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### **2019 Monthly Staff Training Seminars**

CISS Respite Caregivers who are actively employed are invited to attend up to three paid monthly staff trainings per year (within their maximum 40 hours per week allowed). Once they have attended three trainings in a calendar year, they may choose to attend more sessions on a voluntary, unpaid basis if there is room in each class. Pizza, drinks and salads are provided during each training.

**Location:** CISS Training Room in **Suite 218 (New!)**  
**Date:** 4<sup>th</sup> Wednesday of each month, unless otherwise noted  
**Time:** 6pm-8pm. Arrive as early as 5:30pm to socialize with other staff and eat.  
**RSVP:** **Required** - Online at <http://islandsocialservices.org/rsvp/> or call HR at (805) 384-0983 x0

**Format:** Each session will start on time at 6:00pm and include informal presentations from experienced speakers including CISS admin, parents, community members, and other Respite Caregivers. The meeting will end with an open Q&A and sharing session.

*RSVPs are on a first-come first-serve basis.*

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### **2019 CISS Respite Caregiver Seminars** *(Topics may change. Reference our website for updates)*

Jan. 23	Importance of Self-Care, Goals and Professional Boundaries
Feb. 27	Who Do You Work With? Overview of Who Is Eligible for Respite Support
Mar. 27	Best Practices for Providing Personal Care
April 24	What are You Trying to Tell Me? Behavior as a Form of Communication
May 22	From “Non-Speaking” to Author - A Family’s Journey to Help their Child Communicate
June 26	Basics of Crisis Intervention Principles – Overview and Tips
July 24	Supporting Individuals Dually-Diagnosed (Developmental Disabilities & Mental Illness)
Aug. 28	Caring for Someone with Epilepsy and Seizures - Refresher
Sept. 25	Words and Behaviors Matter – Harassment and Bullying
Oct. 23	Promoting Independent Living Skills During Respite Care
Nov. 27	Lifespan Caregiving – Puberty and Hormones
<b>Dec. 5</b>	<b>All Staff Meeting – 5:30pm Dinner. 6pm-8pm meeting. <i>Date is tentative. Location TBD</i></b>

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