



Join the Alaska Center for Resource Families For a six-part Strengthening Families Rural Teleconference Series

ABOUT THE TELECONFERENCE SERIES: is a research-informed, strength-based approach to helping families reduce stress, address risk factors, and promote healthy development. The overarching goal is the promotion of child and family well-being.

This monthly series is from January 21st to June 16th, 2020 will feature teleconference training, optional homework assignments, and extra reading for training credit. Sessions will be recorded and posted on our website.



SCHEDULE

- Session 1. Understanding Protective Factors:
Introduction to Strengthening Families- **Kimberly Mouriquand, ACRF**
Tues. January 21, 7-8pm
- Session 2. Staying Sane: It's Not Always about Putting the Kids First:
Caretaker Resilience – **Kimberly Mouriquand, ACRF**
Tues. February 18, 7-8pm
- Session 3. You Got That Where? Finding What Your Children Need:
Concrete Support – **Becca Whitman, OCS**
Tues. March 17, 7-8pm
- Session 4. Friends and Family: Why Positive Connections Matter:
Social Connections – **Jodi von Brandt, ACRF**
Tues. April 14, 7-8pm
- Session 5. My Great-Aunt Ida Said...Child Development and Cultural
Parenting and Child Development – **Becca Whitman, DJJ**
Tues. May 12, 7-8pm
- Session 6. Your Child Did WHAT?!? Understanding Children's
Social and Emotional Needs
Children's Social/Emotional Competence – **Lori Markkanen, RCPC**
Tues. June 16, 7-8pm

The monthly Rural Teleconference is designed for anyone living outside of Anchorage, although anyone can participate. Families may participate by dialing [1-800-944-8766](tel:1-800-944-8766) and when asked enter the code: [26867#](tel:26867#). If you phone in before the group leader you will hear music, please stay on the line.