



CB Support Group of Foster & Adoptive Parents

January

Our first Support group meeting in 2010 - we reviewed the new DHS Rules & Regulations.

As the group is starting over - we welcome all feedback and input as to how you want these meetings to occur, what do you want to learn and how do you want to get your information - all important for us to know so that we can best meet your training and support needs.

February Training Topic;

Building On Strengths; Boundaries (2hr Training Credits)

Foster parents are at high risk of becoming overwhelmed and disillusioned. We will focus on developing a greater understanding of healthy boundaries and how we can help teach healthy boundaries to our foster children.

Support Group Meeting Information

Feb. 18
Mar 18
Apr. 22
May 20
June 17

What's done to children,
they will do to society.
~Karl Menninger

Meeting location:

IWCC (Looft Hall)
2700 College Rd. Council Bluffs, IA
51503
Room 16 except on April 22 - Room 18

6:30 PM to 830PM

**Contact Person: Hector Villarreal
IFAPA Peer Liaison**

712-352-1299 / 1-877-352-1299

IFAPA-HectorV@q.com

[Look for Meeting invites on FaceBook!!](#)

Training News
IFAPA Spring Conference
March 5 & 6 (Ankeny, IA)

- IFAPA hosts a spring conference in March every year. Families are invited to come and meet other foster/adoptive families for a fun and informative weekend of training, networking, good food and prizes.
- The IFAPA Spring Conference offers many great training opportunities from experts in the field. Each training has been approved for foster parent training credit and many have also been approved for social work CEUs.
- IFAPA has added additional training spots in the conference CPR & First Aid classes for both Friday and Saturday. Send in your conference registration to reserve your spot.
- View the conference brochure @ www.ifapa.org/training/ifapa_conference.asp

Training Info..

- **CPR & First Aid Classes filling up fast!!**
- IFAPA's CPR & First Aid Training classes are presented by CPR & First Aid Certified Trainers and have been approved by DHS as an approved Training for foster parents.
- Space is extremely limited in this course, so please sign up early to ensure your spot in class.
- The cost for this class is \$25 per person (non-refundable). Payment is due at least two weeks prior to class.
- Classes with openings;
 - 2/27 – Spencer
 - 3/5-3/6 – Ankeny (IFAPA Conference)
 - 3/6 – Davenport
 - 3/20 – Carroll
 - 4/17 - Dubuque / Waterloo
 - 4/24 – Sioux City
 - 5/15 – Davenport / Fort Dodge / Mason City
 - 6/5 – Council Bluffs
 - 6/19 – Cedar Rapids
 - 6/26 – Dubuque
- You must register by phone (800-277-8145 ext 1) at least two weeks prior to the date of the class.
- **Federal Tax Benefit Guide ...**
- The Federal Tax Benefit Guide for Foster and Adoptive Parents and Kinship Caregivers is now available from the National Foster Parent Association.
- The guide includes important tax information needed for the 2009 tax year - and is available at;
- http://www.ifapa.org/pdf_docs/2009_FederalTaxBenefits.pdf
- If you have any questions about the adoption tax credit, please contact Angela Stark (an IFAPA Resource Information Specialist) at 877-788-7255 or e-mail starkifapa@aol.com.
- *PLEASE NOTE: If you have additional tax questions, please contact your tax advisor. IFAPA staff cannot give personal tax advice to families.*

Order IFAPA Publication Online - NEW!

IFAPA publishes a variety of resource materials for foster, adoptive and kinship parents to assist them in understanding the Iowa Department of Human Services' system, as well as to sharpen their parenting skills. Visit the link below to view a list of FREE publications that can be downloaded/printed on your computer or can be mailed to you by completing our NEW online request form.

http://www.ifapa.org/resources/IFAPA_publications.asp