



# Resource Parent Curriculum



## Caring for Children Who Have Experienced Trauma:

A Workshop for Resource Parents

The workshop will be held on-line via Zoom,  
Next group is starting  
**January 11, 2023**

It will be held on  
**Wednesdays**  
**from 9 to 11 am.**

**Facilitator: Zlatina Kostova, PhD**

**Co-facilitator: Zina Fernandez**

To participate, please  
**sign up on:**

<https://arcsapps.umassmed.edu/redcap/surveys/?s=LLKWHN389E>

*If you are interested in RPC group, but these dates do not work for you – feel free to sign up and leave your availability for later groups.*

For more questions please email:  
[zlatina.kostova@umassmed.edu](mailto:zlatina.kostova@umassmed.edu)

Or call (774) 243-4683 (voice message)

*A Resource Parent is a caregiver of a child associated with the welfare system, international adoption or a private agency. A Resource Parent could be a licensed foster parent, adoptive parent or an adult caring for a child of a relative or friend.*

### What is RPC?

The Resource Parent Curriculum is an **8-session course** (16 hours of credit) that provides support and helpful tips and tools for parents who are raising children who are in, or have been in, the child welfare system or institutional care.

### What makes RPC Useful?

Children or youth who cannot remain safely at home with their birth families are often placed in the homes of relatives, licensed foster parents or adopted. Many of these children have lived through traumatic experiences that affect their behaviors, feelings and attitudes. A child's history can make taking care of them on a day-to-day basis challenging and sometimes stressful. Once a resource parent understands why a child behaves the way he or she does, it can be easier to provide the support and care a child who has suffered from trauma needs.

### Who can sign up?

RPC is designed for families that currently have a child in their care. The curriculum provides time each session for parents to discuss a particular child in their care and try out new skills tools that will reduce the stress of parenting a child who has experienced trauma.