

Understanding Culture in Foster Care/Adoptions

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Who will benefit from this workshop?

- Foster/Adoptive parents involved in trans-racial relationships with their children or birth families.
- People who work in organizations that care for children through Foster care or Adoptions as Social Workers, Individual / Family Counselors

What is the layout of this workshop?

- Approximately a 3-hour workshop that includes slides, worksheets, and interactive dialogue with each other and other participants.

What are the goals of this workshop?

- To provide language that will help bridge cultural gaps.
- To gain understanding about what is common to the culture of that child.
- Strengthen the bond between parent and child.
- To strengthen the parenting role by providing healthy communication tips so he/she can thrive and not just survive.
- Create opportunities for the parent to discover new ways to enhance self-care.
- To empower the participant to grow in self-awareness since our own cultural bent as a parent can impact the parent/child bond negatively.

In this racialized society of ours we tend to allow our differences to divide us. To increase morale and productivity in the workplace, community, or other relationships, we need to learn what we have in common so that we are a united people.

I believe self-awareness is the key to racial reconciliation because it allows us the ability to **respond** rather than **react** to the cultural differences around us.