

Nurturing Connections Relative Caregiver Themes

All trainings held virtually via Zoom

Kinship Parenting- April 9th 6:00-9:00pm

Register in PDS Online:

<https://pdsonline.csod.com/ui/lms-learning-details/app/event/3a0a8482-2653-4f67-b3a5-0af0871a1d4f>

This 2-hour instructor led theme, specifically developed for relative caregivers, acknowledges the complexities associated with caring for children who are related including: divided loyalties, redefining roles and relationships, setting boundaries with parents and other relatives, and the range of emotions including anger, resentment, guilt and/or embarrassment that caregivers can feel. Strategies for how to manage family dynamics and conflicts, identify triggers and effectively manage stress are shared.

Building Parental Resilience for Kinship Caregivers- May 18th

6:00-7:30pm

Register in PDS Online:

<https://pdsonline.csod.com/ui/lms-learning-details/app/event/cf6366dc-338e-44ca-b78d-22250e1177f3>

This 1.5-hour instructor led theme, specifically developed for relative caregivers, helps participants understand the importance of self-care and practical ideas for how to do it. Participants will understand signs of stress and burnout and recognize the importance of maintaining their mental, physical, emotional and spiritual well-being. This theme describes parental resilience, why resilience is important, and covers how caring for children who have experienced trauma, separation, or loss can impact a caregiver's own well-being. This theme also covers the behaviors that foster a protective environment for parents and children.



GET IN TOUCH WITH US!

<https://wcpds.wisc.edu/> 

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