



# FOSTER & KINSHIP CARE EDUCATION



A PROGRAM OF THE CALIFORNIA COMMUNITY COLLEGES CHANCELLOR'S OFFICE

January – June 2011

*The more we know, the more they grow*



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**All classes are FREE of charge.** Hourly training credit given to foster and adoptive parents. Kinship caregivers, social workers, group home staff, professionals, and guests are always welcome.

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

# Welcome



It is difficult to believe that 2011 is here already! The Saddleback College Foster and Kinship Care Education Program would like to take this opportunity to welcome you to the New Year and share with you the exciting training and educational workshops we have planned for this semester. We recognize how fortunate we are to have people working collaboratively to ensure needs are met for the special children in foster care despite the budget cuts and economic strain on individual families and community organizations. We are hopeful for the New Year and are excited to be a part of your training and support network.

We continually monitor and evaluate our training program, such as topics, locations, dates, etc., in order to provide optimal service to our community of caregivers, so please take a moment to review our January-June 2011 class offerings. We are pleased to highlight the upcoming course topics and special series. For parents who choose the foster-to-adopt route, several series of the *Adoption* classes are now available, including a new location in Lake Forest. Additionally, parents will have more options when selecting the *Attachment Parenting* series as it is now being offered more frequently, in a new format, and at different times and locations. *Common Sense Parenting* and a Spanish *Love 'n' Logic* series are also scheduled. New topics this year include *Bringing Baby*

*Home* for parents with young children (0-10 years), car seat training and, finally, a workshop on resources and tools for youth who are aging out of the system. In order for foster parents to meet yearly training requirements, our monthly sites continue to offer a variety of interesting and beneficial parenting workshops throughout Orange County and, remember, guests are always welcome.

Lastly, I would like to invite all of you to an event co-sponsored with the University of California, San Francisco's Special Start Program. This training will address pre-term high-risk infants and discuss the neurological, developmental, psychological, and social impact on preemies. Orange County is so fortunate to have been selected to host this one-time training so I urge you to, please, not miss this opportunity. The presentation is scheduled for Tuesday, January 11th, 9:30 am – 2:30 pm at the Aliso Viejo Conference Center. See page 3 for full details.

Happy New Year and best wishes for a wonderful start to your 2011!

Sincerely,

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

## IMPORTANT CONTACTS

Baby Gear Loaner Program .....	Kathy Harvey .....	(714) 778-3383.....	www.FosterCareAux.com
Child Care Resources and Respite .....	Spring Wilson .....	(714) 245-0045 .....	Spring.Wilson@newalternatives.org
Dept. of Education Foster Youth Services..	Betsy DeGarmoe .....	(714) 835-4909 .....	betsy_degarmoe@access.k12.ca.us
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 .....	(888) 871-5437 .....	oc4kids@ssa.ocgov.com
Foster Care Auxiliary .....	Kathy Harvey .....	(714) 778-3383.....	www.FosterCareAux.com
Foster Care Licensing.....	Social Worker .....	(714) 704-8000 .....	Ask for Foster Care Officer of the Day
Foster and Kinship Care Liaison .....	Joanna Hussey .....	(714) 704-8255 .....	Joanna.Hussey@ssa.ocgov.com
Independent Living Program .....	Irene Briggs .....	(714) 940-3965 .....	Irene.Briggs@ssa.ocgov.com
Orangewood Children's Foundation .....	Information Line .....	(714) 619-0200.....	info@orangewoodfoundation.org
Olive Crest Relative Caregiver Program .....	Helen Lindsey .....	(714) 543-5437 x1211 ...	Helen-lindsey@olivecrest.org
Post Adoption Information .....	Social Worker .....	(714) 704-8000 .....	Ask for Adoptions Officer of the Day
Special Medical Program .....	Pam Young .....	(714) 704-8533 .....	Pam.Young@ssa.ocgov.com
Library Cards for Foster Children .....	N/A.....	.....	www.ocpl.org
24-Hour Child Abuse Reporting Hotline .....	.....	(800) 207-4464 .....	.....
CalOPTIMA questions .....	.....	(714) 246-8500 .....	.....
Help Me Grow (Resource Connections) .....	.....	(866) 476-9025 .....	.....
OCKids (neurodevelopment assessments) .....	.....	(714) 939-6118 .....	.....
YMCA Foster Youth.....	.....	(714) 852-6014 .....	.....

# Developmental Support for Newborn Intensive Care Babies in Foster Homes

Presented by: Lindsay Lightbody, MA, Trainer, Special Start Training Program



TUESDAY, JANUARY 11, 2011  
9:30 am - 2:30 pm  
Aliso Viejo Conference Center  
31 Santa Barbara Drive  
Aliso Viejo, CA 92656

Please RSVP by January 5, 2011 to Lilia Peterson:  
(949) 582-4884; fkce@saddleback.edu



**Cost: FREE**

*Lunch and refreshments provided.*

*4 hours training credit will be given upon completion.*

This presentation is for caregivers and those professionals who support foster parents caring for infants discharged from the Newborn Intensive Care Unit (NICU). This presentation will provide an introduction to early brain development, sensory development, and individualized developmental care with NICU graduates in foster homes.

Participants will be able to:

1. Identify the process of early brain development and early sensory development.
2. Understand the approach to implementing developmental care in the home for NICU graduates.
3. Understand and implement developmental strategies to enhance development of NICU graduates in foster homes.

ALISO VIEJO  
family resource center

FOSTER & KINSHIP CARE EDUCATION



# CPR & First Aid

This 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

February 26 • 8:30 am – 2:30 pm  
Grace Lutheran Church  
6550 Fairmont Blvd.  
Yorba Linda 92886

March 19 • 12:00 – 6:00 pm  
Olive Crest  
Conference Room  
2130 E. 4th St., Suite 200  
Santa Ana 92705

May 21 • 8:30 am – 2:30 pm  
Saddleback College  
Classroom: Village 5 -18  
28000 Marguerite Pkwy.  
Mission Viejo 92692

## Luis Vásquez, Certified Trainer (Bilingual Classes)

January 22 • 8:30 am – 12:30 pm  
RENEWAL  
South Orange County Family  
Resource Center  
23832 Rockfield Blvd., Suite 270  
Lake Forest 92691

April 16 • 8:30 am – 2:30 pm  
Magnolia Park Family  
Resource Center  
11402 Magnolia Ave.  
Garden Grove 92842

June 11 • 8:30 am – 2:30 pm  
Anaheim/Fullerton Family Resource Center at Ponderosa Park  
2100 S. Haster St. Anaheim 92802

## ESPAÑOL

12 de marzo  
8:30 am – 2:30 pm  
Misión Con Visión  
Iglesia de Dios  
11231 E. Chapman  
Garden Grove 92887

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

# "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 the six-part PRIDE class series (Parent Resources for Information, Development, and Education).

## ORANGE

START DATE	END DATE
January 11	February 15
March 5	April 9
April 13	May 25

## Children & Family Services

DAY	TIME
Tuesday	6:30 – 9:30 pm
Saturday	9:00 am – 12:00 pm
Wednesday	6:30 – 9:30 pm

## LAKE FOREST

START DATE	END DATE
January 12	March 2
March 24	May 5

## Saddleback Church

DAY	TIME
Wednesday	6:30 – 9:30 pm
Thursday	6:30 – 9:30 pm

## ESPAÑOL

COMIENZA	TERMINA
Enero 24	Marzo 7
Marzo 29	Mayo 3
Mayo 16	Junio 27

## Children & Family Services

DIA	HORARIO
Lunes	6:30 – 9:30 pm
Martes	6:30 – 9:30 pm
Lunes	6:30 – 9:30 pm

## LAGUNA HILLS

START DATE	END DATE
January 26	March 2
March 22	April 26
May 24	June 28

## Children & Family Services

DAY	TIME
Wednesday	6:30 – 9:30 pm
Tuesday	6:30 – 9:30 pm
Tuesday	6:30 – 9:30 pm

To register for PRIDE classes held in Lake Forest, contact Lynn Young at (949) 609-8418 or [lynny@saddleback.com](mailto:lynny@saddleback.com)

To register for PRIDE classes held at any OC SSA Children and Family Services location, contact Lorena Rodriguez at (888) 871-KIDS [5437]



Classes are open-ended: you may start on any date and continue until you have completed all 4 classes

**OC SSA Children and Family Services • Room 1304 • 800 N. Eckhoff • Orange 92862  
Thursdays, 6:30 – 8:30 pm**

**CLASS 1**  
January 6  
March 3  
May 5

**CLASS 2**  
January 20  
March 17  
May 19

**CLASS 3**  
February 3  
April 7  
June 2

**CLASS 4**  
February 17  
April 21  
June 16

**Saddleback Church • Room 409 • 1 Saddleback Pkwy • Lake Forest 92630  
Saturdays, 9:00 am – 1:00 pm**

**CLASS 1**  
February 19

**CLASS 2**  
February 19

**CLASS 3**  
February 26

**CLASS 4**  
February 26

### **Class 1: Adoption Issues**

The focus of this workshop is to understand the lifelong process of adoption and how adopting a dependent child personally impacts your family. Discussion will include aspects of dependency adoption, as well as, exploring adoption myths, stereotypes and personal belief systems that can affect your ability to parent effectively. Identify your personal motivation to adopt and understand how this factor can impact the success of an adoptive placement in your home.

### **Class 2: Our Children**

This class will explore child development as it relates to adoption issues. What does “normal” and “delayed” development look like? What will an adoptive child’s development look like? What are “our children” really like? Various behaviors and why special parenting skills are needed to effectively parent abused and neglected children will be explored. Cultural, racial, and trans-racial adoption issues will be discussed.

### **Class 3: Connections and Adoption**

This class will address why birth family connections play a vital role in a child’s identity—even if the permanency goal is adoption. Learn why disruptions in children’s lives can sever important connections for them. Topics addressed in this workshop include the Juvenile Court legal system, levels of risk, family visitation, and the benefits of birth parent contact.

### **Class 4: Creating Successful Adoption Placements**

What makes a positive transition into a prospective adoptive home? This class addresses factors that lead to stress and disruptions in the adoption journey. Learn about the knowledge, skills, and resources needed to support a stable and successful adoptive placement. Discover how your personal views and expectations impact these transitions and placement.

**For questions or to register call  
(714) 704-8919 or  
email: [sonia.garcia@ssa.ocgov.com](mailto:sonia.garcia@ssa.ocgov.com)**

# Attachment Parenting\*

Instructed by:

Sharon Landis, MSW & Margi McNelly, MFT

OC SSA Children  
& Family Services  
Annex Auditorium

744 N. Eckhoff St., Orange 92862

Saturdays:

January 22 & 29 • 8 am – 12 pm

March 5 & 12 • 1 – 5 pm

May 21 & 28 • 8 am – 12 pm

Saddleback Church • Room 409  
1 Saddleback Pkwy., Lake Forest 92630

Saturdays:

April 9 & 16

9 am – 1 pm

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
- Development Re-Parenting
- Therapeutic Parenting

These workshops are specialized for foster and adoptive parents, relative caregivers, and social workers.

\*Adoption Requirement

For questions or to register call (714) 704-8919  
or email: [sonia.garcia@ssa.ocgov.com](mailto:sonia.garcia@ssa.ocgov.com)

[www.saddleback.edu/fkce](http://www.saddleback.edu/fkce)

## Common Sense Parenting Series

Please plan to attend all 3 classes

Instructed by: Brian Satterfield & Brian Estrada  
Orangewood Children's Home  
Training Coordinators

Orangewood Children & Family Center  
401 The City Drive, Orange 92868  
(Please arrive early to obtain  
a free parking pass)

Tuesdays:  
March 8 • March 15 • March 22  
6 – 9 pm

This series trains foster parents and caregivers how to deal with children who have varying degrees of social skills deficits. Children who have been abused, neglected, or have experienced an unstable home life often develop maladaptive behaviors that lead to truancy, drug addiction, and failure in many of their relationships. These children need help and a strategy to get them back on track. Caregivers can be facilitators for positive change.

### Parents will be able to:

- Identify a child's social skills strengths and weaknesses and teach to them in a purposeful and time proven method.
- Implement techniques to improve a child's overall behavior and provide greater opportunities for successful outcomes through social skills training.

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



# From Foster Families to Future Families

**Saturdays: February 26 and March 5**

**10:00 am – 2:30 pm**

- Training for youth (13-21 years) together with a mentor/caregiver
- Preference for youth not yet pregnant or parenting
- Space is limited, call (949) 582-4884 or email: [fkce@saddleback.edu](mailto:fkce@saddleback.edu) to register
- Lunch will be provided

**ACCESS – Health & Nutrition Services**

**1715 E. Wilshire Ave., Suite 701 • Santa Ana 92705**

**Instructed by: Randi Rubenstein, MS, Executive Director  
Maria Barragan, MSW  
Education for Successful Planning**

Foster children are at an extraordinarily high risk for 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 offers a new rationale for teens to avoid teen parenting, and it creates a stronger foundation for their future family. Parents will assist teens in completing their "Life-Plan for Parenting."

## **Session 1 – February 26**

- A) The Dream of Family:** Prioritizing life goals, defining the importance and purpose of parenting, and exploring pathways to attain goals. Caregivers will also be prepped and guided on active listening techniques they can use to support their teen throughout the course.
- B) Family Formation:** Creating criteria for choosing partners, understanding the perils of teen pregnancy, and learning the effects of preconception health issues (substance abuse, smoking, obesity/nutrition, stress) on children's health.

## **Session 2 – March 5**

- C) Meeting Children's Needs:** Learning how to provide for a family (budgeting), learning how to protect a child (preventing child abuse and creating a safe home), and learning how to nurture a child (understanding basic child development).
- D) Family Management:** Assembling a tool-kit for managing children's behavior and developing resources for managing future family life. Caregivers will also learn best practices for home activities that reduce adolescent risk-taking behaviors.

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

# Bringing Baby Home

Friday, January 28, 6:00 – 10:00 pm and  
Saturday, January 29, 1:00 – 7:00 pm

**Relationship Research Foundation**  
400 Bristol St., North, Suite 100  
Newport Beach 92660

- Limit 10 couples
- Parents may bring babies 6 months or younger
- Program includes dinner both evenings
- To register call (949) 582-4884 or email: [fkce@saddleback.edu](mailto:fkce@saddleback.edu)

**B**ringing Baby Home is a fun and interactive 2-part workshop for expectant couples and parents of infants and young children up to 10 years old. Come and learn parenting and relationship skills that will last a lifetime. Prepare yourself for life with your new baby and discover how to be the best parenting team possible. In a relaxed and supportive environment with a trained facilitator, you'll learn how to strengthen your relationship with your partner and foster your baby's development. Create a caring and nurturing atmosphere in your home and learn to cope with conflict in a positive way. This workshop, developed by renowned relationship experts, Drs. John and Julie Gottman, will prepare you for the most important and rewarding job as a parent.



## Parents will learn how to:

- Stay connected with your partner while still taking care of your baby
- Strengthen your friendship and intimacy with your partner
- Interact with your baby and children in a positive way
- Keep both parents involved
- Deal with conflict successfully
- Make marriage your best parenting skill
- Balance work, family, and self
- Read baby's cues and what the different cries mean
- Alleviate anxiety regarding sleep, crying, and scheduling of your baby
- Use Emotion Coaching with babies and children
- Develop a strategy for keeping fathers involved

Receive 10 hours training credit

*This program is FREE to foster/adopt parents and relative caregivers  
(A \$295 value per couple)*

[www.saddleback.edu/fkce](http://www.saddleback.edu/fkce)



**FOSTER & KINSHIP CARE EDUCATION**

# ANAHEIM

**Foster Care Auxiliary of Orange County**  
333 S. Brookhurst • Anaheim 92804

**Site Coordinator:** Kathy Harvey

- Meetings:**
- Various Mondays
  - 9 am – 11 am
  - Free Book

## **Foster Parent Book Club & Support Group**

Participants will meet monthly to review and discuss specific chapters of the Boys Town Press' book, *Practical Tools for Foster Parents*. A copy will be given to each participant at the first meeting. Participation at all 6 meetings is encouraged.

Parents will discuss Boys Town's approach to foster care in the 21st century, which focuses on teaching skills, building relationships, and empowering kids through teaching them self-discipline and self-control. During these six months, foster parents learn how to provide a safe home for kids and how to deal with their behaviors – both positive and negative.

- January 3**
- Introduction
  - Foster Care: Making a Difference for America's Children
- February 7**
- Building a Relationship with Your Foster Child
  - The Professional Foster Parent
  - Working with a Foster Child's Family  
Creating a Safe Environment
- March 7**
- Setting Expectations and Sending Clear Messages
  - The Benefits of Teaching
  - Introduction to Teaching Social Skills
  - The ABCs of Behavior
- April 4**
- Rewarding Good Behavior
  - Giving Negative Consequences
  - Using Time-In and Time-Out
  - Preventing Problems Before They Occur
- May 9**
- Giving Effective Praise
  - Staying Calm
  - Correcting Misbehavior
  - Teaching Self-Control
- June 6**
- Solving Problems & Making Decisions
  - Creating a Strong Spiritual Foundation
  - Handling Transitions

**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 11 • 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.

### **February 8 • Conflict Resolution**

The pressure on today's youth is enormous. People often struggle to express their anger and frustration in an appropriate manner. Parents will be able to assist children with developing the skills and abilities needed to resolve or deal effectively with conflict.

### **March 8 • Homework Battles**

Foster parents frequently find themselves in the role of "bad guy" when attempting to get children to finish homework. This workshop addresses how parents can maintain authority (and sanity) and constructively assist and encourage children to complete homework assignments. Learn how to make homework fun for the kids without adding to family stress.

### **April 12 • Building Self-Esteem and Character in Your Child**

Experts agree that building a child's self-esteem cements the foundation for a healthy personality which lasts a lifetime. Lack of self-esteem lies at the heart of many serious problems experienced by young people today including: low academic achievement; juvenile delinquency; drug addiction; teenage pregnancy; eating disorders; depression; and suicide.

### **May 10 • Getting Along with Others**

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

### **June 14 • I'm So Sad I Could Cry**

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

# GARDEN GROVE

Magnolia Park Family Resource Center  
11402 Magnolia Ave. • 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 14 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 18 • Using Your Head as Well as Your Heart to Raise Children

Parenting is one of the richest, rewarding and most satisfying experiences. Nothing is more important than nurturing and teaching a child and preparing them for not only what tomorrow holds but for what life has in store. Children look to parents for approval, praise, attention, discipline, and affection. Using your "head" means using a logical, practical method of teaching your children, using your "heart" refers to unconditional love for your child--one will not work without the other.

### February 15 • Remembering to Take Care of Yourself

The focus of this workshop is designed to prevent burnout for those overworked and "underplayed." Celebrate yourself and learn to care for the caregiver. Strategies for stress reduction will be discussed and techniques will be taught on how to recognize and avoid burnout. Come and learn to relax!

### March 15 • Discovering the Child Within

It is so exciting to discover the wonderful child hiding behind the mask of all those challenging behaviors. Once you discover whom, it really can be like meeting an entirely new person. Enjoy the magic of witnessing a child drop his/her defense mechanisms and discover the joy of a child's true spirit.

### April 19 • Fostering Respect and Affirming Identity


Learn how to develop sensitivity and understanding of our children's religious faith, inter-racial family background, and gay/lesbian/bisexual/transgender identity issues. Develop strategies for addressing these issues of diversity that may emerge.

### May 17 • A Gift of a Lifetime

Attachment bonding allows us to maximize our potential, enjoy life, maintain physical and emotional well-being and build ongoing relationships. Without a secure base of attachment, youth do not develop a healthy conscience, have trouble learning and retaining information, do not grasp cause-and-effect thinking, and are often fearful. Examine how healthy attachments develop and learn techniques to strengthen your skills.

### June 21 • Living with a Sexually Abused Child

The effects of sexual abuse on child development will be discussed. As the parent, you are likely the first person to whom the child will reveal prior sexual abuse. This workshop will help parents recognize the signs of abuse and how to handle the revelation in a very compassionate manner as you navigate through the medical, legal, emotional, and social phases with your child.



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

# IRVINE

**Orange County Fire Authority**  
1 Fire Authority Rd. • 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 19 • College 101**

Help your teen attain a higher education. Discussion will include application review and deadline considerations. Parents will learn about special opportunities available at community colleges for foster youth. Parents will be able to effectively assist their children with choosing a college that is suitable to their academic needs and learn about the financial aid options available.

## **February 16 • Building Self-Esteem and Character in Your Child**

Learn how to strengthen your child's self-esteem to produce more positive behaviors. Teach your child skills that will enable them to not give up and persevere when the going gets tough.

## **March 16 • Separation and Loss Issues**

Parents will receive valuable insights and sound advice on helping children adjust to foster care. Learn how to help children cope with the separation and loss issues they may be experiencing.

## **April 20 • Bullying**

Parents will learn how to monitor and protect their children by understanding the various forms of bullying which include physical, emotional, verbal, cyber, and racial. Participants will learn why it happens and what they can do to help their children. This workshop also provides information about the signs and symptoms of anger in children.

## **May 18 • It Takes a Village**

It is important to strengthen family relationships in all homes. Explore the importance of supporting family connections and family continuity, irrespective of the outcome which may be long-term foster care, adoption, or guardianship. Parents will learn how to keep the family "connected" to improve the child's self-esteem, personal identity, and preserve cultural identity.

## **June 15 • Suicide Prevention**

What is the difference between sadness, grief, and depression? When does it become a dangerous situation? What actions can a foster parent take to help children who are considering suicide? The participants will gain an understanding of the underlying reasons for the behavior and learn the signs and symptoms demonstrated by youth contemplating suicide

Become a Foster/Adoptive Parent. All children deserve a loving home and family. Contact Orange County Children and Family Services at (888) 871-KIDS [5437] for more information.

# Child Passenger Safety Training

**Monday, February 7 • 6:30 – 8:30 pm**  
**Grace Lutheran Church • Grace Hall**  
**6550 Fairmont Blvd • Yorba Linda 92886**

**Instructed by: Ana Merk**  
**Health Education Associate**

The class will include reviewing California child passenger safety laws, child passenger safety best practices, identifying appropriate child restraint systems for children, basic child restraint instructions, gross and minor misuse of child restraints, child restraint installation instructions with vehicle seatbelts and LATCH.



# LAKE FOREST

**South OC Family Resource Center**  
23832 Rockfield Blvd., Ste 270 • Lake Forest 92630

**Site Coordinator: Cynthia Campos**

- Meetings:**
- 2nd Wednesday each month
  - 6:30 pm – 9:30 pm
  - Free childcare provided

## **Jane Collier**

Jane Collier has a Master's Degree in Social Work and has worked in public child welfare for over 11 years. She has experience providing training to foster parents/relative caregivers, and previously coordinated a caregiver respite program. Jane has experience working in a variety of programs at Orange County Children and Family Services where she is employed. Most importantly she is the mother of three adult daughters and a grandmother of two.

### **January 12 • The Impact of Child Abuse**

There are many forms of child abuse and neglect, and some children experience the trauma of these circumstances for many years before being placed in foster care. In order to help them adjust to new surroundings, it is important to understand the short- and long-term impacts these negative experiences have on children.

### **February 9 • Protecting Yourself**

It is important to maintain effective lines of communication between foster parent/relative caregivers and social workers. In this workshop you will learn what information is essential to document and share with social workers.

### **March 9 • Children from Methamphetamine Addicted Families**

Methamphetamine use is a serious and rapidly growing problem in all communities. The drug's impact on adult substance abusers and children impacted by parental substance abuse will be discussed.

### **April 13 • Together We Can**

Understanding the child welfare service system will be the focus of this workshop. Discussion includes overview of guidelines and concepts that help the entire team achieve its goals in providing what is best for the foster child. Teamwork is not a natural occurrence, rather a process which takes practice.

### **May 11 • To Raise as Well as Protect**

It is a foster parent/caregiver's responsibility, as much as it is a parent's, to raise and protect youth in their care. This workshop offers advice on steps for helping youth begin developing their transitional skills. The focus of this workshop will be on coaching youth to develop daily living skills and learning how to access community resources.

### **June 8 • Keeping Infants and Toddlers Safe**

This workshop will review the latest information regarding Sudden Infant Death Syndrome, co-sleeping, and other risks to the health and safety of infants and toddlers.

# LOS ALAMITOS

**We Care Center** (*Location subject to change*)  
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 14 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 4 • Get Hooked Up: Find Hidden Resources**

This workshop will provide kinship caregivers the tools they need to identify and locate free information and valuable resources which are often scarce or difficult to find via internet. Knowledge is power and vital for obtaining information to assist youth overcome their challenges.

### **February 1 • Where the Wild Things Are**

Foster children who lived through traumatic and tragic events at an early age may experience nightmares, night terrors, night walking, bedwetting, and eating disorders. Once parents recognize the connection between sleep/behavior and the symptoms of sleep deprivation in their children, they can implement measures to dramatically improve family life. Learn the effects of emotional and psychological trauma and receive self-help tips and guidance about anxiety treatment options.

### **March 1 • The Outsiders**

It is difficult to parent a child who has difficulty "fitting in." Since traditional parenting methods are not always effective on foster youth, learn to trust your instincts. We will develop techniques for helping your child adjust to new surroundings, school, and friends.

### **April 5 • A Relational Approach to Strengthen Bonds with Teens**

Attachment and bonding allow us to maximize our potential, enjoy life, maintain physical and emotional well-being and build ongoing relationships. Without a secure base of attachment, youth do not develop a healthy conscience, have trouble learning and retaining information, do not grasp cause-and-effect thinking, and are often fearful. Examine how healthy attachments develop and learn techniques to strengthen your skills.

### **May 3 • Parenting Other People's Children**

This workshop will discuss realistic expectations for caregivers. You will improve and update your parent/child relationship toolbox and make empathetic parenting work for you with discipline. Learn the relationship between "free choices only" and "good behavior" so that you may experience the enjoyment you deserve with your children.

### **June 7 • Transitions**

How do you deal with the emotional adjustment of detaching yourself from a child, especially a teen in your care? How can you work toward helping the child transition into an adoptive family or reunite with parents? Discussion will advocate teamwork and focus on the individuals and groups outside the family that have an impact on a child's future and well-being.

# 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

### January 13 • Parenting Oppositional Behavior

Helen Shotwell, LMFT

This workshop will focus on disruptive behaviors in children: The causes, coping methods, and techniques to help children understand the consequences of their behavior. Learn to validate children's experiences and uncomfortable emotions in order to increase trust in themselves and others. Help children make better decisions to find healthier ways of dealing with their hurt, fears, and anger.

### February 10 • Resources and Support For Children in Care

Michael Hoggatt, MS in Special Education, MPA

Learn to identify and locate various resources and support as they pertain to children with disabilities and their families. Introduction and explanation of major government, non-profit, and private resources will be addressed. Brief discussion on accessing and utilizing these resources will follow, as well as a disclosure on locating community or natural supports and resources that address social, emotional, spiritual, and educational needs.

*ALL CLASSES ARE FREE OF CHARGE.* Hourly training credit given to foster and adoptive parents. Kinship caregivers, social workers, group home staff, professionals, and guests are always welcome.

### March 10 • Preventing Parent Burnout with Incorporation of Special Consideration for Caregivers

Grace Kazenstein, MFT

Why do flight attendants instruct passengers to administer oxygen to themselves before assisting a child? The attendant is actually communicating a fundamental parenting theory that a healthy adult is able to help a child. This presentation addresses the "fuel" that is vital to parents. Discover the causes of burnout, identify signs and symptoms, and learn various methods to prevent and heal it. This workshop is essential for parents who want to avoid over-fatigue and the resulting inability to parent effectively.

### April 14 • Parenting from the Inside Out

Grace Kazenstein, MFT

*Parenting from the Inside Out*, is a book by renowned psychiatrist and trauma/attachment researcher, Daniel Siegel, MD. Learn how important it is for parents to truly understand themselves; identify their "buttons" (personal issues triggered by a child's behavior); and recognize how reactive they are with their child(ren). Parents will use this self-awareness to parent more effectively and learn the concept of "mindful" parenting, specifically, awareness of the present moment as a helpful tool in understanding a child's behavior.

May • No classes

### June 9 • Smart Summer, Smart Kids!

Kyo Wakasugi & Kristin Asay, Title 1 Tutoring Specialists

Did you know that on average students lose two months of school-year instruction over the summer? This workshop will provide parents with a Summer Learning Toolbox filled with fun educational activities that are both easy to use and implement! Let the only slide your student goes down this summer be the one at the park!

## Fostering or Adopting the Older Child: Knowledge and Skills to Promote Attachment

Saddleback Church • Plaza Room 102

1 Saddleback Pkwy • Lake Forest 92630

Wednesdays, May 18 & May 25 • 6:30– 9:30 pm

Trainer: Lynn Young, LCSW



Parents will understand the strengths and survival skills of older children who have difficulty with attachment. Understand the child's point of view on how the accumulation of loss, separation, and trauma affect his or her beliefs, feelings, behaviors and relationships. Know how to provide the older child with a firm and consistent structure in a nurturing and healing environment.

# SANTA ANA

**New Alternatives, Inc. Family Support Services**  
1202 W. Civic Center Dr., Suite 205  
Santa Ana 92705

**Coordinator: Spring Wilson**

- Meetings:**
- 1st Wednesday each month
  - 6 pm – 8 pm
  - Call Andrea at (714) 245-0045 to register
  - Childcare available-*must notify in advance*

## **January 5 • Reproductive Health: Speaking to Kids about Sexuality**

When and how should a parent broach the subject of sex and sexuality to their children? A sex educator will speak about this sensitive topic and provide advice on how to discuss the hormonal and developmental changes in children as they mature. Parents will also be able to answer their children's questions about sexuality and promote self respect with regard to sexual activity in order to reduce associated health risks.

## **February 2 • Gang Prevention**

Most parents are in denial about their adolescent's involvement in gang activity until it is too late. In retrospect, parents can identify the slow and subtle changes that occurred which were actually overt signs of gang affiliation. If a parent can recognize changes in clothing, friends, schoolwork, personality, or other behaviors associated with gang involvement, then the parent can take action to intervene. Come learn the early warning signs and identifying markers that indicate your child is involved in gang activity.

## **March 2 • Stretching Your Dollars with Limited Resources**

Learn tips and techniques of sound money management. How do you manage your budget while trying to save for your family's future? Learn common mistakes that have the potential of wasting your money and discover how to alter your spending habits for that extra cash at the end of the month. These economic times are challenging so come join us to discover which resources and bargains are available to you that will benefit your family and your wallet!

## **April 6 • Family Resources**

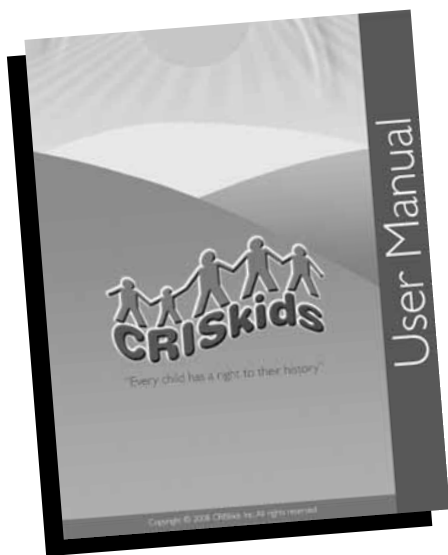
Local representatives from family resource centers will be on site to discuss their respective services in the community. Learn which low-cost or free services are available to families, such as counseling, tutoring, childcare, healthcare, educational opportunities, community events, financial assistance, etc.

## **May 4 • Mental Illness Among Youth**

A representative from the National Alliance on Mental Illness (NAMI) will speak on the topic of mental illness among youth. Learn the various categories of mental illness, including depression, eating disorders, and thoughts of suicide, as well as how those conditions are manifested in children. Parents will be given the tools to identify and locate appropriate resources for early intervention and treatment.

## **June 1 • Understanding Autism**

If you have a child or know of someone who is Autistic, please join us as we discuss options for handling the daily challenges you experience. Receive information and discuss ideas on dealing with the behaviors, development of social skills, and general day-to-day interactions.



## **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

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

*Every child has a right to tell their history*

Noon  
February 10 or April 14  
• • •  
333 S. Brookhurst  
Anaheim

**SAVE-THE-DATE**  
**14th Annual OC SSA**  
**Foster/Adoptive/Kinship**  
**Conference**  
**Saturday**  
**May 7, 2011**



**FOSTER**  
**& KINSHIP**  
**CARE**  
**EDUCATION**



[www.saddleback.edu/sbs/fkce](http://www.saddleback.edu/sbs/fkce)

## 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 25 • The Magic of Family Meetings

Teach your children problem solving skills in a safe and loving environment. Instill character qualities in your children that enable good decision making when situations they are in start getting out of control.

### February 22 • Developing an "I Can" Attitude

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

### March 22 • How to Talk to Your Kids About Anything

Raising a child is the most gratifying job, and one of the toughest, partly because we live in an increasingly complex world that challenges us daily. There are a wide range of disturbing issues that are difficult for a child to understand and adults to explain. Learn tips and techniques for discussing the tough issues with your child.

### April 26 • Grief & Loss for Children

This class will cover how children experience the process of grieving losses. Learn techniques to assist children with managing their grief and recognize the signs of internalization so you may help in directing their grief outwardly.

### May 24 • Supporting Cultural Ties and Identity

Children may feel alone and excluded during holidays and special events if they are not living with a family that has a similar cultural background. Learn the importance of not only supporting a child's family ties, but understanding the culture, values, and beliefs. Learn how to help a child adjust to a new environment and ease the pain of transition.

### June 28 • Survival Skills for the Transition Hour

Parents need to be reminded that transitions are difficult for most kids to handle. It is more difficult for foster kids in particular because coming to a new home follows a full day of many changes coupled with the stresses of self-control. Learn tips for dealing with the timeframe between arriving home and serving dinner.

# LA HABRA

Cambio de  
Fecha

**Boys & Girls Club**  
1211 Fahringer Way • La Habra 90631

**Coordinador:** Mark Chavez

**Juntas:**

- 4º 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.

### 26 de enero • Valores de enseñanza

Se enseñarán las dificultades demostradas por la juventud con quien hoy trabajamos. Esto incluye a menudo los problemas de comportamiento en la casa, la escuela, y la comunidad.

### 23 de febrero • Como hablarles a sus hijos de cualquier cosa

Vivimos en un mundo que se complica constantemente y nos desafía a diario. Hay una gama de temas perturbadores que son difíciles para que los niños los entiendan y dificultosos para los adultos explicarlos. Aprenda puntos y técnicas para hablar con sus hijos de temas difíciles.

### 23 de marzo • Preñez de la juventud

Se hablará de la preñez de la juventud. Centrarse en como los padres de crianza pueden ayudar a la juventud para que aprendan modos apropiados para interactuar con otros jóvenes y los adultos.

### 27 de abril • Información acerca del colegio

Ayúdele a sus hijos seguir su educación. Hay oportunidades especiales en los colegios para los niños de crianza, y este taller les enseñara como revisar las solicitudes, obtener asistencia monetaria, saber de las fechas límites, y más.

### 25 de mayo • Cuerpos saludables

Como obtener cuerpos saludables. ¿Pueden ser saludables los tentempiés y aún ser comida que les gusta comer? También se hablará de comidas, alergias, y ejercicio.

### 22 de junio • Prepárense para el verano

Aprendan de los varios servicios en la comunidad durante el verano para la juventud. ¿Has decidido como mantener ocupada a la juventud durante las vacaciones de verano?

# ORANGE

**OC SSA Children & Family Services Agency**  
800 N. Eckhoff • Orange 92868

**Coordinadora:** Joanna Hussey, enlace para padres de crianza y familiares que proveen cuidado de niños de crianza

**Juntas:**

- Primer miércoles del mes
- 6:30 pm – 8:30 pm
- Favor de llamar para registración (714) 704-8255

### 4 de enero • Como desarrollar la autoestima en un niño

**Esther Gallego, Social Services Supervisor**

El enfoque será re-enfrendando la autoestima de los niños.

### 2 de febrero • El arte de criar niños cooperativos

**Holly Magaña, Ph.D.**

Aprenda nuevas técnicas de la disciplina positiva.

### 2 de marzo • Asientos de seguridad para niños

**Thelma Alvarez, Social Worker II**

**Carmen Gabaldon, Social Worker Assistant**

En este taller recibirán información de las nuevas leyes sobre seguridad de los pasajeros y uso de los asientos para niños en coches.

### 6 de abril

Por favor, llame a Joanna Hussey para el tema.

### mayo • No hay clase

### 1 de junio

Por favor, llame a Joanna Hussey para el tema.



Las clases son para padres de crianza, padres adoptivos, parientes que ofrecen cuidado, y trabajadores sociales. 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.

# Serie de cómo ser padre con Amor y Lógica

Serie de 7 semanas\* los miércoles 6:30-8:30 pm de Mayo 11 a Junio 22, 2011

Instructora:  
Esmeralda Renteria,  
MFT Intern

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

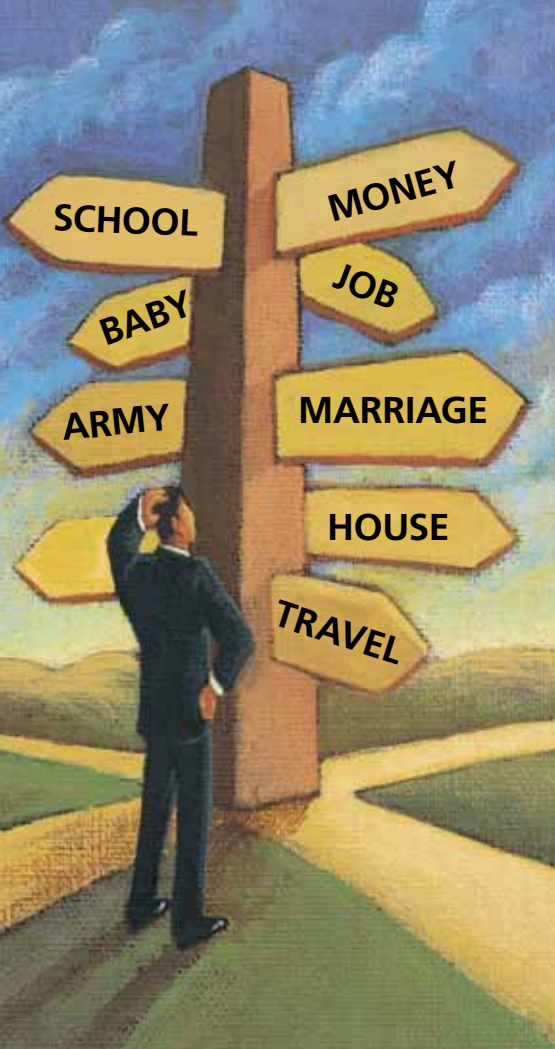
Esta serie de cómo ser padres con Amor y Lógica les proveerá a los padres y parientes que están criando niños de familia herramientas que les ayude como evitar forcejeo de poder con los niños. Padres y parientes que están criando niños de familia aprenderán como proveer enseñanzas a los niños que les ayudaran en la vida real al través de la lógica y empatía. Al través de estas enseñanzas, los niños también aprenderán como ser responsables y como reflexionar sobre sus propios comportamientos y las consecuencias que estos traen.

*\*Es recomendado de que atienda a todas las 7 sesiones para que beneficie de las clases de optima manera*

Sesión 1	Mayo 11		Repaso de los principios básicos de Amor y Lógica
Sesión 2	Mayo 18		Repaso de la formula C.O.O.L.
Sesión 3	Mayo 25	<b>C:</b> El control que se comparte	Aprenda el arte de compartir el control cuando da opciones apropiadas
Sesión 4	Junio 1	<b>O:</b> ¿A quién le pertenece el problema?	Como determinar si el comportamiento de el niño es el problema de el niño únicamente o si el problema se comparte con el padre
Sesión 5	Junio 8	<b>O:</b> Oportunidad de tomar decisiones	Como utilizar palabras para pensar y frases que se puedan enforzar para guiar a los niños mientras toman decisiones
Sesión 6	Junio 15	<b>L:</b> Deje que la empatía y consecuencias hagan la enseñanza	Como proveer la empatía para difundir el enojo y ayudar al niño que aprenda de sus propias decisiones al través de las consecuencias lógicas
Sesión 7	Junio 22		Resumen de la formula C.O.O.L. y aprenda el valor de los quehaceres

Para preguntas o para registrarse, favor de hablar al (949) 582-4884 o correo de envió electrónica: [fkce@saddleback.edu](mailto:fkce@saddleback.edu)





# My Guidance, Their Success: Transitioning To Adulthood

*A workshop for youth and their caregivers/mentors /CASAs*

Presented by:

- Irene Briggs, MS, MFT, *Senior Social Services Supervisor*  
Transitional Planning Services Program
- Linda Levshin, MA, MFT, *Program Director*  
Orangewood Children's Foundation
- Maribel Nava, *Foster Parent*
- Former Foster Youth

**DINNER PROVIDED**

This training will provide information on barriers that have prevented youth from successfully gaining independence once they emancipate from the dependency system. The focus will be on how residential care providers can best assist by developing the youth's skills in these areas at an early age and continuing through to their teen years. Discover community resources that are available to assist caregivers now, as well as resources available to youth after emancipation. This interactive group will discuss specific ideas offered by trainers and participants.

**Orangewood Children's Foundation  
Conference Room  
1575 E. 17th St., Santa Ana 92705  
Monday, January 24, 2011 • 6:00 – 8:30 pm**

Foster & Kinship Care Education Program  
Social and Behavioral Sciences, BGS 318  
Saddleback College  
28000 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  
28000 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 of charge. Hourly training credit given to foster and adoptive parents. Kinship caregivers, social workers, group home staff, and guests are always welcome.

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