

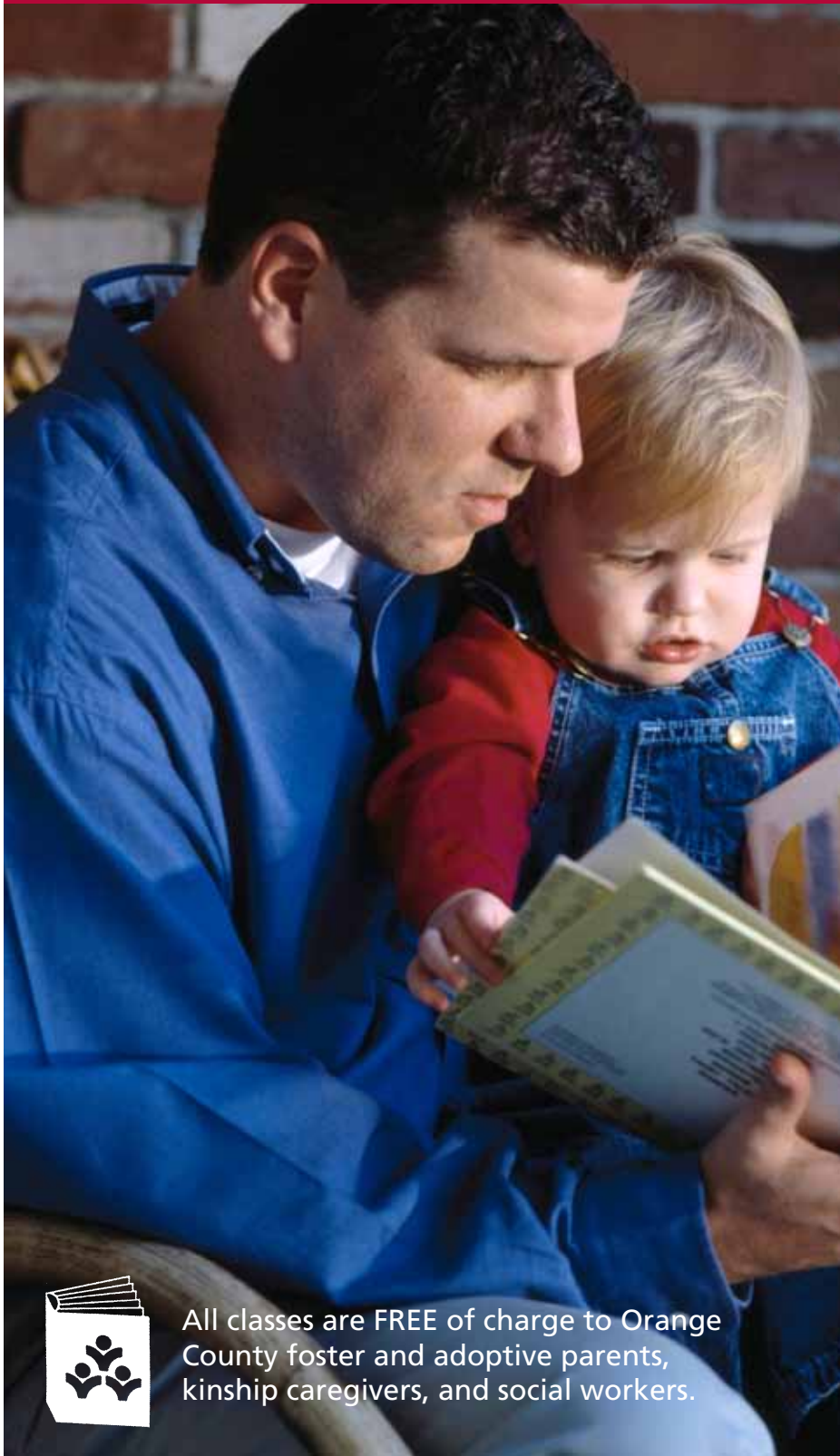
FOSTER & KINSHIP CARE EDUCATION



A PROGRAM OF THE CALIFORNIA COMMUNITY COLLEGES CHANCELLOR'S OFFICE

January - June 2010

The more we know, the more they grow



Training Events

Attachment Parenting	1
CPR/First Aid	2
PRIDE workshops	4
The Prenatally Substance-Exposed Child	4
Understanding the Child with O.D.D.....	8
CRIS Software	9
Saddleback College Specialized Training	10

Monthly Workshops & Support Groups

Support Groups	7
Anaheim	3
Buena Park	5
Garden Grove	6
Huntington Beach.....	7
Irvine	8
Lake Forest	9
Los Alamitos	10
Mission Viejo	11
Santa Ana	12
Yorba Linda	13
Español	14



All classes are FREE of charge to Orange County foster and adoptive parents, kinship caregivers, and social workers.



Nicole Loftus, Director
 nloftus@saddleback.edu
 (949) 582-4884

Welcome

On behalf of the trainers and staff here at the Saddleback College Foster and Kinship Care Education Program (FKCE), I would like to extend a warm welcome to those of you joining us for 2010 January-June classes. We are looking forward to reaching out to current and future foster parents and caregivers like yourself to offer FREE, quality education and support opportunities that help you meet the educational, behavioral, emotional, and developmental needs of foster children. We are dedicated to bringing you and your family the support you need to thrive.

I am excited to say that our commitment to meet the rising needs and goals of foster parents and relative caregivers has resulted in an expansion of our training sites with 9 new locations across Orange County. We have also added 2 new support groups, developed new curriculum and topics, and have grown our expert training staff to meet growing demands. In this edition, we have included an easy reference map (inside back cover) of our training sites which are denoted by a corresponding letter. Also included are information on new training topics, monthly training and support groups, and a current list of important contacts.

Finally, I am thrilled to announce that Allison Maxon Davis, a renowned speaker on the topic of parenting will be conducting a FKCE training session at the Aliso Viejo Conference Center on Saturday, January 30th, 2010. This is a wonderful opportunity to learn from a national parenting expert and we know you will not want to miss it! Learn more about this event on the back page.

As we continue to enhance our program, please feel free to contact us with any questions or comments.

From all of us here at the Saddleback College Foster and Kinship Care Education Program, thank you for your dedication to these special children in our community. Every child deserves a loving home!

Sincerely,

Nicole Loftus, Director
Foster and Kinship Care Education Program
Saddleback College

I M P O R T A N T C O N T A C T S

FKCE Program Director.....	Nicole Loftus	(949) 582-4217	nloftus@saddleback.edu
FKCE Program Support	Lilia Peterson	(949) 582-4884.....	fkce@saddleback.edu
Foster Care/Adoptions	Information Line	1 (888) 871-5437	oc4kids@ssa.ocgov.com
Foster and Kinship Care Liaison	Joanna Hussey.....	(714) 704-8255	Joanna.Hussey@ssa.ocgov.com
Post Adoption Information	Social Worker	(714) 704-8000	Ask for Adoptions Officer of the Day
Foster Care Licensing.....	Social Worker	(714) 704-8000	Ask for Foster Care Officer of the Day
Olive Crest Relative Caregiver Program.....	Helen Lindsey	(714) 543-5437 X1211...	Helen-lindsey@olivecrest.org
Special Medical Program	Pam Young	(714) 704-8533	Pam.Young@ssa.ocgov.com
Dept. of Ed. Foster Youth Services.....	Betsy DeGarmoe	(714) 835-4909	betsy_degarmoe@access.k12.ca.us
Foster Care Auxiliary	Kathy Harvey.....	(714) 778-3383.....	www.FosterCareAux.com
Orangewood Children's Foundation		(714) 619-0200.....	info@orangewoodfoundation.org
24 Hour Child Abuse Reporting Hotline.....		1-800-207-4464	
Child Care Resources and Respite	Spring Wilson	(714) 245-0045	Spring.Wilson@newalternatives.org
Baby Gear Loaner Program	Kathy Harvey.....	(714) 778-3383.....	www.FosterCareAux.com
Independent Living Program	Irene Briggs	(714) 940-3965	Irene.Briggs@ssa.ocgov.com
OCKids (neurodevelopment assessments).....		(714) 939-6118	
CalOPTIMA questions		(714) 246-8500	
Help Me Grow (Resource Connections)		1(866) 476-9025	
Library Cards for foster children			www.ocpl.org
YMCA Foster Youth.....		(714) 852-6014	

Attachment Parenting

Please plan to attend all 3 sessions

Saturdays: February 6, 13, & 20, 2010

8 am - 3 pm

(Includes one-hour break for lunch)

**Instructed By: Sharon Landis, MSW
Margi McNelly, MFT
Nina Yamasaki, Foster Parent**

**Orangewood Children's Home – Classroom 5
401 The City Drive • Orange 92868**

*Please allow sufficient time to check-in with Receptionist
to obtain parking permit*

Most children in foster care have experienced disruptions in attachment formation due to child abuse, neglect and/or multiple placements. Traditional parenting, which relies upon strong bonds of attachment, does not work well for them.

Join us to understand life viewed through the eyes of a foster child and come learn how you can alter your parenting techniques to accommodate their unique life experiences and current needs.

Topics Include:

- Attachment Parenting
- Developmental Re-Parenting
- Therapeutic Parenting

These workshops are geared toward foster and adoptive parents, relative caregivers, and social workers. Receive 6 hours of class credit toward your licensing requirement for each workshop you attend.

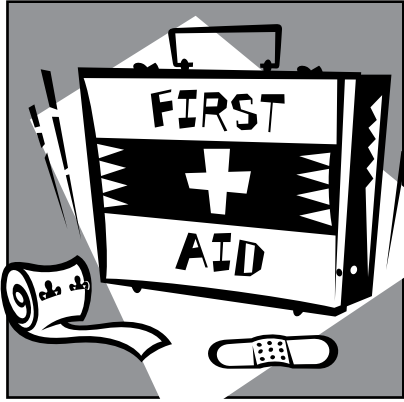
AGENDA

8:00 - 8:30 Registration
8:30 - 12:00 Workshop
12:00 - 1:00 Lunch Break
1:00 - 3:00 Workshop

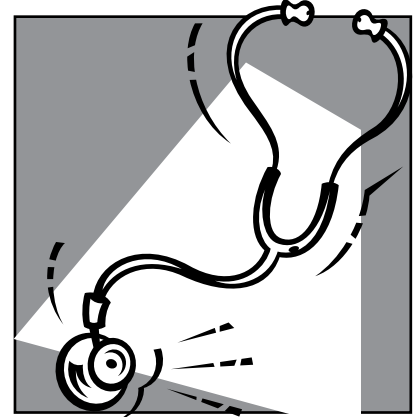


**To register or
questions, call
(949) 582-4884
or email: [fkce@
saddleback.edu](mailto:fkce@saddleback.edu)**

CPR & First Aid



This FREE workshop is restricted to foster and adoptive parents, kinship caregivers, and prospective foster parents currently enrolled in training classes. Participants will learn theory and implementation of the skills necessary to respond to an emergency. Successful completion of the workshop will qualify participants for the American Red Cross First Aid Certificate and the Infant, Child, and Adult CPR Certificate.



Laurie Vartanian, Certified Trainer

January 23 • 8:30 am - 2:30 pm
Grace Lutheran Church
6550 Fairmont Blvd.
Yorba Linda 92887

RENEWAL

February 27 • 8:30 am - 12:30 pm
Saddleback College
Classroom: Village 5 - 18
28000 Marguerite Parkway
Mission Viejo 92692

Luis Vásquez, Certified Trainer (Bilingual Classes)

SPANISH ONLY/ESPAÑOL

March 13 • 8:30 am - 2:30 pm
Manzanita Park Family Resource Center
1260 N. Riviera Street, Anaheim 92801

April 10 • 8:30 am - 2:30 pm
Magnolia Park Family Resource Center
11402 Magnolia Avenue, Garden Grove 92842

May 1 • 8:30 am - 2:30 pm
Downtown Anaheim Center, Weingart Room
250 East Center Street, Anaheim 92805



To register:
Call (949) 582-4884
or email fkce@saddleback.edu

Class size is limited. If you are unable to attend, notify the FKCE office ASAP so that parents on our waiting list are able to attend. It is recommended you wear comfortable clothing.



Foster Care Auxiliary of OC
333 S. Brookhurst
Anaheim 92804

Site Coordinator: Kathy Harvey

Meetings:

- **Specific Mondays**
- **9 am – 11 am**

Kathy Harvey

Kathy has been a foster parent for more than 20 years to over 40 children--many from the high-risk medical placement unit. She has been involved in the FKCE program for several years, and continues to learn and grow regarding the needs of foster families. Kathy is the director of the Foster Care Auxiliary, offering support and resources to foster families in Orange County, and is the administrative partner for Camp To Belong OC.

January 4 • Running Away

Each year 800,000 children between the ages of 10 and 18 run away from home and are reported missing – that’s one out of seven kids! The discussion will include different types of running away behavior with foster and adoptive families, what parents can do to prevent it, and how they can promote more positive behavior.

February 8 • Lying and Stealing

Why do youth steal and lie? Is it to fill a void in their life or a need for immediate gratification? Learn the most effective ways to address your child’s lying and stealing behavior.

March 8 • Wetting & Soiling

The participants will gain an understanding of the underlying reasons for wetting and soiling behavior, signs and symptoms of behavior tendencies, and actions parents should take to help.

April 5 • Eating Disorders

The participants will gain understanding of the underlying reasons for eating disorder behavior, signs and symptoms of the disorder, and actions parents should take to help.

May 3 • Fire Setting

The participants will gain understanding of the underlying reasons for fire setting behavior, signs and symptoms as evidence of the behavior, and actions parents should take to help.

June 7 • Sleep Problems

The participants will gain understanding of the underlying causes for sleep problems, as well as, signs and symptoms of the disorder, and actions parents should take to help.

Western Youth Services Center
505 N. Euclid St.
Anaheim 92801

Site Coordinators: Gabriela Alvarado & Steven Sproule

Meetings:

- **2nd Tuesday each month**
- **6 pm – 9 pm**
- **Bi-lingual**

Lili Perez-Stroud

Lili is a graduate of CSU Fullerton and assisted with the coordination of the FKCE and ILP programs at Cypress College. She was a kinship caregiver for 4 years and experienced in raising teenagers. Lili brings a wealth of information and knowledge to the series.

January 12 • Parenting Disruptive Children

This workshop will teach parents the reasons why children resort to behaving in a disruptive manner. Parents will learn methods on how to deal with disruptive behaviors in children.

February 9 • Keeping Kids From Becoming “One of the Gang”

Current issues of gang violence will be discussed. Explore the emotional and behavioral issues faced by children who join gangs and examine ways that caregivers can manage issues as they arise.

March 9 • Teaching Executive Skills

How can we help children overcome such common problems as forgetfulness, disorganization, and impulsivity? We will use recent research into brain development to help adults understand core, brain-based habits—executive skills—to prioritize, get organized, stay focused, and control one’s emotions. This workshop provides information to help even preschoolers develop these skills.

April 13 • Domestic Violence – Emotional Effects

Discussion will center on current issues of domestic violence. Explore the emotional and behavioral issues faced by children of domestic violence and examine ways that caregivers can manage issues as they arise.

May 11 • How to Survive the Teen Years

Learn tips on dealing with teenagers. Understand the day-to-day pressures and temptations they face, including substance abuse, peer pressure, gangs, and sexual identity.

June 8 • Dealing With Loss and Grief

How to honor feelings when a person moves on will be the focus of this workshop. How does one deal with depression, stress, anxiety, anger, bereavement, and loneliness when struggling with loss? Learn how to focus on maximizing the quality of life for a positive resolution to one’s grief.



Caring for the Prenatally Substance-Exposed Child

Monday, April 12th & 19th
6:30 - 9:00 pm

Presented By: Bettyann Welland, R.N.

This workshop will address:

- Long-term effects on children whose birth parents are substance abusers
- Physical exposure and emotional impacts that a parent's addiction has on the child
- Commonly seen street drugs and how they affect the developing fetus
- How to care for the prenatally substance-exposed child

SADDLEBACK CHURCH
1 SADDLEBACK PARKWAY
LAKE FOREST 92630

I'm considering fostering or adopting a child...where do I begin?

Once prospective parents have attended an orientation meeting, the next step in the licensing process is to complete a "Parent Resources for Information, Development, and Education" (PRIDE) six-week course.

2010 PRIDE Schedule

Series 1: Wednesdays • 6:30-9:30 pm
January *13, 20, 27 and
February 3, 10, 17

Series 2: Thursdays • 6:30-9:30 pm
May *13, 20, 27 and
June 3, 10, 17

*NOTE: Mandatory orientation from 5:30-6:30 pm on
January 13 and May 13

To register for either PRIDE series,
contact Lynn Young at (949) 609-8418
or email lynny@saddleback.com

Saddleback Church
1 Saddleback Parkway
Lake Forest 92630

*If you are considering fostering or adopting but
unable to attend these classes, please call the
number below for other times and locations:*

1 (888) 871-KIDS
1 (888) 871-5437



BUENA PARK

SUPPORT GROUP

Call (949) 582-4884 for more information

- Meetings:
- 4th Monday each month
 - 7 pm – 9 pm



Nancy Tello-Vanegas

Nancy has been educating children for over 25 years; from teaching elementary school in her native country, teaching English as a Second Language in the local school district, to tutoring and educating Spanish speaking parents. She has been a foster parent for over 9 years and has experience raising teenage boys. Nancy has been trained in the PRIDE Series.

January 25 • Welcome meeting for new support group

After an icebreaker activity, introductions, and parent highlights, groups will share experiences, ideas, and expectations from support group with educational component goal. How to support each other, use available resources, find solutions to everyday challenges, become more educated, and recognition of goals will be shared at this support group.

February 22 • OCD, Bipolar, Depression, ADD/ADHD

Kimberly Mounsey, M.A.

Become informed about clinical disorders. Learn how to recognize them and the signs associated with them. You will be given tips and techniques to begin addressing these disorders.

March 22 • THE MAGIC OF FAMILY

Sharing responsibility, building communication, and managing time so that all family members enjoy more time together, and individually, will be the focus of this training session.

April 26 • Suicide Prevention

Chuck Peterson, Certified Trainer

What is the difference between sadness, grief, and depression? When does it become a dangerous situation? What can a foster parent do to help children who are considering suicide? The participants will gain understanding of the underlying reasons for the behavior, signs and symptoms of the behavior, and what to do to help.

All classes are FREE to Foster and Adoptive Parents, Kinship Caregivers and Social Workers. Class credit hours apply toward county and state licensing requirements. For translation services, or if hearing impaired, register at least one week prior to class to advise us of your particular needs. Classes with low enrollment are subject to cancellation.

May 24 • Social Skills 101

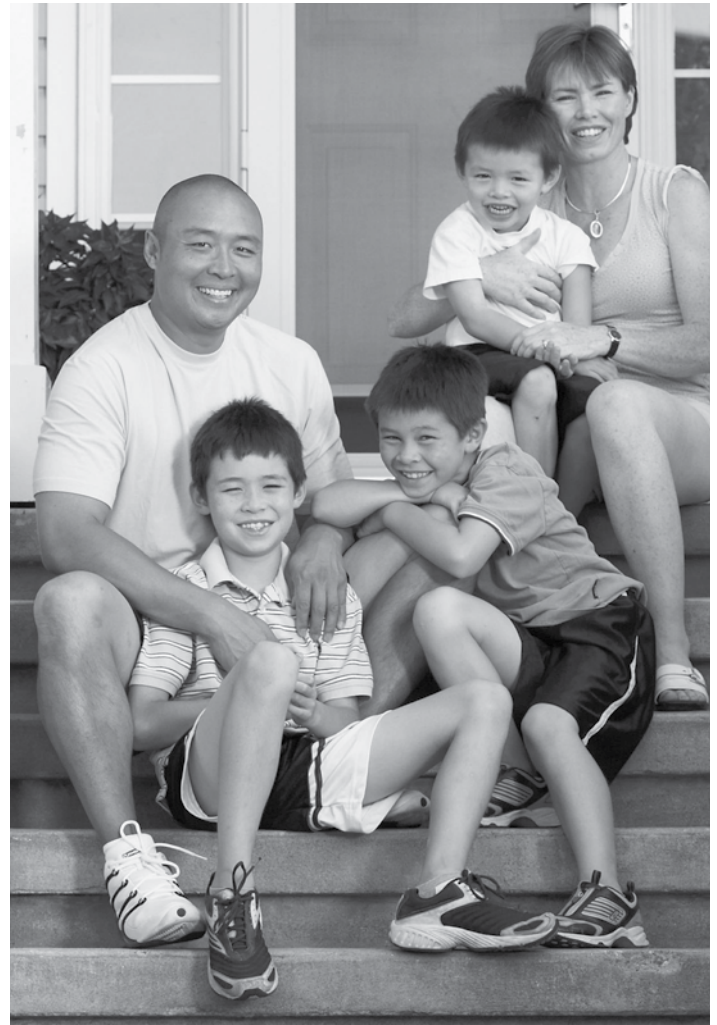
Sixteen basic social skills will be introduced. Parents will learn how to teach social skills in a specific order so that one may use them to get along with others and make appropriate decisions in social situations. Preventative teaching versus corrective teaching will be discussed.

June 14 • Relationships & Keeping Your Marriage Strong

Kimberly Mounsey, M.A.

This workshop addresses keeping your marriage strong for yourself and the children you are raising. Learn how to understand your partner better. Discover resolution tips and techniques to assist in guarding against conflict.

(Please note this workshop takes place on a second Monday)



Parenting with a Purpose

January 30, 2010 • 9:00 am - 3:30 pm

See back cover for more information



B GARDEN GROVE

**Magnolia Park Family Resource Center
11402 Magnolia Avenue
Garden Grove 92842**

Site Coordinator: Claudia Valdiza-Alvarez

Meetings:

- 3rd Tuesday each month
- 6 pm – 9 pm

Kelly Grimes

Kelly has been involved in the FKCE programs for over 10 years. She was a kinship caregiver for 13 years and has experience with raising teenagers. She was responsible for the coordination of the FKCE and ILP Programs at Cypress College. She has a Master's Degree and has been trained in the PRIDE, Traditions of Caring, and Off-Road Parenting series. Currently, she is on the Guardian Scholars Advisory Committee.

January 19 • Children from Meth-Addicted Families

The illegal use of methamphetamines is a serious and rapidly growing problem for using adults and children born to meth-using parents. This workshop is designed to help you recognize children affected by meth users. If you are working with a child who has lived in a meth environment, this workshop will help you understand the child's behavior.

February 16 • Getting Along With Others

The best news is that the skills of social competence are learned, and the best place to learn those skills is in the home. This workshop has dozens of simple techniques and activities to help kids get along. Learn about problems and inabilities in developing friendships, social etiquette, social confidence, responding to meanness, bullying, and teasing.

March 16 • Survival Skills for the Transition Hour

Parents often need to be reminded that most kids find transitions difficult to cope with, in part, because coming home follows a full day of transitions and the stressors of self-control. Learn tips for dealing with the time period between getting home and getting dinner served.

April 20 • It Takes A Village

Parents will explore the importance of supporting family connections and family continuity, regardless of expected outcomes, such as long-term foster care, adoption, or guardianship. Parents will learn ways they can "stay connected" to improve their self-esteem, personal identity, and cultural identity while strengthening family relationships.

May 18 • Freedom

This class will assist you in helping your foster youth learn and develop independent living skills to transition into adulthood. Have you considered discussing college, job skills, education, and available resources? You will learn key concepts that provide a wealth of information about dealing effectively with your foster youth taking control of his/her life.

June 15 • Developing an "I Can" Attitude

Learn ways to help your children learn to believe in themselves. Often, foster youth do not have a strong foundation for success in school and life. Use positive practices of discipline that effectively change misbehavior while still protecting their self esteem.

All classes are FREE to Foster and Adoptive Parents, Kinship Caregivers and Social Workers. Class credit hours apply toward county and state licensing requirements. For translation services, or if hearing impaired, register at least one week prior to class to advise us of your particular needs. Classes with low enrollment are subject to cancellation.





HUNTINGTON BEACH

SUPPORT GROUP

Call (949) 582-4884 for more information



- Meetings:
- 2nd Wednesday each month
 - 7 pm – 9 pm

This training support group is specifically designed for relative caregivers and long-term foster parents who have youth with psychiatric needs.

Rhonda Holden

Rhonda is a relative caregiver for her pre-teen and teen granddaughters. She is co-founder of "Squeaky Wheels for Equal Access," a non-profit organization, using film to raise awareness of the challenges of physical disabilities and mental disorders.

January 13 • Welcome Meeting for New Support Group

Come hear new information with practical tips and coping strategies in dealing with youth with psychiatric needs.

February 10 • Clinical Disorders

Kimberly Mounsey, M.A.

Become informed about clinical disorders. Learn how to recognize them and the signs associated with them. You will be given tips and techniques to begin addressing these disorders.

March 10 • When the @\$#! Hits the Fan—Should You Order Out?

Shannon Crotts, LCSW

Uncovering coping strategies for those difficult times. Learn essential knowledge, tools, and skills to help you become a successful and effective caregiver.

April 14 • Suicide Prevention

Chuck Peterson, Certified Trainer

What is the difference between sadness, grief, and depression? When does it become a dangerous situation? What can a foster parent do to help children who are considering suicide? The participants will gain understanding of the underlying reasons for the behavior, signs and symptoms of the behavior, and what to do to help.

May 12 • Who is Going to Cook when you flip out?

Michael Folsom, School Psychologist

How to not only survive the storms, but come out better prepared for the next one—Yes there will be a next one!

June 9 • Relationships & Keeping Your Marriage Strong

Kimberly Mounsey, M.A.

This workshop addresses keeping your marriage strong for yourself and the foster children you are raising. Learn how to understand your partner better. Discover resolution tips and techniques to assist in guarding against conflict.

All classes are FREE to Foster and Adoptive Parents, Kinship Caregivers and Social Workers. Class credit hours apply toward county and state licensing requirements. For translation services, or if hearing impaired, register at least one week prior to class to advise us of your particular needs. Classes with low enrollment are subject to cancellation.

SUPPORT GROUPS

CITY	SUPPORT GROUP LEADER	PHONE
Buena Park	Nancy Tello-Vanegas	(949) 582-4884
Fountain Valley	Sallie Miller	(714) 848-2558
Huntington Beach.....	Cindi Bradbury/single foster parents	(714) 588-4316
Huntington Beach.....	Rhonda Holden	(949) 582-4884

**Orange County Fire Authority
1 Fire Authority Road
Irvine 92602**



Site Coordinator: Maura Monk

- Meetings:**
- 3rd Wednesday each month
 - 6 pm – 9 pm
 - Board Breakout Room

Arnette Edwards

Arnette has a Master’s Degree in Counseling and a Bachelor’s Degree in Human Services. She assisted with FKCE and ILP programs at Cypress College. Arnette was a kinship caregiver and has experience raising teenagers and working with teen mothers.

January 20 • Domestic Violence – Emotional Effects

Focus will be placed on current issues of domestic violence. It will explore the emotional and behavioral issues faced by children of domestic violence and examine ways that caregivers can manage issues as they arise.

February 17 • Positive Discipline

Parents will learn the effective means of providing guidance and discipline, plus discussion to reinforce the agency’s policy on discipline. It is important to set goals for achieving positive results and to also understand what influences our methods of discipline. Discussion will include how to meet the challenges of foster or kinship children who exhibit extreme or unusual behaviors.

March 17 • Anger Management

This workshop will provide information on signs and symptoms of anger. We will look at techniques to use that help manage and control “angry” feelings.

April 21 • Lying and Stealing

Why do youth steal and lie? Is it to fill a void in their life or a need for immediate gratification? Learn the most effective ways to address your child’s lying and stealing behavior.

May 19 • Dealing With Loss and Grief

How to honor feelings when a person moves on. The class will deal with depression, stress, anxiety, anger, bereavement, and loneliness when struggling with loss. Focusing on maximizing the quality of life, the goal is positive resolution of grief.

June 16 • Get Ready for the Summer

Learn about the various community services available for youth during the summer months. Have you already decided how to keep the kids busy during their vacation?



Understanding the Child with Oppositional Defiant Disorder (ODD)

PRESENTED BY: MARGI McNELLY, M.S., LMFT

Monday, February 1st & 8th • 6:30 - 9:00 pm

Does your child or teen have a continual pattern of these behaviors?

- Persistent temper-tantrums
- Angry and moody
- Disruptive behaviors
- Argumentative

Often associated with Attention Deficit Disorder (ADD), statistics show that two thirds of ADHD children develop ODD.

Seen frequently in association with these disorders are Obsessive Compulsive Disorder, depression, anxiety, and substance abuse.

Join us to address the challenges of parenting a child who has issues resulting from exposure to trauma, neglect, or abuse.

Learn the skills to:

- Distinguish when the parent or the child has “control”
- Guide them toward normal development
- Support the healing of their psychological wounds
- Understand parent/child role-plays that promote emotional growth through “real-life” experience

800 N. Eckhoff St. • Orange 92868

I LAKE FOREST

South OC Family Resource Center
23832 Rockfield Blvd., Suite 270
Lake Forest 92630

Site Coordinator: Cynthia Campos

- Meetings:**
- **2nd Wednesday each month**
 - **6:30 pm – 9:30 pm**
 - **Free childcare available**
Please advise when registering

Tina Fietsam

Tina Fietsam is a Licensed Clinical Social Worker, who has taught for more than 15 years, worked with homeless families and victims of domestic violence, and worked at a school with kids exhibiting the most difficult behavioral issues. Tina also served as a clinical director working with juvenile offenders. Tina has over 20 years experience working in the field of substance abuse with adolescents and adults who are incarcerated, on probation, or parole.

January 13 • Anger Management

This workshop will provide information on signs and symptoms of anger. We will look at helpful methods to manage and control “angry” feelings. Parents will learn to identify the displays and stages of anger, as well as, implementation of de-escalation techniques.

February 10 • Sleep Disorders

The participants will gain understanding of the underlying reasons, signs and symptoms of sleep disorders, and what one can do to help. Participants will learn the different types of sleep disorders specific to children in placement, such as, sleeping alone, roaming, nightmares, night terrors, and depression-related disorders.

March 10 • Childhood/Adolescent Depression & Suicide

Understanding and responding to depression in youth - What is the difference between sadness, grief, and depression? What can a foster parent do to help children who are genuinely depressed? Learn to identify the early warning signs and what you can do to help.

April 14 • Substance Abuse — A Major Problem for Our Young People

This is a serious problem that confronts our foster youth daily. Topics of discussion will include opiates, depressants, stimulants, and hallucinogens, with special emphasis on “rave party” drugs. Foster parents will gain a better understanding on how to identify significant issues affecting our youth. Learn the different levels of addiction, early warning signs, prevention techniques, and methods of intervention.

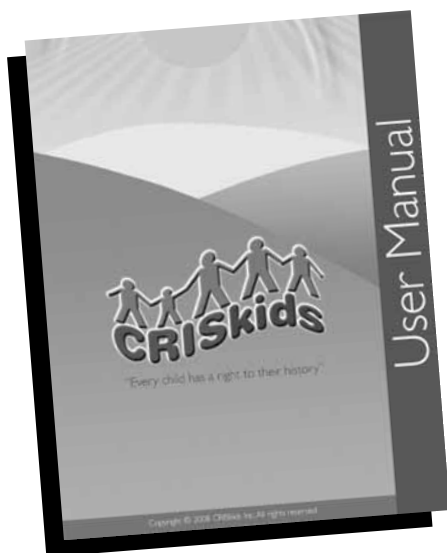
May 12 • Running Away

Each year 800,000 children between the ages of 10 and 18 run away from home and are reported missing – that’s one out of seven kids! Parents will learn about the different running away behaviors common among foster and adoptive families, and what parents can do to prevent it by promoting more positive behavior.

June 9 • Eating Disorders & Self Mutilation

Participants will gain an understanding of the underlying reasons eating disorders and self-mutilating behaviors develop in our youth. Parents will learn to identify signs and symptoms of the behaviors and what one can do to help. Discussion will include anorexia, bulimia, binge eating, and hoarding.

All classes are FREE to Foster and Adoptive Parents, Kinship Caregivers and Social Workers. Class credit hours apply toward county and state licensing requirements. For translation services, or if hearing impaired, register at least one week prior to class to advise us of your particular needs. Classes with low enrollment are subject to cancellation.



CRIS Software **Make Recordkeeping Easy!**

An innovative and easy-to-use program specifically designed for relative caregivers and foster families. Keep your child’s information in your home on one simple program. Eliminate the paper shuffling and have immediate access to your child’s information.

- **Instructed by Kathy Harvey**
- **Receive free software**
- **Limit one per O.C. foster/relative caregiver household**
- **Receive 2 hrs. class credit**
- **May bring your own laptop**

**Jan. 7, Mar. 4,
& May 6 at Noon**

**333 S. Brookhurst
Anaheim**

Register at (714) 778-3383 or FosterCareAux@yahoo.com

We Care Center
10941 Reagan St.
Los Alamitos 90720

Site Coordinator : Marty Thompson

Meetings:

- 1st Tuesday each month
- 6 pm – 9 pm

Kelly Grimes

Kelly has been involved in the FKCE programs for over 10 years. She was a kinship caregiver for 13 years and has experience with raising teenagers. She was responsible for the coordination of the FKCE and ILP Programs at Cypress College. She has a Master’s Degree and has been trained in the PRIDE, Traditions of Caring, and Off-Road Parenting series. Currently, she is on the Guardian Scholars Advisory Committee.

January 5 • Take a Breath

This workshop will present strategies for stress reduction by learning how to recognize and avoid burnout. So, bring your spouse and share learning techniques to promote relaxation.

February 2 • Discipline and Beyond

Learn very effective methods of discipline without resorting to violence or the use of corporal punishment. Parents will learn how to set rules that toddlers can understand and follow.

March 2 • The Magic of Family Meetings

Learn how to teach your children problem solving techniques while promoting positive values. Learn how to instill good-character qualities in your children so they can implement good decision making skills when situations they are in start getting out of hand.

April 6 • Supporting Cultural Ties and Identity

Culturally diverse children may feel left out during events and holidays, especially if they are not living with a family who has a similar background. Learn the importance of supporting the child’s family ties. Learn to accept and understand the child’s culture, values, and beliefs, plus techniques on helping to ease the pain of adjusting to a new environment.

May 4 • To Raise as Well as Protect

It is a foster parent/caregiver’s job to raise and protect youth in their care. This workshop teaches parents how to guide their youth in developing the skills for transitioning into independence. The focus of this workshop will be on coaching youth to develop daily living skills and learning to access community resources.

June 1 • Teens in Care: Supporting Attachment

This workshop addresses the knowledge and skills foster parents need to promote attachment and build positive relationships with teens. Many teens have experienced multiple traumas or loss and are less likely to bond or form strong attachments with others.

Specialized Training Topics at Saddleback Community College

28000 Marguerite Pkwy. • Village 5-18* • Mission Viejo 92692 • (949) 582-4884

Developmental Delay in Children in Foster/Kinship Care

Wednesday, March 3rd • 6:30 pm - 9:30 pm

Presented by: Lisa Tully and Sarah Defuk

Sarah and Lisa are graduate students in the Psychology Department at UCSD. They have been working with children with autism and developmental delays for over 7 years. Before returning to school, Lisa worked both in a group home for young foster children and as a social worker for a foster family agency.

In this workshop, parents will learn:

- Age-appropriate developmental milestones that children should be meeting
- Possible delays that can result when these milestones are not met
- Techniques that foster parents can use to help their foster children “catch up”
- Resource information when “outside” help is needed

Parenting of the Child, Youth, and Young Adult Impacted by Pre-natal Alcohol Exposure

Wednesday, May 19th • 6:30 pm - 9:30 pm

Presented by: Cynthia Roe

Topics to be discussed:

- Physical and behavioral symptoms of Fetal Alcohol Spectrum Disorder (FASD)
- Distinction between Fetal Alcohol Syndrome and Fetal Alcohol Effects
- Parenting the FASD-impacted child through successive stages of development
- Resource information for correct diagnoses and securing needed services

* All classes held in classroom: VILLAGE 5-18. Please call (949) 582-4884 to register to obtain your FREE parking pass.

Saddleback College
28000 Marquerite Pkwy.
Mission Viejo 92692



**New
Site**

Site Coordinator: Nicole Loftus

- Meetings:**
- **4th Monday each month**
 - **6:30 pm – 8:30 pm**
 - **Library Room 105**
 - **For Parents of Children with Disabilities**

Please call (949) 582-4884 for parking information
and FREE parking pass.

Michael Hoggatt

Michael holds advanced degrees in Special Education and Public Administration and served as a group home administrator for 6 years. He is currently a professor at Saddleback College where he serves as a learning disability instructor. Most recently (and importantly), Michael and his wife became foster/adoptive parents to their beautiful daughter.

January 25 • What's Available and How Do I Get It?

This workshop focuses on helping parents of children with disabilities locate and secure much-needed resources. The workshop will include an overview of the types of resources available, as well as, the "how and where" of accessing them.

February 22 • Promoting Your Child's Well-Being

This workshop is designed to help parents of children with disabilities to become more effective advocates. Following an introduction to basic advocacy and negotiating techniques,

parents will learn how to apply these strategies to promote the best outcomes for their children.

March 22 • Into, Through, and Beyond the Classroom

This workshop focuses on understanding the many transitions you and your child will undergo by the time they reach adulthood. While an element of this workshop will discuss transitioning into Special Education, the majority of the discussion will address transition planning for adulthood, including available services in adulthood.

April 26 • Using Natural Supports: Making the Most of What's Around You

This workshop discusses the difference between "natural" and "artificial" resources and supports. An overview of available natural/community supports will be discussed, as well as, how to adapt community resources to meet the particular needs of your family.

May 24 • Dealing with the Family: Finding Time for Everybody

This workshop addresses the needs of the family when a child with disabilities is added to the mix. Examples of issues addressed include: How do you find time for romance? How do you keep the other child(ren) from feeling left out? How do you get extended family on the same page?

June 28 • Promoting Education at Home: Special Education Doesn't End When the Bell Rings

This workshop focuses on strategies parents and caregivers can implement to promote the educational process for children with a variety of learning and/or developmental disabilities. The workshop will focus on specific reading, writing, math, and computer skills strategies. Brief discussion will include web-based learning tools.



SAVE THE DATE!

MAY 2010



**13th Annual Orange County Conference for
Foster, Adoptive, and Kinship Families**

For information call:

Sharon Landis (714) 940.3923
sharon.landis@ssa.ocgov.com

To register contact:

Yasmin Leal (714) 704-8828
yazmin.leal@ssa.ocgov.com

Please visit our website for the most current information
and updates www.saddleback.edu/fkce

F SANTA ANA

Olive Crest
2130 E. 4th St., Suite 200
Santa Ana 92705

Coordinator: Helen Lindsey

Meetings:

- 2nd Thursday each month
- 6 pm - 9 pm

Augustine Navarro

Augustine has been a relative caregiver for more than 10 years. He has a Bachelor's Degree from CSU Fullerton. He is currently employed with Peter Marshall Elementary School and Cypress Boys & Girls Club.

January 14 • Helping Your Child Succeed in School

The children in your care face many challenges, and school is one of the greatest. Some have substantial learning problems and, in order to succeed, need to enroll in special programs. If children in your care need to receive supplemental services from the school and district, it is important that you know how to advocate for their rights.

February 11 • Building Self Esteem

Experts agree that building a child's self-esteem cements the foundation for a healthy personality that lasts a lifetime. Lack of self-esteem lies at the heart of many serious problems experienced by youth today including: low academic achievement,

juvenile delinquency, drug addiction, teenage pregnancy, eating disorders, depression, and suicide. Parents will learn how to help boost their child's self-esteem.

March 11 • Positive Parenting for Relative Caregivers

This workshop is designed to help parents understand their personal communication and parenting styles and how to match them with their child's needs. Parents will also learn to identify and work with the underlying feelings and needs that fuel misbehavior.

April 8 • Grief & Loss for Children

This class focuses on the stages of grief and loss in children. Parents will learn how to assist children manage their grief, plus learn to recognize the signs manifested by children who either internalize or direct their grief outwardly.

May 13 • Bullying

This workshop will address the various forms of bullying, including physical, emotional, verbal, cyber, and racial. Parents will learn how to improve their monitoring in order to protect their children. Participants will learn the reasons for bullying and what one can do as a parent to help.

June 10 • Using Your Head as Well as Your Heart to Raise School-Age Children

Parents will learn methods and techniques for preventing and solving challenging behavior. Participants will identify preventive strategies, parental expectations, and positive directives. This is ideal for tired parents who need energizing ideas for parenting children after 5 pm.

H SANTA ANA

Orangewood Children's Foundation
1575 E. 17th St.
Santa Ana 92705

New Site

Site Coordinator: Talitha James

Meetings:

- 6 pm – 9 pm
- Room A109

February 9 • Hair and Skincare 101: African America & Bi-Racial Children

Talitha James

As a former foster youth, Talitha has a passion for helping others and is currently attending CSU Fullerton as a human service major. Talitha wishes to become a social worker and her dream is to found an emergency transitional housing facility for emancipated foster youth. Talitha works at the Orangewood Resource Center as a peer mentor.

Parents will expand their knowledge on caring for African American and bi-racial children with a hands-on opportunity to engage themselves. Discussion will focus on hair care, hair styles, and skin care for African American and bi-racial children.

May 3 • Summer Learning

Wendy Rogan

Wendy is the Family Involvement Program Manager for the Orange County Department of Education's Title I Program. Wendy has over 15 years of experience in educational programs serving foster youth.

Research shows that students who keep their skills sharp over the summer can avoid the "summer slide." Discover fun learning activities to keep students engaged over the summer, and find out how to motivate students to pick up a book instead of turning on the TV.

June 15 • Gay & Lesbian Parenting

Cynthia Roe, LCSW

Cynthia Roe, a former foster youth herself, is currently working as a clinical supervisor for the Kinship Center Adoption Clinic in Santa Ana. She has worked in the public and private sectors focusing on children and families impacted by abuse and neglect, and foster care/ adoption. She and her partner are the adoptive parents of two boys.

Issues facing gay and lesbian adoptive/foster parents will be discussed. Learn the importance of support, plus techniques to help others accept and understand the culture, values, and beliefs. Discover tools for gay and lesbian adoptive/foster parents.

J YORBA LINDA

Grace Lutheran Church
6550 Fairmont Blvd.
Yorba Linda 92887

Coordinator : Dan Waganknech

Meetings: • **4th Tuesday each month**
• **6 pm - 9 pm**



Michele Dugan

Michele has been an FKCE instructor for 2 years. She graduated from CSU Dominguez Hills with a Master's Degree in Counseling and currently works with EOPS students at Cypress College. She also provides counseling and teaches counseling courses. Michele was a group home tutor for Orange County Department of Education.

January 26 • Positive Discipline

Parents will learn the effective means of providing guidance and discipline, plus discussion to reinforce the agency's policy on discipline. It is important to set goals for achieving positive results and to also understand what influences our methods of discipline. Discussion will include how to meet the challenges of foster or kinship children who exhibit extreme or unusual behaviors.

February 23 • Bridge to Healthy Development

Discussion on supporting healthy development and managing loss will focus on how best to meet the children's devel-

opmental needs, especially with regard to attachment. The role of foster families, kinship caregivers, and social workers will be explored for helping children develop positive attachments, developing an attachment to your family, and how you can help children transfer that attachment to others.

March 23 • Domestic Violence — Emotional Effects

Discussion will focus on current issues of domestic violence. Explore the emotional and behavioral issues faced by children of domestic violence and examine ways that caregivers can manage issues as they arise.

April 27 • Prepare for Graduation

This class is for assisting youth in developing independent living skills as they transition into adulthood. Discussion will include: What to do after graduation?; job skills; continued education; and, tapping into resources. Parents will understand key concepts that provide a wealth of information for dealing effectively with taking control of one's life.

May 25 • Get Ready for the Summer

Learn about the various community services available for youth during the summer months. Have you already decided how to keep the kids busy during their vacation?

June 22 • Keeping Kids From Being "One of the Gang"

Focus will be placed on current issues of gang violence. Discussion will explore the emotional and behavioral issues faced by children who join gangs and also examine options that caregivers can implement to manage problematic issues as they arise.



D ALISO VIEJO

**Iglesia Park
Family Resource Center
24671 Via Iglesia
Aliso Viejo 92656**

**Nuevo
Sitio**

Coordinadora: Gracie Duran

- Juntas:**
- **Grupo de Apoyo para los de Habla Hispana**
 - **Se reúne una vez cada trimestre**
 - **6:30 pm – 8:30 pm**

Edith Lozano

Edith trabaja en el Centro de Afinidad de Parentezco Olive Crest como intercesora para el cuidado parentezco. Es miembro de la mesa directiva, AMOR California, que promueve educación de matrimonio con organizaciones basadas en la fé. La Srta. Lozano es madre de crianza desde 1998 y ha estado involucrada en muchos proyectos en la comunidad.

Febrero 3 y Mayo 12 • La Crianza Practica de Los Hijos

La buena crianza exige métodos prácticos y trato amoroso. En este taller, aprenderá consejos para formar una relación estrecha con sus hijos. Aprenderá como mejorar la conducta de sus niños de cualquier edad. Aprenderá como enseñarles buen comportamiento, como mantener la calma, y enseñarle al niño dominio propio. Debemos tartar a nuestros hijos con respeto y amor incondicional, pero al mismo tiempo tener un método lógico y práctico para disciplinarlos.

★ BUENA PARK

**Grupo de Apoyo
Para mas información llame
Saddleback College
(949) 582-4884**

**Nuevo
Sitio**

- Juntas:**
- **Cuarto Lunes, cada dos meses**
 - **5:30 pm - 7:00 pm**

Nancy Tello-Vanegas

Nancy ha educado niños por más 25 años. Desde enseñar en la primaria en su país natal hasta trabajar en el distrito escolar local enseñando inglés como segunda idioma, de tutora, e instruyendo a padres de habla hispana. Ella ha sido madre de crianza por más de nueve años y tiene experiencia en la crianza de muchachos adolescentes. Nancy ha sido entrenada en la serie PRIDE.

Enero 25 • Reunión de Bienvenida para el Nuevo Grupo de Apoyo

Después de la actividad inicial, las introducciones y destacados de crianza, los grupos compartirán sus experiencias, ideas y expectativas del grupo de apoyo con metas educacionales. Como apoyarse el uno al otro, usar recursos disponibles, y encontrar soluciones a los retos diarios, sentirse educados, y reconocer las metas que se compartirán en este grupo de apoyo.

Marzo 22 • La Magia de la Familia

El enfoque de este entrenamiento es aprender a compartir la responsabilidad, mejorar la comunicación, el saber administrar el tiempo para que toda la familia disfrute más tiempo juntos e individualmente.

Mayo 24 • Destreza Social Básica

Se introducirán 16 destrezas sociales básicas. Como enseñar destrezas sociales en una orden específica para poderse llevar bien con los demás y hacer decisiones apropiadas en situaciones sociales. Se hablará de la enseñanza preventiva vs. enseñanza correctiva.



I LA HABRA

Boys & Girls Club
1211 Fahringer Way
La Habra 90631

**Nuevo
Horario**

Coordinador: Mark Chavez

Juntas:

- Primer miércoles del mes
- 4 pm – 7 pm

Lili Perez-Stroud

Lili asistió con la coordinación de los programas FKCE y ILP en Cypress College. Ella se graduó de la CSU Fullerton. Lili cuidó a parentela por cuatro años y tiene experiencia en la crianza de adolescentes. También nos ofrece una opulencia de información y conocimiento de esta serie.

Enero 6 • Enseñando los valores

Examinación de las dificultades que demuestran los jóvenes con los que trabajamos hoy, que también incluye problemas de comportamiento en la casa, la escuela, y la comunidad. Los comportamientos son el desafío de autoridad, la falta de respeto, conducta opuesta, y el involucramiento con amistades no deseadas.

Febrero 3 • Pidiendo ayuda: buscar y usar los recursos

La meta de este taller es proveer las herramientas que necesitan los que cuidan a parentela para buscar información y recursos gratis en la red cybernetica. El conocimiento es necesario para asistir a la juventud susperar sus retos. A veces los recursos son pocos y difícil de encontrar.

Marzo 3 • Estoy tan triste que podría llorar

Entendiendo y respondiendo a la depresión en la juventud – ¿Cual es la diferencia entre tristeza, aflicción, y depresión? ¿Qué puede hacer un padre de crianza para ayudar a los niños que están sinceramente deprimidos?

Abril 7 disciplina vs. castigo

Disciplina: consecuencias naturales y lógicas – Define la diferencia entre disciplina y castigo. Un plan de disciplina bien hecho puede fomentar auto-control, auto-estima, responsabilidad, y buena conducta.

Mayo 5 • Nutrición Saludable Para Los Niños

Aprende como enseñarle a los niños a tu cargo acerca de los buenos modales de mesa y el desarrollar protocolo social. También exploraremos el como lidiar con niños melindrosos y te daremos sugerencias para pasar un tiempo agradable durante la hora de comer.

Junio 9 • La Batalla Con La Tarea

Frecuentemente los padres de crianza se encuentran siendo “el villano” cuando tratan a que los niños terminen la tarea. hablaremos de como los padres pueden mantener la autoridad (y su sanidad) y como pueden asistir constructivamente a sus niños y animarlos a que terminen su tarea eficientemente. Aprende como hacer que ellos disfruten el hacer la tarea sin aumentar el estres.

Las clases son para padres de crianza, padres adoptivos, parientes que ofrecen cuidado, y trabajadores sociales. Para servicios de traducción en español o ingles o para los que tienen emperoramiento del sentido de oír por favor de registrarse 1 semana antes del comienzo de clase para dejarnos saber sus necesidades.

E ORANGE

Orange County
Family Services Agency
800 N. Eckhoff
Orange 92868

**Nuevo
Horario**

Coordinadora: Joanna Hussey

Juntas:

- Primer miércoles del mes
- 6:30 pm – 8:30 pm
- Para mas información llame
Saddleback College (949) 582-4884

Enero 6 Preguntas y respuestas con una trabajadora social de licencia de casas de crianza. Aprenderá las reglas y regulaciones nuevas.

Febrero 3 Como hablar con los niños sobre drogas y sexo

Marzo 3 Seguridad contra incendios en la casa

Abril 7 Sexualidad de Adolescentes

Mayo 5 No hay clase en mayo

Junio 2 Disciplina apropiada para niños de diferente edades



SAN JUAN CAPISTRANO

Serra High School
31422 Camino Capistrano
San Juan Capistrano 92675



Coordinadores: Beverley DeNicole y Greg Hartman

- Juntas:**
- Segundo Lunes del mes
 - 6 pm – 9 pm
 - Room 9

Abel Esquivel Sr.

Abel ha trabajado como trabajador social para servicios sociales por 10 años. Entrenó a padres de crianza y adoptivos por 8 años. Tiene una Licenciatura en Desarrollo Integral de la Niñez y Consejería. Trabajó por tres años en el Albergue del Condado con niños a quien se les ha abusado. Tiene una gran trayectoria en el trabajo con niños.

Enero 11 • ¿Es Disciplina o Abuso Infantil?

En esta reunión aprenderán la diferencia entre disciplina y abuso infantil y cómo prevenir el abuso infantil. También aprenderán cómo es el sistema de la corte en caso que alguien de la familia entre al sistema.

Febrero 8 • Mis hijos adolescentes me vuelven loco/a y no se que hacer

En esta reunión usted aprenderá diferentes maneras de tratar con sus adolescentes. Aprenderá sobre el desarrollo del adolescente y cómo le afecta a él y a la familia. Conocerá además usar varias técnicas de disciplina.

Marzo 8 • Abuso Sexual

En esta reunión se hablará lo que es, y no es, abuso sexual. Cómo proteger a sus hijos y también cómo los abusadores abusan de los niños con contacto y sin contacto. También se hablará de las leyes sobre abuso infantil en el Condado de Orange.

Abril 12 • Fortaleciendo Familias

En esta reunión se hablará cómo fortalecer a las familias, los roles de la familia y conexiones de la familia. La importancia de la familia y cómo ayudar a sus hijos con el auto-estima con familia. También se hablará sobre la importancia de la cultura en la familia.

Mayo 10 • ¡¡¡Ya No Más!!!

En esta reunión se hablará sobre la violencia doméstica y cómo afecta a los niños. Hablaremos de como muchas veces esto empieza en el hogar y cómo ayudar a nuestros hijos a no involucrarse en este tipo de relaciones.

Junio 14 • Aflicción y Pérdida

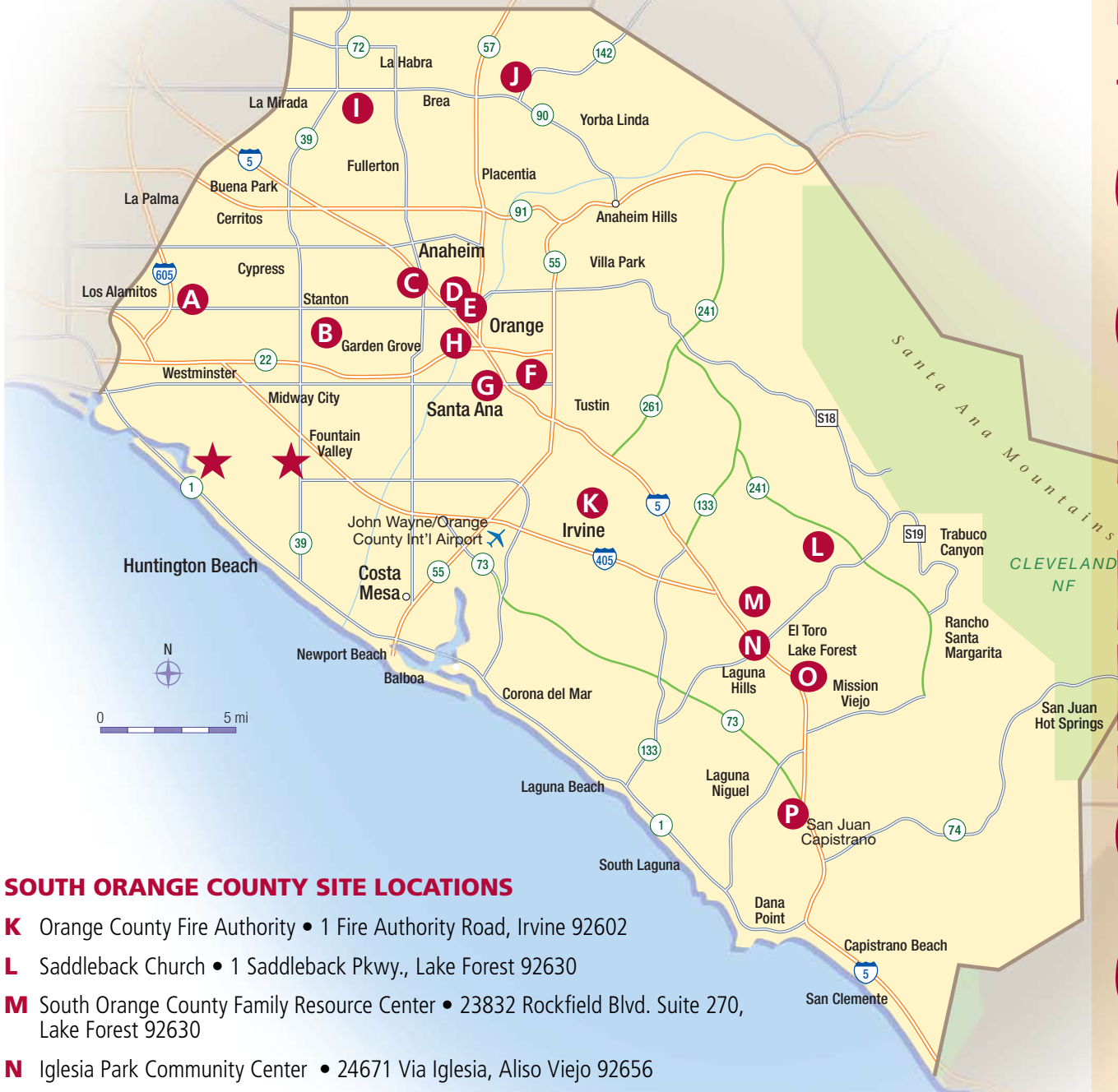
En esta reunión aprenderemos sobre las pérdidas esperadas e inesperadas. El proceso de la aflicción y la pérdida. Hablaremos de cómo las pérdidas afectan a las familias y cómo superarlas.





NORTH ORANGE COUNTY SITE LOCATIONS

- A** We Care Center • 10941 Reagan St., Los Alamitos 90720
- B** Magnolia Park Family Resource Center • 11402 Magnolia Avenue, Garden Grove 92842
- C** Foster Care Auxiliary • 333 S. Brookhurst, Anaheim 92804
- D** Western Youth Services • 505 N. Euclid St. Suite 300, Anaheim 92801
- E** Orange County Family Services Agency • 800 N. Eckhoff, Orange 92868
- F** Olive Crest Kinship Center • 2130 E. 4th St., Suite 200, Santa Ana 92705
- G** Orangewood Children's Foundation • 1575 E. 17th St., Santa Ana 92705
- H** Orangewood Children's Home • 401 The City Drive, Orange 92868
- I** Boys and Girls Club • 211 Fahringer Way, La Habra 90631
- J** Grace Lutheran Church • 6550 Fairmont Blvd., Yorba Linda 92886
- ★ Support/training group (call (949) 582-4884 for more information)



SOUTH ORANGE COUNTY SITE LOCATIONS

- K** Orange County Fire Authority • 1 Fire Authority Road, Irvine 92602
- L** Saddleback Church • 1 Saddleback Pkwy., Lake Forest 92630
- M** South Orange County Family Resource Center • 23832 Rockfield Blvd. Suite 270, Lake Forest 92630
- N** Iglesia Park Community Center • 24671 Via Iglesia, Aliso Viejo 92656
- O** Saddleback College • 28000 Marguerite Pkwy., Mission Viejo 92692
- P** Serra High School: C.V.U.S.D • 31422 Camino Capistrano, San Juan Capistrano 92675

OCC SITE LOCATIONS



Parenting with a Purpose

January 30, 2010 • 9:00 am – 3:30 pm
Complementary light lunch included

Presented by: Allison Davis Maxon, LMFT
 Receive 6 hours class credit

They've been abused, neglected and maltreated. They've been over-diagnosed, under-diagnosed, misdiagnosed, over-medicated, over-treated, misplaced, moved, assessed, re-assessed, moved-again, evaluated, and... What does your child really need?

There is no magic wand, magic pill or magic intervention that will heal your child, but strong evidence shows children who have been maltreated can heal from those experiences.

Come learn about the "healing mechanism" and empower yourself to take the lead role in the parent-child relationship.

Disclaimer: This kind of parenting is not for wimps, and yes, you will need a good sense of humor in order to survive!

Aliso Viejo Conference Center
31 Santa Barbara Drive • Aliso Viejo 92656
To register call: (949) 582-4884



Foster & Kinship Care Education Program
 Social and Behavioral Sciences, BGS 318
 Saddleback College
 2800 Marguerite Parkway
 Mission Viejo CA 92692-3635



Registration and contact information: For translation services in Spanish or English, or if hearing impaired, please register at least one week prior to the class to advise us of your particular needs.

Phone:.....(949) 582-4884

Fax:.....(949) 364-2513

Mail:.....FKCE Program, BGS 318

Saddleback College
2800 Marguerite Parkway
Mission Viejo CA 92692-3635

Email:.....FKCE@saddleback.edu

Website:.....www.saddleback.edu/fkce

EMAIL DISTRIBUTION LIST: To receive the newsletter or additional workshop information via email, please submit your request to: FKCE@saddleback.edu

All classes are FREE to Foster and Adoptive Parents, Kinship Caregivers and Social Workers. Class credit hours apply toward county and state licensing requirements. For translation services, or if hearing impaired, register at least one week prior to class to advise us of your particular needs. Classes with low enrollment are subject to cancellation.