***TFC Training Calendar Fall 2022 and Winter 2023***

***2022 Theme: Connections and Caring Series***

***All trainings will be delivered via Microsoft Teams and will be recorded.***

Training is offered as a webinar style training through Microsoft Teams.

RSVP: Please register with TFC at your earliest convenience at

905-373-0522 Ext. 0 or [tfc.reception@tfcprogram.ca](mailto:tfc.reception@tfcprogram.ca)

\*You must register with an email address so we can email you the invite, one week prior to the training day.

September 29, 2022 9:30-12:20 Via Teams

**My Piece of the Puzzle: What do we as caregivers bring to our relationships with others and the children we care for?** (LaToya and Karen)

This training will start our series off by talking about what we as caregivers bring into our work with children/youth. We will look at how our own attachment history’s enter the relationships, exploring the dance. Some exploration into our temperaments and how they relate to how we connect and care for children/youth.

October 27, 2022 9:30-12:30 Via Teams

**Strategies to support youth in their home environments** (Karen and Nancy)

Caregivers are the agents of change and have tremendous opportunity to respond to children’s emotional needs which are often presented in challenging behaviors. A safe (psychological) relationship is the foundation of healing through therapeutic and developmental parenting.

November 24, 2022, 9:30-12:30 Via Teams

**Caregiving: How it impacts your family and close relationships.** (Casey, LaToya and Taylor)

Providing care for children and youth who have experienced developmental trauma can often be overwhelming and depleting. This training will explore the impacts on the caregiver’s relationships in order to be proactive and intentional in caring for themselves and their relationships. Topics such as vicarious trauma, blocked care, impacts on adult nervous systems will be explored. This training will be inclusive of all caregivers, i.e. married couples, siblings caring together for children, single caregivers and their networks, extended family networks, etc.

This training will also review what the research to date tells us about the impact of caregiving on caregivers’ children; the contribution these children make; how professionals can support children of caregivers; and how caregivers can use learnings from interpersonal neurobiology and the attachment relationship to help ensure their children maintain healthy development.

February 23, 2023 9:30-12:30 Via Teams

**Loss in Caregiving: How do we understand and support grief that comes alongside connections and care?** (Kayla, Taylor and Casey)

Loss is an incredibly common experience in the caregiving experience of child welfare. Yet, there is not always space or time for it. This training will explore how loss in all of its various forms can impact caregivers and create both space and time to more deeply understand why recognizing grief from loss matters, along with how to support it.

March 23, 2023 9:30-12:30 Via Teams

**Taking care of yourself as caregiver** (Maya, Sara, and Cynthia)

How do we care for ourselves while caring for others? This training focuses on understanding how our own brain and body respond to stress and distress. It is designed for professionals and caregivers who compassionately give to others and want to discover more about their own personal resiliency.

In this workshop, we will explore the ‘hot spots’ of helping others including compassion fatigue, vicarious trauma and burnout. We will discuss the neurobiology of being a helper in the world right now and strategies for caring for your own brain and body while doing this hard work.

April 27, 2023 9:30-12:30 Via Teams

**Navigating Complex Systems for Kids with Complex Needs: Supporting Caregivers Through the Maze** (Krista and Karen )

Systems can be complex and challenging and knowing where to begin when you have a child with complex needs can feel very overwhelming.    In this workshop we will explore the many ways to assist caregivers in navigating systems for children who may have complex needs.  This workshop will include:

•            How to understand our children’s needs to ensure that we are matching the right service, with an emphasis on what is possible versus what is broken.

•            Examine the ways we plan, the use of formal and informal networks.    How do we include community and family-based assets in planning?

•            Exploring ways that we can advocate within the systems.

**\*\*PLEASE NOTE: All trainings will be recorded.** All cameras & mics will be turned off when you join; please raise your hand to be unmuted or use the chat box to ‘chat’.

If you are joining from an Apple product; we have been told to not use Safari as it will not work with Teams. \*\*