

# From Foster Families to Future Families

**Saturdays: March 3 & 10 • 1:00 – 5:00 p.m.**

- Training for youth (13-21 years) together with a foster parent/ mentor/ caregiver/ CASA
- Preference for youth not yet pregnant or parenting
- Register at (949) 582-4484 or scfkce@saddleback.edu
- Free parking pass

All  
Classes  
**FREE**

## Saddleback College

28000 Marguerite Pkwy. • Mission Viejo 92692

Instructed by: **Maria Barragan, MSW**

**Education for Successful Parenting**

Foster youth have extraordinarily high rates of teen pregnancy and, often unprepared for parenting, are at risk of losing their children back into the system. As caregivers, we are in a key position to sensitively prepare our teens for future parenting by helping them understand the responsibilities and importance of waiting until adulthood. Come with your teen to this interactive, multi-modality workshop series for information, skill-building, and new avenues for communication. Providing an in-depth understanding of children's needs, this workshop enables teens to make healthier choices and create a stronger foundation for their future family. Adult attendees will assist teens in completing their "Life-Plan for Parenting."

### Session 1 – March 3

- A) The Dream of Family:** Prioritizing life goals. Defining the importance and purpose of parenting. Identifying pathways to attain personal goals.
- B) Family Formation:** The vital role of fathers. Understanding the perils of teen pregnancy. Legal issues related to unplanned pregnancy (paternity testing, child support, custody, and visitation). Preconception health (substance abuse, smoking, obesity/nutrition, stress) and the effects on children's health. Safe surrender laws.

### Session 2 – March 10

- C) Meeting Children's Needs:** Providing for a family (budgeting money, planning time). Protecting a child (home safety and preventing child abuse). Shaken baby syndrome. Nurturing a child's growth and potential (understanding basic child development). Maslow's Hierarchy of Needs.
- D) Family Management:** Managing children's behavior without hitting or yelling. Developing assets for managing future family life. Identifying external resources to strengthen parenting capacities.

- *Each teen will earn a Certificate of Completion after attending both sessions*
- *Each caregiver will receive 8 hours training credit for attending both session*



"My foster youth could not stop talking about how great the class was and that it really opened her eyes."

— *Cindy N., CASA*

