

RESPITE

resources, education & support for parents
interventions for trauma-sensitive environments



solutions for loneliness through

direct support

Many foster/adopt/kinship parents feel alone. One of the most effective ways to combat those feelings of loneliness is through connecting them with other parents on the same journey.



regular support groups



parent date nights



resource line



1-on-1 support mentorship



resourcing the unequipped with

parent trainings

The majority of training occurs before a child is placed in a home. Often times, after the children arrive a lot of training can fade into the background, leaving parents feeling unequipped and overwhelmed. We provide trainings before, during, and after placement.



Empowered to Connect (ETC) parent training



Created to Connect study



FFA Parent Training



additional workshops



solutions for exhaustion with

wellness & resiliency resources

Parents and other caregivers who take on the challenge of being present with children on this healing journey report being concerned that they won't be able to continue due to the significant level of physical and mental exhaustion that occurs when creating a safe, healing environment.



Caseworker/Therapist/Caregiver Workshops



Trauma-Sensitive Workshops



Trauma-Sensitive Holy Yoga classes



solutions for disconnection with

community engagement & trainings

As difficulties arise, or previous trauma emerges, or the path to reunification or adoption has extensive delays, surrounding community who was supportive at the outset can be unsure of how or feel unequipped to come alongside families in the process.



Friends & Family Training



Local Classroom Support



Building Trauma-Sensitive Classroom Workshop



After-School Program Trainings