



IMPORTANT SUPPORT GROUP CHANGES

Effective April 1st, the building in which we held our support group meetings has been sold and no longer available to us.

We will be returning to the Liberty room at DHS for upcoming meetings and activities.

This is located at 22 N. Georgia (east entrance). This ,also, means childcare **WILL NOT be available anymore.**

To help better plan, here is a tentative schedule for our support group. Please continue to read the newsletters and check out www.ifapa.org for our scheduled meetings.

Please feel free to contact me with any questions or concerns.

Christie McGuire

IFAPA PEER LIASION

cmcguireifapa@gmail.com

1-800-720-9850 ac 62

CPR and First Aid Training

Where: MASON CITY—DHS Liberty Room , 22 N. Georgia (east entrance)

Trainer: Bruce Carr

When: Tuesday, April 30 6- 10 pm (class limit is 12 people)

Cost: \$35.00 per person paid at the class for 4 hours of credit

No Daycare

RSVP: To sign up for this class contact Christie McGuire by noon on Monday, April 29th

cmcguireifapa@gmail.com 1-800-720-9850 ac 62

AREA TRAININGS

Apr. 6, 2013 9am- 12:15pm	Six Principles of the Individuals with Disabilities Education Act (IDEA)	3 hours	Marshalltown IA Valley Cont. Ed. 3702 S Center St
Apr. 6, 2013 1:30pm- 4:45pm	An IEP on IEPs: Parents as Partners in Process and Product	3 hours	Marshalltown IA Valley Cont. Ed. 3702 S Center St
Apr. 13, 2013 9am-4:30pm	Movin' on Out... Preparing Teens for Life on Their Own	6 hours	Cedar Falls Clarion Hotel 5826 University Ave - Gallery Room
Apr. 20, 2013 1:15pm- 5:30pm	CPR & First Aid (registration form) To avoid late fee, make payment by Apr. 5	4 hours	Waterloo to be announced

To register for a training:

Call IFAPA at 800-277-8145 ext. 1



Caring for Children Who Have Experienced **TRAUMA** Educational Forum



What is Trauma?

Trauma is a psychologically distressing event that is outside the range of usual human experience, one that induces an abnormally intense and prolonged stress response. Because infants' and young children's reactions may be different from older children's, and because they may not be able to verbalize their reactions to threatening or dangerous events, many people assume that young age protects children from the impact of traumatic experiences. A growing body of research has established that young children—even infants—may be affected by events that threaten their safety or the safety of their parents/caregivers.

How Does Trauma Affect the Child In My Care?

Young children who experience trauma are at particular risk because their rapidly developing brains are very vulnerable. Early childhood trauma has been associated with reduced size of the brain cortex which is responsible for many complex functions including memory, attention, perceptual awareness, thinking, language, and consciousness. These changes may affect IQ and the ability to regulate emotions. Children who have experienced trauma may exhibit the following symptoms:

- Avoidance
- Numbing
- Arousal
- Attachment issues
- Attention/concentration issues
- Impulsivity
- Oppositional behaviors

TWO LOCATIONS

CEDAR RAPIDS

Friday & Saturday,
July 19 & 20, 2013
(8:30am-5:00pm)
Best Western Longbranch
(90 Twixt Town Road)

DES MOINES

Friday & Saturday,
August 2 & 3, 2013
(8:30am-5:00pm)
Polk County DHS River Place
(2309 Euclid Ave)

Details Regarding Training Forum

- **CREDIT** - Worth 14 hours of foster parent training credit / Social Worker CEUs - All participants must attend both days of the educational forum. Certificates will not be provided to participants until the second day. No partial credit will be given.
- **COST** - For parents: \$15 per person (includes attendance to forum and lunch for both days). For social workers: \$40 per person (includes the cost of lunch for both days and CEU fees).

Two Days...That Seems Like a lot of My Time. Why Should I Make the Commitment?

- For you
- For the children in your care
- To improve your level of education
- To ensure you remain part of the greater discussion happening in the state
- A little bit of knowledge really does go a long way
- The information you will learn may drastically improve your ability to parent children with tough behaviors
- Even the most experienced professionals recognize the need for growth in their chosen field

To Register and Pay Online Visit:

<https://ifapa.ejoinme.org/2013TraumaEducationalForum>

Watch your mailbox in April for a registration form to pay by mail.



For more info: 800-277-8145 / www.ifapa.org

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