



## TRAINING CALENDAR ~ January – APRIL 2021

DATE & TIME & REGISTRATION LINK	CAC VIRTUAL PRESENTATIONS VIA MICROSOFT TEAMS
<p><b>*REGISTRATION INFORMATION*</b></p>	<p><b>NEW WAY TO REGISTER</b>  <b><i>Please note that registration for the trainings is different than previous registrations.</i></b></p>
<p><b>February 10</b>  <b>10:00 – 12:30</b></p> <p><a href="#">Click here to register for the training</a></p>	<p><b><u>HELPING KIDS COPE: SKILLS TO MAKE THE MOMENT MANAGEABLE</u></b></p> <p>This training will support participants to identify common acute distress reactions in children who have experienced trauma or abuse and teach participants to implement basic relaxation and grounding techniques to support emotional regulation in distressed children.</p> <p><i>Meghan Sutton LMFT &amp; Katie Hatzitheodorou LMFT</i>  <i>The Healing Tree</i></p>
<p><b>February 16</b>  <b>10:00 – 12:30</b></p> <p><a href="#">Click here to register for the training</a></p>	<p><b><u>WHY ACEs (Adverse Childhood Experiences) MATTER</u></b></p> <p>This presentation ~ created by <i>Creating A Resilient Community Network</i> ~ will cover the following:</p> <ul style="list-style-type: none"> <li>● Define Adverse Childhood Experiences (ACEs)</li> <li>● Understand the impact of Adverse Childhood Experiences (ACEs), trauma, and toxic stress on health, behavior, learning, the economy, and our community</li> <li>● Share protective factors that help to prevent ACEs</li> <li>● Explain strategies to heal trauma and build resilience</li> <li>● Define what it means to be trauma informed and the various stages of development on that journey</li> <li>● Offer avenues for individuals to engage in broader community resilience initiatives</li> </ul>
<p><b>February 23</b>  <b>10:00 – 12:30</b></p> <p>In partnership with          Kathryn Ross          Outreach Coordinator &amp;          Community Liaison          Planned Parenthood          Paola Ferst, MS, CHES          Peer Education Program          Manager</p>	<p><b><u>THE NEW SEX ED: ADDRESSING PORNOGRAPHY &amp; CONSENT IS BEST SERVED WITH F.R.I.E.S.</u></b></p> <p><b><u>THE NEW SEX ED: ADDRESSING PORNOGRAPHY</u></b></p> <p>We know that porn is not realistic. But our teens have grown up in the digital age, and if they are curious about something they look for answers on the internet. Pornography is a poor substitute for medically accurate, inclusive sex education. Join us for this critical conversation on the impact pornography has on youth and tips and resources on how to be an “askable” adult.</p> <p>By the end of this training participants will be able to:</p> <ul style="list-style-type: none"> <li>● Define pornography</li> <li>● Reflect on their own values around porn</li> <li>● Learn signs of when to start the conversation around porn</li> <li>● Learn tips on how to start the conversation with young people in their lives</li> </ul> <p>(Continued below)</p>

[Click here to register for the training](#)

In partnership with  
Kathryn Ross  
Outreach Coordinator &  
Community Liaison  
Planned Parenthood  
Paola Ferst, MS, CHES  
Peer Education Program  
Manager

### **CONSENT IS BEST SERVED WITH F.R.I.E.S.**

Obtaining consent is the first step towards safe and positive sex, but many young adults are still struggling to fully comprehend what it means to give and receive the green light. This training will provide an explanation of different components of consent through the F.R.I.E.S acronym.

Freely Given \* Reversible \* Informed \* Enthusiastic \* Specific

This training will also include:

- interactive activity on various consent circumstances
- group brainstorm on what consent looks like in family
- friendships and romantic relationships.

Learn how to engage with youth on this very important topic!

**March 3**  
**10:00 – 12:30**



[Click here to register for the training](#)

### **REWIND ~ Screening & Discussion**

Sasha Neulinger presented at our CAC conference a couple years ago and his story was passionate and moving. This is his film which has just been released.

Made up of home video footage that reveals a long-kept secret, Sasha Joseph Neulinger's *Rewind* is a brave and wrenching look at his childhood and his journey to reconcile his past. By probing the gap between image and reality, the film depicts both how little and how much a camera can capture. For as long as Neulinger can remember, a video camera was ever-present, with his father constantly filming—from birthday parties and hockey games to holidays. But his father's camera, trained on the frequent gatherings of a tight-knit family, was also documenting a hidden secret, the revelation of which would lead to a media firestorm, a high-stakes court battle, and a generational reckoning. An intensely personal project six years in the making, featuring first-hand interviews with Neulinger's family, and the law enforcement and mental health professionals on the front lines of subsequent legal battles, *Rewind* reframes the perspective on traumatic events from Sasha's childhood, this time placing him in control of the camera, firmly at the helm of his own narrative.

As each frame of footage unfolds, so, too, do the layers of this complex and affecting survivor story, the heartbeat of which is Neulinger's vulnerability, bravery, and enduring positivity, against all odds.

*Participants will participate in viewing the documentary and have discussion throughout the film.*

**March 10**  
**10:00 – 12:30**

### **WHAT PROTECTIVE FACTORS LOOK LIKE?**

**&**

### **BUILDING SELF-REGULATION SKILLS**

In Partnership with  
Tina Morgan – DCF  
Circuit 9 Community  
Development  
Administrator &  
Lisa Diamond, LMHC  
SEDNET 7A Support  
Coordinator OCPS

[Click here to register for the training](#)

Families thrive when protective factors are present in their lives and communities: and children are more likely to thrive when their families have the support they need.

This presentation will teach participants about how important protective factors are to build resilience in families. Each protective factor will be broken out and explained.

This training will also include information about:

- Trauma and toxic stress
- The impact of trauma on the brain and body.
- Adverse Childhood Experiences
- Proactive ways to teach self-regulation strategies to children.
- Examples of interventions that parents, counselors, and teachers can use to help children who have experienced trauma to be successful and resilient.

**March 16**  
**10:00 – 12:30**

[Click here to register for the training](#)

### **DARKNESS TO LIGHT ~ STEWARDS OF CHILDREN**

Stewards of Children is a prevention training program that teaches adults how to **prevent, recognize, and react responsibly to child sexual abuse**. The program is designed for organizations that serve youth and for individuals concerned about the safety of children. It is the only nationally distributed, evidence-based program proven to increase knowledge, improve attitudes, and change child protective behaviors.

\*A two-part DVD presentation with commentary from sexual abuse survivors, experts in the field and concerned adults. \*

Facilitator-led discussion emphasizes important issues in prevention within the community and organizations that serve children. An interactive workbook facilitates discussion, reinforces key concepts, and serves as a resource and personal action plan for resolving child sexual abuse.

**Learn 5 steps to PREVENT childhood sexual abuse**

**March 23**  
**10:00 – 12:30**

[Click here to register for the training](#)

### **PARENTAL ALIENATION SYNDROME ~ WHAT IS IT, AND WHO DOES IT?**

Parental alienation syndrome occurs when one parent attempts to turn the couple's children against the other parent. In this training, discover what kind of parent lies to turn their kids against the other parent?

This training will also include:

- The Definition of Parental Alienation Syndrome
- 4 categories of Brainwashing
- The stages of Stages of Parental Alienation Syndrome
- The types of Alienators
- The Risk Factors in Parental Alienation Syndrome
- Step – Parents and Parental Alienation Syndrome
- The Do's & Don'ts about Parental Alienation Syndrome

**March 30**  
**10:00 – 12:30**

[Click here to register for the training](#)

### **THE DYNAMICS OF CHILD SEXUAL ABUSE**

Childhood Sexual Abuse (CSA) is unfortunately, a common occurrence that results in significant harm to millions of children. In this training, you will learn:

- Types of Sexual Abuse
- Indicators of sexual abuse
- Why children recant

Learn the 5 phases of Child Sexual Abuse

- Engagement
- Sexual Interaction
- Secrecy
- Disclosure
- Suppression

\*\*Participants will also meet childhood sexual abuse survivor, **Tracy Kelly**, who will share her story. \*\*

<p><i>April is Child Abuse Prevention Month</i></p> <p><b>April 6</b> <b>10:00 – 12:30</b></p> <p><a href="#">Click here to register for the training</a></p>	<p><b><u>WHAT DOES PHYSICAL ABUSE IN CHILDREN LOOK LIKE? &amp; HOW DO I REPORT ABUSE?</u></b></p> <p>Children deserve to live in a happy and healthy environment free from harm. They also need safe, stable, and nurturing relationships for them to thrive and grow. Unfortunately, this is not the case for all children. In this training you will learn about:</p> <ul style="list-style-type: none"> <li>• The origin of child protection</li> <li>• Reporting child abuse</li> <li>• Maltreatments overview</li> <li>• Indicators of physical abuse</li> <li>• Case Scenarios</li> </ul>
<p><b>April 14</b> <b>10:00 – 12:30</b></p> <p><a href="#">Click here to register for the training</a></p>	<p><b><u>HELPING KIDS COPE: SKILLS TO MAKE THE MOMENT MANAGEABLE</u></b></p> <p>This training will support participants to identify common acute distress reactions in children who have experienced trauma or abuse and teach participants to implement basic relaxation and grounding techniques to support emotional regulation in distressed children.</p> <p><i>Meghan Sutton LMFT &amp; Katie Hatzitheodorou LMFT The Healing Tree</i></p>
<p><b>April 20</b> <b>10:00 – 12:30</b></p> <p>In partnership with VSC Kevin Fox, LGBTQ+ Victim Advocate and Crisis Counselor at Victim Service Center of Orlando</p> <p><a href="#">Click here to register for the training</a></p>	<p><b><u>SEXUAL ASSAULT AND THE LGBTQ+ COMMUNITY</u></b></p> <p>The learning objectives for the presentation include:</p> <ul style="list-style-type: none"> <li>• What is sexual assault?</li> <li>• What is consent?</li> <li>• Sex, gender &amp; orientation</li> <li>• LGBTQ+ identities</li> <li>• Transgender spectrum &amp; use of gender pronouns</li> <li>• Sexual assault in the LGBTQ+ community</li> <li>• Barriers in LGBTQ+ community</li> <li>• Working with LGBTQ+ survivors of sexual assault &amp; resources</li> </ul> <p>Zebra Coalition and VSC came together to more effectively reach and help greater numbers of LGBTQ+ individuals in CentralFlorida to recover and regain control of their lives after surviving sexual assault.</p> <p>The goal of this project is to identify Lesbian, Gay, Transgender, Bisexual and Queer (LGBTQ+) victims of sexual violence in Central Florida and provide them with appropriate crisis support or rape crisis services.</p>
<p><b>April 27</b> <b>10:00 – 12:30</b></p> <p><a href="#">Click here to register for the training</a></p>	<p><b><u>DARKNESS TO LIGHT ~ STEWARDS OF CHILDREN</u></b></p> <p>Stewards of Children is a prevention training program that teaches adults how <b>to prevent, recognize, and react responsibly to child sexual abuse</b>. The program is designed for organizations that serve youth and for individuals concerned about the safety of children. It is the only nationally distributed, evidence-based program proven to increase knowledge, improve attitudes, and change child protective behaviors.</p> <p>*A two-part DVD presentation with commentary from sexual abuse survivors, experts in the field and concerned adults. *</p> <p>Facilitator-led discussion emphasizes important issues in prevention within the community and organizations that serve children. An interactive workbook facilitates discussion, reinforces key concepts, and serves as a resource and personal action plan for resolving child sexual abuse.</p> <p><b>Learn 5 steps to PREVENT childhood sexual abuse</b></p>

If you wish to schedule a training or presentation *specifically for your organization*, feel free to contact [ann.pimentel@orlandohealth](mailto:ann.pimentel@orlandohealth)

**Once you register, you will receive a registration confirmation & link for the training.**

**Please note that an evaluation link and certificate of attendance will be provided upon *completion* of each training.**

For questions, email:  
[Ann.pimentel@orlandohealth.com](mailto:Ann.pimentel@orlandohealth.com)