

## **COVID-19 Family Resources: Free Webinars/Articles**

### **Free Webinars for Parents**

- 1. Bruce Perry Presents the 6 Rs of Healing Trauma**
  - a. [CLICK HERE](#)
- 2. C.A.S.E. Webinars**
  - a. Use coupon code "HOME" at checkout to access all 13 webinars for free through June 30<sup>th</sup>: [CLICK HERE](#)
  - b. 5 Common Emotional/Behavioral Challenges Children Face and Strategies for Addressing Them (Part 1), June 18 1-2:30, Use code: FREE at checkout. [CLICK HERE](#)
- 3. QPI Webinars**
  - a. The Power of Connection: How Resource Families Can Support Adolescents through COVID-19, [CLICK HERE](#)
  - b. Using Media Effectively with Young Children & Virtual Visitation
    - i. Part One: Virtual Communication with Young Children, [CLICK HERE](#)
    - ii. Part Two: Using Media with Young Children, [CLICK HERE](#)
  - c. Keeping Youth TECHnically Connected, [CLICK HERE](#)
  - d. Heart to Heart: Caregiver and Child Connections in Times of Challenge, [CLICK HERE](#)
  - e. Safe and Sound: Pediatric Tips for Keeping kids and families safe during COVID-19 and Beyond, [CLICK HERE](#)
  - f. Supporting Meaningful Connections--Family Time Visits During a Pandemic, [CLICK HERE](#)
  - g. Keeping Older Youth On Track with Higher Education, TBD
  - h. Ensuring youth who receive special education obtain services and maintain educational progress, TBD
- 4. MN-Adopt**
  - a. **50% off Live Webinars in May**, CODE: NATFC31, [CLICK HERE](#)
    - i. Adoptive Parents Who Struggle with Depression: A Holistic Approach **May 13, 12-1:30 PM**
    - ii. Intro to Trust-Based Relational Intervention (TBRI) **May 15, 10-12:00 PM**
    - iii. Developmental Trauma: Attachment, Trauma, and the Brain **May 18, 1:30-3:00 PM**
    - iv. Navigating the Joys and Challenges of Birth Family Dynamics While Children are Living in Foster Care, **May 20 6-8 PM**
  - b. Caregiving Through a Trauma Lense: Core Skills for Parents and Providers **June 2, 1-2:30** [CLICK HERE](#)
- 5. Minnesota Association for Children's Mental Health**
  - a. Helping Your Children Manage COVID-19 Realities: Beyond the facts and into the effects on our lives, [CLICK HERE](#)
- 6. National Alliance on Mental Illness (NAMI)**
  - a. Children's Challenging Behaviors and Navigating Children's Mental Health System, **June 8 12-12:45**, [CLICK HERE](#)

*Dedicated to a world where everyone has nurturing, permanent, and supportive familial relationships.*

7. **Racialized Trauma Course** by Resmaa Menakem [CLICK HERE](#)

## **Helpful Articles**

1. *Parenting Children Who Have Experienced Loss and Grief While Navigating Coronavirus*
  - a. [CLICK HERE](#)
2. *Parent/Caregiver Guide to Helping Families Cope with the COVID-19*
  - a. National Child Traumatic Stress Network, [CLICK HERE](#)
3. *Five Ways to Make Your Home Feel Safe in Times of Crisis*
  - a. [CLICK HERE](#)
4. *Build a Stress Management Plan for Teens*
  - a. [CLICK HERE](#)

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### **West Saint Paul**

149 Thompson Avenue East, Suite #115  
West St. Paul MN 55118

### **Stillwater**

5850 Omaha Avenue North  
Stillwater, MN 55082