



**MILITARY CAREGIVING**  
Military Families Learning Network

## VIRTUAL LEARNING EVENT

October 28, 2015 @ 11:00 a.m. Eastern



### Rethinking! Creating New Strategies to Build Trust & Credibility

#### REIMAGINE YOUR SKILLS

The Military Caregiving concentration area of the Military Families Learning Network (MFLN) will offer a three-part virtual learning event (VLE) for military service providers, focusing on foundational tools for professionals working with military family caregivers. Centered on a theme of reenergizing and rejuvenating personal and professional growth, this FREE web-based learning opportunity is open to the public and is structured to provide a professional conference experience with colleagues in caring disciplines. Each session will be 90-minutes and will provide an opportunity to engage with colleagues and presenters virtually.

In Session #1, *'Rethinking! Creating New Strategies to Build Trust and Credibility'*, the training will examine strategies for helping professionals in promoting collaborative work with families. The focus will be on the role of the service provider in helping families manage expectations while accessing necessary services. Participants will learn strategies for communicating their role, connecting families with services and accessing additional expertise to address identified family needs.

#### REFLECT! MINDFULNESS EXERCISE

After each session, we will provide 15-20 minute audio files on mindfulness. The audio series is intended to help participants discover and observe their reactions to life's stressors and provide tools for responding effectively.

#### PRESENTER

Alicia Cassels, Extension Specialist and Assistant Professor at West Virginia University, has more than 20 years of combined teaching, counseling, program development, and administrative experience. In her current capacity, Cassels is responsible for directing programs and initiatives that meet the needs of civilian and military families with special needs, for the development of curricula and educational programs, the provision of training for Extension 4-H faculty, professionals and youth development volunteers, and managing the system of curriculum offerings for West Virginia University Extension 4-H programs.



#### CONTINUING EDUCATION

1.5 Continuing education credit will be available upon approval from the National Association of Social Workers (NASW) for credentialed participants. A certificate of completion will also be available for those interested in receiving training hours.

#### EVENT LOCATION

To join the webinar use the *'Event Location'* link below. The webinar is hosted by the Defense Connect System (DCS). Registration is required to join.

<https://learn.extension.org/events/2187>