

NORTH DAKOTA

FOSTER OR ADOPT

Foster Care Provider Training

Topic

Fostering Healthy Boundaries and Body Awareness

This session will emphasize the importance of teaching children to understand and respect personal boundaries—their own and others'. By fostering body awareness and encouraging open communication, children gain the confidence to express their needs and limits. These skills not only help prevent potential harm but also support healthy self-esteem and relationships throughout life.



February 19,
2026



7-8 p.m.
CT



Online via
Zoom



[Register here](#)

*Link will be emailed after registration is completed.

The UND Children and Family Services Training Center offers a monthly one-hour virtual training as part of the recruitment and retention contract with Health & Human Services.

**1 credit
hour**