

# Fall 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

# August 2026

## Caregiver Training Overview

|   |                        |                         |                                    |   |
|---|------------------------|-------------------------|------------------------------------|---|
| <b>The Basics of Caring for Children Who Have Been Sexually Abused</b>  | <b>August 4, 2026</b>  | <b>5:00pm to 9:15pm</b> | <b>Trainer: Cherylanne Norwood</b> | <b>Virtual - Session-#31026<br/>CAPSLMS/ZOOM</b>                                  |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>  |                        |                         |                                    |   |
| <b>Caregiver's Experience of Secondary Trauma</b>   | <b>August 10, 2026</b> | <b>6:00pm to 9:00pm</b> | <b>Trainer: Tracy Mayfield</b>     | <b>In-person-Session-#31704<br/>4261 Fulton Parkway,<br/>Cleveland, OH. 44144</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>  |                        |                         |                                    |   |
| <b>Stress Less, Live More: Practical Ways to Manage Stress and Anxiety</b>  | <b>August 11, 2026</b> | <b>9:00am to 4:00pm</b> | <b>Trainer: Tijana Coso</b>        | <b>Virtual - Session-#32172<br/>CAPSLMS/ZOOM</b>                                  |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p> |                        |                         |                                    |   |
| <b>What Caregivers Should Know about Online Safety for Youth Who Have Experienced Out-of-Home Care</b>  | <b>August 17, 2026</b> | <b>6:00pm to 7:30pm</b> | <b>Trainer: Elliott Hinkle</b>     | <b>Virtual - Session-#31565<br/>CAPSLMS/ZOOM</b>                                  |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p> |                        |                         |                                    |   |

# August 2026

## Caregiver Training Overview

|   |                        |                         |                                       |  |
|---|------------------------|-------------------------|---------------------------------------|--|
| <b>Distinguishing Between Poverty Experienced by Families and Child Neglect</b>   | <b>August 21, 2026</b> | <b>6:00pm to 9:00pm</b> | <b>Trainer: Christine Kelly Cross</b> | <b>Virtual - Session-#31705 CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>  |                        |                         |                                       |  |
| <b>Adoption and Guardianship Prep Module 1: Expectations and Motivations</b>  | <b>August 25, 2026</b> | <b>6:00pm to 8:00pm</b> | <b>Trainer: Susan Darden-Kautz</b>    | <b>Virtual - Session-#31581 CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>   |                        |                         |                                       |  |
| <b>Why Kids Lie...and How to Encourage Truthfulness</b>   | <b>August 26, 2026</b> | <b>1:00pm to 4:00pm</b> | <b>Trainer: Jody Johnston Pawel</b>   | <b>Virtual - Session-#30370 CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p> |                        |                         |                                       |  |
| <b>Connect: Supporting Children Exposed to Domestic Violence</b>  | <b>August 26, 2026</b> | <b>6:00pm to 9:00pm</b> | <b>Trainer: Michele bell</b>          | <b>Virtual - Session-#31633 CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>   |                        |                         |                                       |  |
| <b>Adoption and Guardianship Prep Module 2: The Impact of Trauma</b>  | <b>August 27, 2026</b> | <b>6:00pm to 8:00pm</b> | <b>Trainer: Susan Darden-Kautz</b>    | <b>Virtual - Session-#31582 CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>  |                        |                         |                                       |  |

# September 2026

## Caregiver Training Calendar

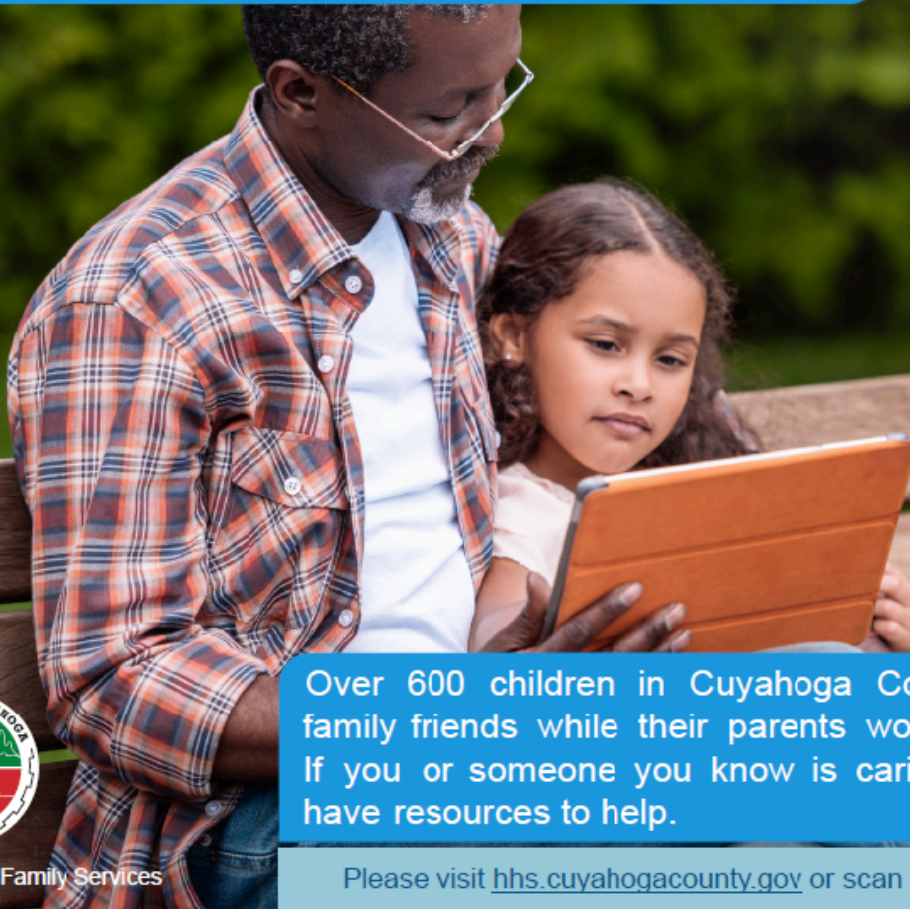
|  |                           |                         |                                       |  |
|--|---------------------------|-------------------------|---------------------------------------|--|
| <b>Bedtime is a Nightmare! Common Bedtime Hassles &amp; Trauma-Related Sleep Issues</b>  | <b>September 3, 2026</b>  | <b>6:00pm to 9:00pm</b> | <b>Trainer: Jody Johnston Pawel</b>   | <b>Virtual - Session-#31712 CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>  |                           |                         |                                       |  |
| <b>Brains Under Construction: Helping Kids Build Self-Control and Focus through Executive Functioning</b>  | <b>September 9, 2026</b>  | <b>6:00pm to 9:00pm</b> | <b>Trainer: Kristen King</b>          | <b>Virtual - Session-#31757 CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>  |                           |                         |                                       |  |
| <b>Self-Care for Foster Parents: Taking Care of Yourself While Taking Care of Others</b>   | <b>September 14, 2026</b> | <b>6:00pm to 9:15pm</b> | <b>Trainer: Christine Kelly Cross</b> | <b>Virtual - Session-#30667 CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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. Participants engage in supportive conversations, real-life scenarios, and hands-on activities that help them reduce overwhelm, strengthen resilience, and stay grounded to prevent burnout. Caregiver leaves with renewed clarity, confidence, and a personalized self-care plan they can truly use.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p> |                           |                         |                                       |  |
| <b>Preparing Youth and Their Supports for Permanency Discussions (YCPRT)</b>   | <b>September 16, 2026</b> | <b>6:00pm to 9:00pm</b> | <b>Trainer: Lamar King</b>            | <b>Virtual - Session-#31684 CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>  |                           |                         |                                       |  |

# September 2026

## Caregiver Training Calendar

|  |                           |                          |                                    |   |
|--|---------------------------|--------------------------|------------------------------------|---|
| <b>Building Connections in Caregiving Families: Strengthening Positive Communication and Understanding to Support Children in Care</b>   | <b>September 19, 2026</b> | <b>9:00am to 12:15pm</b> | <b>Trainer: Liat Johnson</b>       | <b>Virtual - Session- #32020<br/>CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>   |                           |                          |                                    |   |
| <b>Adoption and Guardianship Prep Module 3: Relational Health and Attachment</b>   | <b>September 22, 2026</b> | <b>6:00pm to 8:00pm</b>  | <b>Trainer: Susan Darden-Kautz</b> | <b>Virtual - Session- #31583<br/>CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>  |                           |                          |                                    |   |
| <b>Skills Training for Supervised Visitation</b>   | <b>September 23, 2026</b> | <b>6:00pm to 9:00pm</b>  | <b>Trainer: Viola Larkin</b>       | <b>Virtual - Session- #31709<br/>CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p> |                           |                          |                                    |   |
| <b>Adoption and Guardianship Prep Module 4: Therapeutic Parenting</b>  | <b>September 24, 2026</b> | <b>6:00pm to 8:00pm</b>  | <b>Trainer: Susan Darden-Kautz</b> | <b>Virtual - Session- #31584<br/>CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>   |                           |                          |                                    |   |
| <b>The Basics of Caring for Children Who Have Been Sexually Abused</b>   | <b>September 26, 2026</b> | <b>8:00am to 12:15pm</b> | <b>Trainer: Debra McMullen</b>     | <b>Virtual - Session- #31042<br/>CAPSLMS/ZOOM</b> |
| <p><b>CONTENT:</b> 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.</p> <p><b>TARGET AUDIENCE:</b> Certified Foster Caregiver, Adoptive Parent, Foster Care, Kinship Care, Resource Readiness Families</p>   |                           |                          |                                    |   |

# Thank You Kinship Caregivers!



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](https://hhs.cuyahogacounty.gov) or scan the QR code for more information.



Division of Children and Family Services

## 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](https://bit.ly/CuyahogaKin)



SCAN ME



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



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



*Connect, Learn, and Empower Your Caregiving Journey.*

## Discover What Just in Time Training Has to Offer

- **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.
- **Stay Updated:**  
Get the latest news and updates on foster care policies, events, and opportunities.
- **Live Webinars:** Join our monthly live webinars to engage directly with experts and get your questions answered in real-time.

## 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](http://www.JITCuyahoga.org) to explore our website resources and access the LMS to become part of a supportive and knowledgeable community.

Questions? Email us at [jitsupport@usf.edu](mailto:jitsupport@usf.edu)



Just in Time  
Training Network  
[JITtrainingnetwork.org](http://JITtrainingnetwork.org)



# Resource Parent Training

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



FPC Research



For Parents



For Agency Staff



Content Experts



Endorsements & Partnerships

**Foster Parent College Login Page: <https://www.fosterparentcollege.com/>**

## Welcome to FosterParentCollege.com

Get Started

Log In

**FPC FosterParentCollege.com**  
Online Training for Caregivers, Parents, and Agency Staff

Home About FPC FPC News Free Resources Send a Comment

Welcome! Log In Here

Help

Email

Password

Log In

Forgot Password

Create an Account

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

Lying vs. Telling  
Untruths



Eating & Food  
Issues

Supporting LGBTQ+  
Youth in Care



Could It Be FASD?

Healthy Sexual  
Development



Preparing Teens for  
Postsecondary  
Education

Autism: A Strength-  
Based Approach



Escalating Behavior  
Unwrapped

Understanding Sex  
Trafficking



with Jennifer Shimer, MS

Children Entering Care:  
Mental Health Issues



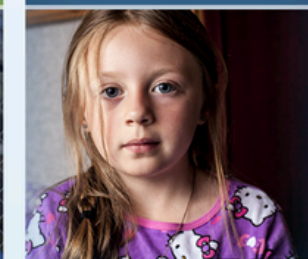
Problematic Sexual  
Behaviors (Advanced  
Parenting Workshop)



Social & Physical  
Aggression (Advanced  
Parenting Workshop)



Children Entering Care:  
Physical Health Issues



# Fall 2026 Caregiver Training Schedule



**Department of  
Children & Youth**

---

North Central Ohio Regional Training Center