



NEWS RELEASE

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For Immediate Release

Seasons Center to Host Trainings for Foster Families

Spencer, IA – During March 2020, Seasons Center for Behavioral Health will be hosting two installments of a training called “WISE Up: A Training for Foster Families.” This is a free, two hour training for foster parents and school-aged children to learn how to answer questions about their foster story. Everyone’s story is unique, personal, and theirs to share (or not).

“The goal of this program is to empower kids and families to tell their family story in a way that’s right for them, and most of all, for kids to feel proud of their family. WISE-UP is a toolbox to do that,” said Sandy Pelzer, Therapy Specialist at Autumn’s Center. “We know that many misperceptions or myths about foster care persist on the importance of these trainings. We also know that most kids and parents in foster families often get asked insensitive questions or hear hurtful comments, and we want to support them and prepare them for these uncomfortable situations.”

The first training will be held Monday, March 16, 2020, from 5-7 PM at the Sioux Center Seasons office (147 S Main Ave, Sioux Center, IA 51250). This event will be led by Nikki Van Ginkel, LISW and Maggie Greving, LISW of Seasons. Register for this training at <https://bit.ly/2ldXgf6>.

The second training will be held Tuesday, March 24, 2020, from 4 to 6 PM at Autumn’s Center (120 E 5th St, Spencer, IA 51301). This event will be led by Sandy Pelzer, LISW and Rachel Thyberg, LMSW of Seasons. Register for this training at <https://bit.ly/2wYbiio>.

Nikki Van Ginkel, Director of Family Support Services stated, “We’re really excited to be offering this unique training for foster families in our community to learn how to navigate the challenges of what, when, and how to share about their foster story in an empowering way.”

To learn more about this training offered by Seasons, contact Nikki Van Ginkel, Director of Family Support Services, at 1.800.242.5101 and visit Seasons Facebook Page at <https://www.facebook.com/SeasonsCenterForBehavioralHealth/>.

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Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community’s economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons’ services, please visit www.seasonscenter.org or call 1-800-242-5101.

Avera is a regional partnership of health professionals who share support services to provide excellent care at 300 locations in 100 communities in eastern South Dakota and surrounding states. Our ministry, our people and our superior values distinguish Avera. We carry on the health care legacy of the Benedictine and Presentation Sisters, delivering care in an environment guided by our values of compassion hospitality and stewardship. Avera employs more than 13,500. Inpatient, outpatient and clinic visits totaled nearly 2.5 million in the last year, a number equal to more than twice the population of the Avera service area. For more information please visit www.avera.org.