

## TRAINING CURRICULUM

The curriculum used in the workshops is an adapted version of the National Child Traumatic Stress Network (NCTSN) “Building Healthy Relationships with Children who have Experienced Trauma” Curriculum. Continuing education hours for all participants fulfill professional and foster parent training requirements. The curriculum will include these topics and more:

1. Introduction to trauma and the brain
2. Understanding trauma’s impacts and children’s behaviors
3. Caregiver wellbeing
4. Building a safe place
5. Dealing with feelings and behaviors
6. Grief, importance of connections
7. Being an advocate
8. And more

**\*This class also discusses the trauma that many caregivers have also experienced as children and how this can influence their ability to care for children with trauma, now. *This can be difficult for some but also may support healing and recovery from trauma.***

**You do not need to be a past or current recipient of HHS services to take this class.**

## FEEDBACK FROM PARTICIPANTS

*“No one really explained to me about the impact of trauma on a child’s life. I wish I’d known more about trauma sooner.”*

*“It has made me more aware and has helped me step back and look at trauma through child’s lens.”*

*“I am now putting new practices in place and staying calm.”*

*“You have been a part of making this family better in all its parts because you believe in us and continued to give us resources and the chance to continue learning so we could be better foster parents to these kiddos.”*

**\*Professionals (any)/family teams encouraged to attend together.**

**Parents/caregivers may also bring a support person.**

**Professionals are asked to pay a nominal fee of 15.00 for materials. Scholarships are available in case of hardship. No cost to families or caregivers.**

## BUILDING HEALTHY RELATIONSHIPS WITH CHILDREN WHO HAVE EXPERIENCED TRAUMA:

**A FREE WORKSHOP FOR PARENTS, CAREGIVERS, PROVIDERS/ PROFESSIONALS**  
**Held at 1011 8th St. Sheboygan (HHS)**  
**March 5th—April 30th 2026**  
**9:00-noon**  
**(No class on March 26th)**  
**NO CHILDCARE IS AVAILABLE**



**To register call:**  
Katy Pruitt—920-459-3235  
Nancy Carey—920-459-3256

Sheboygan County  
Health & Human Services  
1011 N. 8<sup>th</sup> Street  
Sheboygan, WI 53081



## WHO SHOULD ATTEND THIS FREE TRAINING?

This 24 hour workshop provides birth parents and resource parents, as well as professional members of the care team, or who work with traumatized children the knowledge and skills needed to effectively care for and support children who have experienced trauma. These workshops are especially helpful for birth parents preparing for reunification and resource for parents of children with challenging behaviors. Agency social workers and other team members are also encouraged to attend as part of the care team.

**When:** Thursday mornings  
March 5th—April 30th, 2026  
(There will not be class on 3/26 due to SASD spring break )

**Workshop hours:** 9:00-noon

**RSVP by February 20th (first come basis until full.)**

**Where:** Sheboygan County HHS  
Room 372  
1011 N. 8<sup>th</sup> Street  
Sheboygan, WI 53081

**No Childcare is available during the day-time classes**

**Please be available to attend all sessions unless ill as the curriculum is sequential.**

## WHY TRAUMA-INFORMED PARENTING/ CAREGIVING?

Many children served by the child welfare system have lived through traumatic experiences. Understanding how trauma affects children can help parents make sense of their child's behaviors, feelings and attitudes; can help parents develop greater insight around how to help their child cope with the effects of trauma; and, help parents understand how to provide a safe and stable home environment.



For more information or to register, contact:

Katy Pruitt -or- Nancy Carey  
920.459.3235 920.459.3256

## TRAINING CONTENT

The training promotes learning, skill development and behavior change through active participation, varied group activities, and assignments including skills to practice between sessions. Creating a safe environment for meaningful dialogue is a critical component. Participants are encouraged to share their experiences, both successes and challenges, to learn from one another and build ongoing support during and beyond the training. Training objectives are listed below:

1. Understand Complex Traumatic Stress and how it can affect the typical development of children
2. Gain awareness of the types of behaviors (symptoms) commonly seen in children who have had traumatic experiences. Tools will be provided to assist with some.
3. Understand the need to address psychological as well as physical safety in alternative care and when planning family contacts
4. Advocate for and be able to adequately identify providers