

Live Webinar—When Caring Hurts: Navigating Anxiety and Fear in Trauma-Informed Caregiving

Tuesday, February 3, 2026 | 6:00 PM – 8:00 PM

Caring for children who have experienced trauma can be both rewarding and challenging. This webinar is designed specifically for caregivers navigating the emotional complexities of supporting children with a history of childhood trauma. We will explore how anxiety arises within our physical and emotional systems, helping caregivers better understand their own reactions when fear and stress surface. Through this lens, we'll identify practical, trauma-informed strategies to add to your "toolbox" for managing anxiety and maintaining emotional resilience in the caregiving journey.

Presented by: Rebecca (Becky) Fidler, Licensed Mental Health Counselor

Free | Registration is limited to 500 participants

Register for the live webinar by clicking [here](#)!
Licensed foster parents will receive 2.0 training credits for participation in this webinar. Each individual participant must register separately to receive credit.

Questions? Call us at 1-800-762-8063 or email info@wifamilyconnectionscenter.org

