children: 5 Early Childhood Interventions](#)

May 17, 2024 | 9am - 1pm CDT (in-person)
@Xavier University Community Outreach Center (New Orleans, LA)

This training will focus on interventions for racial trauma as experienced by young children. Dr. Cirecie West-Olatunji will discuss race-based stress as an adverse childhood experience (ACE) and how to identify the symptoms among young children. More importantly, Dr. West-Olatunji will offer solutions and interventions that adults can implement to arm children against threats to their self-esteem, self-actualization, and self-identity to promote healthy emotional and psychological well-being and lifelong success.

[Register now](#)

VTVR

[Vicarious Trauma and Vicarious Resilience \(Part 1 & Part 2\)](#)

June 4 - June 5, 2024 | 12pm - 4pm CDT each day

Trauma impacts our well-being, whether the other people are our friends, clients, or our co-workers, or our family members. Learning how vicarious trauma affects us is the first step to improving our well-being and ability to sustain positive relationships. The workshop begins with learning about and identifying our own signs of trauma exposure response and our emotional triggers. Participants practice strategies for de-escalating their own and others' emotional responses in the moment. Further, they learn a framework for reading and shifting their own and others' energy to move into a positive relational zone. This workshop offers tools for increasing staff awareness, skills, and tools for understanding how to best respond when trauma or trauma history is in play. The workshop concludes by exploring the ways in which supervisory relationships can support trauma-responsive practice and how workers and supervisors can co-create safe interpersonal space for reflection and skill-building.

[Register now](#)

Integrating

YouthThrive

Integrating the YouthThrive™ Protective and Promotive Factors Framework

June 13, 2024 | 12pm - 4pm CDT

Targeted toward staff who work with youth in care, this workshop offers the YouthThrive™ Protective and Promotive Factors framework as a tool for thinking about, organizing, and enhancing their services. Through fun, interactive small-group work, professionals emphatically experience the YouthThrive™ Protective and Promotive factors. They also build critical thinking and human-centered design skills to their work with teenagers involved with child welfare. Participants explore how the stages of teenage development are impacted by trauma what it means to work with and help a teen; stages of development and how trauma impacts youth development are discussed.

Register now

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BSF Institute

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