

Lunch & Learn

Building Bright Futures

Wednesday, February 26, 2025
12:00-1:00pm
Via Zoom

Join us as Kristine Cain, MA, LCPC, introduces us to Building Bright Futures, a nonprofit organization with the mission of providing comprehensive support and guidance in the areas of child and family development addressing the specific needs of young families raising children aged 0-3 years.

Presentation Highlights:

1. Background Information
 - a. Irreducible Needs of Childhood
 - b. ACE refresher
 - c. Stress and Brain Development
2. Parent
 - a. Challenges they face in parenting
 - b. Barriers to getting help
3. Building Bright Futures Services
 - a. Courses and Workshops
 - b. Individual/Couples/Family Counseling
4. Sample from Mindful Parenting Course
 - a. Cycle of Disconnection

Continuing Education Units available for Certified Domestic Violence Professionals (CDVP) and Certified Partner Abuse Intervention Professionals (CPAIP)
CEUs provided by Guardian Angel Community Services

To register, visit

<https://us06web.zoom.us/meeting/register/d48eGeBdRgWar8QSVfWmBA>



Questions? Contact Amirrah Abou-Youssef, Local Council Coordinator, at
amirrah@il12thcourt.gov