



**If you have any questions,  
contact a Foster Care  
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# Spring 2025

## P.R.I.D.E.

Parent Resource for Information,  
Development & Education

Training Schedule





## P.R.I.D.E. Module Overview

### **MODULE 1 – 12 hours**

#### **The Foundation for Meeting the Developmental Needs of Children at Risk**

The knowledge and skills developed during these four sessions are critical to successfully fulfilling any parenting role. Participants learn to assess and build self-esteem, understand behaviour, and develop effective interpersonal skills. These sessions help participants connect their understanding of self-esteem and the meaning of behaviour to the use of effective communication skills and the discipline process.

### **MODULE 2 – 9 hours**

#### **Using Discipline to Protect, Nurture, and Meet Developmental Needs**

This module builds on concepts and skills from Module 1 to increase participant understanding of the importance of discipline in meeting developmental needs. Participants learn concrete techniques and skills to use to manage behaviour effectively. The three sessions in this module focus on proactive and reactive approaches to using discipline to protect, nurture, and advance children's development.

**Families who have completed Modules 1 and 2 may register for the following optional training modules:**

### **MODULE 3 – 6 hours**

#### **Addressing Developmental Issues Related to Sexuality**

This two-session module focuses on techniques for educating children and youth about sexuality. The first session provides information on normal sexual development and behavior in children in youth and identifies factors that indicate problematic sexual behavior. The second session focuses on creating a safe and affirming home for LGBTQ+ youth with a focus on exploring personal beliefs and values.

### **MODULE 4 – 6 hours**

#### **Responding to the Signs and Symptoms of Sexual Abuse**

This module consists of two sessions. The first increases participant understanding of sexual abuse. The second focuses on assisting foster parents to respond effectively to the issues of sexual abuse. Participants must complete Module 3 before registering for Module 4.

### **MODULE 5 – 9 hours**

#### **Supporting Relationships Between Children and Their Birth Families**

This module helps foster parents to understand the importance of the child's family relationships and to develop skills to support these relationships. Participants learn ways to share the parenting role and to help birth parents.

### **MODULE 6 – 9 hours**

#### **Working as a Professional Team Member**

This module provides foster parents and staff with an understanding of how the professional team works on behalf of children and families. The three sessions include information and skill development related to teamwork, the tasks of foster parents as professional team members, and conflict management.

### **MODULE 7 – 6 hours**

#### **Promoting Children's Personal and Cultural Identity**

This module addresses the meaning of culture, the concept of cultural competence, and the impact of culture on self-esteem. Participants learn how to incorporate the child's culture and traditions into daily life, how to manage the diverse traditions within the family, and the importance of recording the child's life story in a way that promotes a positive sense of identity.

### **MODULE 9 – 9 hours**

#### **Managing the Fostering Experience**

This module examines the impact of placement on the foster family. Participants explore ways to manage the changes, transitions, and challenges they will face. They consider how they might manage the impact of abuse and neglect allegations, the importance of safeguarding, documentation, and the Protocol for Investigation of Allegations of Abuse in a Foster Home

### **MODULE 11 – 6 hours**

#### **Understanding and Promoting Infant and Child Development**

A growing body of knowledge in child development provides more hope than ever that children—even those who have experienced significant trauma—can be helped to achieve their developmental goals. Participants explore basic concepts in child development, research that supports these, and how these concepts shape our approach to providing care for these infants, toddlers, preschoolers, and school-aged children.

### **MODULE 12 – 6 hours**

#### **Understanding and Promoting Preteen and Teen Development**

This module addresses key developmental tasks of pre-teens and teens, barriers and challenges to healthy development that youth in family foster care are likely to experience, and how this ultimately impacts the youth's ability to successfully transition to adulthood. Participants are guided to develop strategies to promote resilience and healthy development.

### **MODULE AS-1 – 9 hours**

#### **Caring for Children Who Have Experienced Domestic Violence**

This Advanced and Specialized training module provides a basis for understanding the dynamics of domestic violence, including why victims often remain with their abusers, the connection between domestic violence and child abuse, the impact of domestic violence on children. Participants learn strategies for parenting children who have experienced domestic violence. Prerequisites: P.R.I.D.E. Core Modules 1, 2, 11, and 12.

### **MODULE AS-2 – 6 hours**

#### **Teens in Care: Supporting Attachment**

This Advanced and Specialized training module helps participants understand how trauma and loss, experienced in early stages of development, will affect the teen's ability to form and build healthy relationships. Emphasis is placed on the practical aspects of integrating teens into the family routine and ways to promote healthy relationships with the teen on a day-to-day basis. A social worker referral is needed to register for this module. Prerequisites: P.R.I.D.E. Core Modules 1, 2, 11, and 12.

### **MODULE AS-3 – 9 hours**

#### **Working Together to Improve the Educational Outcomes for Youth**

This Advanced and Specialized training module helps participants to improve educational outcomes for youth in care. The module focuses primarily on the needs of youth aged 12 and older. Prerequisites: P.R.I.D.E. Core Modules 1, 2, 11, and 12.

### **MODULE AS-4 – 12 hours**

#### **Preparing Youth for Successful Adulthood**

Youth preparing to leave care need to develop life skills such as getting a job, managing money, and learning how to cook, but they also need strong and lasting relationships with caring adults. This Advanced and Specialized training focuses on the importance of stable, consistent, and healthy relationships in helping youth learn life skills and transition effectively into adulthood. Prerequisites: P.R.I.D.E. Core Modules 1, 2, 11, and 12.

### **FASD and the Developing Brain – 6 hours**

This module considers the impact of alcohol exposure on fetal brain development and the resulting physical, cognitive, and behavioural impacts. The training offers evidence-based ways to support affected children in care, their birth families, and their resource families.

### **Understanding Trauma – 12 hours**

Understanding how trauma impacts children and their families who have experienced abuse, neglect, and violence and other trauma is critical for resource families and professionals working with them. Those who have experienced trauma may not feel safe, even when they are no longer in danger. In this training participants learn how taking concrete steps to promote physical and psychological safety can help manage the challenging behaviours that these children and their families present.

### **Managing Transitions – 6 hours**

Adjusting to change can be very challenging for the children entrusted to our care. This module examines the impact of transitions on children who have experienced trauma. Participants will gain an understanding of the types of transitions children in their care might experience, how the child's response is intertwined with their experiences of trauma, and the impact this has on the resource family. In addition, participants will learn specific strategies to support children's emotional safety as they manage the challenging responses and behaviors these children and families present with.

## **All foster caregivers are eligible to attend training.**

You must attend all listed dates to receive a certificate of attendance.

To register, please see back cover for more details.

For foster, adoptive and kinship caregivers. Register in your region for these foster care resources. Foster Caregivers are reimbursed for mileage and childcare expenses. NOTE: for Foster Caregivers attending out of their home region, please contact the FFFNS for expense approval.



## **P.R.I.D.E.**

Parent Resource for Information,  
Development & Education





# CENTRAL REGION

MODULE	DATE*	TIME*	LOCATION*
<b>MODULE 2: (9 hours) Using Discipline to Protect, Nurture, and Meet Developmental Needs</b>  *must attend all dates/ times	Session 1: March 19 Session 2: March 26 Session 3: March 27	6:00 pm – 9:00 pm 6:00 pm – 9:00 pm 6:00 pm – 9:00 pm	Dartmouth District Office 103 Garland Ave., 2 <sup>nd</sup> floor
<b>MODULE 3: (6 hours) Addressing Developmental Issues Related to Sexuality</b>	April 5	9:30 am – 4:30 pm	Bayers Road District Office 7071 Bayers Road, Halifax
<b>Understanding Trauma (12 hrs.)</b>  *must attend all dates/ times	Session 1: April 15 Session 2: April 17	9:30 am – 12:30 pm 9:30 am – 12:30 pm	Dartmouth District Office 103 Garland Ave., 2 <sup>nd</sup> floor
<b>MODULE 5: (9 hours) Supporting Relationships Between Children and Their Birth Families</b>  *must attend all dates/ times	Session 1: May 6 Session 2: May 7 Session 3: May 8	6:00 pm – 9:00 pm 6:00 pm – 9:00 pm 6:00 pm – 9:00 pm	Dartmouth District Office 103 Garland Ave., 2 <sup>nd</sup> floor
<b>MODULE 6: (9 hours): Working as a Professional Team Member</b>  *must attend all dates/ times	Session 1: May 20 Session 2: May 22	1:00 pm – 4:00 pm 9:30 am – 4:30 pm	Bayers Road District Office 7071 Bayers Road, Halifax
<b>MODULE AS1: (9 hours) Caring for Children Who Have Experienced Domestic Violence</b>  *must attend all dates/ times	Session 1: May 27 Session 2: May 28 Session 3: May 29	6:00 pm – 9:00 pm 6:00 pm – 9:00 pm 6:00 pm – 9:00 pm	Dartmouth District Office 103 Garland Ave., 2 <sup>nd</sup> floor
<b>MODULE 11: (6 hours) Understanding and Promoting Infant and Child Development</b>	June 7	9:30 am – 4:30 pm	Bayers Road District Office 7071 Bayers Road, Halifax
<b>FASD and the Developing Brain (6 hours)</b>	June 18	9:30 am – 4:30 pm	Dartmouth District Office 103 Garland Ave., 2 <sup>nd</sup> floor
<b>MODULE 6: (9 hours) Working as a Professional Team Member</b>	Session 1: June 24 Session 2: June 25 Session 3: June 26	6:00 pm – 9:00 pm	Dartmouth District Office 103 Garland Ave., 2 <sup>nd</sup> floor

Please contact Angela Sangster to register:  
**Angela.Sangster@novascotia.ca**  
 902-424-5003.

*\*All dates, times and locations are subject to change.*

# MI'KMAW MAINLAND

MODULE	DATE*	TIME*	LOCATION*
<b>MODULE 3: (6 hours) Addressing Developmental Issues Related to Sexuality</b>	March 12	9:30 am – 4:30 pm	251 Brownlow Avenue, Dartmouth
<b>MODULE 4: (6 hours) Responding to the Signs and Symptoms of Sexual Abuse</b>	March 13	9:30 am – 4:30 pm	251 Brownlow Avenue, Dartmouth
<b>Understanding Trauma (12 hrs)</b>  *must attend all dates/ times	Session 1: April 15 Session 2: April 17	9:30 am – 4:30 pm 9:30 am – 4:30 pm	Child & Family Wellbeing Office, 103 Garland Ave., 2 <sup>nd</sup> floor
<b>MODULE 6: (9 hours) Working as a Professional Team Member</b>	Session 1: April 30 Session 2: May 1	9:30 am – 4:30 pm 9:30 am – 1:00 pm	251 Brownlow Avenue, Dartmouth
<b>MODULE 7: (6 hours) Promoting Children's Personal &amp; Cultural Identity</b>	May 14	9:30 am – 4:30 pm	251 Brownlow Avenue, Dartmouth
<b>MODULE 11: (6 hours) Understanding and Promoting Infant and Child Development</b>	May 15	9:30 am – 4:30 pm	251 Brownlow Avenue, Dartmouth
<b>MODULE 1: (12 hours) The Foundation for Meeting the Developmental Needs of Children at Risk</b>  *must attend all dates/ times	Session 1: May 28 Session 2: May 29	9:30 am – 4:30 pm 9:30 am – 4:30 pm	251 Brownlow Avenue, Dartmouth
<b>FASD and the Developing Brain (6 hours)</b>	June 18	9:30 am – 4:30 pm	Child & Family Wellbeing Office, 103 Garland Ave., 2 <sup>nd</sup> floor
<b>MODULE 12: (6 hours) Understanding and Promoting Preteen and Teen Development</b>	June 19	9:30 am – 4:30 pm	251 Brownlow Avenue, Dartmouth

Please contact Megan MacNeil to register:  
**Megan.MacNeil@novascotia.ca**  
 902-751-0549

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# MI'KMAW ESKASONI

MODULE	DATE*	TIME*	LOCATION*
<b>MODULE 1: (12 hours)</b> The Foundation for Meeting the Developmental Needs of Children at Risk	<b>Session 1:</b> March 4 <b>Session 2:</b> March 5	9:30 am – 3:30 pm 9:30 am – 3:30 pm	Mi'kmaw FACS, 61 Mini-Mall Drive Eskasoni
<b>MODULE 2: (9 hours)</b> Using Discipline to Protect, Nurture, and Meet the Developmental Needs	<b>Session 1:</b> April 7 <b>Session 2:</b> April 8	9:30 am – 3:30 pm 9:30 am – 1:00 pm	Mi'kmaw FACS, 61 Mini-Mall Drive Eskasoni
<b>MODULE 6: (9 hours)</b> Working as a Professional Team Member	<b>Session 1:</b> May 5 <b>Session 2:</b> May 6	9:30 am – 3:30 pm 9:30 am – 1:00 pm	Mi'kmaw FACS, 61 Mini-Mall Drive Eskasoni

Please contact Mag Bernard to register:

**[mag.bernard@novascotia.ca](mailto:mag.bernard@novascotia.ca)**

902-379-2433

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## WESTERN REGION

MODULE	DATE*	TIME*	LOCATION*
<b>MODULE 5: (9 hours)</b> Supporting Relationships Between Children and Their Birth Families	<b>Session 1:</b> April 8 <b>Session 2:</b> April 9	9:30 am – 4:30 pm 9:30 am – 12:30 pm	Tru by Hilton, Yarmouth
<b>MODULE 6: (9 hours)</b> Working as a Professional Team Member	<b>Session 1:</b> April 23 <b>Session 2:</b> April 24	9:30 am – 4:30 pm 9:30 am – 12:30 pm	Tru by Hilton, Yarmouth
<b>MODULE 11: (6 hours)</b> Understanding and Promoting Infant and Child Development	May 7	9:30 am – 4:30 pm	Best Western Plus, Bridgewater
<b>MODULE 12: (9 hours)</b> Understanding and Promoting Preteen and Teen Development	May 15	9:30 am – 4:30 pm	Best Western Plus, Bridgewater

<b>Managing Transitions (6 hours)</b>	May 29	9:30 am – 4:30 pm	Best Western Plus Bridgewater
<b>MODULE AS1: (9 Hours)</b> Caring for Children Who Have Experienced Domestic Violence	<b>Session 1:</b> June 3 <b>Session 2:</b> June 4	9:30 am – 4:30 pm 9:30 am – 12:30 pm	Old Orchard Inn, Wolfville
<b>MODULE AS2: (9 Hours)</b> Teens in Care: Supporting Attachment	<b>Session 1:</b> June 11 <b>Session 2:</b> June 12	9:30 am – 4:30 pm 9:30 am – 12:30 pm	Old Orchard Inn, Wolfville

Please contact Hannah Wallace to register:

**[Hannah.Wallace@novascotia.ca](mailto:Hannah.Wallace@novascotia.ca)**

902-670-0306 or 902-678-5109

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## EASTERN REGION

MODULE	DATE*	TIME*	LOCATION*
<b>MODULE 6: (9 hours)</b> Working as a Professional Team Member	<b>Session 1:</b> March 18 <b>Session 2:</b> March 19	9:00 am – 4:00 pm 9:00 am – 12:00 pm	Grand Lake Road Fire Hall 850 Grand Lake Rd., Sydney
<b>MODULE 1: (12 hours)</b> The Foundation for Meeting the Developmental Needs of Children at Risk	<b>Session 1:</b> March 25 <b>Session 2:</b> March 26	9:00 am – 4:00 pm 9:00 am – 4:00 pm	Grand Lake Road Fire Hall 850 Grand Lake Rd., Sydney
*must attend all dates/ times			
<b>MODULE 2: (9 hours)</b> Using Discipline to Protect, Nurture, and Meet the Developmental Needs	<b>Session 1:</b> April 1 <b>Session 2:</b> April 2	9:00 am – 4:00 pm 9:00 am – 12:00 pm	Maritime Inn 717 Reeves Street Port Hawkesbury
<b>MODULE 3: (6 hours)</b> Addressing Developmental Issues Related to Sexualit	April 9	9:00 am – 4:00 pm	Grand Lake Road Fire Hall 850 Grand Lake Rd., Sydney
<b>MODULE 4: (6 hours)</b> Responding to the Signs and Symptoms of Sexual Abuse	April 30	9:00 am – 4:00 pm	Maritime Inn 717 Reeves Street Port Hawkesbury

<b>MODULE 6: (9 hours)</b> <b>Working As a Professional Team Member</b>	<b>Session 1:</b> May 6 <b>Session 2:</b> May 7	9:00 am – 4:00 pm 9:00 am – 12:00 pm	Maritime Inn 717 Reeves Street Port Hawkesbury
<b>MODULE 7: (6 hours)</b> <b>Promoting Children's Personal and Cultural Identity</b>	May 14	9:00 am – 4:00 pm	Grand Lake Road Fire Hall 850 Grand Lake Rd., Sydney
<b>MODULE 11: (6 hours)</b> <b>Understanding and Promoting Infant and Child Development</b>	May 21	9:00 am – 4:00 pm	Maritime Inn 717 Reeves Street Port Hawkesbury
<b>MODULE 11: (6 hours)</b> <b>Understanding and Promoting Infant and Child Development</b>	May 28	9:00 am – 4:00 pm	Grand Lake Road Fire Hall 850 Grand Lake Rd., Sydney
<b>MODULE 12: (9 hours)</b> <b>Understanding and Promoting Preteen and Teen Development</b>	June 4	9:00 am – 4:00 pm	Maritime Inn 717 Reeves Street Port Hawkesbury
<b>MODULE 12: (9 hours)</b> <b>Understanding and Promoting Preteen and Teen Development</b>	June 11	9:00 am – 4:00 pm	Grand Lake Road Fire Hall 850 Grand Lake Rd., Sydney
<b>Managing Transitions (6 hours)</b>	June 18	9:00 am – 4:00 pm	Maritime Inn 717 Reeves Street Port Hawkesbury
<b>Managing Transitions (6 hours)</b>	June 25	9:00 am – 4:00 pm	Grand Lake Road Fire Hall 850 Grand Lake Rd., Sydney

Please contact Stephanie Tynski-Gillis to register:  
**Stephanie.Tynski-Gillis@novascotia.ca**  
 902–574–0950

*All foster parents are eligible to attend training.  
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## NORTHERN REGION

MODULE	DATE*	TIME*	LOCATION*
<b>MODULE 11: (6 hours)</b> <b>Understanding and Promoting Infant and Child Development</b>	March 18	9:30 am – 4:30 pm	Antigonish District, Office 229 Main Street
<b>MODULE 6: (9 hours)</b> <b>Working As a Professional Team Member</b>	<b>Session 1:</b> March 25 <b>Session 2:</b> March 26	9:30 am – 4:30 pm 9:30 am – 12:30 pm	New Glasgow District Office, 161 Terra Cotta Drive
<b>MODULE 6: (9 hours)</b> <b>Working As a Professional Team Member</b>	<b>Session 1:</b> May 5 <b>Session 2:</b> May 7 <b>Session 3:</b> May 12	6:00 pm – 9:00 pm 6:00 pm – 9:00 pm 6:00 pm – 9:00 pm	Inn on Prince 437 Prince Street, Truro
*must attend all dates/ times			
<b>MODULE 1: (12 hours)</b> <b>The Foundation for Meeting the Developmental Needs of Children at Risk</b>	<b>Session 1:</b> June 10 <b>Session 2:</b> June 11	9:30 am – 4:30 pm 9:30 am – 4:30 pm	New Glasgow District Office, 161 Terra Cotta Drive
<b>MODULE 2: (9 hours)</b> <b>Using Discipline to Protect, Nurture, and Meet Developmental Needs</b>	<b>Session 1:</b> June 17 <b>Session 2:</b> June 18	9:30 am – 4:30 pm 9:30 am – 12:30 pm	Inn on Prince 437 Prince Street, Truro
<b>Managing Transitions (6 hours)</b>	June 24	9:30 am – 4:30 pm	Holiday Inn 86 Lawrence Street, Stellarton

Please contact Shauna Brymer to register:  
**Shauna.Brymer@novascotia.ca**  
 902-533-4378  
 902-863-7561

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