TRAINING EVENTS

JANUARY ........................................3
JANUARY & FEBRUARY ......................4
MARCH .............................................5
APRIL .................................................6
MAY ...................................................7
CPR/FIRST AID ....................................12
CREATING SAFE SPACES .....................16

MONTHLY WORKSHOPS &
LEARNING GROUPS

Anaheim ..............................................8
Buena Park ..........................................9
Garden Grove .....................................9
Irvine ...............................................10
Lake Forest .......................................10
Santa Ana .........................................11
Yorba Linda ........................................12
Español ...........................................13-14
Map .................................................15

The more we know, the more they grow

All classes are FREE

Pre-registration is preferred. Please call to reserve your seat.
Walk-ins welcome.

Sue Donelson,
Program Director
sdonelson@saddleback.edu
(949) 582-4217

Registration
scfkce@saddleback.edu
(949) 582-4884

A PROGRAM OF THE CALIFORNIA COMMUNITY COLLEGES CHANCELLOR’S OFFICE

January – June 2016

Foster & Kinship Care Education

A PROGRAM OF THE CALIFORNIA COMMUNITY COLLEGES CHANCELLOR’S OFFICE

The more we know, the more they grow

Pre-registration is preferred. Please call to reserve your seat.
Walk-ins welcome.

Sue Donelson,
Program Director
sdonelson@saddleback.edu
(949) 582-4217

Registration
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(949) 582-4884
Welcome

Greetings Foster & Kinship Community:

On behalf of the Saddleback College, Foster and Kinship Care Education program, I am pleased to offer you the following Spring 2016 menu of courses. A special thanks to all of you for taking the time to provide our team with feedback on how to better serve you. You spoke and we listened! We carefully reviewed the information gathered from phone surveys, the Caregiver Evaluation Forms and the key informant interviews to create the January – June schedule of classes. You will find:

• Additional classes offered during the day
• Additional classes offered on Saturday
• Additional classes offered in 3-6 hour formats
• Additional classes offered in Español
• New course topics
• New class locations

Our Foster and Kinship Care Education instructors are looking forward to seeing more kinship care providers in the classes sitting alongside our foster parents. Beginning January of this year, the Orange County Social Services Agency is launching the Resource Family Approval process. Resource Family Approval is a unified, family-friendly and child-centered process that includes one application for all families. Kudos to the Social Services Agency staff for working so hard to streamline the approval process for the foster and kinship community!

Here is a sampling of some of the exciting new class/workshop topics you will see in the following schedule of classes:

• Learning Groups: classes taught at Kinship Support Groups in English & Spanish
• Commercial Sexual Exploitation of Children: Early Identification & Awareness
• College & Major Exploration
• Culinary Techniques: Ideas for Healthy, Affordable Meals for Kids
• Who’s Taking Care of the Caregiver?
• Overview on drug recognition, drug paraphernalia, drug use and drug subculture
• Organize for Success classes in English & Spanish
• Bridging to Success: Youth College & Employment Readiness Training Institute
• Are Kinship Caregivers Different than foster Parent Caregivers?
• Family Matters: Relatives Raising Children

Register early to reserve your space in class by emailing: scfkce@saddleback.edu or calling 949-582-4884. Seats fill up fast!

Honored to be of Service,

Sue Donelson, MPH
Director, Foster and Kinship Care Education Program
Saddleback College

Our appreciation to the Saddleback College Graphics Department for production of this newsletter.
MONTHLY TRAINING EVENTS

January 21 • Kinship Care Learning Group
Culinary Techniques: Ideas for Healthy, Affordable Meals for Kids
6:00 – 8:00 p.m.
Olive Crest
2130 E. 4th St., Suite 200
Santa Ana 92705

Jan Lambert, MA, AOS Culinary Degree
This course will assist parents, relatives and caretakers in providing healthy, delicious and affordable meals that cater to kid’s appetites. Issues of nutrition, picky eating, and cooking demos and techniques will be included.

January 23 • Attachment Parenting
*This is a 2-part class*
8:00 a.m. – 12:00 p.m.
Keller Williams Realty
17822 East 17th Street
Suite 101
Tustin, CA 92705

Sharon Landis, MSW & Guiselle Scott, Foster/Adoptive Parent
This class will help prospective adoptive and foster parents understand why children who have been abused and neglected have impaired attachment abilities and thus are difficult to discipline using only traditional discipline skills. Families will gain insight into the techniques and tools of attachment parenting, developmental re-parenting, and gain an understanding of how a therapeutic parenting awareness will aid the parent-child bond and lead towards children beginning to trust their parents and respond in healthier ways.

January 25 • Who’s Taking Care of the Caregiver?
6:00 – 9:00 p.m.
Orange County Social Services
800 N. Eckhoff (Room 1304)
Orange 92868

Martha Hughes, MSW
Stress and pain are nearly unavoidable in our daily life; they are part of the human condition. When we care for children and youth who are themselves stressed from life circumstances, we need to take care of ourselves in order to take care of the children placed in our home.

January 26 • Drug Trends & Commercial Sexual Exploitation of Children – Early Identification & Awareness
9:00 a.m. – 4:00 p.m.
City of Aliso Viejo Conference Center
31 Santa Barbara
Aliso Viejo 92656

Deputy Maxwell – Orange County Sheriff’s Department & Lynn Posey, MA
In the morning session, Deputy Maxwell will provide an overview on drug recognition, drug paraphernalia, drug use and drug subculture. After lunch, Lynn Posey will offer tools to identify warning signs and risk factors associated with the commercial sexual exploitation of children in out-of-home placements. Participants will also learn how to identify and strengthen protective factors to prevent youth from involvement in commercial sexual exploitation.

Yvette Moss, Ed.D
This workshop teaches caregivers and youth ages 15 years and older the importance of understanding and respecting their own preferences, as well as, the preferences of others. Participants will learn what preferences are, and how they result from a dynamic interaction of environmental influences, personality patterns and our own choices.

Register at scfkce@saddleback.edu or (949) 582-4884
January 29 • College & Career Exploration
9:00 a.m. – 12:00 p.m.
Saddleback College
Student Services Center, Room 166
28000 Marguerite Parkway
Mission Viejo 92692

Rania Mesri, Program Outreach Specialist
This is a class to help prepare your child for college. Participants will learn how to apply to college, fill out financial aid forms, and enroll in short-term certificate programs. Caregivers will also learn about the campus resources & services for foster youth. It’s never too soon to help your child prepare for college. Saddleback College is an ideal choice when looking to transfer to a four-year university, furthering your education or simply enhancing your current skills. For more information on how to become a student, please visit our website at www.saddleback.edu or call 949-582-4500.
Parking pass/map provided upon registration

January 30 • Attachment Parenting
*This is a 2-part class*

Please see January 23, page 3 for details

February 22 • Early Childhood Development in Child Welfare: Supporting Lifelong Healthy Outcomes
6:00 – 9:00 p.m.
Orange County Social Services
800 N. Eckhoff (Room 1304)
Orange 92868

Martha Hughes, MSW
This workshop will increase awareness and understanding how brain development is inexplicably impacted by relationships with loving and consistent caregivers; the impact of stress on brain development; the negative influences to brain development and how to prevent and alleviate negative influences with positive supports and interventions. Participants will apply their knowledge to “real life” scenarios.

February 26 • Commercial Sexual Exploitation of Children: Awareness & Identification
9:00 a.m. – 12:00 p.m.
Keller Williams Realty
17822 East 17th Street, Suite 101
Tustin 92705

Guiselle Quiel Scott, Foster/Adoptive Parent
This workshop offers tools to identify warning signs and risk factors associated with the commercial sexual exploitation of children in out-of-home placements. Participants will also learn how to identify and strengthen protective factors to prevent youth from involvement in commercial sexual exploitation.
Snacks provided

February 27 • Commercial Sexual Exploitation of Children: Awareness & Identification
9:00 a.m. – 12:30 p.m.
Westminster Family Resource Center
7200 Plaza St.
Westminster 92683

Lynn Posey, MA
This workshop offers tools to identify warning signs and risk factors associated with the commercial sexual exploitation of children in out-of-home placements. Participants will also learn how to identify and strengthen protective factors to prevent youth from involvement in commercial sexual exploitation.
Snacks provided

February 29 • Early Childhood Development in Child Welfare: Supporting Lifelong Healthy Outcomes
Please see February 22 for details

Register at scfkce@saddleback.edu or (949) 582-4884
March 4 • Attachment Parenting  
*This is a 2-part class*  
8:00 a.m. – 12:00 p.m.  
Keller Williams Realty  
17822 East 17th Street  
Suite 101  
Tustin, CA 92705  

Sharon Landis, MSW & Guiselle Quiel Scott, Foster/Adoptive Parent  
This class will help prospective adoptive and foster parents understand why children who have been abused and neglected have impaired attachment abilities and thus are difficult to discipline using only traditional discipline skills. Families will gain insight into the techniques and tools of attachment parenting, developmental re-parenting, and gain an understanding of how a therapeutic parenting awareness will aid the parent-child bond and lead towards children beginning to trust their parents and respond in healthier ways.  
Continental Breakfast Served

March 11 • Attachment Parenting,  
*This is a 2-part class*  
Please see March 4 for details

March 12 • Organize For Success: Helping Your Child Succeed In Self Managment  
9:00 a.m. – 3:30 p.m.  
Olive Crest  
2130 E. 4th St., Suite 200  
Santa Ana 92705  

Nellie Valentine, Foster/Adoptive Parent  
In this workshop, participants will learn the source of challenging behaviors and how organizational systems, which include charts, schedules, social stories, other visual aids and strategies supports self-management & independence!  
Lunch provided

March 17 • Kinship Care Learning Group:  
Family Matters – Relatives Raising Children  
6:00 – 8:00 p.m.  
Olive Crest  
2130 E. 4th St., Suite 200  
Santa Ana 92705  

Erin Kim, Foster/Adoptive Parent  
Kinship care is not new. Family members and close friends have raised other’s children from the beginning of time, but the challenges facing these families continually change. This class is designed to prepare grandparents, aunts, uncles and other relatives with the tools to address the unique challenges kinship caregivers face when raising extended family members.

March 18 • Commercial Sexual Exploitation of Children: Awareness & Identification  
10:00 a.m. – 1:00 p.m.  
Orange Unified District Office  
1401 N. Handy St.  
Orange 92867  

Guiselle Quiel Scott, Foster/Adoptive Parent  
This workshop offers tools to identify warning signs and risk factors associated with the commercial sexual exploitation of children in out-of-home placements. Participants will also learn how to identify and strengthen protective factors to prevent youth from involvement in commercial sexual exploitation.

March 19 • Bridging to Success: Youth College & Employment Readiness Training Institute  
9:00 a.m – 3:00 p.m.  
Saddleback College  
Student Services Center – 212  
28000 Marguerite Parkway  
Mission Viejo 92692  

This workshop is for caregivers and their youth ages 15 years and older. In this workshop, participants will learn how to prepare their child for college and work. Topics will include: college application process, financial aid tips, special campus staff and services for foster youth, worksite readiness preparation, and more!  
Lunch provided & parking pass provided upon registration

Register at scfkce@saddleback.edu or (949) 582-4884
MONTHLY TRAINING EVENTS

APRIL 2016

April 1 • How to Talk to Your Kids about Anything
9:00 a.m. – 12:00 p.m.
Keller Williams Realty
17822 East 17th Street, Suite 101
Tustin 92705

Guiselle Quiel Scott, Foster/Adoptive Parent
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 7 • Commercial Sexual Exploitation of Children:
Awareness & Identification
5:00 – 8:00 p.m.
CASA of Orange County
1505 E. 17th Street, Suite 214
Santa Ana, CA 92705

Lynn Posey, MA
This workshop offers tools to identify warning signs and risk factors associated with the commercial sexual exploitation of children in out-of-home placements. Participants will also learn how to identify and strengthen protective factors to prevent youth from involvement in commercial sexual exploitation.

Light dinner provided

April 11 • Are Kinship Caregivers Different than
Foster Parent Caregivers?
6:00 – 9:00 p.m.
Orange County Social Services
800 N. Eckhoff (Room 1304)
Orange 92868

Martha Hughes, MSW
This workshop presents a history of the evolution of kinship care giving as we define it in its present form. We will look at differences and similarities between kinship caregivers and foster parents as we move towards a universal definition of caregiver as “Resource Family Caregiver”.

April 14 • Commercial Sexual Exploitation of Children:
Awareness & Identification
5:00 – 8:00 p.m.
Orange Unified District Office
1401 N. Handy St.
Orange, 92867

Nellie Valentine, Foster/Adoptive Parent
This workshop offers tools to identify warning signs and risk factors associated with the commercial sexual exploitation of children in out-of-home placements. Participants will also learn how to identify and strengthen protective factors to prevent youth from involvement in commercial sexual exploitation.

Light dinner provided

Register at scfkce@saddleback.edu or (949) 582-4884
May 2 • Early Childhood Development in Child Welfare: Supporting Lifelong Healthy Outcomes
6:00 – 9:00 p.m.
Orange County Social Services
800 N. Eckhoff (Room 1304)
Orange 92868
Martha Hughes, MSW
This workshop will increase awareness and understanding of how brain development is inexplicably impacted by relationships with loving and consistent caregivers; the impact of stress on brain development; the negative influences to brain development and how to prevent and alleviate negative influences with positive supports and interventions. Participants will apply their knowledge to “real life” scenarios.

May 4 • Creating Safe Spaces: Sexual Orientation & Gender Identity Sensitivity Training
MEETS AB 1856 LICENSING REQUIREMENT
6:00 – 8:00 p.m.
CASA of Orange County
1505 E. 17th Street, Suite 214
Santa Ana 92705
Robert Waddington, MSW
AB 1856 mandates resource family caregivers complete culturally sensitive training on rights of lesbian, gay, bisexual, and transgender youth. Caregivers will learn about these rights and about current best practices for ensuring safe and supportive homes that will promote placement stability and improve long-term outcomes for these youth.

May 7 • Commercial Sexual Exploitation of Children: Awareness & Identification
1:00 – 4:30 p.m.
Olive Crest
2130 E. 4th St., Suite 200
Santa Ana 92705
Lynn Posey, MA
This workshop offers tools to identify warning signs and risk factors associated with the commercial sexual exploitation of children in out-of-home placements. Participants will also learn how to identify and strengthen protective factors to prevent youth from involvement in commercial sexual exploitation.
Snacks provided

May 9 • Early Childhood Development in Child Welfare: Supporting Lifelong Healthy Outcomes
Please see May 2 for details

May 14 • Attachment Parenting
*This is a 2-part class*
8:00 a.m. – 12:00 p.m.
Keller Williams Realty
17822 East 17th Street, Suite 101
Tustin, CA 92705
Sharon Landis, MSW & Guiselle Quiel Scott, Foster/Adoptive Parent
This class will help prospective adoptive and foster parents understand why children who have been abused and neglected have impaired attachment abilities and thus are difficult to discipline using only traditional discipline skills. Families will gain insight into the techniques and tools of attachment parenting, developmental re-parenting, and gain an understanding of how a therapeutic parenting awareness will aid the parent-child bond and lead towards children beginning to trust their parents and respond in healthier ways.
Continental Breakfast Served

May 19 • Kinship Care Learning Group: Attachment Caregiving
6:00 – 8:00 p.m.
Olive Crest
2130 E. 4th St., Suite 200
Santa Ana 92705
Sharon Landis, MSW
This class will help kinship caregivers understand why abused and neglected children have impaired attachment abilities and are difficult to discipline using only traditional discipline skills. Families will gain insight into the techniques and tools of attachment caregiving.

May 21 • Attachment Parenting
*This is a 2-part class*
Please see May 14 for details

Register at scfkce@saddleback.edu or (949) 582-4884
MONTHLY LEARNING GROUPS

ANAHEIM
Foster Care Auxiliary of Orange County
Thrift Store Office
333 S. Brookhurst St. • Anaheim 92804

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

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

Guiselle Quiel Scott – Guiselle fostered a 2-year-old boy with severe attachment disorder and post-traumatic stress disorder. She is an adoptive parent of a 9-year-old girl and currently provides respite care for children between the ages of 3 to 11. Guiselle has been teaching the pre-service classes for foster parents, as well as the Attachment series, Effective Discipline, and Therapeutic Play. Guiselle and her husband run “Open Arms,” a monthly resource group for families who adopt children. Guiselle earned a Bachelor’s Degree in Business Management from Pepperdine University.

January • NO CLASS
February 8 • Discipline Techniques
In this workshop, we will examine ourselves as disciplinarians and explore why kids misbehave. By practicing disciplinary techniques, you will walk away from this workshop with ready-to-use skills.

March 14 • The Magic of Family Meetings
This course will help you learn how to teach problem solving and positive values. You will also learn how to instill qualities of character in your children that will enable them to make good decisions, when events start to get out of hand.

April 11 • Trauma Informed Parenting: A parents’ Guide To Understanding Your Child’s Trauma
Part 1: Identifying Effects of Trauma on Children
Research has identified that traumatic events change the ways the brain develops. Join us to learn more about the effects of trauma on the developing brains of our children and how trauma influences the way they see the world and respond to it. We will also look at the way we as adults have been influenced by our own trauma.

May 9 • Trauma Informed Parenting: A parents’ Guide To Understanding Your Child’s Trauma
Part 2: Effective Trauma Interventions
Looking through a trauma informed lens and interpreting behavior from a new perspective, we will discuss ways to be “trauma informed” in our interventions and response to behavior. Explore ways to minimize re-traumatizing the child, and shape new behaviors.

June 13 • Creating Safe Spaces: Sexual Orientation & Gender Identity Sensitivity Training
MEETS AB 1856 LICENSING REQUIREMENT
AB 1856 mandates resource family caregivers complete culturally sensitive training on rights of lesbian, gay, bisexual, and transgender youth. Caregivers will learn about these rights and about current best practices for ensuring safe and supportive homes that will promote placement stability and improve long-term outcomes for these youth.

Orange County Resource Family Approval Process Beginning January 25th
Orange County Children and Family Services is transitioning to a training, that will remain trauma-informed, and support the launch of the Resource Family Approval process. This new approval process will replace the existing processes for licensing foster family homes, approving relatives and non-relative extended family members as foster care providers or legal guardians, and approving adoptive families by combining elements of all the processes into a single approval standard. Beginning January 25th, ongoing trainings will be offered throughout the year. The training days will include two (2) consecutive, all day Saturdays and one (1) mid–week training during the evening.

For more information on the Resource Family Approval process, and upcoming trainings, contact Lorena Rodriquez at (888) 871-KIDS (5437) or visit www.oc4kids.com.
BUENA PARK
Walter D. Ehlers Community Recreation Center
8150 Knott Ave. • Buena Park 90620

Site Coordinator: Mark Sauceda
Meetings: 1st Tuesday each month
6:30 – 8:30 p.m.
Einstein Room

Register at scfkce@saddleback.edu or (949) 582-4884

Arnette Edwards – Arnette holds a Doctorate in Educational Leadership with an emphasis in Community College, a Master’s Degree in Counseling, and a Bachelor’s Degree in Human Services. She assisted with the FKCE and ILP programs at Cypress College. Arnette was a kinship caregiver and has experience raising teenagers and working with teen mothers.

January 5 • Bullying
This workshop will address the following forms of bullying which include physical, emotional, verbal, cyber, and racial. Caregivers will learn how to monitor and protect their children.

February 2 • Domestic Violence-Emotional Effects
This class will focus on the current issues of domestic violence. Participants will explore the emotional and behavioral issues faced by children of domestic violence and examine ways that caregivers can manage issues as they arise.

March 1 • Creating Safe Spaces: Sexual Orientation & Gender Identity Sensitivity Training
MEETS AB 1856 LICENSING REQUIREMENT
AB 1856 mandates resource family caregivers complete culturally sensitive training on rights of lesbian, gay, bisexual, and transgender youth. Caregivers will learn about these rights and about current best practices for ensuring safe and supportive homes that will promote placement stability and improve long-term outcomes for these youth.

April 5 • Conflict Resolution
The pressure on youth is enormous. Often people struggle to express their anger and frustrations appropriately. Learn conflict resolution skills to empower your children to cope with the stress and pressure they may experience.

May 3 • Taking the Wheel
Being a relative caregiver can be a tough job, but knowing how to utilize your time more effectively, can make managing your responsibility a lot easier. This course will teach kinship caregivers the importance of time management, in addition to, skills and techniques they can use.

June 7 • Families=Modern Families
In today’s era, placement of children through foster care is a real testimony to “modern families” as children are raised in homes that are ethnically, culturally, and socio-economically different than their own. This class will explore how to accept and respect societal differences for the well-being of all children and their future.

GARDEN GROVE
Magnolia Park Family Resource Center
11402 Magnolia Ave. • Garden Grove 92841

Site Coordinator: Claudia Valdivia-Alvarez
Meetings: 1st Wednesday each month
6:00 – 8:00 p.m.

Register at scfkce@saddleback.edu or (949) 582-4884

Arnette Edwards – Arnette holds a Doctorate in Educational Leadership with an emphasis in Community College, a Master’s Degree in Counseling, and a Bachelor’s Degree in Human Services. She assisted with the FKCE and ILP programs at Cypress College. Arnette was a kinship caregiver and has experience raising teenagers and working with teen mothers.

January 6 • Anger Management
This workshop will provide information on signs and symptoms of anger. We will look at techniques to use that help to manage and control “angry” feelings.

February 3 • Positive Discipline
The effective means of discipline and understanding discipline strategies will be examined. Class participants will learn the importance of having goals and what influences the types of discipline methods that are used. Caregivers will discuss how to meet the challenges of foster or kinship children with extreme or unusual behaviors.

March 2 • Typical & Atypical Child Development
Using Erik Erikson Stages of Development as a model for understanding child development, we will examine the growth patterns and benchmarks children should be able to accomplish at different stages of their lives. This course will also examine possible developmental delays that can occur and the effect they can have on a child.

April 6 • Caring For Children Who Have Experienced Trauma
Children who have lived through very traumatic events at an early age may experience night terrors, bedwetting, and other signs of post-traumatic stress syndrome. Upon recognizing the connection between sleep and behavior, caregivers will be able to implement strategies to dramatically improve family life. Class discussion will also include resource options for emotional and psychological trauma.

May 4 • Creating Safe Spaces: Sexual Orientation & Gender Identity Sensitivity Training
MEETS AB 1856 LICENSING REQUIREMENT
AB 1856 mandates resource family caregivers complete culturally sensitive training on rights of lesbian, gay, bisexual, and transgender youth. Caregivers will learn about these rights and about current best practices for ensuring safe and supportive homes that will promote placement stability and improve long-term outcomes for these youth.

June 1 • Domestic Violence-Emotional Effects
Focus will be placed on current issues of domestic violence. This class will also explore the emotional and behavioral issues faced by children of domestic violence and examine ways that caregivers can manage issues as they arise.
January 20 • Commonsense Caregiving • Deborah Fricke
This class will demonstrate techniques for discipline through positive teaching and help caregivers establish reasonable expectations for their child. Class participants will also learn how to set appropriate limits, provide consequences and problem solve when issues arise at home.

February 17 • How to Create Rituals for Holiday And Everyday • Deborah Fricke
Raising a child is probably the most gratifying job any of us will ever have—and one of the toughest. We live in an increasingly complex world that challenges us every day with a wide range of issues that are difficult for children to understand and for adults to explain. The goal of this workshop is to prepare parents with the necessary information and tools so that they can effectively communicate about tough issues such as cyberbullying, and sexting.

March 16 • Children from Domestic Violence Families Deborah Fricke
This workshop is designed to help caregivers recognize how children are impacted by domestic violence. Childhood problems resulting from the exposure of domestic violence will be discussed. Class participants will also learn effective interventions and positive solutions.

April 20 • Keeping the Peace While Dealing With Birth Parents • Deborah Fricke
The goal of this workshop is to assist caregivers in recognizing the importance of children’s connections to their birth families. We will discuss permanency planning and elements of the reunification process. Caregivers will also learn how the child’s sense of identity, history, culture, and values helps to develop self-esteem.

May 18 • Coping with Allegations • Deborah Fricke
Between work, school, sports, and other activities, it’s sometimes hard for parents and children to get together to make plans, share information, or just talk. When you make family meetings part of your daily or weekly routine, everyone has an opportunity to be involved in the day to day workings of the family. Come learn the values of family meetings ways to share and pass on important family values to future generations.

June 15 • Creating Safe Spaces: Sexual Orientation & Gender Identity Sensitivity Training
This class will meet AB 1856 LICENSING REQUIREMENT
Guiselle Quiel Scott, Foster/Adoptive Parent
AB 1856 mandates resource family caregivers complete culturally sensitive training on rights of lesbian, gay, bisexual, and transgender youth. Caregivers will learn about these rights and about current best practices for ensuring safe and supportive homes that will promote placement stability and improve long-term outcomes for these youth.

Robert Waddington – Robert has worked in the field of child welfare, encompassing both residential treatment centers and public social services, for twenty-six years. His experience includes emergency response, investigations involving medical issues, and recruitment and training of resource parents.

January 13 • Creating Safe Spaces: Sexual Orientation & Gender Identity Sensitivity Training
MEETS AB 1856 LICENSING REQUIREMENT
AB 1856 mandates resource family caregivers complete culturally sensitive training on rights of lesbian, gay, bisexual, and transgender youth. Caregivers will learn about these rights and about current best practices for ensuring safe and supportive homes that will promote placement stability and improve long-term outcomes for these youth.

February 10 • Preparing Your Own Children For Fostering
Opening your home to a foster child affects all members of a family, particularly if that child is a relative. Adjustments will come more easily for some children than for others. Learn how to prepare your children for the changes and challenges that lie ahead. Explore positive aspects of your children sharing their lives with foster children, such as becoming more compassionate and understanding.

March 9 • Connect: Supporting Children Exposed To Domestic Violence
Many children whom enter foster care have been exposed to domestic violence. This class focuses on the dynamics of domestic violence, the impact of exposure to domestic violence on children, and strategies for supporting children who have been exposed to domestic violence.

April 13 • Eating Disorders
Anorexia nervosa, bulimia nervosa, and binge-eating disorder are serious and complex illnesses that affect a child’s emotional and physical health. Participants will learn to recognize risk factors and symptoms of eating disorders. Caregivers will learn how to implement appropriate intervention strategies as part of the child’s treatment team.

May 11 • To Raise as Well as Protect
Caregivers have both the privilege and the responsibility of helping children in their care to grow into responsible and successful adults. Participants will learn reflective listening skills and practical tips for establishing an environment in which children will be able to learn about, and feel safe discussing, important and sometimes challenging issues such as morals and values. Caregivers will develop knowledge about the resources available to adolescents and emancipating youth to help them develop daily living skills and prepare for a successful adulthood.

June 8 • Getting Along With Others
It is important for children to learn, from an early age, how to get along with others. Adults play a key role in helping them learn skills such as identifying and expressing their feelings, understanding how others may feel, and solving problems with words rather than actions. Participants will gain tips and learn practical skills of how to help children and youth develop these vital skills.
SANTA ANA

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

Site Coordinator: Pat Reese
Meetings: 1st Wednesday each month
6:00 – 8:00 p.m.
Light dinner provided

Contact Yadira at (714) 245-0045 to register

January 6 • Who’s Taking Care of the Caregiver?
Martha Hughes, MSW
Stress and pain are nearly unavoidable in our daily life; they are part of the human condition. When we care for children and youth who are themselves stressed from life circumstances then as a Resource Family Caregiver we need to take care of ourselves in order to take care of the children placed in our home.

February 3 • Part 1 – Culinary Techniques: Ideas for Healthy, Affordable Meals for Kids
Jan Lambert, MA, AOS Culinary Degree
This course will assist parents, relatives and caretakers in providing healthy, delicious and affordable meals that cater to kid’s appetites. Issues of nutrition, picky eating, and cooking demos and techniques will be included.

March 2 • Part 2 – Culinary Techniques: Ideas for Healthy, Affordable Meals for Kids
Jan Lambert, MA, AOS Culinary Degree
This course will assist parents, relatives and caretakers in providing healthy, delicious and affordable meals that cater to kid’s appetites. Issues of nutrition, picky eating, and cooking demos and techniques will be included.

April 6 • Creating Safe Spaces: Sexual Orientation & Gender Identity Sensitivity Training
MEETS AB 1856 LICENSING REQUIREMENT
Robert Waddington, MSW
AB 1856 mandates resource family caregivers complete culturally sensitive training on rights of lesbian, gay, bisexual, and transgender youth. Caregivers will learn about these rights and about current best practices for ensuring safe and supportive homes that will promote placement stability and improve long-term outcomes for these youth.

May 4 • Foster Youth Panel
Pat Reese, TOPS Respite Program Director
In this class, class participants will hear first-hand from a panel of amazing foster youth what it is like to grow up in out-of-home care. Participants will also be able to ask questions of the panel and gain insight from the youth panels’ perspective.

June 1 • Trauma Informed Care
Susan Shannon, Director of New Alternatives
Trauma informed care will educate caregivers about the impact of trauma on the development and behavior of children. Come learn about when and how to intervene directly in a trauma-sensitive manner and possible interventions to assist with building resilience.

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

Site Coordinator: Kaci Thomas
Meetings: 2nd Thursday each month
6:30 – 8:30 p.m.

Register at scfkce@saddleback.edu or (949) 582-4884

January 14 • Discipline Techniques
Guiselle Quiel Scott, Foster /Adoptive Parent
In this workshop, we will examine ourselves as disciplinarians and explore why kids misbehave. By practicing disciplinary techniques, you will walk away from this workshop with ready-to-use skills.

February 11 • Open Adoption
Erin Kim, Foster/Adoptive Parent
Maintaining healthy birth family connections can contribute to the overall wholeness and well-being of an adoptive child and impact them positively for a lifetime. This class is designed to explore the various dynamics involved in navigating the complexity of an open adoption, and help better equip parents to approach these complicated relationships with confidence and preparedness.

March 10 • Organize for Success
Nellie Valentine, Foster/Adoptive Parent
In this class, you will learn strategies to help your children navigate his/her work while significantly reducing shutdown, meltdown and tantrum behaviors. This results in a tremendous boost in your child’s self-confidence and productivity.

April 14 • Creating Safe Spaces: Sexual Orientation & Gender Identity Sensitivity Training
MEETS AB 1856 LICENSING REQUIREMENT
Robert Waddington, MSW
AB 1856 mandates resource family caregivers complete culturally sensitive training on rights of lesbian, gay, bisexual, and transgender youth. Caregivers will learn about these rights and about current best practices for ensuring safe and supportive homes that will promote placement stability and improve long-term outcomes for these youth.

May 12 • Working With Birth Parents
Robert Waddington, MSW
Foster parents and relative caregivers play a critical role in helping children stay connected to their birth parents. Participants will learn how to establish and maintain strong relationships with birth parents, and how to effectively deal with challenges that commonly arise.

June 9 • Substance Abuse by Youth
Robert Waddington, MSW
The use and abuse of substances including alcohol, marijuana, opiates, Ecstasy, cocaine, heroin, methamphetamine, hallucinogens, inhalants, steroids, and prescription drugs by youth has serious health, safety, developmental, social, and emotional consequences. Factors that increase the risk of youth substance abuse will be explored. Common physical and behavioral symptoms of youth substance abuse, along with treatment team intervention strategies, will be identified and discussed.
YORBA LINDA
Grace Lutheran Church
6550 Fairmont Blvd. • Yorba Linda 92886
Coordinator: Dan Wagenknecht
Meetings: 4th Tuesday each month
6:30 – 8:30 p.m.
Register at scfkce@saddleback.edu or (949) 582-4884

Michele Dugan – Michele has been an FKCE instructor for 4 years. She graduated from CSU Dominguez Hills with a Master's Degree in Counseling and worked with EOPS students at Cypress College. She also provided counseling and taught counseling courses. Michele was a group home tutor for Orange County Department of Education.

January 26 • Getting Along With Others
This workshop has dozens of simple techniques and activities to help kids get along. Learn about friendship making problems, social etiquette, social confidence, responding to meanness, bullying and teasing. Explore negative consequences when children do not get along with each other. Examples may include: feeling rejected, feeling unhappy, being excluded from activities, getting in trouble, being unpopular, and losing friends easily.

February 23 • Childhood Anxiety Disorder
In this class, participants will learn that anxiety is a form of stress and can be experienced in many different ways. Some children worry excessively about many things, such as school, the health or safety of family members, or the future in general. These students also may have physical symptoms, such as headaches, stomachaches, muscle tension, or tiredness. Their worries might cause them to miss school or avoid social activities.

March 22 • Children form Meth-Addicted Families
The illegal use of methamphetamines is a serious and rapidly growing problem for adults who use, and the children born to meth-using parents. This workshop is designed to help you recognize children affected by meth users. If you are working with a child who has lived in a meth environment, this will help you understand the child’s behavior.

April 26 • Building Better Behavior
Children in foster care may display behavior that is difficult to manage. Often this behavior will be quite normal for their age and that particular stage of their life. This class will focus on discovering the reasons for the challenging behavior to help towards promoting positive behavior.

May 24 • Get Ready for the Summer
With summer just about here, it’s time to put those summertime dreams into action. Whether you are planning a vacation or just staying around the house, making your summer stress-free with children can be a challenge. In this class, you will learn tips on how to plan a fun, enjoyable, and safe summer.

June 28 • NO CLASS

CPR & FIRST AID
Laurie Vartanian
EMS Certified Trainer
RENEWAL COURSE (ENGLISH)
JANUARY 9
8:30 A.M. – 12:30 P.M.
Mission Viejo
'Must show valid CPR/First Aid certification to attend

Register at (949) 582-4884 or scfkce@saddleback.edu

These workshops are restricted to prospective and or licensed/approved resource family members. Enrollees will receive a courtesy reminder/RSVP request via email approximately one week in advance of the training. If confirmation is not received by the deadline indicated, name will be dropped from the roster in order to give family members on the wait list an opportunity to attend.

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 First Aid Certificate, and Infant, Child, and Adult CPR certification.

Luis Vásquez
American Red Cross Certified Trainer
FEBRUARY 13
8:30 A.M. – 12:30 P.M.
Mission Viejo

ESPAÑOL
MARCH 16
5:00 – 9:00 P.M.
Yorba Linda

APRIL 9
8:30 A.M. – 12:30 P.M.
Mission Viejo

ESPAÑOL
JUNIO 11
8:30 A.M. – 2:30 P.M.
Mission Viejo
20 de Enero • Español Kinship Care Learning Group
Parte 1: Identificación de los Efectos del Trauma en los Niños
6:00 – 8:00 p.m.
Olive Crest
2130 E. 4th St., Suite 200
Santa Ana 92705

Guiselle Quiel Scott, Foster/Adoptive Parent
Los estudios han determinado que los eventos traumáticos cambian la forma en que el cerebro se desarrolla. Únase a nosotros para aprender más acerca de los efectos del trauma en el desarrollo del cerebro de nuestros niños y cómo el trauma influye en la manera que el niño ve al mundo y va a responder a él. También analizaremos la forma en que nosotros como adultos hemos sido influenciados por nuestros propios traumas.
No se tiene que registrar

3 de Febrero • Etapas Del Desarrollo Emocional De Los Niños
6:30 – 8:30 p.m.
Orange County Children and Family Services
744 N. Eckhoff St., Annex Auditorium
Orange, 92868

Sylvia Ortiz, LCSW
Entre mas pequeño el niño con mas frecuentemente y regularidad debera ser las visitas para un continua y saludable apegamiento hacia los padres. Conforme el niño va creciendo, desayrra la habilidad de mantenerse bajo el cuidado de un padre mientras llega el tiempo de visita con el otro.
No se tiene que registrar

2 de Marzo • Guía para aprender a amarte
6:30 – 8:30 p.m.
Orange County Children and Family Services
744 N. Eckhoff St., Annex Auditorium
Orange 92868

Sylvia Ortiz, LCSW
No podemos abandonarnos a nosotros mismos. Una vez que logras estar enamorado de ti mismo nunca más estás solo. Sin embargo por una razón u otra, nos resulta difícil hacerlo.
No se tiene que registrar

5 de Marzo • Organizar para el éxito: Cómo ayudar a su hijo a tener éxito en la Autogestión
9:00 a.m. – 3:30 p.m.
Magnolia Park Family Resource Center
11492 Magnolia Ave.
Garden Grove 92842

Nellie Valentine, Foster/Adoptive Parent
Usted aprenderá las estrategias para ayudar a su hijo a navegar su mundo al tiempo que reduce significativamente colapsos, apagado y comportamientos rabieta. Esto se traduce en un gran impulso en su confianza en sí mismo y la productividad.
Regístrate al (714) 530-7413 • Espacio es limitado
Cuidado gratis de niños solo mayores de 3 años será disponible

16 de Marzo • Español Kinship Care Learning Group
Parte 2: Eficaces Intervenciones al Trauma
6:00 – 8:00 p.m.
Olive Crest
2130 E. 4th St., Suite 200
Santa Ana 92705

Guiselle Quiel Scott, Foster/Adoptive Parent
Mirando a través del lente informado de trauma e interpretando el comportamiento desde una nueva perspectiva, discutiremos formas de ser "trauma informado" en nuestras intervenciones y respuesta a la conducta del niño. Vamos a explorar maneras de minimizar la re-traumatización a los niños, y la forma de crear nuevos comportamientos.
No se tiene que registrar

6 de Abril • Los Efectos Del Divorcio En Los Hijos
6:30 – 8:30 p.m.
Orange County Children and Family Services
744 N. Eckhoff St., Annex Auditorium
Orange 92868

Sylvia Ortiz, LCSW
Porque hablar del tema? Porque hoy en día, el divorcio o la separación es más común que nunca. Hay un 50 por ciento de probabilidad que la relación conyugal termine en un divorcio. Se dice que el matrimonio de hoy es como aventar una moneda al aire…un 50 por ciento de que puede ser si como no.
No se tiene que registrar
4 de Mayo • Creando Espacio Seguros: Orientación Sexual y Entrenamiento de Sensibilidad de Género Identidad
CUMPLE AB 1856 LICENCIAS REQUISITO
6:30 – 8:30 p.m.
Orange County Children and Family Services
744 N. Eckhoff St., Annex Auditorium
Orange, 92868
Lo que deben saber los padres de crianza para tartar a los jóvenes lesbianas, homosexuales, bisexuales, transgénero que están cuestionando su orientación sexual o identidad de género con el cuidado, respeto y amor que merece cada niño.

18 de Mayo • Español Kinship Care Learning Group
6:00 – 8:00 p.m.
Olive Crest
2130 E. 4th St., Suite 200
Santa Ana 92705
Guiselle Quiel Scott, Foster/Adoptive Parent
La Magia de las Reuniones Familiares.
Aprenderá como enseñar valores positivos y habilidades para que sus hijos puedan resolver sus problemas. Al inculcar buenas cualidades de carácter en el niño, permitirán que el niño tome buenas decisiones cuando los eventos comiencen a estar fuera de control.

1 de Junio • Organizar para el éxito: Cómo ayudar a su hijo a tener éxito en la Autogestión
6:30 – 8:30 p.m.
Orange County Children and Family Services
744 N. Eckhoff St., Annex Auditorium
Orange 92868
Nellie Valentine, Foster/Adoptive Parent
Usted aprenderá las estrategias para ayudar a su hijo a navegar su mundo al tiempo que reduce significativamente colapsos, apagado y comportamientos rabieta. Esto se traduce en un gran impulso en su confianza en sí mismo y la productividad.

CLASE DE APEGO*
Instructora: Elizabeth Hutchinson Cervantes, L.C.S.W.
La mayoría de niños bajo cuidado de crianza han sufrido interrupciones en el desarrollo de vínculos afectivos por razones de maltrato al menor, descuido, y/o por traslado de domicilio frecuente. Por lo mismo la manera tradicional de criar niños, que depende de una base de fuertes lazos afectivos, no funciona bien para ellos.
Únase a nosotros para aprender cómo es la vida desde la perspectiva de un niño bajo cuidado de crianza y cómo puede hacer cambios en su forma de criar niños para que mejor se acople a las experiencias de vida y las necesidades actuales de estos niños.
MATERIAL DE LA CLASE ABARCA:
• Cómo criar a niños de forma que reconoce la importancia de primero asentar bases de vínculos afectivos (Attachment Parenting)
• Cómo criar a niños de forma que reconoce la diferencia entre su edad cronológica y su edad de desarrollo y, en base a eso, saber cómo presentar metas al alcance de los niños
• Cómo criar a niños en base a un pleno entendimiento de sus estados emocionales y experiencias negativas, y cómo utilizar esto de manera terapéutica
*Es requisito que los potenciales padres adoptivos completen el curso de Attachment Parenting.
*Las horas de esta clase se pueden contar para los requisitos de la licencia de cuidado de crianza.

Orange County Social Services Agency
Children and Family Services
Annex Auditorium
744 N. Eckhoff St.
Orange 92868

SABADO
9:00 a.m. – 5:30 p.m.
SERIE DE CLASES
23 de abril
04 de junio

Si tiene preguntas o para registrarse, favor de llamar a (714)704-8923 o mandar un email a adoptiontraining@ssa.ocgov.com
Creating Safe Spaces:
Sexual Orientation & Gender Identity Sensitivity Training

MEETS AB 1856 LICENSING REQUIREMENT!

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lake Forest</td>
<td>January 13</td>
<td>10</td>
</tr>
<tr>
<td>Buena Park</td>
<td>March 1</td>
<td>9</td>
</tr>
<tr>
<td>Santa Ana</td>
<td>April 6 &amp; 14</td>
<td>11</td>
</tr>
<tr>
<td>Garden Grove</td>
<td>May 4 &amp; 9</td>
<td></td>
</tr>
<tr>
<td>Anaheim</td>
<td>June 13</td>
<td>8</td>
</tr>
<tr>
<td>Irvine</td>
<td>June 15</td>
<td>10</td>
</tr>
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AB 1856 mandates foster care providers complete culturally sensitive training on rights of lesbian, gay, bisexual, and transgender youth. Caregivers will learn about these rights and about current best practices for ensuring safe and supportive homes that will promote placement stability and improve long-term outcomes for these youth.