Resource Families
TRAINING CALENDAR
Fall 2016
Welcome Letter

As we watch leaves fluttering to the ground in the fall, we are reminded that nature’s cycles are mirrored in our lives. Autumn is a time for letting go and releasing things that have perhaps been a burden, while preparing for new experiences. We encourage people to continue to work their way through completing the ‘core’ or mandatory events, but we also hope that there is something new and helpful for every resource family in this edition of the calendar. Embrace the learning and transfer the knowledge by applying it in your home.

As we experience the change in season, we continue to support the solid foundation that the caregiving community has established. Resource parents play an important role, such as helping children develop the skills to form healthy relationships; supporting children and youth to remain connected to their families of origin when that is best; to remain connected to their cultural and faith communities of origin; exploring and developing their individual identities with respect to culture, race, religion, gender and sexual orientation; and developing their skills to manage life transitions. Review the workshop descriptions in the calendar and there will be opportunities to build your competencies that support the children in your home. There are multiple events that occur on the same date – please choose the event that best suits your needs.

We wish all resource families a safe and warm fall season and look forward to seeing you at various learning opportunities. As always, do not hesitate to contact us directly with any ideas or suggestions.

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Training Coordinator, Resources for Children & Youth • 416.924.4646 x 3581 • mgreco@torontocas.ca

JoAnne Cheeatow • Catholic Children’s Aid Society of Toronto
Training Coordinator, Resource Services • 416.395.1719 • j.cheeatow@torontoccas.org
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<thead>
<tr>
<th>Code</th>
<th>Course Title</th>
<th>Date(s) &amp; Time</th>
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<th>Babysitting</th>
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<tr>
<td>16-34</td>
<td>Safe Administration, Storage, Disposal and Transfer of Medication</td>
<td>Monday, Sept. 19 10 am - 12 pm</td>
<td>Birchmount</td>
<td>N</td>
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<tr>
<td>16-35</td>
<td>Mental Health First Aid Canada (MHFA) for Adults who work with Youth</td>
<td>Mondays: Sept. 19, 26 &amp; October 3 9:30 am - 3:30 pm (sharp)</td>
<td>DeBoers</td>
<td>N</td>
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<tr>
<td>16-36</td>
<td>Eat, Pray, Laugh</td>
<td>Tuesday, Sept. 20 9:30 am - 3 pm</td>
<td>11339 Yonge St.</td>
<td>N</td>
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<tr>
<td>16-37</td>
<td>Be-ANYTHING: The Power of Positive Thinking</td>
<td>Thursday, Sept. 22 10 am - 12:30 pm</td>
<td>Victoria Park</td>
<td>Y</td>
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<tr>
<td>16-38</td>
<td>Understanding and Managing Aggressive Behaviour (Certification)</td>
<td>Friday, Sept. 23, Saturday, Sept. 24 &amp; Sunday, Sept. 25 9:30 am - 4:30 pm</td>
<td>Birchmount</td>
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<tr>
<td>16-39</td>
<td>Therapeutic Access Program</td>
<td>Tuesday, Sept. 27 10 am - 12:30 pm</td>
<td>DeBoers</td>
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<tr>
<td>16-40</td>
<td>Fostering Infant Mental Health and Development</td>
<td>Mondays: Oct. 3 &amp; 24 10 am - 12 pm</td>
<td>Birchmount</td>
<td>N</td>
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<tr>
<td>16-41</td>
<td>Healing the Trauma Bond</td>
<td>Tuesday, Oct. 4 10 am - 12:30 pm</td>
<td>Victoria Park</td>
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<tr>
<td>16-42</td>
<td>The Young &amp; the Restless – Coping with the Unique Challenges of Parenting a Teen with ADHD</td>
<td>Thursday, Oct. 6 10 am - 12:30 pm</td>
<td>Victoria Park</td>
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<tr>
<td>16-43</td>
<td>Formal Complaints Processes &amp; Bill 8</td>
<td>Tuesday, Oct. 11 or Monday, Dec. 5 10 am - 12:30 pm</td>
<td>Birchmount</td>
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<tr>
<td>16-44</td>
<td>Legal Issues</td>
<td>Monday, Oct. 17 10 am - 12 pm</td>
<td>Birchmount</td>
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<tr>
<td>16-45</td>
<td>Obsessive-Compulsive Disorders (OCD) in Children and Adolescents</td>
<td>Monday, Oct. 17 10 am -12:30 pm</td>
<td>Victoria Park</td>
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<tr>
<td>16-46</td>
<td>Nurturing the Spirituality of Children: The Catechesis of the Good Shepherd</td>
<td>Tuesday, Oct. 18 10 am - 3 pm</td>
<td>Birchmount</td>
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<tr>
<td>16-47</td>
<td>Infant Mental Health &amp; Brain Development</td>
<td>Friday, Oct. 21 10 am - 12:30 pm</td>
<td>Victoria Park</td>
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<tr>
<td>16-48</td>
<td>Managing the Fostering Experience - PRIDE Module 9</td>
<td>Saturday, Oct. 22 &amp; Sunday, Oct. 23 10 am - 3 pm</td>
<td>Birchmount</td>
<td>N</td>
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<tr>
<td>16-49</td>
<td>Health Issues</td>
<td>Monday, Oct. 24 &amp; Tuesday, Oct. 25 7 pm - 9:30 pm</td>
<td>Birchmount</td>
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<tr>
<td>16-50</td>
<td>Out and Proud Training PART 1 – Sexual Orientation INTRODUCTORY LEVEL</td>
<td>Thursday, Oct. 27 10 am - 12:30 pm</td>
<td>DeBoers</td>
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<tr>
<td>16-51</td>
<td>Out and Proud Training PART 2 – Gender Identity ADVANCED LEVEL</td>
<td>Friday, Oct. 28 10 am - 12:30 pm</td>
<td>De Boers</td>
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## FALL 2016 - Calendar at a glance...

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<tr>
<td>16-52</td>
<td>U.M.A.B. Re-certification</td>
<td>Saturday, Oct. 29 &amp; Sunday, Oct. 30 or Saturday, Nov. 26 &amp; Sunday, Nov. 27 9:30 am - 4:30 pm</td>
<td>Birchmount</td>
<td>N</td>
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<tr>
<td>16-53</td>
<td>Children’s Transportation Centre</td>
<td>Tuesday, Nov. 1 10 am - 12 pm</td>
<td>Birchmount</td>
<td>N</td>
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<tr>
<td>16-54</td>
<td>Ontario Looking After Children</td>
<td>Monday, Nov. 7 &amp; Tuesday, Nov. 8 10 am - 3 pm</td>
<td>Birchmount</td>
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<tr>
<td>16-55</td>
<td>The Foundation for Meeting the Developmental Needs of Children at Risk – PRIDE Module 1</td>
<td>Tuesdays: Nov. 1 &amp; 8 10 am - 3 pm</td>
<td>De Boers</td>
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<tr>
<td>16-56</td>
<td>Permanency Outcomes - PRIDE Module 8</td>
<td>Thursdays: Nov. 3 &amp; Nov. 10 10 am - 2 pm</td>
<td>De Boers</td>
<td>N</td>
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<tr>
<td>16-57</td>
<td>Executive Functioning</td>
<td>Monday, Nov. 14 &amp; Tuesday, Nov. 15 10 am - 3 pm</td>
<td>Birchmount</td>
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<tr>
<td>16-58</td>
<td>Love Stronger, Live Longer, Pass A Laugh Along</td>
<td>Tuesday, Nov. 15 10 am - 12:30 pm</td>
<td>Victoria Park</td>
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<tr>
<td>16-59</td>
<td>Baby Basics: A Review (Newborn to 2 years)</td>
<td>Thursday, Nov. 17 10 am - 12:30 pm</td>
<td>Victoria Park</td>
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<tr>
<td>16-60</td>
<td>Child Safety: Using Car Seats and General Infant Home Safety</td>
<td>Friday, Nov. 18 10 am - 12:30 pm</td>
<td>Victoria Park</td>
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<tr>
<td>16-61</td>
<td>Teens &amp; Marijuana</td>
<td>Monday, Nov. 21 10 am - 12:30 pm</td>
<td>Birchmount</td>
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<tr>
<td>16-62</td>
<td>Relationships &amp; Sexuality in ASD</td>
<td>Tuesday, Nov. 22 10 am - 1 pm</td>
<td>Birchmount</td>
<td>N</td>
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<tr>
<td>16-63</td>
<td>Fire and Home Safety</td>
<td>Tuesday, Nov. 22 10 am - 12:30 pm</td>
<td>Victoria Park</td>
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<tr>
<td>16-64</td>
<td>Understanding &amp; Supporting Children with Bullying: Using the Learning Disabilities and Mental Health (LDMH) Lens</td>
<td>Monday, Nov. 28 10 am - 12:30 pm</td>
<td>Victoria Park</td>
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<tr>
<td>16-65</td>
<td>Working as a Member of a Professional Team - PRIDE Module 6</td>
<td>Monday, Nov. 28 &amp; Tuesday, Nov. 29 10 am - 2 pm</td>
<td>Birchmount</td>
<td>N</td>
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<tr>
<td>16-66</td>
<td>Mindful Parenting</td>
<td>Tuesday, Nov. 29 10 am - 12:30 pm</td>
<td>Victoria Park</td>
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<tr>
<td>16-68</td>
<td>Early Language Development (Ages 0 - 5 years)</td>
<td>Tuesday, Dec. 6 10 am - 12:30 pm</td>
<td>Victoria Park</td>
<td>Y</td>
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</table>
Registration

CAST Caregivers
Register as follows regardless of program location.

Diane Cugliari
416-924-4640 x 5820 OR
rptraining@torontocas.ca

Speak slowly & clearly
Provide:
1. Your name
2. Your resource worker’s name
3. Your phone #
4. Course #’s or Titles

CCAS Caregivers
Register as follows regardless of program location.

Dulce Rodrigues
416-395-1770 OR
resourcetrainingmailbox@torontoccas.org

Speak slowly & clearly
Provide:
1. Your name
2. Course #’s or Titles

Book babysitting where available stating # of children, ages & any special needs.
You will receive a confirmation of registration.
Guidelines

- Please ensure that you have registered for a program before attending.

- If you must cancel, please notify us as soon as possible.

- **Foster families are required to complete 26 hours/credits of training per year.**

  *One hour of participation in training is equal to one credit.*

- To receive credit, you must sign in.

- **Babysitting is only available at the CAST training location (St. Andrew Anglican Church site).**

  Space is limited & must be booked at time of registration.

- Please make every effort to arrive on time & attend the full training.

  *Arriving late or leaving early is distracting to others.*

- It is ‘good practice’ to keep track of the training you have attended in your own records.

- All external training opportunities should be discussed with your Resource Worker or Training Coordinator prior to attending to ensure appropriate credit designation.

- Lunch is **not** provided for any training events.
Workshop Descriptions
16-34
**Safe Administration, Storage, Disposal and Transfer of Medication**  
(Core for CCAS)  
Monday, September 19  
10 am – 12 pm  
1880 Birchmount

This presentation is mandatory for all CCAS Licensed Children’s Residences (LCR, Foster/KIC homes) and staff. New Ministry directives regarding administration, storage, disposal, communication and transfer of medication have come into effect August 1, 2011. This presentation will outline these new requirements.

**Facilitators:**  
JoAnne Cheeatow, Training Coordinator, Resource Services CCAS  
Monica Balbino, Resource Worker, Licensed Children’s Residences CCAS

**Credits:**  
2

16-35
**Mental Health First Aid Canada (MHFA) for Adults who work with Youth**  
(Aged 12-24) (3 full days)  
Mondays: September 19, 26 & October 3  
9:30 am – 3:30 pm (sharp)  
20 DeBoers (Note: No babysitting provided)

One in three Canadians will experience a mental health problem at some point in their life. Half of all mental health disorders begin by age 14 and 75% of them begin by age 24. The earlier a problem is detected and treated, the better the outcome. MHFA Canada gives people the skills to provide that early help that is so important in recovery. The program does not teach people how to be therapists. It does teach people how to:

- Recognize the signs and symptoms of mental health problems
- Provide initial help
- Guide a person towards appropriate professional help
- Preserve life where a person may be a danger to themselves or others
- Promote the recovery of good mental health
- Provide comfort to a person experiencing a mental health problem
NOTE: This is a 14 hour training course, presented over three days. It is mandatory that participants attend the entire course to be qualified as a MHFA participant and receive a certificate. The cost of this training in the community is approximately $200.00 per person, but the Scarborough East York Collaborative has offered to provide it to us at a substantial savings. Kindly register only if you know you will be able to attend the full 3 days. Please bring your own lunch.

Facilitator: Stephanie Luke, B.Sc. DCYW, Child and Youth Worker, Community Mental Health OP Programs, Scarborough Hospital
MHFA Master Trainer

Credits: 18

16-36
Eat, Pray, Laugh
Tuesday, September 20
9:30 am – 3 pm
L’Arche Daybreak
11339 Yonge St. Richmond Hill, ON L4S 1L1

Showing mercy for ourselves helps us to be merciful. We are merciful when we are nourishing our body and spirit. Through this experience, we are modeling for our children the importance of holistic well-being. Share a relaxing day at the L’Arche Dayspring Retreat. Participants will learn about prayer while creating a Rosary, enjoy a light lunch, experience “Laughter Yoga” and appreciate the beauty of nature at the pond. *Note: The spiritual component will be in accordance with the Roman Catholic faith. (Wear comfortable clothing and no strenuous physical activity will be required)

Facilitators: Ann Keating, Pastoral Consultant, CCAS
Patricia Serieaux, Resource Parent, CCAS
Martha Guayasamin, Family Support Worker, CCAS

Credits: 5.5

“While we try to teach our children all about life, they teach us what life is all about.”
16-37  
**NEW**  
**Be-ANYTHING: The Power of Positive Thinking**  
Thursday, September 22  
10 am – 12:30 pm  
2333 Victoria Park  *(Limited babysitting upon request)*  

Children benefit when they learn how to build confidence, maintain focus and develop healthy self-esteem. This workshop will discuss how to cultivate these qualities with children ages 6 through to 12 years. Positive programing from influential people in a child’s life is vital to their healthy emotional development. This knowledge empowers them to be authentic and encourages them to realize they can truly be ANYTHING! Whether children live with you for a lifetime or a few months, you can make a difference. The concept is simple but the impact can be life changing.

**Facilitators:**  
Angela Cavanagh, Be-Anything  
Tracey Fyfe, Be-Anything  

**Credits:** 2.5

16-38 *(CCAS Only)*  
**Understanding & Managing Aggressive Behaviour (Certification)**  
*Licensed Children’s Residences Only*  
Friday, September 23, Saturday, September 24 & Sunday, September 25  
9:30 am – 4:30 pm  
1880 Birchmount  

Participants will learn: techniques to verbally intervene & manage aggressive situations; the use of body language, positioning & movement; calming, defusing & defensive techniques; & options to aggressive acts. This training is hands-on & experiential. *This training is only open to those caregivers and relief people in LCR homes.*

**Facilitators:**  
Laura Hughes, Family Support, CCAS  

**Credits:** 21
16-39
Therapeutic Access Program
Tuesday, September 27
10 am – 12:30 pm
20 DeBoers (Note: No babysitting provided)

Most children in care have visits with their families. Visits can be both good and very difficult. We want children to have safe, permanent homes forever and be with their own families, if possible. Carefully planned therapeutic access can contribute to this and considers the plan for the child, as well as the capacity of the birth family to provide care. There are many aspects that fostering families need to know about and participate in. This morning workshop will provide you with that information and perspective. In addition, a tour of the program’s facilities will be given.

Facilitator: Shannon Deacon, Therapeutic Access Program, CAST
Credits: 2.5

16-40
Fostering Infant Mental Health & Development
Mondays: October 3 & 24 (2 morning series)
10 am – 12 pm
1880 Birchmount

This exciting new training will provide caregivers with evidence-based information on infant mental health, attachment and the effects of toxic stress on healthy child development. The training will be delivered over two separate workshops so that participants will have an opportunity to reflect on the material and bring real life examples of the successes and challenges they have experienced while caring for children who have experienced early adversity. A large portion of the training will be on reframing children’s behaviour and providing caregivers with strategies that will enhance and promote early childhood development. *Prerequisite: Participants must complete the first day in order to attend the second day.*

Facilitators: Jennifer Miles, Health Specialist, CCAS
Ana Quadros, Parent Support Worker, CCAS

Credits: 4
16-41
**Healing the Trauma Bond**
Tuesday, October 4
10 am - 12:30 pm
2333 Victoria Park  *(Limited babysitting upon request)*

Bonding is a biological and emotional process that makes people more important to each other over time. Bad times bond people as strongly as good times and sometimes the connection is even stronger. This is particularly evident in children who come from abusive parental situations. Growing up in an unsafe home makes later unsafe situations have more holding power. These intense, dysfunctional relationships also tend to hijack all of the child’s relating capacity. Come out to this highly informative workshop to learn the process of healing.

**Facilitator:** Colleen Kamps, B.A., C.Y.C., C.C.W. (cert.), Private Practice
**Credits:** 2.5

16-42
**The Young & the Restless - Coping with the Unique Challenges of Parenting a Teen with ADHD**
Thursday, October 6
10 am - 12:30 pm
2333 Victoria Park  *(Limited Babysitting upon request)*

What happens to the child with ADHD when s/he approaches adolescence? Using the ages and stages of adolescent development theories, this workshop will examine the impact ADHD has on development. As well, concrete strategies will be discussed to help you in coping with your teens new challenging behaviours.

**Facilitator:** Stephanie Luke, B.Sc. DCYW, Child and Youth Worker, Community Mental Health OP Programs, Scarborough Hospital
**Credits:** 2.5

"Be kinder than necessary because everyone you meet is fighting some kind of battle."
Since 2007, there has been legislation that outlines for all CASs the formal complaints processes that must in be place for clients to access when they are unsatisfied with the services provided by the agency. This presentation will explain the role caregivers have in the formal complaints processes. Being a part of service team, there may be an occasion where you are involved in a complaints process regarding a child in your home. Any complaint comes with its complexities and impact. Participants will be provided with an overview of all of the complaints processes, highlights of the role caregivers play and supports offered while travelling through the complaint process.

**Facilitator:** Melanie Dignam, Quality Assurance, CCAS  
**Credits:** 2.5

Resource families are faced with legal terms and language that can be difficult to understand. There are also times when resource parents will be testifying at court proceedings. Society lawyers will help navigate resource parents through:

- The Child and Family Services Act (CFSA)
- Orders that can be made under the CFSA
- Why the process takes as long as it does
- The rights of resource parents under the CFSA
- Giving testimony

**Facilitators:** Chris Andrikakis, Legal Counsel, CCAS  
Rachel Buhler, Legal Counsel, CCAS  
**Credits:** 2
16-45
**Obsessive-Compulsive Disorders (OCD) in Children and Adolescents**
Monday, October 17
10 am – 12:30 pm
2333 Victoria Park *(Limited babysitting upon request)*

All children have worries and doubts. But children with OCD often can’t stop worrying, no matter how much they want to. These worries or anxieties frequently compel them to behave in certain ways repeatedly. Often they do not tell anyone about these thoughts and rituals because they may be ashamed. For this reason, it is important for parents to be aware of the signs and symptoms of OCD and understand the treatment options available, as well as the role you can play in the road to recovery.

**Facilitator:** Lisa Benrubi, MSW, RSW, Clinical Social Worker, Find a Peace of Mind

**Credits:** 2.5

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16-46
**Nurturing the Spirituality of Children:** *The Catechesis of the Good Shepherd*
Tuesday, October 18
10 am – 3 pm
1880 Birchmount

This seminar will introduce you to “The Catechesis of the Good Shepherd,” an internationally recognised approach to the religious education of children based on the educational philosophy of Maria Montessori. We will discuss the spiritual development of children, as well as the Catholic Biblical and Liturgical themes and approaches used in the Catechesis of the Good Shepherd. Developed for workers and caregivers; if you are interested in learning about the unique spirituality of the child and the simple ways in which it can be can be nurtured - come!

**Facilitators:** Anna Boyagoda, Coordinator of the GS Catechesis, Archdiocese of Toronto
**Ann Keating,** Pastoral Consultant, CCAS

**Credits:** 5
16-47
**Infant Mental Health & Brain Development**
Friday, October 21  
10 am - 12:30 pm  
2333 Victoria Park  *(Limited Babysitting upon request)*

Infant and toddlers need two things to thrive - good nutrition and responsive relationships with caregivers. When you respond consistently to babies and toddlers you are helping connections form between the brain cells in the baby’s brain. A positive attachment with a caregiver also helps baby learn better and develop self-regulation, which helps children control their behaviour. These relationships build the foundation of mental health for infants, toddlers, and preschoolers. Infant mental health is defined as the healthy social and emotional development of children from birth to 3 years of age.

As Resource Parents, you are integral in ensuring infants and toddlers thrive.

During this session, we will discuss what you need to know about infant mental health and brain development, highlighting how you can promote healthy social, emotional, and cognitive development. We will also introduce you to the use of screening tools which can be a valuable resource for Resource Parents.

**Facilitators:**  
Brenda Packard, Supervisor, CAST  
Carmela Paolozza, Masters of Neuro-science  

**Credits:** 2.5
16-48
**Managing the Fostering Experience - PRIDE Module 9**
(Core for CAST & CCAS)
Saturday, October 22 & Sunday, October 23
10 am – 3 pm
1880 Birchmount

This module replaces the old “Impact of Fostering on the Caregiving Family” and “Allegations” training. This two-day program addresses the changes fostering brings to lifestyle and family dynamics, and explores what needs to happen to maintain equilibrium. Participants will learn why allegations are made and ways to safeguard your family.

**Facilitators:** JoAnne Cheeatow, Training Coordinator, Resource Services CCAS  
Ann Marie Devon, Placement Worker, CCAS

**Credits:** 10

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16-49
**Health Issues**
(Core for CCAS) (2 evening series)
Monday, October 24 & Tuesday, October 25
7 pm – 9:30 pm
1880 Birchmount

This training is mandatory for all CCAS Foster/KIC resource families and will:
- Review the role of the Health Specialist at CCAS
- The use of the child’s medical file
- Examine the health needs of the children in care
- Provide education about nutritional needs

**Facilitator:** Jennifer Miles, Health Specialist, CCAS

**Credits:** 5

"If you want your dreams to come true, you mustn't oversleep."
16-50

Out and Proud Training PART 1: Sexual Orientation INTRODUCTORY LEVEL
(CORE for CAST)
Thursday, October 27
10 am – 12:30 pm
20 De Boers (Note: No babysitting provided)

Many resource parents may be surprised to hear that they may have cared for lesbian, gay or bisexual youth without ever knowing it.

In this workshop participants will:
- Learn core concepts about sexual orientation and serving lesbian, gay, bisexual, queer and questioning (LGBQ) children and youth, including risks and needs;
- Explore how to create a positive and supportive home, and have open discussions for all children and youth to talk about sexual orientation;
- Discuss the challenges of personal beliefs vs. anti-oppressive practices and become comfortable with the topic;
- Receive an introduction to CAST’s new “Out and Proud Affirmation Guidelines: Practice Guidelines for Equity in Gender and Sexual Diversity”.

Facilitator: Lorraine Gale, Coordinator Out and Proud Program, CAST
Credits: 2.5
Out and Proud Training PART 2: Gender Identity ADVANCED LEVEL
(CORE for CAST)
Friday, October 28
10 am – 12:30 pm
20 De Boers (Note: No babysitting provided)

*Prerequisite: Participants must have attended Part I - Introductory Session
Many resource parents may be concerned about a child who likes to dress and play in ways we think of as belonging to the “opposite sex”, or a youth who says they are “transgender.”
In this session participants will:
• Learn core concepts about gender identity and gender expression, and how to serve transgender and gender independent children and youth;
• Explore how to create a positive and supportive home, and have open discussions for all children and youth to talk about gender;
• Discuss the challenges when young people’s gender presentation is outside what others consider “normal”, and become comfortable with the topic;
• Learn how to implement CAST’s new practice guidelines – “Out and Proud Affirmation Guidelines: Practice Guidelines for Equity in Gender and Sexual Diversity”.

Facilitator: Lorraine Gale, Coordinator Out and Proud Program, CAST
Credits: 2.5
16-53  
**Children’s Transportation Centre (CTC)**  
Tuesday, November 1  
10 am – 12 pm  
1880 Birchmount

Over the past two years, there have been a number of changes to the CTC program - hope you have noticed the improvements! During this two-hour session we will review all of the CTC procedures, introduce some new changes to the program and would like to obtain feedback on the service.

**Facilitator:** Melanie Dignam, Quality Assurance, CCAS  
Alzira Fong, CTC Supervisor, CCAS

**Credits:** 2

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16-54  
**The Foundation for Meeting the Developmental Needs of Children at Risk - PRIDE Module 1**  
(CORE for CAST & CCAS)  
Tuesdays: November 1 & 8  
10 am – 3 pm  
20 DeBoers (Note: No babysitting provided)

The knowledge and skills developed during the two full-day sessions of this module are essential for successfully fulfilling the foster parent role. These foundation competencies pertain to assessing and building children’s self-esteem, understanding behaviour and developing effective interpersonal skills. These sessions are designed to illustrate how to connect the foster parent’s understanding of self-esteem and the meaning of behaviour to the use of effective communication skills and the disciplinary process. (Note: Bring your own lunch)

**Facilitators:** Donna Steele, Children’s Service Worker, CAST  
Genifer Husbands, Resource Parent, CAST

**Credits:** 10
16-55
**Ontario Looking After Children (OnLAC)**
(Core CCAS)
Monday, November 7 & Tuesday, November 8
10 am – 3 pm
1880 Birchmount

OnLAC is a tool used to assess & plan for children in care. It is based on a developmental model, builds on strengths & is grounded in resiliency theory. This two-day workshop will provide participants with:
- The history & philosophy of OnLAC
- Introduction of the Assessment & Action Record (AAR)
- Use of the AAR Implementation process

**Facilitators:** TBC
**Credits:** 10

16-56
**Permanency Outcomes - PRIDE Module 8**
(CORE for CAST & CCAS)
Thursdays: November 3 & November 10
10 am – 2 pm
20 DeBoers (Note: No babysitting provided)

There is an increasing emphasis in child welfare on permanency planning - children need forever families - whether they be birth, kin or adoptive. You will have an opportunity to explore permanence, discuss kin care and adoption, consider the reality of independent living for youth leaving care and look at the implications of all this for fostering. Permanence is a cornerstone of Child Welfare Transformation. (Note: Bring your own lunch)

**Facilitators:** Mary Greco, Training Coordinator, Resource Services, CAST
Stephen Tran, Resource Parent, CAST
**Credits:** 8

“One thing you can’t recycle is wasted time.”
16-57

Executive Functioning
Monday, November 14 & Tuesday, November 15
10 am – 3 pm
1880 Birchmount

Does your child/youth struggle with managing their behaviour at home/school? They can’t seem to start or finish homework, chores or cleaning their room without constant reminders from you? Do you constantly feel like you are your child’s ‘external brain?’ These behaviours and issues could be due to underdeveloped Executive Skills, the brain-based skills located in the frontal lobe that control much of our everyday functioning. Studies have shown that many children/youth with diagnoses such as ADHD, Autism Spectrum Disorder, Acquired Brain Injury, Learning Disabilities etc. have underdeveloped Executive Skills. Can these skills be taught and/or strengthened?

Day One:
• 11 Executive Skills as defined by Peg Dawson, ED.D and Dr. Richard Guare in their ‘Smart But Scattered’ book series and seminars

Day Two:
• Interventions and teaching strategies that caregivers can use, both, in the home and at school, to help improve these skills in children and youth

Facilitator: Laura Hughes, Family Support Worker, CCAS
Credits: 5

16-58

Love Stronger, Live Longer, Pass a Laugh Along
Tuesday, November 15
10 am – 12:30 pm
2333 Victoria Park  (Limited babysitting upon request)

Come & join fellow resource parent & comedian Norman Grant for a light-hearted look at how humour can smooth the way in relationships & sooth the savage beast in all of us when it comes to working with others. This workshop provides extra special support & perspective to those of us who work in the emotionally laden realm of child focused teams. Take this opportunity to enjoy, laugh & look after yourself.

Facilitator: Norman Grant, Resource Parent, CAST
Credits: 2.5
16-60
**Child Safety: Using Car Seats and General Infant Home Safety**
(CORE CAST & CAST for those who use car seats & booster seats)
Friday, November 18
10 am – 12:30 pm
2333 Victoria Park (Limited babysitting upon request)

If you are a resource parent who uses child safety seats then you must know how to install them properly. This overview will provide you with mandatory information. In addition, there will be a discussion on infant home safety which includes the use of child safety gates.

**Facilitator:** Heather Linton, Health Coordinator, CAST

**Credits:** 2.5

-There is nothing more precious to a parent than a child, and nothing more important to our future than the safety of all our children.-
Resource Families Training Calendar • Fall 2016

16-61
Teens & Marijuana
Monday, November 21
10 am – 12:30 pm
1880 Birchmount

Canadian teens are more than twice as likely as adults to smoke pot and have the highest rate of cannabis use in the developed world. Marijuana has become part of Canada’s youth culture. Presentation will cover:

- Developing expectations and consequences
- Using in the home where there are other impressionable kids
- How to work with adolescents & families who are using
- Intervention tips
- Safety issues
- Harm reduction versus abstinence-based approaches and programs

Facilitators:
John Westland, Social Worker, Hospital for Sick Children
Lyn Westwood, Art Therapist, Hospital for Sick Children

Credits: 2.5

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16-62
Relationships & Sexuality in Autism Spectrum Disorder (ASD)
Tuesday, November 22
10 am – 1 pm
1880 Birchmount

The topics of relationships and sexuality have come a long way since simply learning about the birds and the bees. These fundamental experiences of life are embedded into the ever-changing landscape of our lives. As we grow, we are continuously discovering the connections that exist between ourselves and those around us; a process that begins early in life. Yet for those with Autism Spectrum Disorder, the path to learning about social relationships and sexuality is often indirect and incomplete. In this workshop, we will highlight how the characteristics of ASD disrupt the early development of social relationships. With consideration of the unique ASD perspective, we will explore how to provide the necessary tools, education, and opportunities for this population to safely learn about and experience a very human phenomenon that many people may take for granted.
Participants will:
• Discuss the specific challenges towards relationship development in ASD
• Identify useful relationship development strategies
• Recognize the need for sexuality education for people with ASD
• Identify several resources for supporting healthy sexuality and relationship development in ASD

**Facilitator:** Cheryl White, (BCaBA) Behaviour Consultant, Geneva Center for Autism

**Credits:** 3

16-63

**Fire and Home Safety**
Tuesday, November 22
10 am – 12:30 pm
2333 Victoria Park  *(Limited babysitting upon request)*

Residential fire is the leading cause of death for young children in the home. Toronto Fire Services has designed a workshop specifically developed for Child Welfare Practitioners to assist them in recognizing common risks factors related to fire with the families and youth that they serve. Practical strategies will be shared to assist Resource Parents.

The second half of this workshop will speak to the CAST Home Safety Checklist to review agency expectations and how we can ensure compliance. A rousing game of Family Feud will be used to test your skill. OMG!

**Facilitators:** Kim Crawford, Resource Worker, CAST
**Luigi Trasolini,** Toronto Fire Services, Public Educator

**Credits:** 2.5

“A child has a special way of adding joy to every day!”
In this workshop, participants will examine the specific challenges children with Learning Disabilities (LDs) face in social relationships and their unique risk factors for bullying. The workshop will cover prevention and intervention strategies for children who are involved in bullying in different roles including victim, bystander, and bully. Interactive and experiential exercises will be used to engage the audience and illustrate the concepts and strategies discussed.

**Facilitator:** Kate Cressman, Community Education & Engagement
Facilitator, Integra Program

**Credits:** 2.5

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“Working as an equal member of a professional team” is a PRIDE competency category & one of the skills sets necessary to be an effective resource family. This two-day program will explore teamwork skills; define the roles of members on the child focused team; & consider approaches for managing conflict, all in the interests of providing the best possible care & planning for the child. Please ring doorbell for weekend entry.

**Facilitators:** Fran Paul, Family Support Worker, CCAS
Kim O’Neill, Resource Parent, CCAS

**Credits:** 8
Mindfulness is the capacity to be fully present with one’s actual, moment-to-moment experience as it is arising, with kind attention, without the mind trying to make it different. As parents, perhaps the most precious thing we can give our children is the gift of our full presence, in the moment. Mindful parenting takes to heart the deep truth that we can only give to our children what we have given first and fundamentally to ourselves. As we become more aware of our own deepest needs through practice, mindful parenting also involves decoding and addressing the deeper needs of our children, rather than getting mindlessly caught up in and reactive to surface behaviors.

Facilitator: Catherine Crea, Resource Parent Home Assessor, CAST
Credits: 2.5

This is newly revised curriculum that is mandatory for CCAS Foster/Kin caregivers. The Child and Family Services Act (CFSA) recognizes that each of us has a responsibility for the welfare of children. The Duty to Report section of the Act will be examined along with reporting responsibilities. Using your resource manual is important as it contains the policies connected to your role as a Foster/KIC resource parent. Participants will learn how to use their manual and will be reviewing highlighted policies.

Facilitator: JoAnne Cheeatow, Training Coordinator, Resource Services, CCAS
Credits: 2
16-68  
**Early Language Development** (ages 0 – 5 years)  
Tuesday, December 6  
10 am – 12:30 pm  
2333 Victoria Park (*limited babysitting upon request*)

Infants and children with language delays have difficulty understanding what others say and often struggle to put thoughts into words. Without early intervention, their communication problems may lead to emotional issues and academic struggles. Whether the delay is acquired (through environmental challenges) or because of developmental struggles, parents can use a variety of strategies to encourage oral language skills at home. This workshop will explore the expressive language flags to be aware of: the various types of challenges infants and children face, and how we can make a meaningful difference.

**Facilitators:** Shirley Sangster, Resource Parent Support Worker, CAST  
Stacey Peck, Resource Parent Support Worker, CAST  

**Credits:** 2.5
Learning Opportunities

in the COMMUNITY

We encourage resource families to research & take programs outside of this training calendar that are of interest & relevant to the care of children in your home.

We regret however, that CAST & CCAS are not able to reimburse the cost of outside training.

Many outside programs can count for credits. Please check with your Resource Worker or Training Coordinator prior to attending.
Training Locations & Directions

Note: For a detailed map visit www.google.ca/maps

CAST North/Etobicoke Branch & Resources for Children and Youth
20 De Boers Drive
(Sheppard Avenue & Allen Road)

Eatonville Library
430 Burnhamthorpe Road
(427 & East Mall)

St. Andrew Anglican Church
2333 Victoria Park Avenue
(parking and access from north side of building, lower level auditorium)
Note: Elevator access from south parking lot. Please request assistance.

CCAS
1880 Birchmount Road, 2nd Floor
(parking at rear of building, access from Ridgetop entrance)
Events Calendar

September 2016

Sept. 5 – Labour Day (Canada, USA) – On June 29, 1894, the US Congress voted Labour Day as a National Holiday to honour working people's contribution of labour. The day is celebrated with parades and speeches.

Sept. 9-14 – Day of Hajj/Day of Arafat (Islam) – Muslims perform the annual pilgrimage to Mecca. The pilgrimage is one of the five Pillars of Islam. All Muslims are expected to perform the Hajj at least once in their lifetime if they have the physical and financial capacity. About 6 million Muslim journey to the holy city of Mecca in Saudi Arabia.

Sept. 10-11 – Eid-al-Adha (Islam) – It concludes the Hajj and is a three-day festival celebrating Abraham's test of obedience to Allah when he was asked to sacrifice his son Ismael. At the last minute, Allah replaced Ismael with a lamb. Since Eid is determined by the first sighing of the new moon, the date varies by a day depending on whether the Saudi Arabian or North American sighting is being observed. This calendar follows the North American dates which is a day later.

Sept. 14-16 – Chuseok (Korea) – Chuseok is referred to as Korean Thanksgiving Day. It's a celebration of the harvest and thanksgiving for the bounty of the earth. Family members come from all over the country to visit their ancestral homes.

Sept. 15 – Mid-Autumn Festival, (China, Vietnam) – The day is also known as the Moon Festival, as at that time of the year the moon is at its roundest and brightest. It is celebrated with family reunions, moon gazing and eating of moon cakes. In Vietnam, it is called “Trung Thu.” On that night children form a procession and travel through the streets with bright lanterns, singing and dancing to the beat of drums.

October 2016

Oct. 2 – Gandhi’s Birthday (India) – Mohandas Karamchand Gandhi (1869-1948) is the National Father of India who adopted ‘non-violence’ in fighting for freedom of the country. It is marked by prayer services and tributes all over India.

Oct. 2-4 – Rosh Hashanah/New Year (Jewish) – Begins previous sundown at 6 pm and observed for two days. Literally ‘Head of the Year’ marks the first and second day of the Jewish New Year and the anniversary of the creation of the world. It begins at sundown the night before and ends 10 days later with Yom Kippur. It is celebrated with prayers and religious services.

Oct. 10 – Thanksgiving (Canada) – Early Canadian settlers gave thanks for good harvests by decorating their churches with fruits and vegetables and celebrated dinner with venison and waterfowl. Today, it is a time to gather with family and friends to share a special meal and give thanks for the bounty of life.

Oct. 11 – National Coming Out Day-Gay and Lesbian (LGB) – National Coming Out Day began on October 11, 1988 to mark the first anniversary of the historic half-million-strong national March on Washington for Lesbian and Gay Rights. It is now an international event which gives gender and
Events Calendar

sexual minorities, and allies, the opportunity to ‘come out’ to others about their gender or sexual identity. The day serves as a reminder that one of our most basic tools is the power of coming out, and provides a means of increasing the visibility of LGBTQ people. Although coming out is supported at CAS-Toronto for those who want to, privacy should be respected for those who choose not to.

Oct. 11-12 – Yom Kippur (Jewish) – The Day of Atonement is the holiest and most solemn of all days in the Jewish year. Its central themes are atonement and repentance. Jewish people traditionally observe this holy day with an approximate 25-hour period of fasting and intensive prayer, often spending most of the day in synagogue services.

Oct. 11 – International Day of the Girl (International) – Officially declared by the United Nations General Assembly on December 20, 2011 the International Day of the Girl Child (its official title) seeks to bring global awareness to the often difficult plight of girls in developing countries, advocate for girls rights and push for greater gender equality for voiceless girls the world over.

Oct. 20 – Birthday of Bahá’u’lláh (Bahai Faith) – The faith was founded in 1844 and the teachings emphasize the oneness of humanity, the equality of men and women, that all prejudice is destructive and must be overcome and the importance of family unity. On this day, work is suspended and Bahá’ís come together for prayer and festivities.

Oct. 30 – Diwali (Sikh, Hindu) – It means ‘row of lights’ and is the Hindu New Year. Diwali lasts for 5 days: Day 1 – New Year for business, Day 2- the triumph of God Vishnu over the evil demon, Day 3 – Lakshmi, the Goddess of prosperity visits homes lit by lamps, Day 4 – Bali worship day, Day 5 – devoted to brother and sisters.

Oct. 31 – Halloween (Canada, USA) – This tradition goes back to the Celtic people 2,000 years ago who celebrated their New Year in late autumn and honoured Samhain or Lord of the Dead. They put candles on windows and lit bonfires to scare the disembodied spirits off. They wore disguises so as not to be recognized and always carried a lantern. The Irish traditionally carved lanterns out of turnips or potatoes, but in North America they used pumpkins which were more readily available. Black and orange are the traditional colors of Halloween.

November 2016

Nov. 1 – All Saints’ Day (Christian) – All Saints’ Day (in the Roman Catholic Church it is officially the Solemnity of All Saints and also called All Hallows or Hallowmas), often shortened to All Saints, is a solemnity celebrated on November 1st by parts of Western Christianity, and on the first Sunday after Pentecost in Eastern Christianity, in honor of all the saints, known and unknown.

Nov. 2 – All Souls Day/Dia De Los Muertos (Christain) – Catholic Christians pray for intercession of the dead. Prayers of the faithful are seen as helping to cleanse the souls of the departed. Scholars trace the origins of the modern Mexican holiday to indigenous observances dating back hundreds of years and to an Aztec festival dedicated to the goddess Mictecacihuatl. The holiday has spread throughout the world: In Brazil, Dia de Finados is a public holiday that many Brazilians celebrate by visiting cemeteries and churches. In Spain, there are festivals and parades, and, at the end of the day, people gather at cemeteries and pray for their dead loved ones. Similar observances occur elsewhere in Europe, and similarly themed celebrations appear in many Asian and African cultures.
Events Calendar

Nov. 2 – Take our Kids to Work (Canada) – Parents are encouraged to bring their daughters and sons to work and to use this opportunity to educate their children on the nature of employment.

Nov. 8 – Guru Nanak’s/Bikarami Birthday (Sikh) – Born in 469 CE, he was the first of the Ten Gurus of the Sikh faith and founded Sikhism. An accomplished poet, 974 of his hymns are in the Sikh scriptures, the Sri Guru Granth Sahib.

Nov. 11 – Remembrance Day (Australia, Canada, UK) – This day commemorates the soldiers killed in World Wars I and II, and is in remembrance for all those who have given their lives in service of their country. Canadians always set aside this day in memory of those who gave their lives for freedom. Many observers wear red poppies as a symbol of this day.

Nov. 16 – International Day of Tolerance (International) – The United Nations’ (UN) International Day for Tolerance is intended to educate people about the need for tolerance in society and to help them understand the negative effects of intolerance. It is respect and appreciation of the rich variety of our world’s cultures, our forms of expression and ways of being human. Tolerance recognizes the universal human rights and fundamental freedoms of others. People are naturally diverse; only tolerance can ensure the survival of mixed communities in every region of the globe.

Nov. 20 – International Transgender Day of Remembrance (LGBTQ) – International day to remember and honour those who have died due to anti-trans hatred and prejudice. The day reminds us of the horrific hate crimes directed toward trans people, both at home and around the world, as well as the need for all of us to create safer spaces for trans people by raising awareness and interrupting transphobia and gender stereotypes. The International Transgender Day of Remembrance was originally created to honour Rita Hester whose 1998 murder - like most anti-trans murders -- has yet to be solved. The Day is now recognized in over 185 cities and more than 20 countries with vigils and public events.

Nov. 25 – International Day for Elimination of Violence Against Women (International) – This date came from the brutal assassination in 1960 of the three Mirabal sisters, political activists in Dominican Republic, on order of Dominican ruler Rafael Trujillo. The United Nations invited governments and international organizations to organize activities designed to raise public awareness of the problem.

Nov. 29 – First Sunday of Advent (Christian) – The Christian church year begins with Advent (from Latin adventus meaning ‘coming’ or ‘arrival’), which is also a time when Christians prepare to celebrate the birth of Christ.

December 2016

Dec. 1 – Rosa Parks Day (USA) – Commemorates the arrest of African-American, Rosa Parks, in 1955, for defying segregation by refusing to give up her seat on the bus for a white passenger. The incident led to the end of segregation.

Dec. 2 – International Day for the Abolition of Slavery (International) – Marked in 1949 by the United Nations, the focus of this day is on the eradicating contemporary forms of slavery, such as
Events Calendar

trafficking in persons, sexual exploitation, child labour, forced marriage and the forced recruitment of children for use in armed conflict.

Dec. 3 – International Day for Disabled Persons (International/United Nations) – The commemoration of this year’s International Day of Persons with Disabilities provides an opportunity to further raise awareness of disability and accessibility as a cross cutting development issue and further the global efforts to promote accessibility, remove all types of barriers, and to realize the full and equal participation of persons with disabilities in society and shape the future of development for all.

Dec. 6 to 14 – Hanukkah (Jewish) – Begins previous sundown after 6 pm. The Festival of Lights is celebrated for eight days. Approximately in 164 B.C., Maccabees, a small group of Jews fighting for religious freedom won victory over the Syrians. The legend goes that to rededicate the Temple, they found only one jar of holy oil and miraculously the candelabra remained lit for 8 days. The eighth candle menorah is lighted. Special readings and songs of praise focus on liberty and freedom.

Dec. 24 – Christmas Eve (Christian) – Many Christians across the globe celebrate this as a holy day. Since Christian tradition holds that Jesus was born at night (based in Luke 2:6-8), Midnight Mass is celebrated on Christmas Eve, traditionally at midnight, in commemoration of his birth. The idea of Jesus being born at night is reflected in the fact that Christmas Eve is referred to as Heilige Nacht (Holy Night) in German, Nochebuena (the Good Night) in Spanish and similarly in other expressions of Christmas spirituality, such as the song “Silent Night, Holy Night”.

Dec. 25 – Christmas (Christian) – This day celebrates Jesus Christ’s birth over 2000 years ago. Customs include lighting candles, Christmas music, exchanging gifts, a special meal and using evergreen decorations to celebrate this day with family and friends.

Dec. 26 – Boxing Day (Canada, UK, Ireland) – It was once a day when the church’s poor boxes were opened. In Britain, it was originally a day when gifts (boxes) are given to servants, tradespeople or other who provide services.

Dec 26 to Jan. 1 – Kwanzaa (African-American/Canadian) – A professor, Mauluna Karenga, who wanted to encourage African Americans to celebrate their heritage started Kwanzaa’s in California in 1966. Kwanzaa means ‘first fruit’ in Swahili and is a harvest festival. Families exchange gifts and have African-style feasts. Seven-pronged candleholders (Kenora) are lit on each consecutive night for the seven principles: unity, self-determination, cooperative economics, collective work, purpose, creativity and faith. CAST’s BEAC (Black Education Awareness Committee) often organizes events to celebrate Kwanzaa which is open to CAST and CCAS families and friends.

Dec. 31 – New Year’s Eve (International) – This is last day of the year in the modern Western calendar. In Canada, it is usually marked with an evening of social celebrations which often includes music, dancing, eating, drinking and fireworks to give thanks for the year end and to welcome in the upcoming New Year. The stroke of midnight is the pinnacle of the celebration. Many religions also have special services.
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For more information, contact the Toronto Catholic Children’s Aid Society at 416-395-1790.
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