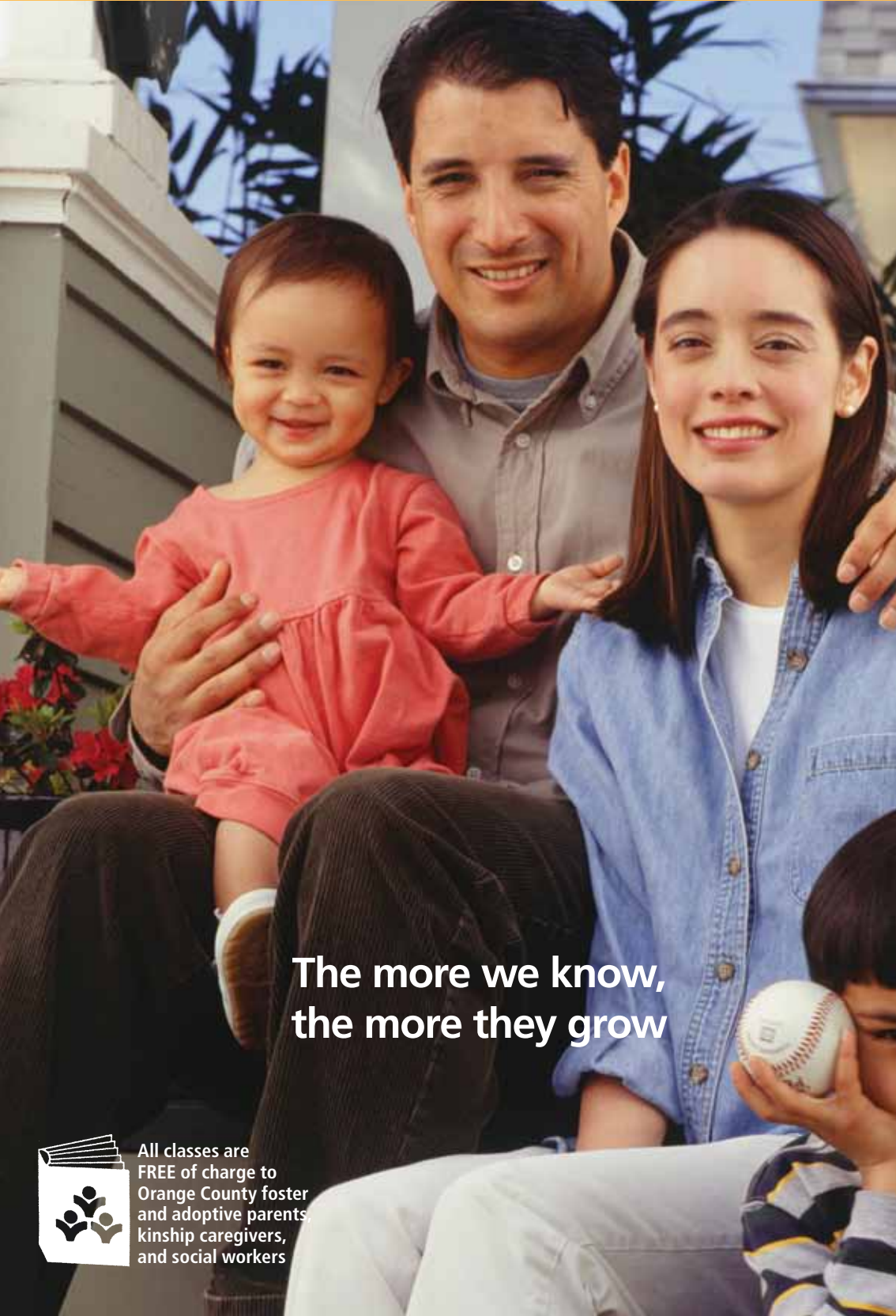




FOSTER & KINSHIP CARE EDUCATION



A PROGRAM OF THE CALIFORNIA COMMUNITY COLLEGES CHANCELLOR'S OFFICE • JULY—DECEMBER 2011



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

The more we know,
the more they grow



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

Welcome

Orange County has reached a record number of licensed foster parents this year! We are so grateful for your dedication to fostering and for opening your hearts and homes to these youth. Please know that throughout your journey, the Foster & Kinship Care Education Program is here to support your parent training needs. To help you track your training hours, a log is included for your convenience. Refer to page 18. In this second half of 2011, we are pleased to continue offering a variety of educational workshops for foster parents, relative caregivers, mentors, CASAs, social workers, and all guests.

In that effort, we are always looking for new opportunities to provide you with optimal training for your licensing requirements. The FKCE Program is pleased to announce a new county-wide project: Putting Pride into Practice, which will be introduced in a workshop entitled, *What Foster Parents, Social Workers, and Caregivers Need to Know in Order to Treat Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) Youth With the Care, Respect and Love that Every Child Deserves*. Please join us at 6:00 p.m. on Wednesday, November 16th at OCSSA Children and Family Services for this specialized training. See page 3 for details.

Two valuable workshops are scheduled for youth to attend together with their foster parent/caregivers: *From Foster to Future Families*, developed by Education for Successful Parenting, is a program geared for teens that are not yet pregnant or parenting; and, *MY GUIDANCE, THEIR SUCCESS: Employment Tools and Interviewing Skills for Youth*, provides professional job seeking advice to young adults. In addition to the *Love and Logic®* series, we are pleased to again offer *Bringing Baby Home* for parents of

children 0-10 years. Parents choosing the foster-to-adopt route will have several options for attending the *Adoption* classes and the *Attachment Parenting* series continues to be offered in the new, condensed format by our expert trainers.

In addition to presenting the specialized trainings noted above, the FKCE program continues to offer a wide range of essential parenting topics at our monthly workshops. Take your time to peruse this catalog, you might discover new training opportunities at a different timeframe or location. We would like to invite you to the Ehlers Community Center in Buena Park, our newest site for delivering FKCE classes.

Finally, I would like to take this opportunity to highlight our guest speaker topics at Olive Crest in Santa Ana. These topics include *Positive Discipline; Developmental Stages of Attachment; Legal Issues*; and *Caring for the Prenatally Substance-Exposed Child*. Please see page 14 for details.

Friends and family members are always welcome to join you at these classes. After all, kids learn from adults in general, not just parents, so have the adults around your children benefit from the classes as well. The more we know, the more they grow!

I hope you have a fun and safe summer, and wish you and your family all the enjoyment of the remaining holidays in 2011!

Sincerely,

Nicole Loftus, Director

Foster and Kinship Care Education Program
Saddleback College

IMPORTANT CONTACTS

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) 871-543	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
Library Cards for foster children			www.ocpl.org
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	
24 Hour Child Abuse Reporting Hotline.....		1 (800) 207-4464	
YMCA Foster Youth.....		(714) 852-6014	

CARE, RESPECT & LOVE

What foster parents, social workers & caregivers need to know in order to treat lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth with the care, respect, and love that every child deserves

**Instructed by:
Rob Woronoff, MS, Director
Putting Pride into Practice Project**

Putting Pride into Practice Project is a grant funded program created to implement Assembly Bill 458 (AB458), the Foster Care Non-Discrimination Act. This law became effective January 1, 2004 and prohibits discrimination in the California foster care system on the basis of actual or perceived race, ethnic group identification, ancestry, national origin, color, religion, sex, sexual orientation, gender identity, mental or physical disability, or HIV status. The law mandates initial and ongoing training for all group home administrators, foster parents, and department licensing personnel.

Lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth in care often experience rejection and hostility by caregivers which usually results in feelings of low self-worth, substance abuse, high-risk behaviors, and self-harm. Even if foster parents desire to be supportive of LGBTQ youth, many lack the skills necessary to discuss sexual and gender identity, leaving the subject unaddressed under a code of don't ask, don't tell. Like all children, LGBTQ youth look to those who are charged with their care for guidance, acceptance, and love in order to lead happy, healthy, and productive lives.

This workshop will offer social workers, foster parents, and other caregivers an opportunity to gain a better understanding of the issues facing LGBTQ foster youth, plus the necessary skills to treat them with the care, respect, and love that all children deserve.

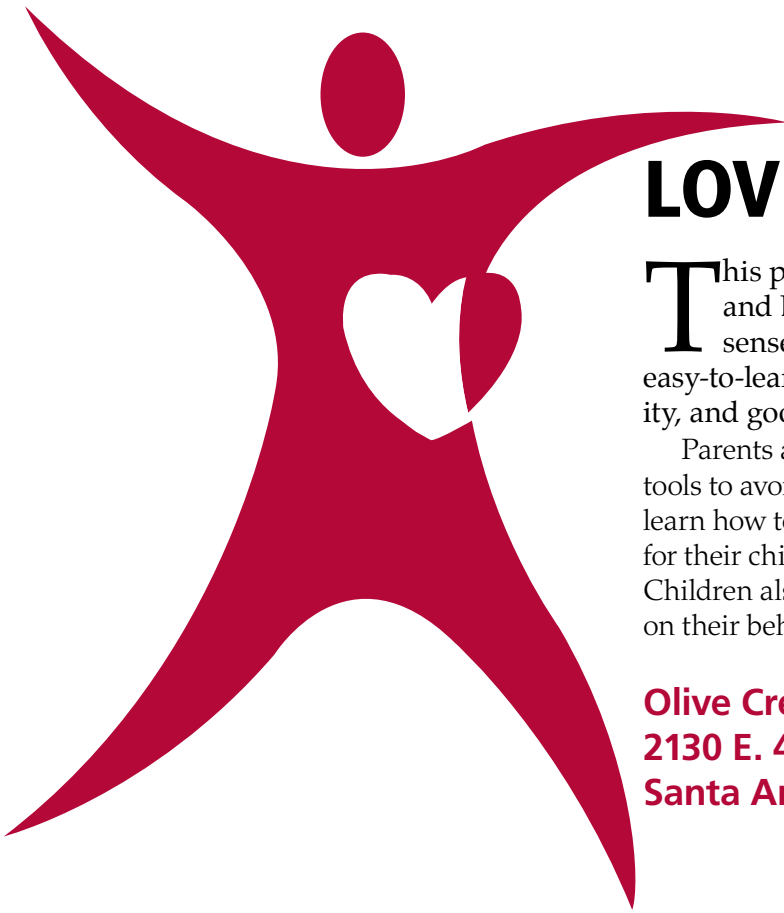
TOPICS INCLUDE:

- **Introduction of LGBTQ issues**
- **Definition of terms**
- **Feelings of attraction**
- **Development of gender identity**
- **Impact of silence**
- **Case studies**
- **Overview of existing initiatives and resources**

**Wednesday, November 16
6:00 - 9:00 p.m.**

**OCSSA Children & Family Services
744 N. Eckhoff St.
Annex Auditorium
Orange 92868**

*For questions or to register,
call (949) 582-4884 or
email: fkce@saddleback.edu*



LOVE AND LOGIC®

This parenting series developed by the Love and Logic® Institute, Inc., is a common-sense approach that provides parents with easy-to-learn skills that create respect, responsibility, and good decision-making in youth.

Parents and caregivers will be equipped with the tools to avoid power struggles with children and learn how to provide real-life learning opportunities for their children through use of logic and empathy. Children also learn to become responsible and reflect on their behavior and the resulting consequences.

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

THURSDAY
EVENINGS*
6:30 - 8:30
p.m.

- | | | |
|------------------|-----------------|---|
| Session 1 | Sept. 15 | Overview of the basic tenets of Love and Logic® |
| Session 2 | Sept. 22 | Overview of the "C.O.O.L." formula |
| Session 3 | Sept. 29 | C.: Control that is Shared
Learn the art of sharing control through giving appropriate choices |
| Session 4 | Oct. 6 | O.: Ownership of the Problem
Learn how to determine if a child's choice/behavior is his/her problem or if the parents need to own the problem as well |
| Session 5 | Oct. 13 | O.: Opportunity for Decision Making
Learn how to use thinking words and enforceable statements to guide children in their decision making |
| Session 6 | Oct. 20 | L.: Let Empathy and Consequences do the Teaching
Learn how to provide empathy to diffuse anger and allow the child to learn from his/her decision through logical consequences |
| Session 7 | Oct. 27 | Review of the "C.O.O.L." formula; Learn the value of chores |

* We recommend attending all sessions for optimal benefits

For questions or to register, call (949) 582-4884 or email: fkce@saddleback.edu



From Foster Families to Future Families

Saturdays: October 22 and 29
1:00 – 5:00 p.m.

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

OCSSA Children and Family Services
800 N. Eckhoff St. • Room 1304 • Orange 92868

Instructed by: Education for Successful Parenting
Randi Rubenstein, MS Public Health—Exec. Dir.
Maria Barragan, MSW—Instructor

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 in-teractive, 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 – October 22

- 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 – October 29

- 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 sessions*

Bringing Baby Home

Friday, August 26, 6:00 - 10:00 p.m.

Saturday, August 27, 1:00 - 7:00 p.m.

Relationship Research Foundation
1400 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

Bringing 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)*



"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).

P.R.I.D.E. SCHEDULE

PARENT RESOURCES FOR INFORMATION, DEVELOPMENT, AND EDUCATION

LAGUNA HILLS

START DATE	END DATE
July 16	July 30
August 24	September 28
October 25	November 29

Children & Family Services

DAY	TIME
Saturday	9:00 a.m. – 4:00 p.m.
Wednesday	6:30 – 9:30 p.m.
Tuesday	6:30 – 9:30 p.m.

LAKE FOREST

START DATE	END DATE
August 3	September 7
October 6	November 10

Saddleback Church

DAY	TIME
Wednesday	6:30 - 9:30 p.m.
Thursday	6:30 – 9:30 p.m.

ORANGE

START DATE	END DATE
August 9	September 13
October 1	October 15
November 8	December 13

Children & Family Services

DAY	TIME
Tuesday	6:30 – 9:30 p.m.
Saturday	9:00 a.m. – 4:00 p.m.
Tuesday	6:30 – 9:30 p.m.

ESPAÑOL

START DATE	END DATE
Augusto 8	Septiembre 19
Noviembre 14	Diciembre 19

Children & Family Services

DAY	TIME
Lunes	6:30 – 9:30 p.m.
Lunes	6:30 – 9:30 p.m.

To register for P.R.I.D.E. classes:

In Lake Forest, contact Lynn Young at (949) 609-8418 or email: lynny@saddleback.com

At Children and Family Services, contact Lorena Rodriguez at (888) 871-KIDS [5437]



ADOPTION SERIES

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

OCSSA Children and Family Services • Room 1304 • 800 N. Eckhoff • Orange 92862
Thursdays, 6:30 – 8:30 p.m.

CLASS 1	CLASS 2	CLASS 3	CLASS 4
July 7	July 21	August 4	August 18
September 1	September 15	October 6	October 20
November 3	November 17	December 1	December 15

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 provide prospective adoptive parents with an in-depth look at the issues and challenges with which many foster/adoptive children struggle. What does “normal” and “delayed” development look like? What will an adoptive child’s behaviors 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 also be discussed. The last part of this class is dedicated to the application process for adopting a child through Orange County Social Services.

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 the 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**

** Adoption Requirement*

Attachment Parenting*

Instructed by:

Sharon Landis, MSW & Margi McNelly, MFT

OCSSA Children & Family Services

Annex Auditorium

744 N. Eckhoff St., Orange 92862

Saturdays: 8:00 a.m. – 12:00 p.m.

August 6 and 13

September 17 and 24

November 5 and 19

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:

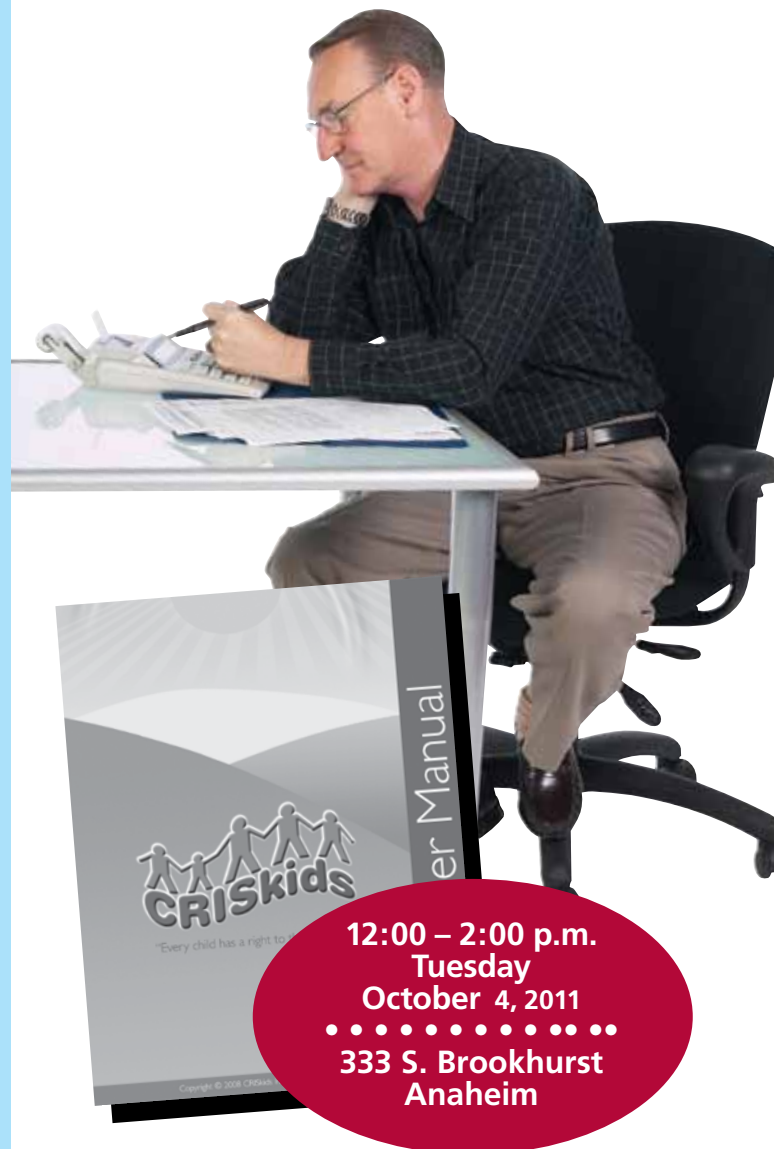
- Attachment Parenting
- Developmental Re-Parenting
- Therapeutic Parenting

These workshops are 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

www.saddleback.edu/fkce



CRIS Software

Caregiver Recording Information System
Make Recordkeeping Easy!

Instructed by: Kathy Harvey

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.

- Receive free software
- Limit one per O.C. foster/relative caregiver household
- Receive 2 training hours credit
- May bring your own laptop

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

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



Site Coordinator: Kathy Harvey
 Meetings: 2nd Monday each month
 9:00 – 11:00 a.m.
 Free book

Foster Parent Book Club & Support Group

Participants will meet monthly to review and discuss specific chapters of the book, *Practical Tools for Foster Parents*. A free copy of the book will be given to each participant at the first meeting. Participation at all six 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 the positive and the negative.

- July 11 Introduction**
- Foster Care: Making a Difference for America’s Children**
- August 8 Building a Relationship with Your Foster Child**
- The Professional Foster Parent**
- Working with a Foster Child’s Family**
- Creating a Safe Environment**
- September 12 Setting Expectations and Sending Clear Messages**
- The Benefits of Teaching**
- Introduction to Teaching Social Skills**
- The ABCs of Behavior**
- October 10 Rewarding Good Behavior**
- Giving Negative Consequences**
- Using Time-In and Time-Out**
- Preventing Problems Before They Occur**
- November 14 Giving Effective Praise**
- Staying Calm**
- Correcting Misbehavior**
- Teaching Self-Control**

Western Youth Services
505 N. Euclid St., Suite 300
Anaheim 92801

Site Coordinators: Gabriela Alvarado & Steven Sproule
 Meetings: 2nd Tuesday each month
 6:00 – 9:00 p.m.
 Bilingual

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.

July 12 • Healthy Nutrition Tips for You and Your Children

Parents will learn how to build healthy eating habits, not just for children but adults as well. Do you know which snacks your child loves to eat are actually healthy? Time in the kitchen should be fun, so come explore mealtime suggestions that are simple and easy. Learn tips for smart shopping decisions and what you should do if there are concerns about food allergies. Parents will learn the importance of exercise and its life-long benefits to the growing child.

August 9 • Through the Eyes of a Child Domestic Violence

Did you ever consider the effects of violence and trauma on your foster child? Although this class will focus on current issues of domestic violence, learn how children are affected by what they see in the media, experience in the home, or as victims of bullying. Parents will explore the sometimes emotional and problematic behaviors manifested by children affected by violence and learn the tools to manage those issues as they arise.

September 13 • Self-Discipline and Beyond

A well-established and considered discipline plan promotes self-control, self-esteem, and responsibility. In this class, parents will learn how to effectively manage and deal with discipline issues. The goal of positive discipline is to teach children to develop safe, socially responsible behavior that promotes not only self-respect, but respect for the feelings and property of others.

October 11 • Understanding Depression in Youth

Parents will learn methods and techniques to identify genuine depression in youth. This class will teach parents how to differentiate between sadness, grief, and depression. Foster children sometimes get placed and removed from several homes so, if they had formed new bonds or just miss birth families, they may experience depression. Discussion will include the stages and process of loss and grief.

November 8 • Survival Skills for the Transition Hour

The goal is to help parents understand why this period of removal or placement is so difficult for some children, as well as adults. The goal of this workshop is to prepare foster parents and relative caregivers with the necessary information and tools so that they can effectively manage and deal with transitions issues. Discussion will include suggestions for survival skill information and resources.

BUENA PARK

Walter D. Ehlers Community Recreation Center
8150 Knott Ave.
Buena Park 90620

**NEW
LOCATION**

Site Coordinator: Mark Saucedo
Meetings: 1st Tuesday each month
6:00 – 9:00 p.m.
Einstein Room

Kelly Grimes

Kelly has been involved in the FKCE programs for over 11 years. She was a kinship caregiver for 14 years and was the coordinator of the FKCE and ILP programs at Cypress College. She has a Master's Degree and has been trained in the P.R.I.D.E., Traditions of Caring, and Off-Road Parenting series. Currently, she is on the Guardian Scholars Advisory Committee.

July 5 • Organizing a Disorganized Child

A majority of our foster youth display a lack of "executive skills." How can we help kids overcome such common problems as disorganization, impulsivity, and not being able to forgive? Parents will learn to use new research into child-brain development to help them understand core, brain-based habits--executive skills—that one uses to prioritize, get organized, focus, and control emotions. This presentation provides information that can even be used to teach preschoolers how to develop these skills.

August 2 • Anger Management—Dealing with Emotional Issues

Anger is an emotion experienced by all children. An infant's hungry cry, a toddler's temper tantrum, a preschooler's angry push, a school-ager's hurtful taunt, or a teenager's hostility are all vivid reminders that anger is no stranger to childhood. Anger is part of life and, sometimes, life hurts and life is not fair. All children will cope with their anger, either in a helpful or a hurtful way. Come learn how to guide children in managing anger so it is demonstrated in a positive and healthy manner.

September 13 • School and IEPs

DATE CHANGE

The children in foster care encounter many challenges, and school is one of their greatest. Some kids have substantial learning difficulties and others may require supplemental services. Do you understand the school organization or know school enrollment requirements? What educational rights are under AB 490? Or, who has the right to make educational decisions for your foster child? Participants will understand what an individualized education plan (IEP) is, and how to develop one for their child's educational success.

October 4 • Teamwork Toward a Child's Success

The goal of this workshop is to guide foster parents and caregivers in helping children connect to safe, nurturing relationships that last a lifetime. What are the best methods of working together in helping children reunite with parents or transitioning to adoptive families? Discussion will include how to ensure children grow up with relationships they can count on, the direct impact individuals/groups outside of the family have on a child's well-being, and advocating teamwork assistance to meet all of a child's needs.

November 1 • Teaching Core Values—Self-Discipline, Fairness, Dependability, and Honesty

Self-discipline involves making good decisions, taking responsibility for one's actions and knowing how and when to demonstrate appropriate social skills. Children who can do this are better prepared for the future, especially after emancipation. Initially, teaching a child the difference between right and wrong is fairly simple-- some actions are a no-no, while others are more serious. But adding core values such as honesty, fairness, dependability and compassion to the mix, and character lessons get more complicated. There is a skill to building character and raising good kids in a world that often isn't. With the understanding that actions speak louder than words, parents can use family activities, particularly ones centered on volunteering or helping others, as occasions to emphasize important aspects of good character.

3rd Annual College & Career Fair

Saturday, October 8, 2011, 8:00 a.m. – 1:00 p.m.

Fullerton College

321 E. Chapman, Fullerton 92832

**ALL CAREGIVERS, MENTORS,
AND YOUTH (12-19 years) WELCOME!**

For information or to register, call (949) 582-4884
or email: fkce@saddleback.edu

- Caregivers will receive 3 training hours credit
- Translators available upon request
- Light breakfast and lunch included with registration



GARDEN GROVE

Magnolia Park Family Resource Center
11492 Magnolia St.
Garden Grove 92841



Site Coordinator: Claudia Valdivia-Alvarez
 Meetings: 1st Wednesday each month
 6:00 – 9:00 p.m.

Kelly Grimes

Kelly has been involved in the FKCE programs for over 11 years. She was a kinship caregiver for 14 years and was the coordinator of the FKCE and ILP programs at Cypress College. She has a Master's Degree and has been trained in the P.R.I.D.E., Traditions of Caring, and Off-Road Parenting series. Currently, she is on the Guardian Scholars Advisory Committee.

July 6 • The Magic of Family Meetings

Between work, school, sports, organizations, and other obligations it is increasingly difficult for a family to make plans together, share information, or just talk. Family meetings are a way to spend time with each another, share activities or work, and have fun as a group. When you make family meetings part of your daily or weekly routine, everybody has the opportunity to be involved in the day-to-day workings of the family and have a voice in plans and activities. Beginning the tradition of having family meetings also creates a way of sharing and passing on important family values to future generations.

August 3 • Where the Wild Things Are—Dealing with Emotional Trauma

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, they can implement measures to dramatically improve family life. Parents will learn about emotional and psychological trauma, including the causes, symptoms, effects, treatments, plus self-help tips and a guide to anxiety treatment options.

September 14 • Transitioning Back to Birth Parents DATE CHANGE

One of the most difficult experiences for you as foster parent may be the task of returning a child in your care, especially teenagers. Learn how to positively reunite children with birth parents or transition them to adoptive families. Identify how you can deal emotionally with the adjustment of detaching from the child while ensuring that child grows up with relationships that they can count on. We will focus on the impact that individuals and groups outside the family have on a child's well-being, and advocate teamwork assistance to meet all of the child's needs.

October 5 • Coping With Allegations

Do you know the policy regarding grievances and allegations? What should you do to protect yourself, and what you should expect if you receive one? Discussion will identify what the major risks are and the difficulties of working with birth parents. Learn about the importance of timely documentation and what you should record to avoid problems. Participants will also receive tips on developing better lines of communication with their social workers.

November 2 • Attachment Issues with Teens and Children

Attachment is a skill that allows us to maximize our potential, enjoy life, maintain physical and emotional well-being, and build ongoing relationships. Without a secure base of attachment, individuals do not develop a healthy conscience, have trouble learning and retaining information, do not grasp cause-and-effect thinking, and are often fearful. This workshop will examine how healthy attachments develop and review parenting techniques to strengthen attachment skills.

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
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
6:00 – 9:00 p.m.
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.

July 20 • Talking to Kids About Anything

Raising a child is the most gratifying job yet one of the toughest, in part, because times have changed. We live in an increasingly complex world that challenges us every day. There are a wide range of disturbing issues that are difficult for children to understand and adults to explain. Learn tips and techniques for talking to kids about tough issues.

August 17 • Supporting Cultural Ties and Identity

Culturally diverse children may feel excluded during events and holidays, especially if they are living with a family that doesn't share similar customs or beliefs. Learn the importance of supporting the child's family ties and how to accept and understand the child's culture, values, and beliefs. Parents will learn techniques on helping to ease the pain of adjusting to a new environment.

September 21 • 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.

October 19 • Getting Help—Finding and Using Resources

Resources for foster families are often scarce or difficult to locate. The goal of this workshop is to provide kinship caregivers with the tools they need to locate free information and various resources via the internet. Knowledge is necessary for you to assist foster youth overcome their challenges.

November 16 • It Takes a Village

This class will explore the importance of supporting family connections and family continuity, whether it is in long-term foster care, adoption, or guardianship in order to strengthen family relationships. Learn ways children can "stay connected" to improve their self-esteem, personal identity, as well as cultural identity.

LAKE FOREST

**South Orange County Family Resource Center
23832 Rockfield Blvd., Suite 270
Lake Forest 92630**

Site Coordinator: Cynthia Campos
Meetings: 2nd Wednesday each month
6:00 – 9:00 p.m.
Free childcare available

**NEW
TIME**

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 daughters and a grandmother of two.

July 13 • The Impact of Child Abuse

This workshop will review the different forms of child abuse and neglect, as well as the variety of ways it can impact children. Parents will develop an understanding of what constitutes child abuse and neglect and learn how they can help children overcome its effects.

August 10 • Protecting Yourself

This workshop will help you develop ways to maintain effective communication between foster parents/relative caregivers and social workers. Learn what information is important enough to communicate, how to complete and maintain effective documentation, and how to complete Special Incident Reports (SIRs).

September 14 • The Importance of Permanency

This workshop will provide an overview of the impact of permanency on children in care, review what leads to permanency, and discuss the role of caregivers in improving outcomes. Learn what factors positively impact permanency, as well the impact on children when it is not achieved. Caregivers will be given the tools to assist in maintaining a stable placement for a child.

October 12 • Children From Methamphetamine Addicted Families

This workshop will review the serious and rapidly growing problem of methamphetamine use, its impact on adult substance abusers, and how the children are impacted by parental substance abuse. This workshop will teach you what methamphetamines are, how they impact the user, and help you to recognize and understand childhood behaviors related to either direct or indirect exposure to methamphetamines.

November 9 • Keeping Infants and Toddlers Safe

This workshop will review the latest information regarding Sudden Infant Death Syndrome (SIDS), co-sleeping, and other risks to an infant or toddler's health and safety. Learn the suspected causes of SIDS, explore the risks related to co-sleeping with infants, and review ways to reduce health and safety risks for infants and toddlers.

**Visit us at:
www.saddleback.edu/sbs/fkce**

SANTA ANA

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

Site Coordinator: Helen Lindsey
Meetings: 2nd Thursday each month
6:00 – 9:00 p.m.

July 14 • Positive Discipline **Robert Waddington, MSW**

This experiential workshop will provide parents with teaching-oriented tools to manage behavioral challenges effectively in a manner that is kind but firm, yet neither permissive nor punitive. Parents will learn how mutually respectful relationships focusing on children's strengths, rather than their weaknesses, will help them to effectively address misbehavior, defuse power struggles, and promote desired behavior.

August 11 • Developmental Stages of Attachment **Robbin Hatten, Foster/Adopt Mother**

Find out the developmental stages of attachment that adopted children experience. Find out if the stages are different than they are for biological children and whether the ups and downs of psychological adaptation can be predicted for even the most well adjusted adoptee. Understanding the feelings that children experience as they develop into adulthood will help them understand themselves and they will be better equipped to cope with those feelings. Also, learn what role, if any, biological parents play in all of this.

September 8 • A Caregiver's Guide to Juvenile Court **Carolyn S. Frost, JD**

Parents will gain an understanding of the juvenile court process, its participants, and the types of legal findings by the court in dependency cases. Parents will have a better understanding of why the court makes certain decisions and what information the court takes under submission when making orders. Discussion will focus on the caretaker's role in juvenile court proceedings and in providing permanency options for our youth. Learn the significance of family reunification and permanency options such as adoption, guardianship, or long-term foster care when reunification is unsuccessful. The legal and practical implications of informal care living arrangements for non-dependent children will also be discussed.

October • No class

November 10 • Caring for the Prenatally Substance-Exposed Child **Bettyann Welland, R.N.**

This workshop will address the long-term effects on children whose birth parents are substance abusers, as well as the physical exposure and emotional impacts that a parent's addiction has on the child. Specific care for the prenatally substance-exposed child will be discussed and parents will learn about commonly seen street drugs and their effects on the developing fetus.

December • No class

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

Coordinator: Spring Wilson

Meetings: 1st Wednesday each month
6:00 – 8:00 p.m.
To register, call Andrea at (714) 245-0045
Free childcare available-must notify in advance

July 6 • Current Issues Raising Youth

Parents will have the opportunity to bring up issues related to raising children in this open forum, such as problems with discipline, behavior management, attachment, self-esteem, etc. Everyone can learn from each other's experiences so come prepared with your questions or words of advice to discuss these and other issues of concern. A professional will facilitate the discussion and be available to provide guidance and recommendations.

August 3 • Health and Nutrition for Your Family

Come learn tips to incorporate healthy habits into your family's daily routine. Learn which food and beverages are the nutritious and healthy options when buying groceries or eating out. Find out how to prepare healthy meals and snacks for everyone in your family. Additionally, fun physical activities for the family will be suggested.

September 7 • How Well Do YOU Communicate?

This workshop will address the various communication styles people use when interacting daily with others. Determine your style of communicating, as well as others', and find out exactly how effective those methods are. Are you sending mixed messages with non-verbal actions that conflict with your words? Learn how to communicate effectively through verbal and non-verbal cues.

October 5 • Parenting With Humor

Bring a little humor into your parenting approach. Have a good time with your child as you teach them life's valuable lessons. The stresses of daily life can affect your mood, which indirectly affects your family life. Learn some techniques for easing life's challenges by incorporating laughter and a positive attitude into family dynamics. LOL!

November 2 • Internet Safety

With rapidly growing technology, such as social networking, gaming, and texting, children are probably more familiar and adept at utilizing this media than most parents. Come learn the safeguards you can implement to monitor your child's activity on the computer. What can you do as a parent to minimize the risk of accessing inappropriate websites and the dangers of online predators? Discussion will include cyberbullying, which is a growing epidemic today among youth. Learn how cyberbullying is initiated, the detrimental effects it could have, and steps you can take to protect your entire family.

YORBA LINDA

Grace Lutheran Church
6550 Fairmont Blvd.
Yorba Linda 92887

Coordinator: Dan Waganknech
Meetings: 4th Tuesday each month
6:00 – 9:00 p.m.

Michele Dugan

Michele has been an FKCE instructor for 3 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.

July 26 • Discipline and Beyond

Many parents find it difficult to avoid losing their own tempers when one of their little ones misbehaves, is defiant, or throws a tantrum. In this class, parents will learn effective discipline skills and how to set rules so that even toddlers can understand and follow. Come learn logical alternatives for disciplining your children.

August 23 • Keeping the Family History Together

Parents will learn a simple, easy method of creating a Lifebook for a child in their care to help preserve that child's history. Share the fun and experience of building this book together with your child and learn the significance of adding the special touches from your heart. Memories are important, so find out how you can locate clues from the past, highlight the child's favorite things, and create a foster care memory book that your child will want to keep for the rest of his or her life. Handouts of must-have pages will be available, as well as information about great websites for obtaining materials.

September 27 • Take a Breath

The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges head on. Parents will learn the four stages of burnout and how to reduce, prevent, and cope with stress. In addition to gaining an understanding of stress management, parents will learn the health benefits of humor and relaxation techniques for stress relief. Bring your partner and learn to relax!

October 25 • Finding and Using Resources

Resources for foster families are often scarce or difficult to locate. The goal of this workshop is to provide kinship caregivers with the tools they need to locate free information and various resources via the internet. Knowledge is necessary for you to assist foster youth overcome their challenges.

November 22 • Anger Management

Did you ever wonder how foster care may affect a child's emotional health? In this workshop, you will learn how to identify the subtle signs and symptoms of anger in children, plus techniques to help your child manage and control angry feelings. Learn techniques to help your child deal with anger and how to develop positive resolutions to that anger.

LA HABRA

Boys & Girls Club
1211 Fahringer Way
La Habra 90631

Coordinador: Mark Chavez
Juntas: 4° miércoles del mes
4:00 – 7:00 p.m.

Lili Perez-Stroud

Lili asistió con la coordinación de los programas FKCE y ILP en Cypress College. Ella se graduó de 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 ésta serie.

Julio 27 • No Hay Classes

Augusto 24 • Libertad

Los padres tendrán información y herramientas para ayudar a la juventud de crianza como emanciparse y también saber cuales son las destrezas necesarias para ser adulto. Ésta clase ayudará a los padres como enseñarle a sus hijos las destrezas de cómo vivir como adulto. Se explorará el colegio, las destrezas de trabajo, educación, y otros recursos.

Septiembre 28 • Enseñando Destrezas Ejecutivas

¿Cómo se le puede ayudar a la juventud vencer problemas comunes como perdonar, el desorden e impulsividad? Aprenda usar nueva información para el desarrollo del cerebro infantil que ayudará a los adultos los hábitos básicos del cerebro infantil – destrezas ejecutivas – que usamos para dar prioridad, organizarse, mantenerse centrado, y controlar las emociones. Ésta presentación les provee información que puede usarse hasta con niños de pre-kinder para que ellos desarrollen éstas destrezas.

Octubre 26 • El Ser Padre Fuera de Serie - Off-Road Parenting

Tópicos especiales: berrinches de enojo, comportamiento sexual, el prender fuegos, el desorden de alimentación. Los participantes mejor entenderán las razones escondidas, las señas y síntomas de éste comportamiento y que hacer para ayudar.

Noviembre 23 • Se Requiere al Pueblo

Fortaleciendo la relación familiar. Se explorará la importancia de sostener la conexión entre familia y el seguirse tratando (a pesar del resultado esperado) crianza a largo plazo ó adopción. Aprenderá como se puede mantener "conectado" para mejorar el auto-estima, identificación personal y su identidad cultural.

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.

OCSSA Children and Family Services 744 N. Eckhoff St., Annex Auditorium • Orange 92868

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

Juntas: Primer miércoles del mes con la excepción de diciembre
6:30 - 8:30 p.m.
Favor de llamar para información
(714) 704-8255

Julio 6 • Aprenda el ABC's de la Seguridad en la Alberca

California tiene el mayor número de ahogamientos en la nación. Estas tragedias innecesarias son la causa principal de muertos accidentales de niños menos de cinco años de edad y la segunda causa principal de la muerte de niños menos de catorce años de edad. Padres de crianza aprenderán cómo prevenir ahogamientos con adultos en supervisión-asigne a un observador del agua, barreras, y clases (CPR).

Agosto 3 • Enfrentarse con el Dolor y la Pérdida en los Niños

Este curso enseñará a los padres de crianza las varias etapas que niños y adolescentes experimentan cuando tratan con el dolor de seres queridos. Los participantes aprenderán las habilidades y técnicas necesarias en cómo apoyar todos los niños durante su duelo y el luto.

Septiembre 7 • Conocimiento del Suicidio

En este taller aprenderá los siguientes temas: información sobre la línea telefónica de prevención de un suicidio y crisis 24 horas del día; estadísticas y las tasas de suicidio; entendiendo que el suicidio se relaciona con la salud mental; factores de riesgo y signos de alerta; la importancia de "preguntas" y revisar los recursos posibles. Los padres de crianza aprenderán una comprensión de los factores de riesgo y signos de alerta del suicidio. En este taller usted aprenderá los programas de apoyo disponibles para familiares en crisis.

Octubre 5 • Pandillas 101 / Definición de Pandilla

En este taller aprenderá los siguientes temas: Enfoque biopsicosocial para entender las pandillas; Indicaciones y factores de riesgo de pandillas en su comunidad; Posibles indicadores de participación en pandillas; Padres de crianza van a aprender sugerencias para prevenir actividad de pandillas.



Noviembre 2 • Lo que deben saber los padres de crianza para tratar a los jóvenes lesbianas, homosexuales, bisexuales, transgénero o que están cuestionando su orientación sexual o identidad de género con el cuidado, respeto y amor que merece cada niño.

Jóvenes lesbianas, homosexuales, bisexuales, transgénero o que están cuestionando su orientación sexual o identidad de género, o LGBTQ (lesbian, gay, bisexual, transgender and questioning) en el sistema de hogares sustitutos sufren rechazo y hostilidad resultando en un sentido bajo de valoración de sí mismo, abuso de drogas, conducta de alto riesgo, y auto-lesión. Aun cuando padres de crianza tienen el deseo de apoyar a jóvenes LGBTQ, muchos carecen de las habilidades necesarias para hablar con jóvenes acerca de su identidad sexual o de género.

Así que el tema se deja sin discutir bajo una política de ojo que no ve. Pero jóvenes LGBTQ necesitan poder expresar sus sentimientos con los que están encargados con su cuidado. Como todos niños, jóvenes LGBTQ miran hacia los adultos para orientación, aceptación y amor. En este entrenamiento, usted aprenderá sobre la ley de California que prohíbe la discriminación en el sistema de cuidado de niños de crianza.

Las clases son para padres de crianza, padres adoptivos, parientes que ofrecen cuidado, y trabajadores sociales. Para servicios de traducción en español o inglés 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.

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**

September 24

12:00 – 6:00 p.m.
Olive Crest, Conference Room
2130 E. 4th St., Suite 200
Santa Ana 92705



October 22

Taking Care of Business Day

Participants must have attended the OCSSA Children and Family Services Orientation and be in the process of completing P.R.I.D.E. to attend this afternoon workshop.

To register, call (888) 871-5437

ESPAÑOL • Octubre 22

Día Para Cuidar Los Negocios:

Taking Care of Business Day
Para poder atender éste taller, los participantes deben de haber participado en la orientación y estar en el proceso de completar las clases de P.R.I.D.E. Para registrarse, favor de llamar al (888) 871-5437

**Luis Vásquez, Certified Trainer
(Bilingual Classes)**

August 6

8:30 a.m. - 2:30 p.m.
Magnolia Park Family
Resource Center
11402 Magnolia Ave.
Garden Grove 92842

RENEWAL

November 5

8:30 a.m. - 12:30 p.m.
South Orange County
Family Resource Center
23832 Rockfield Blvd., Suite 270
Lake Forest 92691

**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.

OC SITE LOCATIONS



- A ACCESS-Health Nutrition Services**
1715 E. Wilshire Ave. Suite 701
Santa Ana 92705
- B Aliso Viejo Conference Center**
31 Santa Barbara Dr.
Aliso Viejo 92656
- C Anaheim/Fullerton Family Resource Center at Ponderosa Park**
2100 S. Haster St.
Anaheim 92802
- D Boys and Girls Club**
211 Fahringer Way
La Habra 90631
- E Foster Care Auxiliary**
333 S. Brookhurst
Anaheim 92804
- F Grace Lutheran Church**
6550 Fairmont Blvd.
Yorba Linda 92886

- G Magnolia Park Family Resource Center**
11402 Magnolia Ave.
Garden Grove 92842
- H Misión Con Visión Iglesia de Dios**
11231 E. Chapman
Garden Grove 92887
- I New Alternatives, Inc. Family Support Services**
1202 W. Civic Center Dr. Suite 205
Santa Ana 92705
- J OC SSA Children and Family Services**
744/800 N. Eckhoff St.
Orange 92868
- K Olive Crest**
2130 E. 4th St., Suite 200
Santa Ana 92705
- L Orange County Fire Authority**
1 Fire Authority Rd.
Irvine 92602

- M Orangewood Children and Family Center**
401 The City Drive
Orange 92868
- N Orangewood Children's Foundation**
1575 E. 17th St.
Santa Ana 92705
- O Relationship Research Foundation**
400 Bristol St., North Suite 100
Newport Beach 92660
- P Saddleback Church**
1 Saddleback Pkwy.
Lake Forest 92630

- Q Saddleback College**
28000 Marguerite Pkwy.
Mission Viejo 92692
- R South Orange County Family Resource Center**
23832 Rockfield Blvd., Suite 270
Lake Forest 92630
- S Walter D. Ehlers Community Center**
8150 Knott Ave.
Buena Park 90620
- T Western Youth Services**
505 N. Euclid St., Suite 300
Anaheim 92801

Presented by:

Irene Briggs, MS, MFT
Senior Social Services Supervisor
Transitional Planning Program

Linda Levshin, MA, MFT,
Program Director
Orangewood Children's Foundation

Tony Annunziato, Mentor
Orangewood Children's Foundation

MY GUIDANCE, THEIR SUCCESS: Employment Tools and Interviewing Skills for Youth

A workshop for youth and their caregivers/mentors/CASAs

Come and learn how valuable your contribution is to your foster child's success after emancipation from the dependency system. In this training, participants will learn how to guide foster youth in preparing for employment even though the teenager may still be in school and undecided about a career. Teach them how to develop the critical skills needed in this era to pursue and land the job they really want. Learn about the barriers experienced by foster youth that prevent them from realizing their goals and achieving success.

This interactive workshop will present a panel of professionals from exciting careers to talk about their occupations and the path they chose to get there. Foster youth will take away amazing insight from a panel who will impart knowledge and first-hand experiences about the consequences of their decisions, both good and bad. The positive outcome is that foster youth can glean information to avoid the same pitfalls, follow the good advice, and make sound decisions on the fast track to their own success.

Help your child create a Résumé and bring it for review at this training to ensure it has all the right information so that it is not overlooked by prospective employers!



Orangewood Children's Foundation
1575 E. 17th St., Conference Room,
Santa Ana 92705
Monday, September 19
6:00 – 8:30 p.m.

- **Must register by Thursday, September 15th**
- **Limited space, call (949) 582-4884 to register**
- **Light dinner provided**
- **Raffle for youth**

SOUTH ORANGE COUNTY COMMUNITY COLLEGE DISTRICT BOARD OF TRUSTEES:
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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, Kin-
ship Caregivers and Social Workers. Class credit hours
apply toward county and state licensing requirements.
Classes with low enrollment are subject to cancellation.

Website: www.saddleback.edu/fkce

Email: FKCE@saddleback.edu

Mission Viejo CA 92692-3635

28000 Marguerite Parkway

Saddleback College

Mail: FKCE Program, BGS 318

Fax: (949) 364-2513

Phone: (949) 582-4884

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

Foster & Kinship Care Education Program
Social and Behavioral Sciences, BGS 318

RETURN SERVICE REQUESTED

South Orange County
Community College District

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