

# Total Thursday

## Tornado Thursday - Foster/Adoptive Parent Training

6-9 PM

Topics such as RAD, CPR, First Aid, working with birth families, ADHD and many other topics. Earn hours toward the 6 training hours required yearly for your licensing requirements.

Kris Millsap - Iowa KidsNet Licensing and Support  
RVSP to 319.360.5827 or kmillsap@fouroaks.org,

## Reaching Out - Foster/Adoptive Parent Support Group

6:30-8:30 PM

A mix of networking time, guest speakers and brainstorming solutions to common problems at home.

Lana Kelsey - Iowa KidsNet Post-Adoption Support  
RSVP to 319.431.4250 or lkelsey@fouroaks.org

## Elevate Meeting - Young Adults From Foster Care

6:30-8:30 PM

For anyone over age 13 who has ever been in foster care. Meetings feature guest speakers and opportunities to improve the foster care system. Transportation can be arranged by contacting Jackie.

Contact Jackie Hammers - Elevate  
RSVP to 319.354.0002 or jackie\_hammers@hotmail.com

## Cooking and Crafts - Youth Ages 7 - 13

6:30-8:30 PM

Birth, foster and adoptive children of foster and adoptive parents are invited to work with ISU Extension Office staff. We'll learn how to make healthy meals you can do yourself at home. Sample your delicious dishes before moving on to arts and craft time for the second half of the evening.

Julie Mather - IFAPA, Wendy Marner - Families Helping Families  
RSVP to 319.721.3311 or juliemather@aol.com

## Load up the crew and head to the Bridge for Total Thursday!

An evening of support, training, information and fun for both youth and adults - Total Thursday offers something for your whole family.

All meetings are held at the Four Oaks Bridge, 2100 First Ave NE, Cedar Rapids, on the third Thursday of every month. (Elevate also has an additional meeting on the first Thursday).

Pizza is available for \$1 a slice and a pop machine is available.

## Save the date for Total Thursday!

June 17  
July 15  
August 19  
September 16  
October 21  
November 18  
December 16  
January 20  
February 17