



October 19-20, 2019 | Plymouth MA

Caring for the Caregiver

A Self-Care Retreat for Foster Mothers of Massachusetts

Are you feeling exhausted, isolated, or stressed out? Do you feel like other parents don't understand the challenges you face as a foster, adoptive, kinship parent? Do you long for a day without therapy appointments, IEP meetings, phone calls about your child, etc? Do you dream of getting away to rest and recharge?

Then join us October 19-20th in historic Plymouth, MA for a self-care retreat for moms. This retreat is open to all foster, pre-adoptive, adoptive, and kinship mothers who are raising children who have developmental trauma and attachment issues. You will learn parenting tips, be pampered, have fun, and connect with other women who get it.



LOCATIONS

DAY 1

Faith Community Church
29 Carver Road, Plymouth, MA

DAY 2

Hampton Inn & Suites
10 Plaza Way, Plymouth, MA

PROGRAM OF EVENTS

SATURDAY

9:00-9:45	Check in at Faith Community Church Breakfast
9:45-11:30	TBRI-Fostering Hope
11:30-1:00	Break-out session 1 TRA/ Racism No I Won't & You Can't Make Me Managing Challenging Relationships Healing Trauma with Occupational Therapy
1:00-2:00	Lunch
2:00-3:30	Break-out session 2 TRA/ Racism No I Won't & You Can't Make Me Managing Challenging Relationships Healing Trauma with Occupational Therapy
3:30-5:45	Check into hotel rooms-free time
6:00	Dinner
7:00-9:00	Slumber Party-Fun activities and surprises

SUNDAY

6:00-10:00	Breakfast, yoga, kick-boxing, free time
10:30-11:30	Support groups-topics may include "How to focus on your marriage"; "Single parenting"; "Raising a Relative"; and more
12:00	Lunch
1:00	Goodbyes

We want this event to be relaxing and just for you. You are not obligated to participate in an activity. If you choose to skip an activity, you can enjoy historic Plymouth's shopping or sightseeing, relax, connect with others, use the pool or hot tub, etc.

SPEAKERS

KEYNOTE SPEAKER

Trust Based Relational Interventions (TBRI)

Trust-Based Relational Intervention® is developed from the work of Dr. Karyn Purvis and Dr. Davis Cross through the Karyn Purvis Institute of Child Development at Texas Christian University. TBRI® is an attachment-based, trauma-informed intervention created to help foster and adoptive parents develop practical tools designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. While the intervention is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI® is connection.

Speakers

Jonathan Reid is the founder and executive director of Fostering Hope New England, based in Providence, RI. Fostering Hope mobilizes the church community to raise up and support foster and adoptive families by creating sustainable cultures of care. Their vision is that every child in foster care has a family to care for them. Jonathan is a trained practitioner in the Trust-Based Relational Intervention (TBRI) and Trauma Competent Caregiver (TCC) models of trauma-informed care. Jonathan and his wife Virginia have fostered 30 children and adopted four. They live in Providence, RI.

Mike Brown is the director of development and programs at Fostering Hope New England. Mike is a trained practitioner in the Trust-Based Relational Intervention (TBRI) and Trauma Competent Caregiver (TCC) models of trauma-informed care. He and his wife Karen have fostered 10 children and currently have a pre-adoptive placement living with them. They live in Malden, MA.

BREAKOUT SESSIONS (pick 2)

Managing Difficult Relationships

Are you a grandparent raising your grandchild, while training to maintain a relationship with your child? Are you raising your niece or nephew while trying to juggle the intricacies of how the other members of your extended family may feel?

Do you struggle with your feelings regarding your foster child's birth parents and how to interact with them? Are you unsure how to navigate your open adoption? Then this breakout session is for you. Learn tips for navigating these difficult relationships and managing your feelings surrounding them.

Transracial Adoption and Racism

Have you adopted a child that is of a different race than you? Do you worry about raising a child of color in a society that is struggling with issues of race? Are you a mom of color raising a white child? Are you interested in learning how to be a stronger ally to people of color? Join us for a panel discussion regarding the importance of talking about race and racism with your children. Learn how to respond to your children's questions about race and identity. Learn the importance of racial mirrors and cultural identity for your child.

Speakers

Shaya Gregory Poku is the inaugural director of the Center for Social Justice and Community Impact at Wheaton College in Norton, Massachusetts. There, she serves as a leader in creating and shepherding programs and strategic initiatives related to diversity, equity and inclusion on campus. She has an accomplished history of advancing social change and equity in its full breadth: peacebuilding, education, organizational development and advocacy in domestic and international contexts. Her 13 years of professional experience span the religious, non-profit and higher education sectors. Poku holds three interdisciplinary degrees that provide her with a uniquely complex lens on social innovation and human development: a Master of Arts in Intercultural Relations with a concentration in Intercultural Conflict Management from Lesley University, a Master of Science in Security and Resilience Studies at Northeastern University, and a Bachelor of Arts in International Relations from Agnes Scott College.

Raquel Ramos has had a career in higher education for more than 20 years. She has worked with under-served populations including first generation, low income and students of color throughout her time in higher education. In her current role, she is the Dean of the Marshall Center for Intercultural Learning at Wheaton College. She coordinates the services provided by the Center staff, developing appropriate resources and support for students of color to assist in their retention and graduation from the college. The Center provides academic, cultural, and social programs fostering awareness and appreciation of diversity at Wheaton. Raquel collaborates with the Academic and Student Affairs divisions on the development of college-wide diversity initiatives and inclusion of issues of diversity across the curriculum. She holds a Master's in Counseling and Human Development. She is married and raising three multiracial sons.

No I Won't & You Can't Make Me

We all know what it is like to be in a power struggle with a child. Power struggles are filled with tension, anger, and provocation. This training is designed to teach some strategies to address difficult behaviors.

Speakers

Valerie Perry, BSW, LSW has been employed by Child and Family Services since March of 1994. She has worn many hats in her roles there and has served as the Regional Manager

of Adoption Journeys since 2007.

Christine Poitras has been employed by Child and Family Services since July 2007 as a Regional Response Team Worker with Adoption Journeys.

Brittini Francis is employed by Child and Family Services as a Regional Response Team Worker with Adoption Journeys. Prior to her role with Adoption Journeys, Brittini was an adoption worker for CFS.

Valerie, Christine, and Brittini work as a team to provide home-based clinical interventions to individuals and families formed through adoption and guardianship with the goal of preserving family stability. They often run trainings and support groups for adoptive and guardianship parents. The team collaborates with community based Children's Behavioral Health Initiative, mental health agencies, and the Department of Children and Families.

Healing Trauma with Occupational Therapy

In this hands-on course we will look to understand what sensory processing is and how it can become a disorder. How can we use the sensory integration theory when working with children exposed to trauma and those in the foster care system? We will practice interventions and strategies that can help you better understand your child's behaviors and start to tune into what they are trying to tell us. Provided in this workshop is a foundational knowledge and a set of skills you can take into your home while caring for a child with a variety of needs.

Speaker

Katie Everson is a Registered and Licensed Occupational Therapist who received her Masters of Occupational Therapy in 2014 from Shenandoah University. She is currently working on obtaining her Doctorate of Occupational Therapy from Bay Path University (spring 2021).