If you have any questions, contact a Foster Care resource in your area:

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Fall 2019  
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 behavior, and develop effective interpersonal skills. These sessions help participants connect their understanding of self-esteem and the meaning of behavior 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 behavior effectively. The three sessions in this module focus on proactive and reactive approaches to using discipline to protect, nurture, and advance children’s development.

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 8 – 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 9 – 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 10 – 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 behaviors that these children and their families present.
For foster parents and adoptive parents. Register in your region for these foster care resources. Foster families are reimbursed for mileage and child care expenses.

### 2019 Fall Schedule

<table>
<thead>
<tr>
<th>MODULE</th>
<th>DATE*</th>
<th>TIME*</th>
<th>LOCATION*</th>
</tr>
</thead>
</table>
| **Module 2** | Wed., September 11  
Thurs., September 12 | 9 am – 4 pm          
9 am – 12 pm              | St. Peter’s TBD      |
| **Module 3** | Wed., September 18  
Thurs., September 19 | 6 pm – 9 pm          
6 pm – 9 pm               | Port Hawkesbury TBD   |
| **Module 4** | Tues., September 24  
Wed., September 25 | 6 pm – 9 pm          
6 pm – 9 pm               | Sydney TBD            |
| **Module 5** | Wed., October 2     
Thurs., October 3       | 9 am – 4 pm          
9 am – 4 pm               | Sydney TBD            |
| **Module 6** | Wed., October 9  
Thurs., October 10     | 9 am – 4 pm          
9 am – 12 pm              | St. Peter’s TBDI      |
| **Module 7** | Tues., October 15  
Wed., October 16       | 6 pm – 9 pm          
6 pm – 9 pm               | Port Hawkesbury TBD   |
| **FASD** | Wed., October 23   | 9 am – 4 pm          | Port Hawkesbury TBD    |
| **Understanding Trauma** | Tues., November 5  
Wed., November 6 | 9 am – 4 pm          
9 am – 4 pm               | Port Hawkesbury TBD   |
| **Module 7** | Wed., November 20  
Thurs., November 21 | 6 pm – 9 pm          
6 pm – 9 pm               | Sydney TBD            |

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

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All foster parents are eligible to attend training.

- Complete Module 1 before registering in Module 2.
- Complete Modules 1 & 2 before registering in other modules.

To register please see back cover for more details.
Please note: The training schedule for Central Region will be mailed out at a later date for foster parents and staff who reside and/or work in this area.

**MI’KMAW FAMILY & CHILDREN’S SERVICES**

Eskasoni: All sessions to occur at Mi’kmaw Family & Children’s Services – Community Room.

<table>
<thead>
<tr>
<th>MODULE</th>
<th>DATE*</th>
<th>TIME*</th>
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<tbody>
<tr>
<td>Module 1</td>
<td>Wed., September 25&lt;br&gt;Thurs., September 26</td>
<td>9:30 am – 4:30 pm&lt;br&gt;9:30 am – 4:30 pm</td>
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<tr>
<td>Module 2</td>
<td>Wed., October 9&lt;br&gt;Thurs., October 10</td>
<td>9:30 am – 4:30 pm&lt;br&gt;9:30 am – 12:30 pm</td>
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<tr>
<td>FASD</td>
<td>Thurs., October 24</td>
<td>9:30 am – 4:30 pm</td>
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<tr>
<td>Module 5</td>
<td>Wed., November 6&lt;br&gt;Thurs., November 7</td>
<td>9:30 am – 4:30 pm&lt;br&gt;9:30 am – 12:30 pm</td>
</tr>
<tr>
<td>Module 6</td>
<td>Wed., November 27&lt;br&gt;Thurs., November 28</td>
<td>9:30 am – 4:30 pm&lt;br&gt;9:30 am – 12:30 pm</td>
</tr>
<tr>
<td>Module 7</td>
<td>Wed., December 4&lt;br&gt;Thurs., December 5</td>
<td>9:30 am – 4:30 pm&lt;br&gt;9:30 am – 4:30 pm</td>
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Indian Brook: All sessions to occur at the Indian Brook office.

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<thead>
<tr>
<th>MODULE</th>
<th>DATE*</th>
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<tbody>
<tr>
<td>Module 9</td>
<td>Tues., September 10&lt;br&gt;Sat., September 11</td>
<td>6 pm – 9 pm&lt;br&gt;9 am – 4:30 pm</td>
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<tr>
<td>Module AS-2</td>
<td>Thurs., September 19</td>
<td>9:30 am – 4:30 pm</td>
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<tr>
<td>Module AS-4</td>
<td>Tues., October 1&lt;br&gt;Wed., October 2</td>
<td>9:30 am – 4:30 pm&lt;br&gt;9:30 am – 4:30 pm</td>
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<tr>
<td>Module 11</td>
<td>Wed., October 16</td>
<td>9:30 am – 4:30 pm</td>
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<tr>
<td>Module 12</td>
<td>Tues., October 29</td>
<td>9:30 am – 4:30 pm</td>
</tr>
<tr>
<td>Understanding Trauma</td>
<td>Thurs., November 7&lt;br&gt;Fri., November 8</td>
<td>9:30 am – 4:30 pm&lt;br&gt;9:30 am – 4:30 pm</td>
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**WESTERN REGION**

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<thead>
<tr>
<th>MODULE</th>
<th>DATE*</th>
<th>TIME*</th>
<th>LOCATION*</th>
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<tbody>
<tr>
<td>FASD</td>
<td>Thurs., October 3</td>
<td>9 am – 4 pm</td>
<td>Best Western, Bridgewater</td>
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<tr>
<td>Understanding Trauma</td>
<td>Wed., October 9&lt;br&gt;Thurs., October 10</td>
<td>9 am – 4 pm&lt;br&gt;9 am – 4 pm</td>
<td>Old Orchard Inn, Greenwich</td>
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<tr>
<td>Managing Transitions</td>
<td>Wed., October 23</td>
<td>9 am – 12:30 pm</td>
<td>Best Western, Bridgewater</td>
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<tr>
<td>Module 1</td>
<td>Sat., November 9&lt;br&gt;Sun., November 10</td>
<td>9 am – 4 pm&lt;br&gt;9 am – 4 pm</td>
<td>Fundy Complex, 34 Water Street, Digby</td>
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<tr>
<td>Module 2</td>
<td>Sat., November 16&lt;br&gt;Sun., November 17</td>
<td>9 am – 4 pm&lt;br&gt;9 am – 12 pm</td>
<td>Fundy Complex, 34 Water Street, Digby</td>
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<tr>
<td>Module 4</td>
<td>Wed., November 20</td>
<td>9 am – 4 pm</td>
<td>Best Western, Bridgewater</td>
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<tr>
<td>Module 5</td>
<td>Wed., November 27&lt;br&gt;Thurs., November 28</td>
<td>9 am – 4 pm&lt;br&gt;9 am – 12 pm</td>
<td>Old Orchard Inn, Greenwich</td>
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<td>Module 7</td>
<td>Wed., December 4</td>
<td>9 am – 4 pm</td>
<td>Mariner Centre, Yarmouth</td>
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<tr>
<td>Module AS-4</td>
<td>Wed., December 11&lt;br&gt;Thurs., December 12</td>
<td>9 am – 4 pm&lt;br&gt;9 am – 4 pm</td>
<td>Old Orchard Inn, Greenwich</td>
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**NORTHERN REGION**

<table>
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<tr>
<th>MODULE</th>
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<th>LOCATION*</th>
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<tbody>
<tr>
<td>Module 1</td>
<td>Fri., September 6&lt;br&gt;Sat., September 7</td>
<td>6 pm – 9 pm&lt;br&gt;9 am – 6 pm</td>
<td>161 Terra Cotta Lane, New Glasgow</td>
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<td>Module 2</td>
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<td>6 pm – 9 pm&lt;br&gt;6 pm – 9 pm&lt;br&gt;6 pm – 9 pm</td>
<td>161 Terra Cotta Lane, New Glasgow</td>
</tr>
<tr>
<td>Module 6</td>
<td>Wed., November 6&lt;br&gt;Thurs., November 7</td>
<td>9 am – 4 pm&lt;br&gt;9 am – 12 pm</td>
<td>60 Lorne St., Truro</td>
</tr>
<tr>
<td>Understanding Trauma</td>
<td>Tues., October 1&lt;br&gt;Tues., October 8</td>
<td>9 am – 4 pm&lt;br&gt;9 am – 4 pm</td>
<td>Amherst TBD</td>
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<td>Understanding FASD</td>
<td>Wed., October 16&lt;br&gt;October 23</td>
<td>6 pm – 9 pm&lt;br&gt;6 pm – 9 pm</td>
<td>60 Lorne St., Truro</td>
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<td>Module 7</td>
<td>Tues., November 19&lt;br&gt;Tues., November 26</td>
<td>6 pm – 9 pm&lt;br&gt;6 pm – 9 pm</td>
<td>60 Lorne St., Truro</td>
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<tr>
<td>Self-Reg workshop</td>
<td>Sat., November 2</td>
<td>9 am – 4 pm</td>
<td>Truro TBD</td>
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