

IFAPA TRAINING

for foster, adoptive and kinship parents and workers

Making Time for Yourself: It is Not Selfish - It is Survival

It is often said that if we do not take good care of ourselves – if we burnout – how can we do a good job helping others? Making time for you and your self-care is essential! You do not have to have a weekend, a day or even an hour, if you can find 5 to 15 minutes, you can practice self-care. We will explore resources, tips and strategies that you can try out to see which might support you at this time. Through interaction and reflection, there will be time so that you can leave with a self-care plan just for you.

Approved for 3 Hours of Foster Parent Credit

About the Trainer:

Sue Tew-Warming, M.Ed.



Sue Tew-Warming, M.Ed. is president and owner of 2 Consulting, Inc. which is an independent organization that specializes in connecting, educating, and creating opportunities for youth and adults to explore their strengths. This includes educating and training people in the fields of authentic youth engagement, healthy relationships, leadership, self-care and nature-based learning. Sue has over 25 years of working with youth-at-risk in various settings including residential, day treatment, and transition programs. Sue has her Master's in Education specializing in curriculum design and instruction and has been facilitating trainings, advocating and educating people for the last 15 years. Sue has developed and delivered trainings around the topics of service learning, youth engagement, transitions and permanency. Ms. Tew has collaborated with various public and youth serving agencies across the state such as Iowa Department of Human Services, Iowa Department of Education, University of Iowa, Iowa State University Extension, Des Moines Public Schools and coordinated the Child Welfare Provider Training Academy for three years.

HOW TO REGISTER FOR THIS CLASS

REGISTER VIA PHONE

Call 800-277-8145 ext. 1 or 515-289-4567 ext. 1

REGISTER ON OUR WEBSITE

To sign-up for a class through our website, [complete our registration form](#). IFAPA will follow-up within two business days to confirm your enrollment.

