

August-December 2026 Cargiver Training Schedule



**Department of
Children & Youth**

North Central Ohio Regional Training Center

CAREGIVER COACH PROGRAM



We are excited to announce a new service for caregivers!

Caregiver Coaching is a short-term intervention that provides foster, adoptive, and kinship caregivers interested in becoming certified with hands-on, here and now tools for bringing about rapid and dramatic improvement in their skill set.

Through a variety of formats, including both in-person and virtual, the coach works with caregivers to provide a customized experience that includes teaching effective parenting methods and enhancing their knowledge of community based resources.

For more information please contact:
Tawanda.Mccoy2@jfs.ohio.gov
Office 216.698.2984
Cell 216.304.1402
or visit the [DCFS Intranet](#)



Cuyahoga County
Division of Children and Family Services

The background of the entire page is a warm, golden-yellow bokeh effect, resembling out-of-focus light. It is decorated with autumn leaves: a few red and orange leaves are visible in the top-left corner, and a dense pile of red, orange, and yellow leaves is at the bottom.

In-Person Training Locations:

Old Brooklyn DJFS Building

4261 Fulton Parkway Cleveland, OH. 44144

Jane Edna Hunter Building:

3955 Euclid Ave. Cleveland, OH. 44115

August 2026

Caregiver Training Overview

The Basics of Caring for Children Who Have Been Sexually Abused	August 4, 2026	5:00pm to 9:15pm	Trainer: Cherylanne Norwood	Virtual - Session-#31026 CAPSLMS/ZOOM
CONTENT: Resource Readiness - This training is designed to help equip caregivers with the basic knowledge, skills, and attitudes needed to care for children who have been sexually abused. Caregivers will practice providing children with accurate information about sexual abuse and using strategies to help children understand and manage the impact of sexual abuse. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Caregiver's Experience of Secondary Trauma	August 10, 2026	6:00pm to 9:00pm	Trainer: Tracy Mayfield	In-person-Session-#31704 Old Brooklyn DJFS 4261 Fulton Parkway, Cleveland, OH. 44144
CONTENT: This course provides an overview of secondary trauma and its impact on caregivers, specifically resource parents caring for children who have experienced sexual abuse. Learners will learn to recognize the signs of secondary trauma, explore self-assessment tools, and identify personal risk factors that may increase their individual vulnerability. Through interactive activities, learners will develop practical strategies for self-care and create a plan to increase compassion satisfaction, allowing them to continue providing effective, compassionate care. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Stress Less, Live More: Practical Ways to Manage Stress and Anxiety	August 11, 2026	9:00am to 4:00pm	Trainer: Tijana Coso	Virtual - Session-#32172 CAPSLMS/ZOOM
CONTENT: In today's digital age, teaching youth about internet or online safety is paramount. This 90-minute virtual training session is designed specifically for caregivers who play a vital role in supporting youth in developing key life skills for navigating the world. There will be interactive discussions, practical tips, and real-world examples, as caregivers gain the knowledge and tools necessary to empower the youth in their care to navigate the online world responsibly and keep themselves and their peers safe. By the end of this 90-minute virtual training session, caregivers will be equipped with the knowledge, skills, and resources to effectively teach youth about internet safety, navigating social media, and empowering them to navigate the online world responsibly and thoughtfully. A major focus of this session is helping youth know who to trust online, how to recognize red flags, and what to do when facing unsafe situations. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
What Caregivers Should Know about Online Safety for Youth Who Have Experienced Out-of-Home Care	August 17, 2026	6:00pm to 7:30pm	Trainer: Elliott Hinkle	Virtual - Session-#31565 CAPSLMS/ZOOM
CONTENT: In today's digital age, teaching youth about internet or online safety is paramount. This 90-minute virtual training session is designed specifically for caregivers who play a vital role in supporting youth in developing key life skills for navigating the world. There will be interactive discussions, practical tips, and real-world examples, as caregivers gain the knowledge and tools necessary to empower the youth in their care to navigate the online world responsibly and keep themselves and their peers safe. By the end of this 90-minute virtual training session, caregivers will be equipped with the knowledge, skills, and resources to effectively teach youth about internet safety, navigating social media, and empowering them to navigate the online world responsibly and thoughtfully. A major focus of this session is helping youth know who to trust online, how to recognize red flags, and what to do when facing unsafe situations. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

August 2026

Caregiver Training Overview

Behavioral Triggers of Traumatized Children: Prevention and Reactions	August 21, 2026	9:00am to 4:00pm	Trainer: David Zidar	In-person - Session #32389 Jane Edna Hunter Building 3955 Euclid, Cleveland, OH. 44115
CONTENT: Identification of behavioral triggers in foster children and the management of them is critical to the wellness of children in care. Triggers are rooted in trauma. If caregivers have an understanding of social history, functional analysis, and de-escalation strategies, it will improve the outcomes for the children and the parents' care (Both foster and primary families). While you cannot prevent all triggers, you can set the stage to reduce the frequency and have strategies for how to lessen the severity of the subsequent behaviors. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Distinguishing Between Poverty Experienced by Families and Child Neglect	August 21, 2026	6:00pm to 9:00pm	Trainer: Christine Kelly Cross	Virtual - Session-#31705 CAPSLMS/ZOOM
CONTENT: It is important that resource families understand that poverty and neglect do not always go hand in hand. In this class, you will learn to not only distinguish between the two. Most importantly, you will learn strategies that will help you work collaboratively with families from a socioeconomic status that differs from your own. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Adoption and Guardianship Prep Module 1: Expectations and Motivations	August 25, 2026	6:00pm to 8:00pm	Trainer: Susan Darden-Kautz	Virtual - Session-#31581 CAPSLMS/ZOOM
CONTENT: After this course, learners will have a deeper awareness and understanding about themselves and their child, and they will learn how to build a strong foundation and lasting commitment for their family. Learners will also explore their motivations for pursuing adoption or guardianship and set realistic expectations for their journey. Learners will assess their perspectives and address challenges while also prioritizing the child's needs. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Why Kids Lie...and How to Encourage Truthfulness	August 26, 2026	1:00pm to 4:00pm	Trainer: Jody Johnston Pawel	Virtual - Session-#30370 CAPSLMS/ZOOM
CONTENT: This stimulating workshop involves several thought-provoking discussions that provide insights and reveal surprising facts about: What really is a lie? (Lies have 3 key parts.) When do children understand they are lying? Why do children lie? How can caregivers and caseworkers prevent lying? Should parents use "Truth or Consequences"? By the end of this workshop, you will have a different perspective on lying and a simple three-step formula for responding to lies in ways that encourage truthfulness. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Connect: Supporting Children Exposed to Domestic Violence	August 26, 2026	6:00pm to 9:00pm	Trainer: Michele bell	Virtual - Session-#31633 CAPSLMS/ZOOM
CONTENT: A basic and interactive virtual three-hour training session on the dynamics of domestic violence, the impact of exposure to domestic violence on children, and strategies for supporting children who have been exposed to domestic violence. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

August 2026

Caregiver Training Overview

Adoption and Guardianship Prep Module 2: The Impact of Trauma	August 27, 2026	6:00pm to 8:00pm	Trainer: Susan Darden-Kautz	Virtual - Session- #31582 CAPSLMS/ZOOM
CONTENT: Through this course, learners will understand the nature of trauma and its effects on a child's brain, body, biology, behavior, and beliefs. Learners will also understand how a child's experiences impact them, requiring different parenting approaches to support healing. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
The Basics of Caring for Children Who Have Been Sexually Abused	August 28, 2026	5:00pm to 9:15pm	Trainer: Bertha Nero	Virtual - Session- #33218 CAPSLMS/ZOOM
CONTENT: Resource Readiness - This training is designed to help equip caregivers with the basic knowledge, skills, and attitudes needed to care for children who have been sexually abused. Caregivers will practice providing children with accurate information about sexual abuse and using strategies to help children understand and manage the impact of sexual abuse. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

September 2026

Caregiver Training Calendar

Bedtime is a Nightmare! Common Bedtime Hassles & Trauma-Related Sleep Issues	September 3, 2026	6:00pm to 9:00pm	Trainer: Jody Johnston Pawel	Virtual - Session-#31712 CAPSLMS/ZOOM
CONTENT: Getting children to bed on time, asleep, and staying there is one of the most common challenges parents face. Foster children can have sleep issues related to trauma, like night terrors, insomnia, and trauma triggers. This training offers creative ideas and practical solutions to the Top Ten Bedtime Hassles. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Brains Under Construction: Helping Kids Build Self- Control and Focus through Executive Functioning	September 9, 2026	6:00pm to 9:00pm	Trainer: Kristen King	Virtual - Session-#31757 CAPSLMS/ZOOM
CONTENT: Children from hard places often struggle with impulse control, focus, transitions, and emotional outbursts—not because they don't care, but because their executive function skills are still under construction. In this practical, interactive training, foster and adoptive parents will learn how trauma affects the developing brain, how to recognize signs of executive function challenges, and what to do when kids seem "defiant" or "disorganized." Through real-life examples, hands-on activities, and easy-to-use strategies, all participants will leave with a clearer understanding of children's needs and a toolbox full of simple supports that build calm, connection, and confidence in interpersonal interactions. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

September 2026

Caregiver Training Calendar

Behavioral Triggers of Traumatized Children: Prevention and Reactions	September 9, 2026	9:00am to 4:00pm	Trainer: David Zidar	In-person - Session #32692 Jane Edna Hunter Building 3955 Euclid, Cleveland, OH. 44115
CONTENT: Mutilating, cutting, burning, and other forms of self-injurious behavior by youth are often perceived by professionals and others as suicide-related behaviors. This workshop will help you to understand that such behaviors are often the result of past trauma or abuse. You will explore the causes and scope of these behaviors and learn ways to intervene. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Self-Care for Foster Parents: Taking Care of Yourself While Taking Care of Others	September 14, 2026	6:00pm to 9:15pm	Trainer: Christine Kelly Cross	Virtual - Session- #30667 CAPSLMS/ZOOM
CONTENT: Being a foster parent is meaningful, courageous work. However, it can also be emotionally demanding. This course offers a compassionate space for caregivers to reflect, recharge, and learn practical tools for taking care of themselves while caring for children who have experienced trauma. Together, we explore how our own experiences shape the way we respond to stress, how to set healthy and loving boundaries, and how to build simple daily self-care practices that actually fit real life. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Preparing Youth and Their Supports for Permanency Discussions (YCPRT)	September 16, 2026	6:00pm to 9:00pm	Trainer: Lamar King	Virtual - Session- #31684 CAPSLMS/ZOOM
CONTENT: During this training attendees will be provided with learning opportunities to strengthen their ability to empower youth, partner with supports, and respond to feedback before and after permanency meetings to achieve the best possible outcomes. Participants will identify essential components of ongoing youth and supports preparation that build engagement and will understand the critical role of preparation in supporting and empowering youth on their permanency journey. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Building Connections in Caregiving Families: Strengthening Positive Communication and Understanding to Support Children in Care	September 19, 2026	9:00am to 12:15pm	Trainer: Liat Johnson	Virtual - Session-#32020 CAPSLMS/ZOOM
CONTENT: This course is designed to equip foster parents with knowledge and skills to recognize, address, and prevent potentially intentional or unintentional comments or behaviors that can affect children's confidence, emotional health, and sense of community. As a caregiver, understanding how these interactions can influence a child's well-being is important for building trust, strengthening relationships, and supporting healthy development. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

September 2026

Caregiver Training Calendar

Adoption and Guardianship Prep Module 3: Relational Health and Attachment	September 22, 2026	6:00pm to 8:00pm	Trainer: Susan Darden-Kautz	Virtual - Session- #31583 CAPSLMS/ZOOM
CONTENT: Through this course, the learner will be able to understand and foster relational health, felt safety, and attachment in children with attachment injuries. Learners will also be able to identify safe relationships, their child(ren)'s attachment style, and their own attachment style, as well as any co-parent's attachment style. This will help caregivers understand why certain behaviors may trigger reactions in parents and why some children may respond differently to each caregiver. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
The Healing Power of the Story: Navigating Honest Conversations with Foster and Adopted Children	September 23, 2026	9:00am to 4:00pm	Trainer: Kristen King	Virtual - Session- #33016 CAPSLMS/ZOOM
CONTENT: The Healing Power of the Story is an interactive workshop designed to help foster and adoptive parents, caseworkers, supervisors, and assessors approach truth-telling with confidence, empathy, and developmental wisdom. Telling the truth to your adopted or foster child is one of the most powerful—and delicate—acts of love a caregiver can offer. Through real-life case studies, trauma-informed teaching, and hands-on activities, participants will learn how to share difficult truths in ways that honor a child's story, support emotional safety, and promote long-term healing. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Skills Training for Supervised Visitation	September 23, 2026	6:00pm to 9:00pm	Trainer: Viola Larkin	Virtual - Session- #31709 CAPSLMS/ZOOM
CONTENT: Supervised visitation refers to parent and child contact overseen by a third party. Supervised visitation is used in child protection cases to maintain the safety and well-being of children. It may involve contact ordered by a court to minimize visitation-related conflict between custodial and non-custodial parents. Supervised visitation is designed to support the development of parenting skills, to assist in rebuilding a healthy parent-child relationship, and to prevent child abuse. This workshop provides practical education on a variety of topics for caseworkers and caregivers. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Adoption and Guardianship Prep Module 4: Therapeutic Parenting	September 24, 2026	6:00pm to 8:00pm	Trainer: Susan Darden-Kautz	Virtual - Session- #31584 CAPSLMS/ZOOM
CONTENT: Through this course, learners will gain understanding of the principles of therapeutic parenting in the context of adoption and guardianship. Learners will be able to reflect on their parenting strategies and identify what has been effective and what has not. Learners will realize the need for and importance of having different approaches for children with diverse attachment injuries and trauma. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
The Basics of Caring for Children Who Have Been Sexually Abused	September 26, 2026	8:00am to 12:15pm	Trainer: Debra McMullen	Virtual - Session- #31042 CAPSLMS/ZOOM
CONTENT: Resource Readiness - This training is designed to help equip caregivers with the basic knowledge, skills, and attitudes needed to care for children who have been sexually abused. Caregivers will practice providing children with accurate information about sexual abuse and using strategies to help children understand and manage the impact of sexual abuse. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

October 2026

Caregiver Training Calendar

Compassion Fatigue and the Caregiver: Caring for Yourself so You Can Care for Others	October 1, 2026	6:00pm to 9:00pm	Trainer: Deanna Prezioso	Virtual - Session- #32525 CAPSLMS/ZOOM
CONTENT: This class will give participants an understanding of Compassion Fatigue (CF) and how foster caregivers experience and respond to CF. Participants will examine how the responses and emotions experienced from CF are related to the role of foster caregiving and how these emotions influence and drive behaviors. Participants will understand how their own trauma impacts CF and how their own trauma combines with CF to influence behaviors and reaction to children's trauma stories. Finally, participants will understand ways they can effectively care for themselves and manage their emotions and CF. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Building Parental Resilience for Kinship Care	October 6, 2026	6:00pm to 7:30pm	Trainer: Angela Irby	Virtual - Session- #31076 CAPSLMS/ZOOM
CONTENT: This course helps participants understand the importance of self-care and provides practical ideas on how to do it. Learners will understand signs of stress and burnout and recognize the importance of maintaining their mental, physical, emotional, and spiritual well-being. This course describes parental resilience and why resilience is important. It also covers how caring for children who have experienced trauma, separation, or loss can impact a caregiver's own well-being. Also covered are the behaviors that foster a protective environment for parents and children. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Stress Less, Live More: Practical Ways to Manage Stress and Anxiety	October 7, 2026	9:00am to 4:00pm	Trainer: Tijana Coso	Virtual - Session- #32173 CAPSLMS/ZOOM
CONTENT: You experience significant demands in your professional and personal life, and managing stress is essential to your well-being and effectiveness. This workshop provides you with practical, evidence-based tools to reduce anxiety and prevent burnout. You will explore the physiological impact of stress and learn how your body's stress response influences thoughts, emotions, and behavior. Through guided practice, you will learn and apply Emotional Freedom Technique (EFT), also called "tapping", a method shown to help reduce stress and anxiety. You will also learn complementary methods - such as diaphragmatic breathing and the relaxation response - to promote self-regulation and balance. You will discuss realistic applications of these tools in your daily work and caregiving responsibilities. Caseworkers will explore how to use these skills before, during, and after high-stress tasks such as home visits or exposure to secondary trauma. Supervisors will practice ways to incorporate these methods to manage supervisory stress and model wellness for staff. Caregivers will focus on strategies to use EFT and breathing techniques to manage tension created by challenging behaviors and family stressors. By the end of the workshop, you will have a toolkit of skills to manage stress more effectively, enhance your emotional resilience, and support those around you. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Distinguishing Between Poverty Experienced by Families and Child Neglect	October 12, 2026	6:00pm to 9:00pm	Trainer: Christine Kelly Cross	Virtual - Session- #31707 CAPSLMS/ZOOM
CONTENT: It is important that resource families understand that poverty and neglect do not always go hand in hand. In this class, you will learn to not only distinguish between the two. Most importantly, you will learn strategies that will help you work collaboratively with families from a socioeconomic status that differs from your own. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

October 2026

Caregiver Training Calendar

Caring for Children who have Experienced Sexual Abuse	October 15, 2026	6:00pm to 9:00pm	Trainer: Tracy Mayfield	In-person - Session- #31702 Old Brooklyn DJFS 4261 Fulton Parkway, Cleveland, OH. 44144
CONTENT: Resource Readiness - This course, intended for caregivers, provides a comprehensive understanding of child sexual abuse and how it impacts children in the child protection system. It dispels common misconceptions surrounding child victims and covers the prevalence rates, characteristics, and factors that may influence a child's response to sexual abuse. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Communicable Diseases – Protecting Your Family’s Health	October 19, 2026	6:00pm to 9:15pm	Trainer: Kandice Chapman	Virtual - Session- #31682 CAPSLMS/ZOOM
CONTENT: Resource Readiness - PREVENTION, RECOGNITION, AND MANAGEMENT OF COMMUNICABLE DISEASES The primary purpose of this training course is to educate caregivers in identifying signs and symptoms of illness and contagious conditions, protect themselves from exposure, learn how to respond to an exposure risk, and how to transfer their knowledge to educate family and children in the home. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
The Basics of Caring for Children Who Have Been Sexually Abused	October 20, 2026	5:00pm-9:15pm	Trainer: David Zidar	Virtual - Session-#33222 CAPSLMS/ZOOM
CONTENT: Resource Readiness - This training is designed to help equip caregivers with the basic knowledge, skills, and attitudes needed to care for children who have been sexually abused. Caregivers will practice providing children with accurate information about sexual abuse and using strategies to help children understand and manage the impact of sexual abuse. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Burnout, Secondary Trauma, and Self-Care	October 24, 2026	9:00am to 4:00pm	Trainer: Laura Perkins	Virtual - Session- #31717 CAPSLMS/ZOOM
CONTENT: While burnout and secondary trauma are becoming more frequently discussed in the field of social services and exposure to trauma in helping work, symptoms of each often go unrecognized or mislabeled. This presentation seeks to provide an overview of the continuum of reactions experienced by helping professionals due to exposure to secondary and primary trauma in their work. A range of self-care domains will be discussed. The facilitator will guide participants through several experiential activities including a chair yoga demonstration, breathing exercises, guided meditation, and the development of an individualized self-care plan using SMART goals and the latest research in behavior management. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Honoring Heritage, Empowering Futures: Supporting Latino Children in Care	October 27, 2026	6:00pm to 9:00pm	Trainer: Tony Iniguez	Virtual - Session- #32390 CAPSLMS/ZOOM
CONTENT: This training equips certified foster caregivers to support Latino and Hispanic children and families in care. Participants will examine how heritage, language, family roles, and assumptions can impact a child's sense of trust, identity, and belonging - especially when placed outside their community of origin. This training offers practical strategies to strengthen connections, address language needs, and promote stability and positive permanency outcomes. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

November 2026

Caregiver Training Calendar

Capacity Building to Support Youth Financial Literacy	November 2, 2026	5:00pm to 8:45pm	Trainer: Deanna Jones	Virtual - Session-#32418 CAPSLMS/ZOOM
CONTENT: Learners will identify opportunities and barriers to supporting financial success for youth in care. Topics to be covered include caregiver preconceptions and experiences, awareness of youth's current capabilities and future needs, and available independent living training. Learners will be able to identify tips to address challenges and describe strategies to increase their capacity to support youth in building financial knowledge. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Quality Caregiver Documentation	November 4, 2026	6:00pm to 9:00pm	Trainer: Lauri Wolfe	Virtual - Session-#31994 CAPSLMS/ZOOM
CONTENT: An increasing number of caregivers across Ohio are being asked to provide documentation to Children's Protective Services (CPS) and the juvenile courts about the child(ren) in their care. As a caregiver, you may be required to keep records that show the child's progress, behaviors, doctor or therapy appointments, school activities, phone calls, FaceTime chats, and overall involvement in different activities. In some counties, you may also be approved to supervise family visits. If this applies to you, you will be asked to write detailed documentation of each visit and submit it to the juvenile court magistrate. For your documentation to be most effective, it must be timely, clear, objective, and factual. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Kinship Parenting	November 5, 2026	5:00pm to 6:50pm	Trainer: Angela Irby	Virtual - Session-#32476 CAPSLMS/ZOOM
CONTENT: This one hour and 50 minute course acknowledges the complexities associated with caring for children who are related to or known to the kinship caregiver, 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. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Preparing for and Managing Intrusive Questions	November 5, 2026	7:00pm to 8:00pm	Trainer: Angela Irby	Virtual - Session-#32477 CAPSLMS/ZOOM
CONTENT: This course helps prepare family and friends for a child to join the family, including how to honor the child's privacy and how to use strengths-based language to introduce the child into the community. Strategies to manage intrusive questions and support children in responding to questions while preserving their privacy are covered. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Building Connections in Caregiving Families: Strengthening Positive Communication and Understanding to Support Children in Care	November 7, 2026	9:00am to 12:15pm	Trainer: Liat Johnson	Virtual - Session-#32021 CAPSLMS/ZOOM
CONTENT: This course is designed to equip foster parents with knowledge and skills to recognize, address, and prevent potentially intentional or unintentional comments or behaviors that can affect children's confidence, emotional health, and sense of community. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

November 2026

Caregiver Training Calendar

Caring for Children who have Experienced Sexual Abuse	November 9, 2026	5:00pm to 8:00pm	Trainer: Nicole Bolduc	Virtual - Session- #31265 CAPSLMS/ZOOM
CONTENT: Resource Readiness - This course, intended for caregivers, provides a comprehensive understanding of child sexual abuse and how it impacts children in the child protection system. It dispels common misconceptions surrounding child victims and covers the prevalence rates, characteristics, and factors that may influence a child's response to sexual abuse. Learners will gain an understanding of the psychological, physical, and behavioral effects of child sexual abuse, and the role that caregivers can play in exacerbating or mitigating the effects of abuse through competent, trauma-informed care. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Brains Under Construction: Helping Kids Build Self-Control and Focus through Executive Functioning	November 11, 2026	6:00pm to 9:00pm	Trainer: Kristen King	Virtual - Session- #31758 CAPSLMS/ZOOM
CONTENT: Children from hard places often struggle with impulse control, focus, transitions, and emotional outbursts—not because they don't care, but because their executive function skills are still under construction. In this practical, interactive training, foster and adoptive parents will learn how trauma affects the developing brain, how to recognize signs of executive function challenges, and what to do when kids seem "defiant" or "disorganized." Through real-life examples, hands-on activities, and easy-to-use strategies, all participants will leave with a clearer understanding of children's needs and a toolbox full of simple supports that build calm, connection, and confidence in interpersonal interactions. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Preparing Youth and Their Supports for Permanency Discussions (YCPRT)	November 18, 2026	6:00pm to 9:00pm	Trainer: Lamar King	Virtual - Session- #31685 CAPSLMS/ZOOM
CONTENT: During this training attendees will be provided with learning opportunities to strengthen their ability to empower youth, partner with supports, and respond to feedback before and after permanency meetings to achieve the best possible outcomes. Participants will identify essential components of ongoing youth and supports preparation that build engagement and will understand the critical role of preparation in supporting and empowering youth on their permanency journey. This training will highlight how the intentional engagement of youth voice is essential to ensure a youth's involvement in planning for their future. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Communicable Diseases – Protecting Your Family's Health	November 19, 2026	6:00pm to 9:15pm	Trainer: Kandice Chapman	Virtual - Session- #31681 CAPSLMS/ZOOM
CONTENT: Resource Readiness - PREVENTION, RECOGNITION, AND MANAGEMENT OF COMMUNICABLE DISEASES The primary purpose of this training course is to educate caregivers in identifying signs and symptoms of illness and contagious conditions, protect themselves from exposure, learn how to respond to an exposure risk, and how to transfer their knowledge to educate family and children in the home. The course content and activities will prepare caregivers to make appropriate decisions about preventing and educating on communicable disease transmission. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

November 2026

Caregiver Training Calendar

The Basics of Caring for Children Who Have Been Sexually Abused	November 20, 2026	5:00pm-9:15pm	Trainer: David Zidar	Virtual - Session-#33214 CAPSLMS/ZOOM
CONTENT: Resource Readiness - This training is designed to help equip caregivers with the basic knowledge, skills, and attitudes needed to care for children who have been sexually abused. Caregivers will practice providing children with accurate information about sexual abuse and using strategies to help children understand and manage the impact of sexual abuse. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

December 2026

Caregiver Training Calendar

Cooperation, and Self-Responsibility while Building Self-Esteem	December 2, 2026	6:00pm to 9:00pm	Trainer: Jody Johnston Pawel	Virtual - Session-#32470 CAPSLMS/ZOOM
CONTENT: Learn the ten most effective and practical communication and action strategies for encouraging internal motivation, building confidence, gaining cooperation, and teaching children skills, behaviors, and self-responsibility. Achieve both short-term results and long-term benefits - without relying on stickers or bribes - while preventing or defusing power struggles and tantrums. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
The Power of Healing Connections: Using Trust Based Relational Intervention with Adoptive and Foster Families	December 4, 2026	6:00pm to 9:00pm	Trainer: Jayne Schooler	Virtual - Session-#32402 CAPSLMS/ZOOM
CONTENT: This interactive workshop, based on the Trust-Based Parenting program by Dr. Karyn Purvis, will guide you through the core concepts of TBRI®, provide opportunities to apply the principles, and allow you to build skills through hands-on practice. You will leave with a practical toolkit of ideas and strategies to support children in your care and strengthen family relationships. Before the workshop, you will complete a short, non-identifying worksheet about a child or family facing emotional or behavioral challenges. During the training, you will use this example to connect concepts to real-world practice. Foster and adoptive parents will gain strategies they can implement at home, while caseworkers will build tools to support and coach families as they navigate these challenges. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
NCTSN: Understanding Trauma's Effects and Building a Safe Place	December 5, 2026	9:00am to 12:00pm	Trainer: Debra McMullen	Virtual - Session-#32411 CAPSLMS/ZOOM
CONTENT: This workshop will help caregivers understand how trauma can interfere with children's development and functioning, and how children of different ages may respond to trauma. Caregivers will be introduced to the concept of the "invisible suitcase" and how trauma-informed parenting can "repack" the suitcase. They will gain an understanding of the difference between physical and psychological safety and be introduced to the key component of a safety message. Caregivers will practice delivering an effective safety message and learn techniques to help children cope with trauma reminders. This workshop is the second in a series of four workshops developed by the National Child Traumatic Stress Network. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

December 2026

Caregiver Training Calendar

Communicable Diseases – Protecting Your Family’s Health	December 7, 2026	6:00pm to 9:15pm	Trainer: Kandice Chapman	Virtual - Session- #31996 CAPSLMS/ZOOM
CONTENT: Resource Readiness - PREVENTION, RECOGNITION, AND MANAGEMENT OF COMMUNICABLE DISEASES The primary purpose of this training course is to educate caregivers in identifying signs and symptoms of illness and contagious conditions, protect themselves from exposure, learn how to respond to an exposure risk, and how to transfer their knowledge to educate family and children in the home. The course content and activities will prepare caregivers to make appropriate decisions about preventing and educating on communicable disease transmission. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Skills Training for Supervised Visitation	December 8, 2026	6:00pm to 9:00pm	Trainer: Viola Larkin	Virtual - Session- #31710 CAPSLMS/ZOOM
CONTENT: Supervised visitation refers to parent and child contact overseen by a third party. Supervised visitation is used in child protection cases to maintain the safety and well-being of children. It may involve contact ordered by a court to minimize visitation-related conflict between custodial and non-custodial parents. Supervised visitation is designed to support the development of parenting skills, to assist in rebuilding a healthy parent-child relationship, and to prevent child abuse. This workshop provides practical education on a variety of topics for caseworkers and caregivers. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Caring for Children who have Experienced Sexual Abuse	December 9, 2026	6:00pm to 9:00pm	Trainer: Leslie Wass	Virtual - Session- #31084 CAPSLMS/ZOOM
CONTENT: Resource Readiness - This course differentiates between age-appropriate childhood sexual development and problematic sexual behaviors. Learners will review strategies for identifying concerning behaviors and how best to respond to these behaviors in an evidence-based, trauma-informed way. This course will additionally explore risk factors and safety planning for the home and family, both proactively and in response to problematic sexual behaviors. Finally, learners will explore opportunities to access available resources and strategies for communicating about problematic sexual behaviors with supportive adults when necessary. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				
Stress Less, Live More: Practical Ways to Manage Stress and Anxiety	December 10, 2026	9:00am to 4:00pm	Trainer: Tijana Coso	Virtual - Session- #32221 CAPSLMS/ZOOM
CONTENT: You experience significant demands in your professional and personal life, and managing stress is essential to your well-being and effectiveness. This workshop provides you with practical, evidence-based tools to reduce anxiety and prevent burnout. You will explore the physiological impact of stress and learn how your body's stress response influences thoughts, emotions, and behavior. Through guided practice, you will learn and apply Emotional Freedom Technique (EFT), also called "tapping", a method shown to help reduce stress and anxiety. You will also learn complementary methods - such as diaphragmatic breathing and the relaxation response - to promote self-regulation and balance. You will discuss realistic applications of these tools in your daily work and caregiving responsibilities. Caseworkers will explore how to use these skills before, during, and after high-stress tasks such as home visits or exposure to secondary trauma. Supervisors will practice ways to incorporate these methods to manage supervisory stress and model wellness for staff. Caregivers will focus on strategies to use EFT and breathing techniques to manage tension created by challenging behaviors and family stressors. By the end of the workshop, you will have a toolkit of skills to manage stress more effectively, enhance your emotional resilience, and support those around you. TARGET AUDIENCE: Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families				

Thank You Kinship Caregivers!



Division of Children and Family Services

Over 600 children in Cuyahoga County live with relatives or family friends while their parents work on rebuilding their lives. If you or someone you know is caring for a relative's child we have resources to help.

Please visit hhs.cuyahogacounty.gov or scan the QR code for more information.

KINSHIP CARE RESOURCES

Keeping Children Connected to Family

Grandparents and other relatives or kin play an important role in the family. We strive to provide resources and support to those grandparents and relatives who help sustain healthy families and strong communities.

Visit: bit.ly/CuyahogaKin



SCAN ME



Cuyahoga County
Division of Children and Family Services
www.hhs.cuyahogacounty.gov/dcf
216-431-4500
Child Abuse/Neglect Hotline: 216-696-KIDS (5437)



Welcome to Just in Time Training, Cuyahoga County Your Hub for Foster Caregiving!



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- **Comprehensive Learning Management System (LMS):**
Gain access to a library of over 200 specialized courses designed to enhance your skills and knowledge as a foster caregiver. Topics include Behaviors, Attachment, Trauma, Transitions, Working with Birth Families, Autism, Health and Wellness, and more!
- **A Website with Resources at Your Fingertips:**
Access a wealth of resources, including articles, toolkits, and guides, tailored to help you navigate the challenges of foster caregiving.
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Why Enroll in Our LMS?

- **Access Comprehensive Training:** Equip yourself with the latest knowledge and skills to provide the best care.
- **Flexible Learning:** Learn at your own pace, anytime, anywhere.
- **Earn Certificates:** Meet continuing education requirements with our certified courses.
- **Free Access:** Cuyahoga County DFS provides access for their caregivers and professionals that support them.

Sign Up Today and Start Your Journey!

Visit www.JITCuyahoga.org to explore our website resources and access the LMS to become part of a supportive and knowledgeable community.

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Just in Time
Training Network
JITtrainingnetwork.org



Resource Parent Training

To learn more about our training for foster, adoptive and kinship parents, check out the links below!



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Courses For Parents For Agency Staff

We provide innovative, interactive online courses for foster, adoptive, and kinship parents. Our self-paced training is accessible 24 hours a day, 7 days a week.

TOPIC EXAMPLES

It's My Marriage!
(2nd Edition)



Building Trust,
Motivating Change



Understanding Sex
Trafficking



Lying vs. Telling
Untruths



Eating & Food
Issues



Children Entering Care:
Mental Health Issues



Supporting LGBTQ+
Youth in Care



Could It Be FASD?



Problematic Sexual
Behaviors (Advanced
Parenting Workshop)



Healthy Sexual
Development



Preparing Teens for
Postsecondary
Education



Social & Physical
Aggression (Advanced
Parenting Workshop)



Autism: A Strength-
Based Approach



Escalating Behavior
Unwrapped



Children Entering Care:
Physical Health Issues



August-December 2026 Caregiver Training Schedule



**Department of
Children & Youth**

North Central Ohio Regional Training Center