



SUPPORTING OUR ANCHORS NEWSLETTER



MARCH 2026

During March we highlight *Social Work Month*, *National Nutrition Month*, and *Women's History Month*. We celebrate the social workers who support children and families, every day. We also recognize the importance of healthy food and habits in helping kids grow and thrive. We honor the women whose strength, leadership, and care continue to make a difference in our communities.

Click on the images below for resources and more information!



FEATURED TRAINING



Staying Anchored: Diving Deeper

Nutrition Matters: Addressing Eating & Food Issues in Foster Care

March 10 | Tuesday | 6:30–7:30PM



JOIN US FOR A VIRTUAL TRAINING SESSION



Nutrition Matters Addressing Eating & Food Issues in Foster Care

Foster Parent College Course Highlight
Explore common eating and nutrition challenges for foster children and understand practical ways to support healthy habits. This session will include an interactive discussion with a Registered Dietician.

Scan QR code to register

Questions? Email dcyf.rds@dcyf.ri.gov



DAYLIGHT SAVING TIME BEGINS



RE
MI
ND
ER



Resource Family Training

TRAININGS AND GROUPS



Communities for People

Families for Children Foster Care Services

We are hosting a program opportunity for all resource families

Secondary Trauma and Self Care

Presented by Ken Monroe and Tamera Garlington, Program Clinicians- Foster Care and Support Services



EVENT DETAILS:
 March 18th 6:30pm
JOIN US in person:
 623 Atwells Avenue, Suite 201,
 Providence, RI

Please RSVP intent to participate by emailing Awatson@c4p.org
 *Adults only





Paul V. Sherlock Center
 On Disabilities / Rhode Island College

What Foster Parents Need to Know About IEPs and 504 Plans

Hosted by the Paul V. Sherlock Center on Disabilities, this training helps foster parents understand IEPs and 504 Plans, the educational rights of children in their care, and how to advocate for appropriate school supports. Participants will gain practical tools to work with school teams and help meet their child's academic and emotional needs.

Thursday, March 19th
 English: 6:00 p.m.
 Spanish: 7:00 p.m.
 1268 Eddy St.
 Providence, RI 02905

Questions:
 Daniel Keith
Dkeith@childandfamilyri.org
 401-426-0173

Register Early To Enter Our Raffle
 Visit: www.IEP504RI.eventbrite.com
 Click: Reserve & Sign-Up

SUBSTANCE USE AWARENESS TRAINING

Friday, March 27th
 12:00PM-1:30PM

610 Manton Ave.
 Providence



THE GRODEN NETWORK
 Groden Center - Cove Center - Halcyon Center

Call Amy to register 401-996-6521

TANTRUMS? BEDTIME HASSLES? CHILD NOT LISTENING?

PARENTING GROUPS AVAILABLE

FOR CAREGIVERS WITH CHILDREN AGES 2 TO 9 YEARS



- help children be successful in school & well behaved at home
- solve problems like meltdowns, fighting & noncompliance
- improve your relationship with your children
- get social support from other parents
- feel more confident & less stressed as a parent
- Call 793-8734 for more information

Virtual groups starting in March, 2026:

- Toddlers: Mondays at noon
- Preschoolers: Thursdays at 8pm
- School age: Fridays at noon
- NEW! Baby groups starting soon




FOSTER CARE CONNECTION RI
 A Collaboration Built For Foster Families





BECAUSE FOSTERING HAS ITS CHALLENGES

A Circle of Parents support group for Foster Parents

A place for foster parents to be seen, heard, and understood

You don't have to do this alone

Real Experiences
 Real Support

JOIN US ON THE LAST THURSDAY OF EVERY MONTH

THURSDAY, FEBRUARY 26TH
 6:00 P.M. VIRTUAL

THURSDAY MARCH 26TH
 6:00 P.M. VIRTUAL

For more information:
 Daniel Keith
 401-426-0173
Dkeith@childandfamilyri.org

PLEASE CLICK



TO LIKE AND SHARE
OUR
BE AN ANCHOR
FACEBOOK PAGE.

Please help us
spread the word
about the need for
more resource
families by sharing
the upcoming
information
sessions.



FOSTER CARE RECRUITMENT



FOSTER GROWTH



JOIN US AT A
FOSTER CARE
INFORMATION
SESSION TO
LEARN MORE

Saturday
March 14th
10:00AM
in Warwick



March Information Sessions

Thursday, March 11th 6:00-8:00PM

Adoption RI [Virtual](#) Foster Care Information Meeting

Email: aforte@adoptionri.org to register.

Saturday, March 14th 10:00-11:00AM

In-person at at Girl Scouts of Southeastern New England,
Warwick, RI [Register here](#)

Thursday, March 26th 5:30-6:30PM

DCYF [Virtual](#) Foster Care Information Session.

[Register here](#)

Questions? Email: dcyf.rds@dcyf.ri.gov



LOOKING AHEAD



SPRING 2026 | April – June

Staying Anchored: Diving Deeper

Virtual trainings for Rhode Island resource families, hosted by DCYF staff and Resource Family Peer Mentors. Each session explores key foster care topics through discussion and practical learning, while fostering connection and support. Training sessions use a variety of formats, including guest speakers, Foster Parent College highlights, and a mix of new and familiar foster care topics.



April 9 | Thursday | 6:00–7:30PM

Prudent Parenting & Normalcy in Foster Care (English & Spanish)

Learn how to support children’s everyday experiences while promoting normalcy and developmentally appropriate independence.

April 14 | Tuesday | 6:30–7:30PM

Attachment in Foster Care: Understanding & Supporting Children (English & Spanish)

Explore attachment styles and practical strategies to strengthen connections with children in foster care.

May 12 | Tuesday | 6:30–7:30PM

Virtual Anchor Appreciation Night

Celebrate the vital role of resource families and connect with peers and program staff.

June 9 | Tuesday | 6:30–7:30PM

The First Day: Navigating a New Foster Care Placement

Learn practical tips to help children feel safe and supported during their first day in a new home.

June 18 | Thursday | 6:00–8:00PM

Nuts & Bolts of Foster Care and the Office of the Child Advocate (English & Spanish)

Gain a clear understanding of the essential policies, procedures, and responsibilities involved in foster care placements. This session will also include a brief presentation from the Office of the Child Advocate highlighting its role and responsibilities in supporting children and families.

REGISTER HERE:

<https://StayingAnchoredMonthlyDCYFTraining.eventbrite.com>



These sessions focus on attachment, everyday decision-making, and practical guidance, while also creating space to connect and be appreciated.

All sessions count toward required foster care re-licensure training hours

Questions? Email dcyf.rds@dcyf.ri.gov



2026 Resource Family Training
Second Quarter - April-June



RESOURCES



STRENGTH IN FAMILIES

MONTHLY GROUP OFFERINGS

Tuesday, March 3rd
Strength in Fathers
Support group for all fathers and father figures
Meets virtually on Zoom
Time: 6:30-7:30pm

Tuesday, March 10th
Strength in Caregivers
Caregiver support group for adoptive, foster, kinship, and guardianship caregivers
Meets virtually on Zoom
Time: 6:30-7:30pm

Tuesday, March 17th
Strength in Families
Caregiver and child between 7 and 11 years old
Parent/Caregiver and child group focused on attachment, connection and resiliency.
Meets in person at Adoption RI (a light meal is provided)
Time: 5:30 to 7:00pm

Tuesday, March 24th
Strength in Families
Caregiver and child 12 years and up
Parent/Caregiver and child group focused on attachment, connection and resiliency.
Meets in person at Adoption RI (a light meal is provided)
Time: 5:30 to 7:00pm

If you are interested and / or have any questions, please reach out to supportinfo@adoptionri.org or 401-865-6000 ext.310



ADOPTION RHODE ISLAND

BEHAVIORAL HEALTH & WELLNESS



MONTHLY GROUP OFFERINGS

Branching Out

Thursday, March 5th and Thursday, March 19th
Group for Teens (age 14 years and up)
Focus on coping skills, resiliency, emotion regulation, social skills and community building

Meets in person at Adoption Rhode Island (a light meal is provided)
Time: 5:30-6:30pm

Thursday, March 12th and Thursday, March 26th
Group for Pre-Teens (11 to 14 years old)
Focus on coping skills, resiliency, emotion regulation, social skills and community building

Meets in person at Adoption Rhode Island (a light meal is provided)
Time: 5:30-6:30pm

If you are interested and / or have any questions, please reach out to supportinfo@adoptionri.org or 401-865-6000 ext.310



ADOPTION RHODE ISLAND

BEHAVIORAL HEALTH & WELLNESS

VISIT OUR COMMUNITY PARTNERS TO LEARN MORE ABOUT SUPPORT THAT IS AVAILABLE TO YOU!



The Heart Tree



Foster Forward



Adoption RI



Home | RI Village