

# Resource Family Training **WEBINAR**

for Foster, Kinship, and Adoptive Families

Thursday,  
November 14, 2019  
12:00 p.m. - 1:00 p.m.

## Cultivating Resilience: Prioritizing Self-Care to Cope with Family Adversity

Resource parenting is a complex process that takes many cognitive, emotional, and behavioral regulation resources. These resources can be diminished by stress, trauma, and adversity – both from a resource parent's current life and from a resource parent's own childhood. This workshop will explore some of the ways that parents' pasts (both bio parents and resource parents) can impact our everyday interactions with the children in our care. The workshop will also explore the importance of self-care and other research-informed strategies to build and maintain our resources and systems of resilience.

**REGISTER  
FREE**

### Presenter

**Shannon Stark Guss** is a Postdoctoral Research Fellow with the Marsico Institute for Early Learning and Literacy at the University of Denver. Her research focuses on the relationship between family adversity and children's learning and development, including how parents' skills can protect children from the intergenerational cascade of abuse, neglect, and family dysfunction. Shannon and her husband are former resource parents who adopted their foster daughter after many years of struggling with bio family reunification. Shannon and her husband continue to learn how to support their daughter's unique needs and strengths from experience, community, and research.



### Webinar Host

Please contact Kristal Nicholson, your webinar host, if you have any questions.

(918) 660-3776  
knicholson@ou.edu

### Save the Date!

Mark your calendar for upcoming webinars!

- **November 21, 2019**  
The Connection of Trauma and Attachment in a Baby's Brain
- **December 12, 2019**  
What Resource Parents Need to Know about Foster Care and Adoption Policy
- **December 19, 2019**  
Working Toward Trauma-Informed Responses: Understanding the Importance of Early Childhood Experiences and Attachment

### Training Credit

Parents in attendance will earn 1 hour of in-service training credit toward their annual 12-hour requirement.



Sponsored by Oklahoma Department of Human Services and coordinated by The University of Oklahoma OUTREACH National Resource Center for Youth Services