



December 2025 Families Forever Trainings

Attachment Activities

Virtual, Tue, Dec 9, 12-1 p.m.
North Platte, Mon, Dec 29, 5:30-7 p.m.

This interactive workshop highlights the importance of secure attachment and helps parents establish attachment and connection with their adoptive, foster or guardianship child.

Child Development and Trauma

Lincoln, Wed, Dec 10, 5:30-7 p.m.
Omaha, Thu, Dec 18, 5:30-7 p.m.

Understanding the effects of trauma is important for parents working to provide a safe, loving and nurturing home for their children. The workshop explores strategies that support healing.

Helping Your Child Tell Their Story With Lifebooks

Virtual, Mon, Dec 1, 12-1 p.m.
Virtual, Fri, Dec 19, 12-1 p.m.
North Platte, Tue, Dec 30, 12-1 p.m.

Lifebooks are a place where adoptive parents can record details related to their child's life story. This workshop will explore different components of a typical lifebook and encourage you to create one.

Kinship Adoption

Virtual, Fri, Dec 5, 12-1 p.m.
Virtual, Mon, Dec 22, 4:30-5:30 p.m.

Kinship adoption training covers topics specific to family dynamics. This covers the impact of trauma, grief and loss, navigating family dynamics, The 7 Core Issues & Maintaining Connections.

Parenting Strategies

Virtual, Thu, Dec 11, 12-1 p.m.
Virtual, Mon, Dec 29, 12-1 p.m.

Using the framework of the Seven Core Issues, this class will explore specific actions, activities, and strategies to help strengthen families and promote attachment and communication.

Self-Care and Mindfulness

Virtual, Thu, Dec 4, 4-5 p.m.
Virtual, Tue, Dec 23, 12-1 p.m.

Parenting children through adoption and guardianship comes with unique challenges. Explore and practice self-care and mindfulness activities designed to bring focus to your needs.

Seven Core Issues

Virtual, Mon, Dec 1, 4-5 p.m.
Virtual, Tue, Dec 16, 5:30-6:30 p.m.

The impact of adoption lasts a lifetime for all members of the adoption triad. Take a closer look at these issues and learn how to address their challenges to strengthen your relationships.

Talking With Your Adopted Child

Lincoln, Tue, Dec 2, 5:30-7 p.m.
Omaha, Mon, Dec 15, 5:30-7 p.m.

Explore how to help adopted and foster children understand and claim their story. Learn strategies for all ages, address difficult issues with openness and support healthy identity development.