

TRAINING OPPORTUNITIES

July – September 2026

The TFI Family Services Learning & Development Department is pleased to present a quarterly list of exciting and informative trainings. Please share the list with any current or potential foster or adoptive parents, relative or kinship providers, or child welfare professionals who may be interested in attending.

All trainings are virtual unless otherwise specified in the training description.

Training Enrollment

Kansas

TFI/MNS staff members should enroll through the agency learning management system, as well as through the Kansas Children's Alliance site. Foster/adoptive parents, relative/kinship providers, and other child welfare professionals should enroll through the Kansas Children's Alliance website at learn.childdaily.org/account/login. A free account is required to enroll. If you do not have an account, please select the "Create Account" option on their training page. When prompted for a code, please use **LEARN**. You will receive an automated e-mail confirming your enrollment, as well as the link and additional information for the training(s) you have selected.

Other States

TFI/MNS staff members should enroll through the agency learning management system. Foster/adoptive parents, relative/kinship providers, and other child welfare professionals located outside of Kansas should enroll through EventBrite at <https://mnstraining.eventbrite.com>. Once you have selected the class(es) you want, enter **TFI** as the promotional code at checkout. You will receive an automated e-mail confirming your enrollment. A separate e-mail will be sent from the trainer with your login information approximately 24 hours prior to the start time.

Note: Per Children's Alliance: Cameras are required to be on during all virtual trainings.

TRAINING OPPORTUNITIES

July – September 2026

If you do not receive the link to your class by the morning of the training, or you have any questions or concerns, please e-mail the Training Specialists' Supervisor, Marion Morris, at mmorris@teammns.org. Thank you.

LIVE WEBINAR TRAININGS

Adverse Childhood Experiences (ACEs)

Participants will learn about the ACE study and the examined long-term impacts of various childhood traumatic experiences. This study found long term mental and physical consequences related to 2 or more adverse experiences. They will also learn more about the ACE study and how to help children navigate trauma in a proactive and healing way.

- July 10, 2026 10:00am-11:30am Trainer: Alistair Smith CA # 13776

Aggressive Behaviors: Understanding and Managing

This training will help the audience understand underlying issues that can cause aggressive behaviors and anger in children. The audience will also be able to recognize the aggression process in a child and identify ways to work with the child through that process. This course provides crisis intervention/management, parenting strategies, and techniques to help with aggressive children, as well as all other children. Finally, this course will provide information on different forms of discipline and its role in teaching children to become self-disciplined and make healthy choices.

- July 30, 2026 1:00pm-2:00pm Trainer: Jocelyn Goerzen CA # 13805
- September 8, 2026 1:00pm-2:00pm Trainer: Jocelyn Goerzen CA# 13863

Attachment, Separation, Grief, and Loss

This training will identify the challenges of facing attachment, separation, grief, and loss due to the transitional nature of caring for foster children; examine the different attachment styles; assist foster parents in cultivating their abilities to be thoughtful and responsive to their foster child's needs; and identify coping skills and strategies for foster parents and children as they progress toward the formation of more healthy and secure attachments. Participants will also explore the 5 stages of grief, with examples of how they may be expressed in the foster care system; will gain knowledge in preventative measures; and will identify coping skills and resilience factors to manage grief and loss.

- April 3, 2026 1:00pm-3:00pm Trainer: Alistair Smith CA # 13808

TRAINING OPPORTUNITIES

July – September 2026

Communication in Crisis

Learners will learn how self-awareness and environmental awareness can assist in situation management, and prevention. Course will include information regarding variables which influence a client's behavior as well as non-physical de-escalation strategies.

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| • July 14, 2026 | 10:00am-12:00pm | Trainer: Jocelyn Goerzen | CA # 13782 |
| • August 4, 2026 | 1:00pm-3:00pm | Trainer: Jocelyn Goerzen | CA: 13844 |
| • September 3, 2026 | 1:00pm-3:00pm | Trainer: Jocelyn Goerzen | CA# 13859 |

Compassion Fatigue and Secondary Stress

Learners will learn to recognize the difference between burn out, compassion fatigue and secondary traumatic stress.

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| • September 10, 2026 | 6:00pm-8:00pm | Trainer: Alistar Smith | CA # 13866 |
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Creating Discipline and Appropriate Boundaries

Participants will gain an understanding of how to use effective discipline, set appropriate boundaries, and how to be flexible when parenting foster children.

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| • July 7, 2026 | 1:00pm-2:30pm | Trainer: Jocelyn Goerzen | CA # 13771 |
| • September 23, 2026 | 1:00pm-2:30pm | Trainer: Jocelyn Goerzen | CA # 13880 |

Crisis Intervention and Verbal De-escalation

Participants will be able to understand that behavior has meaning, identify crisis behavior and differentiate between typical misbehavior and a crisis. Attendees will learn the stages of crisis and interventions that can be used during a crisis, as well as gain knowledge in de-escalation techniques.

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| • July 7, 2026 | 9:00am-11:00am | Trainer: Jocelyn Goerzen | CA # 13772 |
| • August 3, 2026 | 1:00pm-3:00pm | Trainer: Jocelyn Goerzen | CA # 13821 |
| • September 10, 2026 | 9:00am-11:00am | Trainer: Jocelyn Goerzen | CA # 13867 |

TRAINING OPPORTUNITIES

July – September 2026

Developmental Stages of Children (Ages and Stages)

This training will Identify the developmental milestones for ages newborn through 17 years old based on: Physical Development; Cognitive Development; Language Development; Social and Emotional Development, and Effects of Trauma on Development.

- *September 2, 2026* *11:00am-12:30pm* *Trainer: Alistair Smith* *CA # 13854*

Domestic Violence in Teen Dating

Participants will be able to define dating, learn various risk factors of domestic violence in teen dating, identify types of violence teens encounter through dating, gain understanding of the long-term effects of violence on teens, and acquire prevention strategies to reduce domestic violence in teen dating.

- *August 13, 2026* *10:00am-11:00am* *Trainer: Jocelyn Goerzen* *CA # 13835*

Food Insecurities in Children

Participants will be able to define food insecurity, define and identify food insecurity behaviors in children, learn contributing factors that lead to food insecurity, and learn interventions and strategies to reduce food insecurity behaviors.

- *July 22, 2026* *11:30am-12:30pm* *Trainer: Alistair Smith* *CA # 13793*

Human Trafficking: What Parents Should Know

As a parent, you try to do whatever you can to protect your children from harm. Many parents and caregivers want to believe that their child will never be trafficked or that risk of it happening to their child is minimal. The truth is, human trafficking happens all throughout the U.S. Traffickers actively seek minors under 18 years old on social media, in public places and through friends or relatives. Any child can become vulnerable to grooming tactics used by traffickers whose plan is to exploit them. Traffickers can look like anyone, be a close friend or relative, be any age, gender, and come from any socioeconomic background. One of the best ways to protect your child is to know the risk factors and the signs associated with human trafficking.

- *September 24, 2026* *6:00pm-8:00pm* *Trainer: Alistair Smith* *CA # 13881*

TRAINING OPPORTUNITIES

July – September 2026

Improving Foster Placement Stability

Participants will be able to define disruption and learn factors that contribute to disruptions in foster care. Participants will gain an understanding in why disruptions occur and be able to recognize the stages of disruption. Finally, participants will learn ways to prevent disruptions and strategies to improve placement stability.

- *July 1, 2026* *1:00pm-2:30pm* *Trainer: Jocelyn Goerzen* *CA # 13769*
- *September 3, 2026* *9:00am-10:30am* *Trainer: Jocelyn Goerzen* *CA # 13860*

Just One More Bite: Eating Disorders in Children and Adolescents

Kids can be the pickiest of picky eaters. But when does that pickiness move from a quirk to a concern? Or, when does "I'm not hungry" really mean "I'm avoiding food"? Join us to learn more about the eating disorders that can be behind these questions. In this session, we will discuss different types of eating disorders, their warning signs, and ideas about why these disorders occur. We will also address the impacts of eating disorders on both you and your child and what the treatment and healing process may entail.

- *August 27, 2026* *1:00pm-3:30pm* *Trainer: Mary Beth Woodson* *CA # 13850*
- *September 29, 2026* *5:30pm-8:00pm* *Trainer: Mary Beth Woodson* *CA # 13887*

Mental Health Basics

Participants will be able to identify stigma and/ or assumptions about mental illness diagnosis; define and understand basic mental health diagnosis, symptoms and common treatments; and learn how to apply strategies and coping skills to manage behavior and symptoms.

- *August 5, 2026* *9:00am-11:00am* *Trainer: Alistair Smith* *CA # 13811*

Normalcy in Child Development

Normalcy refers to allowing youth in out-of-home care to experience childhood and adolescence in ways similar to their peers not in foster care. This course will help you understand the need for children in your care to experience normalcy. After this training you will be able to: define normalcy, discuss reasonable and prudent parenting, determine activities right for a child's age, and recognize that normal activities are important for children and teens.

- *August 19, 2026* *2:00pm-4:00pm* *Trainer: Alistair Smith* *CA # 13838*

TRAINING OPPORTUNITIES

July – September 2026

Parentification, AKA: Who's the Adult in This Relationship?

This session will provide a better understanding of parentification - why it happens and its impacts on those involved. You will also learn some signs of parentification and how to help the parentified child to heal.

- *July 16, 2026* *11:00am-12:00pm* *Trainer: Mary Beth Woodson* *CA # 13787*
- *September 2, 2026* *6:00pm-7:00pm* *Trainer: Mary Beth Woodson* *CA # 13855*

Preparing Children in Foster Care for Independent Living

This training offers a compassionate look at the experiences and challenges youth may encounter while navigating the foster care system. Participants will learn how to understand a child's transition plan, through a trauma-informed lens, and discover supportive ways to walk alongside them as they work toward their goals. The training also highlights practical resources that help youth build safety, connection, confidence, and skills as they move toward adulthood at their own pace.

- *August 13, 2026* *6:00pm-8:00pm* *Trainer: Alistair Smith* *CA # 13826*

PTSD In Children and Teens

Participants will be able to define PTSD as it pertains to children and teens. Additionally, participants will gain understanding into the events that lead to PTSD in children and be able to identify the signs and symptoms of this diagnosis. Risk factors and protective factors that may influence a child's likelihood of experiencing PTSD will be identified. Participants will be able to recognize the various ways PTSD can affect children and teens and acquire skills in responding to a child's PTSD reaction. Finally, participants will learn ways to treat and prevent PTSD in children.

- *April 3, 2026* *2:30pm-3:30pm* *Trainer: Alistair Smith* *CA # 13770*
- *August 19, 2026* *1:00pm-2:00pm* *Trainer: Jocelyn Goerzen* *CA # 13839*

Regulating Emotions

This training teaches parents how to regulate their emotions while also finding ways to help those in their care deal with their feelings and emotions when times get tough. Strategies include, 6 ways to boost emotional regulation skills and ways to identify the different types of expressive anger in children and youth. Looking at what's behind the anger while modeling appropriate reaction to behaviors will be the focus of this training.

- *August 18, 2026* *1:00pm-2:00pm* *Trainer: Jocelyn Goerzen* *CA # 13836*

TRAINING OPPORTUNITIES

July – September 2026

Safe Sleep for Caregivers

Safe Sleep for Caregivers is taught by a Certified Safe Sleep Instructor through the KIDS Network. This training provides insight on sleep-related infant death, reducing infant mortality, safe sleep positions and surfaces, safety approved portable cribs, unsafe sleep environments, as well as risk and protective factors.

- *July 8, 2026* *11:30am-12:30pm* *Trainer: Alistair Smith* *CA # 13773*

Self-Care Skills and Strategies for Foster Parents

Foster parents need to be able to think about and recognize their own trauma triggers and find ways to regulate their emotions. They must also take care of themselves — physically, psychologically, emotionally, and spiritually. A social support network is also important for caregivers to provide sources of practical assistance and emotional support. This training will provide an opportunity to develop a support plan based on a personal self-care assessment, discuss goals, and outline ways to achieve these goals with the help and encouragement of other foster parents in the class.

- *September 3, 2026* *6:00pm-8:00pm* *Trainer: Alistair Smith* *CA # 13857*

Sexting: What Parents Should Know

This training will provide participants with information about sexting including statistics, legal concerns, cell phone contracts, and provide suggestions on ways to minimize concern. Participants are provided definitions, preventative tips, and real-life case stories.

- *August 17, 2026* *6:00pm-7:00pm* *Trainer: Mary Beth Woodson* *CA # 13831*
- *September 18, 2026* *12:30pm-1:30pm* *Trainer: Mary Beth Woodson* *CA # 13873*

TRAINING OPPORTUNITIES

July – September 2026

Sexual and Romantic Orientation 101 + Supporting LGB+ Youth

This course will discuss sexual and romantic orientation and understanding sexual and romantic minority identities such as lesbian, gay, bisexual, pansexual, asexual, and queer experiences. Learners will understand the split attraction model, monosexual identities, multisexual identities, and the asexual spectrum. We will also discuss the best ways to support lesbian, gay, bisexual, pansexual, asexual, and queer youth. (For a class focused on gender identity and expression, take Gender Minorities 101 + Supporting Transgender and Non-Binary Youth)

- *August 8, 2026* *10:00am-11:30am* *Trainer: Alistair Smith* *CA # 13817*

Substance Abuse and Adolescents

This training will provide participants with information about substance abuse with an emphasis on adolescent usage. Participants will be provided with the knowledge needed to understand substance abuse, recognize the signs of use, understand the addiction, treatment, and recovery process, and be provided useful tips for assisting adolescence in making healthy choices and working through substance abuse problems.

- *September 8, 2026* *1:00pm-3:00pm* *Trainer: Alistair Smith* *CA # 13862*

Substance Abuse in Adults

This training will provide participants with information about substance abuse. Participants will be provided with the knowledge needed to understand substance abuse, recognize the signs of use, understand the addiction, treatment and recovery process, and be provided useful tips for assisting in making healthy choices and working through substance abuse problems.

- *August 19, 2026* *11:00am-12:30pm* *Trainer: Alistair Smith* *CA # 13840*

Suicide Prevention and Intervention

This training will help participants distinguish between self-harming behaviors and suicide. Youth protective factors and risk factors will be examined and discussion will focus on identifying and operationalizing prevention/intervention strategies for youth at risk.

- *September 3, 2026* *1:00pm-3:00pm* *Trainer: Alistair Smith* *CA # 13858*

TRAINING OPPORTUNITIES

July – September 2026

Teen Talk

Teen Talk is an interactive training designed to help caregivers, educators, and professionals understand the unique challenges and opportunities of working with teenagers. This 2-hour session blends neuroscience, practical communication tools, and real-world scenarios to equip participants with strategies that foster trust, connection, and resilience.

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| • July 29, 2026 | 12:00pm-2:00pm | Trainer: Jocelyn Goerzen | CA # 13802 |
| • August 25, 2026 | 10:00pm-12:00pm | Trainer: Jocelyn Goerzen | CA # 13846 |
| • September 22, 2026 | 1:00pm-3:00pm | Trainer: Jocelyn Goerzen | CA # 13878 |

The Dynamics of Domestic Violence and Its Impact on Children

This training will go over the dynamics of domestic violence, including: types of abuse; the cycle of abuse; the power and control wheel; batterer behavior; how batterers use children in abusive relationships; and the impact of trauma. The training will also cover short- and long-term effects of domestic violence on children, including developmental and cognitive impacts, attachment issues, and trust issues. Finally, this training will discuss helping children recover after witnessing or experiencing domestic violence, including intervention and support strategies and coping strategies.

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| • July 29, 2026 | 9:00am-11:00am | Trainer: Alistair Smith | CA # 13803 |
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The Dynamics of Teen Dating Violence

This training discusses the dynamics of teen dating violence, the power and control wheel, myths and facts, warning signs, the cycle of abuse, abuse and technology, tips on talking to teens about unhealthy and abusive relationships and setting home rules and boundaries to stay safe.

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| • July 28, 2026 | 2:00pm-3:30pm | Trainer: Alistair Smith | CA # 13800 |
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Difficult Conversations: Talking with Teens About Healthy vs. Unhealthy Relationships

This course will walk through ways to practice skills, build trust, and initiate difficult conversations. This course will also cover building towards positive and healthy foundations. Learners will also be provided more topic-specific information about boundaries, consent, navigating breakups, and more.

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| • July 30, 2026 | 6:00pm-8:00pm | Trainer: Alistair Smith | CA # 13806 |
| • August 19, 2026 | 6:00pm-8:00pm | Trainer: Alistair Smith | CA # 13837 |

TRAINING OPPORTUNITIES

July – September 2026

TRAINER BIOGRAPHIES

Alistair Smith (they/them) is a Training Specialist with TFI Family Services in Southeast Kansas. Alistair holds both a B.S. and M.A. in Communication from Pittsburg State University. They worked as a victim-advocate for survivors of domestic and sexual violence and stalking, specializing in supporting college student survivors. They are a Kansas Academy for Victim Assistance graduate and a former nationally-accredited advocate. Alistair has spent 10+ years educating youth and adults on topics related to mental health and wellbeing, substance abuse prevention, sex education, healthy and unhealthy relationships, the LGBTQIAP2S+ community, sexual and domestic violence response and prevention, human trafficking response and prevention, trauma-informed care, and compassion fatigue and secondary trauma. They believe in building equitable trauma-informed spaces to learn where people can address their biases, find new perspectives, practice empathy, and take steps toward growth. Alistair encourages learners to embrace exploration and remember that learning isn't always a neat linear perfect process. To quote their favorite educator, "Take chances, make mistakes, and get messy!"

Jocelyn Goerzen is a Training Specialist in Area 8 out of the Wellington, KS office for TFI Family Services. She has over two decades of experience in child welfare and mental health. Jocelyn has cultivated a deep commitment to fostering positive outcomes for children and families. Her professional journey in addition to her extensive experience as a foster parent for approximately 18 years includes various roles in a Qualified Residential Treatment Program (QRTP), spanning from working as a Mental Health Technician and advancing to supervisory positions and the Education and Independent Living Coordinator. She played a pivotal role in developing and implementing programs designed to support the educational and life skills needs of youth in care. Jocelyn's niche in Child Welfare is parenting teens that have lived in foster care and helping them adjust to post-adoption life. Jocelyn's career is distinguished by her hands-on experience and leadership in both direct care and program development, underscoring her expertise in the field of child welfare and her unwavering commitment to improving the lives of young people and their families.

Dr. Mary Beth Woodson (she/her(s)) is a Training Specialist with TFI Family Services based in Northeast Kansas. After college, Mary Beth spent time working with young people in a residential treatment facility. She then returned to school and has now spent over two decades in education, including ten years teaching in classrooms and online. Mary Beth's TFI work often focuses on training staff as part of Pathway Family Services, but she's also focused on creating trainings that "fill the holes" in the company's offerings, such as parentification, eating disorders, and neurodevelopmental disorders. Mary Beth also continues to adjunct at an area university, teaching undergraduate film and communications courses.