



SAVE THE DATE & SHARE

HUB Network Meeting: July 19th | 10-11am

Racial Equity (REI) Phase 1 Workshop: August 3rd & 4th | FULL DAY/IN-PERSON

Mentor Center Network Meeting: August 17th | 9:30-11am

[Click here to access the Mentoring Shared Resource Drive](#)

Upcoming Trainings

ACEs, Trauma, & Racism 7/6/23 | 9am-1pm

In this intensive workshop, participants will learn about:

- Define terms and provide history relevant to race and racism.
- Describe the impact of Adverse Childhood Experiences and trauma in the context of race.
- Reflect on individuals' experiences with racism and racial trauma.
- Describe resiliency in the face of racism.
- Share opportunities for learning, growth, change, and healing.

Trainers from Center for Child Counseling

Audience: Open to anyone (including **mentors**, caregivers, staff, parents/guardians, and community members).

[Register Here](#)

Elements of Effective Practice: Standard 4-Matching & Initiating 7/7/23 | 9am-12pm

Matching helps create appropriate mentoring relationships by using strategies most likely to increase the odds that the relationship will be safe and effective. Matching should consider individual characteristics about the mentor and mentee in order to foster an enduring relationship. Initiating is the step that formally establishes the mentoring relationship.

Audience: Program staff only

[Register Here](#)

QPR- Suicide Prevention 7/7/23 | 1-2:30pm 7/24/23 | 10-11:30am

QPR is a basic suicide prevention training that shares suicide statistics, myths and facts, risk factors and warning signs, and creates community suicide prevention gatekeepers able to identify suicide risk, talk with people at risk for suicide, and enlist help and resources.

Participants will learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. The training will model how to enhance, expand, and implement culturally sensitive, evidence-based (EBP) suicide prevention and early intervention strategies.

External Host: Hanley Foundation

Audience: Open to anyone (including **mentors**, caregivers, staff, parents/guardians, and community members).

[Register Here](#)

Motivational Interviewing

Part 1 is a prerequisite for Part 2

Part 1:
7/6/2023

Part 1

The purpose of the training is an introduction to the basics of Motivational Interviewing (MI). This is part 1 of 2. Attendees will be exposed to and begin to learn key concepts and skills.

Course Objectives:

- Describe 2 main points of the Motivational Interviewing definition
- Name and briefly describe the 4 elements of the MI Spirit
- Give 2 important facts about ambivalence
- Identify the core skills that are represented by OAR

2:00-4:30pm

Part 1:
7/18/2023
3:30-6pm

Part 2

The purpose of the training is an introduction to the basics of Motivational Interviewing (MI). This is part 2 of 2. Attendees will be exposed to and begin to learn key concepts and skills.

Course Objectives:

- List, in order, the 4 processes of MI
- Name at least 3 benefits of engagement
- Describe at least one purpose of focusing

Part 2:
7/13/2023
2:00-4:30pm

Part 2:
7/25/2023
3:30-6pm

External Host: Sunshine Health

Audience: Open to anyone (including mentors, caregivers, staff, parents/guardians, and community members).

Self-Care: Preventing Compassion Fatigue and Secondary Traumatic Stress

Saturday, 7/8/23
10am-12:30pm

Course Objectives:

1. Participants will be able to identify the warning signs of compassion fatigue.
2. Participants will be able to describe secondary traumatic stress and its symptoms.
3. Participants will be able to identify the consequences of not taking care of oneself.
4. Participants will understand the importance of committing to the practice of self-care.
5. Participants will develop a self care plan.

External Host: Sunshine Health

Audience: Open to anyone (including **mentors**, caregivers, staff, parents/guardians, and community members)..

Register Here

Promoting Understanding and Healing in Adoption & Foster Care

7/10/23 | 2-4:00pm

This training explores the Seven Core issues that must be addressed across the life span to promote healing and attachment. It is a crisis and/or trauma that create the circumstances that lead to adoption and permanency. The crisis of an unplanned pregnancy, rape, incest, poverty, addiction, divorce, mental illness, war or a country's crisis that results in refugees, natural disasters and a variety of tragedies that result in the displacement of children. It is imperative that everyone be trauma sensitive and informed when working with or being a part of a complex family system. All parties should be sensitive to the trauma being created for the child.

External Host: Sunshine Health

Audience: Open to anyone (including **mentors**, caregivers, staff, parents/guardians, and community members).

Register Here

Externalizing Behaviors in Adolescents: Behavioral Parenting Treatment Approaches

7/12/23 | 9:30-11:30am

In this introductory-level training participants will understand the etiology and presentation of externalizing behavior problems in adolescents. Participants will then learn behavioral parenting treatment approaches to reduce externalizing behaviors problems in adolescents and improve familial functioning. Learning Objectives: 1. Describe the etiology and presentation of disorders related to externalizing behavior problems in adolescents. 2. Identify behavioral parenting treatment approaches to reduce externalizing behavior problems in adolescents and improve familial functioning.

External Host: PBCYSD Residential Treatment and Family Counseling Division Education and Training Center

Audience: Open to anyone (including **mentors**, caregivers, staff, parents/guardians, and community members).

Register Here

In this intensive workshop, participants will learn about

- About the ACE study, including outcomes and findings
- Definition of toxic stress and its impact on the developing brain in early childhood and throughout the lifespan;
- Impact of early adversity on lifelong health, mental and physical;
- About the ACEs and Resilience Surveys; and
- The importance of creating trauma-informed and resilience-building practices based on the findings of the ACEs research.

Trainers from Center for Child Counseling

Audience: Open to anyone (including **mentors**, caregivers, staff, parents/guardians, and community members).

[Register Here](#)

High Five Discipline: Positive Parenting for Happy Healthy Well-Being Kids

7/14/23 | 10am-12pm

When confronting the challenge of disciplining their children, moms and dads often default to the ways their own parents disciplined them, sometimes with harmful results. In High Five Discipline, mom and practicing pediatrician Dr. Candice Jones shows parents a better way. Dr. Jones coaches parents to understand their child's developmental stages and their own motivations to create a family discipline plan that manages misbehavior and encourages good behavior. Her advice is packed with developmentally appropriate strategies to tame tantrums, stop sibling squabbles, and reward better behavior to create a calmer, more harmonious home. In learning and sharing these strategies, children will be less vulnerable to possible abuse and neglect situations.

External Host: Children's Advocacy Center
A one-time account is needed to register

Audience: Open to anyone (including **mentors**, caregivers, staff, **parents/guardians**, and community members).

[Register Here](#)

Social Isolation, Loneliness, & Mental Health: The Impact of Loneliness on Youth

7/25/23 | 10am-12pm

Training is essential to the success of a mentoring program. Training focuses on ensuring that prospective mentors, mentees, and their parents or guardians have the basic knowledge, attitudes, and skills needed to build a safe and effective relationship. Training of mentors, particularly, has documented implications for the length of match relationship as well as both parties' perceptions of the quality of the relationship.

External Host: Children's Advocacy Center
A one-time account is needed to register

Audience: Open to anyone (including **mentors**, caregivers, staff, **parents/guardians**, and community members).

[Register Here](#)

[Questions? Suggestions?](#)

STAY CONNECTED

United Way of Palm Beach County - Mentor Center | The Offices at CityPlace North, 477 S. Rosemary Avenue, Suite 230, West Palm Beach, FL 33401

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