



Foster Parent Support Group

Join us at one of our upcoming virtual trainings for two hours of training that can be used toward your next annual or renewal

Mindfulness and Self-Care for Caregivers: Understanding How Brain Science Can Help You, Help Others

Thursday, January 23rd, 6pm-8pm

[Join the meeting now](#)

Meeting ID: 240 173 689 253

Passcode: RAf4oQ

Autism 101

Thursday, February 27th, 6pm-8pm

[Join the meeting now](#)

Meeting ID: 232 467 863 536

Passcode: xWhJ2g

Building Support Systems: Creating a Support System for Foster Parents and Foster Children

Thursday, March 27th, 6pm-8pm

In Person Training

Contact us at: fosteradopt@orchards.org to RSVP