



PARENT TRAININGS

www.AlleghenyFamilyNetwork.org

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PARENTING IS HARD ... DON'T DO IT ALONE!

GET TO KNOW ALLEGHENY FAMILY NETWORK INFO SESSION

30 minutes – 1 hour

This training is an overview of what Family Peer Support is and how it can assist parents and caregivers who are raising children with mental health, behavioral health or emotional challenges. The overview includes what Family Support Partners do at Allegheny Family Network, resources and services we partner with, and other supportive services for parents such as trainings, education programs, support groups and family activities. This session also introduces the Parent and Caregivers Support Research Study, which eligible parents can participate in and receive more than \$200 in Amazon gift cards for receiving Family Peer Support. This session is appropriate for parents, staff and service providers.

LET'S TALK IEP SERIES (10 sessions)

1 ½ hour sessions, can be offered in-person and on different days and times, as requested

6 PM – 7:30 PM on the 2nd Thursdays of the month, via Zoom

Featuring experienced educational advocates and parents of children in the special education program, the “Let’s Talk IEP” series dissects the processes, documents, subsections, and educational system rights and responsibilities surrounding the Individualized Education Plan (IEP), Gifted IEP (GIEP), 504 Plans and Transition Plans. Included in the training is information for parents to properly prepare for meetings and understand the process. The series provides samples of documents, handout materials, resources for caregivers with children in Special Education programs, and an opportunity to ask questions and network with other parents, education professionals and resources.

Let’s Talk IEP Series is appropriate for parents of students in the special education programs (or entering it), professionals and advocates. Segments of this training can be tailored to your audience. Segments include: The Special Education Department and Process; Understanding the IEP document; Manifestation Determinations, Truancy and Discipline; Extended School Year; Transition Age Youth; Preparing for Team Meetings; Introduction to your Special Education Director and many more topics, as requested by parents or providers.

POSITIVE PARENTING THROUGH RESILIENCE

Parental resilience, patience, and understanding are all which may be more difficult to achieve when the parent is experiencing family, school, financial, and health stressors. This workshop will teach parents how to build and sustain resilience in their children. This two-hour training is appropriate for parents and caregivers.

Building the Champion in You Series (Monthly)

3rd Wednesdays from Noon to 1:30 PM, available via Zoom and in hybrid format

The Building the Champion in You Series is focused on helping men become the best fathers and male role models they can be. The series explores how to understand men's emotions, how they can handle challenges, and the dynamics of fathers and male role models. Fathers leave with parenting skills and are equipped with alternative behaviors, informed choices and the support of the peers. The series is hosted by Fathers Involved Now Program, Mr. George Fleming and Dr. Mark Lepore, LCSW. The Building the Champion in You Series is appropriate for all fathers and those in father roles, as well as professionals and service providers who work with fathers. Segments of this training can be tailored to your agency or audience. This series can be held on-site and tailored specifically for your fathers.

GRIEF AND LOSS

4-hour training, with breaks

The Grief and Loss Training is designed to help families and support people to understand the Grief and Loss process and experience, as well as how to endure and support themselves and family members through it. Training topics include: Making Sense of Grief and Loss, Factors that Shape How Grief is Experienced, Considerations Related to Culture, Myths and Misunderstandings, Models for Understanding Grief, Responding to Grief and Loss, Key Qualities to Effective Support, Paths to Healing and Recovery, The Role of Remembering and Ritual and The Impact of Nutrition, Sleep, and Exercise.

This training is appropriate for parents and caregivers, support staff and other professionals who can utilize the knowledge and skill sets to help people through the grief and loss process following death, divorce, abandonment and other forms of separation.

CHILDHOOD GRIEF

4-hour training, with breaks

The Childhood Grief Training is designed to help parents, caregivers, and support people to understand the grief process as experienced by children and adolescents. Training topics include: Normal Signs of Grief in Children, Common Responses to Grief in Children, Clichés that Inhibit the Grief Process In Children, Ways to Help the Grieving Child, Dimensions of Childhood Grief, Common Myths about Childhood Bereavement and Adults as Role Models in the Grief Process. This training is appropriate for parents and caregivers, support staff and other professionals who can utilize the knowledge and skill sets learned to help children through the grief and loss process following death, divorce, abandonment, and other forms of separation.

LUNCH & LEARN PARENT SERIES

1 ½ hour, in-person or via Zoom

The Lunch & Learn Parent Series presented by Allegheny Family Network is a conversational and informational session with tips, skills and strategies for major parenting concerns and trending parenting issues. Parents and providers who support parents are invited to join in while on their lunch break to listen and learn from licensed clinical social workers and other experts in the behavioral health and mental health fields. Attendees also have time to network and meet other parents during the session. Topics include Raising Safe Kids; Making Positive Choices for our Families; Combating Imposture Syndrome; Overcoming Adversity; Uncovering Implicit Bias; Creating Calmness, and others. This training is for parents and providers who support parents.

TELLING YOUR STORY

2-hour training, in-person or via Zoom

The “Telling Your Story” training is a guide to the importance of effectively communicating our family’s story to providers, school officials, doctors and family and friends. By learning how to tell our story appropriately, we can be more effective and supportive for our children when advocating for their needs or requesting support or services. This training provides information, strategies, practical exercises and time for comments and questions. This training is appropriate for parents and caregivers.

ADVOCACY VS. AGGRESSION

1-2 hours training, in-person or via Zoom

The “Advocacy v. Aggression” training is a guided conversation by an LCSW for parents in ways to communicate their passion and concern for their children from a point of advocacy versus attack. The goal of this training is to allow parents to feel empowered and more effective by understanding the difference between aggressive versus assertive communication; outcomes of aggressive and assertive communication styles, the “Assertive Communication Model” steps, and non-verbal communication, tone and body language. Attendees will learn about awareness of our own bad habits and communication barriers versus constructive openness. After this training, parents will be empowered and prepared to discuss their family’s needs and concerns and to improve communications within their own family. This training is appropriate for parents and caregivers.

INTIMATE PARTNER VIOLENCE

1 ½ - 3-hour training (can be adjusted), in-person or via Zoom.

Intimate Partner Violence (IPV) is a serious, preventable public health problem that affects millions of Americans every day. One in 4 women and nearly 1 in 10 men have experienced sexual violence, physical violence, and/or stalking by intimate partners during their lifetime and reported some form of IPV-related impact. This program will address these issues by providing insight into this complex cycle of abuse.

FAMILY ROAD MAP

8-hour training, in two parts. Take-home manuals and resource books also provided.

The Family Road Map is a step-by-step guide to navigating health, education, and insurance for families. Parents and providers can walk-through the beginning stages of identifying challenges or concerns, understanding systems, learning how to complete paperwork and applications, and understanding insurance systems.

SELF-CARE AND STRESS REDUCTION: WORKING THROUGH TRAUMA

2-hour training (or longer)

For Families, this training teaches parents how to focus on Self-Care and Stress Reduction through Trauma by helping them to identify child and family issues; appreciate recovery philosophy; understand Trauma Informed Care philosophy and principles; apply a Trauma Informed Approach within their families and parenting and enable and empower parents to maintain a positive outlook, work through challenges, and focus on their mental health state as they work through trauma.

For Professionals, this training teaches providers and staff how to identify client issues; appreciate recovery philosophy; understand Trauma Informed Care philosophy and principles; apply a Trauma Informed Approach with clients, enable and empower clients and discuss and understand self-care issues for professionals. (*Professionals training is 3 -4 hours*).

HEALTHY VS TOXIC RELATIONSHIPS

2-hour training, in-person or via Zoom.

The “Healthy Vs. Toxic Relationships” walks parents through the signs of healthy relationships and non-healthy relationships among peers and dating relationships, in which their children may be involved. Parents will receive guidance in how to communicate what a healthy teen friendship or dating relationship looks like; what codependency is and looks like, and how to identify signs of abuse or inappropriate relationships in their children’s lives. Other topics of discussion in this training include trends in social media regarding relationships and how to get out of a toxic relationship. This training is appropriate for parents or professionals who work with children.

UNDERSTANDING DADS

This is a multi-part training, in person. Childcare and Lunch provided.

Understanding Dad™ is a unique program that helps mothers improve the relationships they have with fathers, for the benefit of their children. This program helps mothers better understand the importance of involving dad in their children’s lives, and how to better communicate with father. This program encourages self-awareness and helps moms improve the communications skills they need to improve their relationships with the fathers of their children. Understanding Dad™ raises mothers’ awareness about the importance of father involvement in the lives of their children. It helps mothers to reflect on how their own developmental histories have and continue to influence the relationships with the fathers of their children. It also teaches mothers communication skills to improve the partnership between them and the fathers of their children.

CULTURE: WHAT IS IT?

2-hour training, in—person or Zoom

This training explores Culture – what is it? How does it shape us? How do we respect our neighbors or our client’s culture? Our culture helps shape us and understanding our similarities and differences can make us a better community.

EFFECTIVE FAMILY ENGAGEMENT

1 ½ hour training, in-person or via Zoom

This training encourages commitment to and active participation of family members in the family process of supporting children with mental health or behavioral health concerns. It also is designed to empower families, based on their strengths, to have an active role in determining the services they need and receive.

MEANINGFUL DISCUSSIONS ON RACE SERIES

1 ½ hour discussion via Zoom

Meaningful Discussions on Race is a monthly webinar-format discussion on race issues, equity, policy reform, understanding culture and implicit bias. Each month, panelists are invited to discuss a topic related to race and culture to gain a better understanding of what needs fixed in systems regarding equity, why issues are so important, and how individuals can be instrumental to change. We also discover how to communicate or best handle the emotions and controversies around race issues with a licensed clinical social worker, Dr. Mark Lepore. These discussions are appropriate for any parent, professional or citizen inspired to learn more about the issues. Questions and engagement are encouraged, but not required.

UNDERSTANDING DIAGNOSIS

2-hour training, in-person or via Zoom

The “Understanding Diagnoses” training is an overview presented by an LCSW of common diagnoses in children and youth. The overview includes basic information, common treatments or best practices, related behaviors or challenges, and information about next steps after diagnosis.