



EQUIPPING CONFERENCE

OCTOBER 25, 2025 | 8:45-4:00

NEW LIFE REFORMED CHURCH | 232 16TH ST SE, SIOUX CENTER

**9:00-
10:30**



**DR. LAURA
HEITRITTER**
DR. OF EDUCATION &
SPECIAL EDUCATION
STRATEGIST

Parents and foster parents play a vital role in helping schools and teachers support children who were adopted or are in foster care. This session will focus on parent advocacy and ways to create positive learning experiences for children who may face unique challenges at school.

**10:30-
12:00**



**DR. LEAH
MOUW**
ASSISTANT PROFESSOR
OF SOCIAL WORK & BSW
PROGRAM DIRECTOR,
DORDT UNIVERSITY

Leah will talk about the neuroscience of shame and explore how this powerful emotion affects children's developing brains. She will also discuss ways parents can mitigate the negative impact of shame and foster positive neural pathways for their children's emotional health.

**12:30
-2:00**



**STEPHANIE
ADAMS**
MSW, LISW RENEW
COUNSELING LLC

Stephanie Adams has practiced as a clinical social worker for 15 years. She will speak on the importance of your emotional health and well-being as a parent. In an interactive format, she will demonstrate and lead participants through mindfulness strategies they can implement in their daily lives. Parents and caregivers will learn to address their needs and prioritize personal health responsibilities while caring for their children's well-being.

**2:00-
3:30**



**DARCIE VAN
VOORST**
LMSW, THERAPIST,
TRAINER,
CONSULTANT

Stress and trauma have a major impact on our mental health by causing nervous system dysregulation. We will start by taking an in-depth look on the impact of stress and trauma on the nervous system. Drawing on practices from somatic therapy, breathwork, mindfulness, and other holistic approaches, participants will learn how to shift their nervous system from survival mode into a state of safety and connection. Although mental health challenges are challenging, the solutions don't have to be. This session will be both informational and experiential.

**EACH SESSION QUALIFIES FOR
FOSTER CARE HOURS. LUNCH WILL BE
PROVIDED. NO ON-SITE CHILDCARE.**



SIGNUP HERE:

ADVOCATE. EQUIP. LOVE. ADVOCATE. EQUIP. LOVE.