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.

Costa Mesa ...................... 3
Fullerton ....................... 3
Garden Grove ................. 3-4
Irvine ........................... 4-5
Mission Viejo ................. 5-6
Orange ........................... 6
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Tustin ............................ 8
Español ......................... 8-10
Map .............................. 11
CPR & First Aid .............. 12
Creating Safe Places ....... 12

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

Registration
scfkce@saddleback.edu
(949) 582-4884
This year, Saddleback College introduces a new training schedule for Orange County’s Resource Parents, taking into consideration the unique needs of foster, adoptive, and relative caregivers. The menu of classes include general course topics such as discipline and grief and loss, while other classes address some of the more specific relationship dynamics that arise within the family structure. Rest assured, there is a class to best meet the needs of your family. In the class schedule, you will find classes listed in date order by location. I encourage Relative Caregivers to check out the class lists offered in English and Spanish on pages 7, 8 and 9, 10.

Beginning this year, you will find new class locations at the following sites: Mission Hills Church in Mission Viejo, OC United Office in Fullerton, Orange Unified District Office, and the Village Well in Costa Mesa. Saddleback College is grateful for its many community partners who provide space to host the foster and kinship care education classes throughout Orange County.

Many of our class host site partners also provide food and free childcare while you are earning class credit hours. Please note however, that children are allowed only when childcare is offered.

The best way to register for a class is to email: scfkce@saddleback.edu or call 949-582-4884. Lastly, if you have any comments, feedback or suggestions, do not hesitate to contact me.

Honored to be of Service,

Sue Donelson, MPH
Director, Foster and Kinship Care Education Program
Saddleback College
COSTA MESA
Newport Mesa Church
Village Well Fellowship Hall
2599 Newport Blvd • Costa Mesa 92627

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

Monday, January 9 • 6:30 – 8:30 p.m.
Parenting our Children Through a Trauma Lens
Erin Kim, Foster/Adoptive Parent
When a child experiences on-going trauma and loss early in life, it impacts every part of them—their body, brain, biology, behavior and beliefs. We will explore how trauma impacts our children and what we can do as caregivers to help our children experience hope and healing.

Monday, February 13 • 6:30 – 8:30 p.m.
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, we need to take care of ourselves in order to take care of the children placed in our home.

Monday, March 13 • 6:30 – 8:30 p.m.
Navigating Sibling Dynamics: Blending Biological, Fostered and Adopted Children
Erin Kim, Foster/Adoptive Parent
Each time a new child enters the home, the entire family dynamic is altered. In this class, we will explore the dynamic of sibling relationships and how each child is affected by changes in the family make-up. Learn tools and strategies to help the children in your home deal with the challenges of being a Resource Family and welcoming new children into your family.

FULLERTON
OC United Office
418 West Commonwealth Ave.
Fullerton 92832

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

Saturday, February 18 • 8:00 a.m. – 4:00 p.m.
Attachment Parenting
Sharon Landis, MSW
This class will help Resource Families 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.

EVFree Fullerton Commons Room, C212
2801 Brea Blvd • Fullerton 92835

Tuesday, March 7 • 6:00 – 9:00 p.m.
Prenatal Effects of Alcohol & Other Drugs
Betty Ann Welland, RN, Foster/Adoptive Parent
Information will be presented on the effects of prenatal alcohol and other drug exposure on the fetus including development, long term effects and common withdrawal symptoms.

Saturday, May 20 • 8:00 a.m. – 4:00 p.m.
Attachment Parenting
Sharon Landis, MSW
This class will help Resource Families 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.

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

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

Wednesday, February 1 • 6:00 – 8:00 p.m.
Children in Special Education: An IEP & 504 Overview
Mike Clements & Tia Dealy
This class will provide Resource Families the information and tools to help make informed decisions regarding their children with disabilities’ education. Participants will be provided best practices on how to navigate the Special Education process, including an overview of IEPs and 504 plans.

Wednesday, March 1 • 6:00 – 8:00 p.m.
Creating Safe Spaces: Sexual Orientation, Gender Identity, and Gender Expression
MEETS AB 1856 RESOURCE FAMILY APPROVAL COURSE REQUIREMENT
Martha Hughes, MSW
AB 1856 mandates Resource Families complete culturally sensitive training on rights of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. Resource Families 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.

Saturday, March 4 • 9:00 a.m. – 1:00 p.m.
Drugs: Use and Abuse
Rich Goodman, Saddleback College Adjunct Faculty
This class will cover substance abuse and alcoholism, identification signs and symptomatology. Treatment resources will be examined and “myths” of use will be dispelled. Participants will learn a pragmatic approach to working with the “using” population, including teenagers.

Childcare available & lunch provided – register early!
Record Keeping – The First 30 Days & Beyond
Nellie Valentine, Foster/Adoptive Parent
This workshop will cover the fundamentals of record keeping, teaching ways to maintain daily operational, medical and educational paperwork for your youth. Utilizing up-to-date forms, participants will learn strategies to develop a great compilation of records that are sustainable and transferrable. Participants will also learn which records to maintain, forward and shred. In this workshop clarification of the length of time caregivers need to keep documents during the time the child is in residence and after they leave is also discussed citing the most recent regulations.

IRVINE
Orange County Fire Authority
1 Fire Authority Rd. • Irvine 92602

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

Wednesday, January 18 • 6:00 – 9:00 p.m.
Early Childhood Education
Martha Hughes, MSW
This class addresses 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.

Wednesday, February 15 • 6:00 – 9:00 p.m.
Creating Safe Spaces: Sexual Orientation, Gender Identity, and Gender Expression
MEETS AB 1856 RESOURCE FAMILY APPROVAL COURSE REQUIREMENT
Martha Hughes, MSW
AB 1856 mandates resource families complete culturally sensitive training on rights of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. Resource Families 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.

Wednesday, March 15 • 6:00 – 9:00 p.m.
Internet Safety & Awareness
Mat Aragon, Irvine Police Department & Nellie Valentine, Foster/Adoptive Parent
This course will cover caregiver internet/cyber tips and tactics, mobile data management and vault applications, social media usage, and inappropriate online activities. This class will also include establishing appropriate “technology” boundaries with your foster child.

Wednesday, April 19 • 6:00 – 9:00 p.m.
Promoting Healthy Sexuality
Guiselle Quiel Scott, Foster/Adoptive Parent
Many never had “the talk” from parents, so how can we expect you to talk to your children about healthy sexuality and pregnancy prevention? It’s critical that you do. The high rates of pregnancy impacting girls AND boys in foster care have serious implications both for the youth and their children. This workshop will provide participants with the age appropriate information necessary to provide the guidance, and information your child needs. Participants will learn how to talk about sexuality, birth control options, as well as, love, goal setting, morals/values and commitment. Participants will be empowered to become a more “ask-able” caregiver, and gain the confidence they need to communicate their feelings and thoughts about these sensitive topics.

Wednesday, May 3 • 6:00 – 8:00 p.m.

Understanding the Legal Process as a Foster Parent
Amy Hunter, Foster/Adoptive Parent
This class will focus on the types of hearings and the purpose of those hearing related to a child dependency case. Participants will also learn what type of information they may have about their foster child that is relevant to the case, and how they can appropriately provide that information to the court. Further, participants will understand the various parties that are present and/or represented in the courtroom and the purpose of those participants.

IRVINE
Mariners Church
Life Development Building, Room 205
5001 Newport Coast Drive, Irvine 92603

Pre-registration is required
Register at scfkce@saddleback.edu or (949) 582-4884
Dinner provided • Free Childcare – check in @6:00 p.m.

Friday, January 20 • 6:30 – 8:30 p.m.
Parenting our Children Through a Trauma Lens
Erin Kim, Foster/Adoptive Parent
When a child experiences on-going trauma and loss early in life, it impacts every part of them—body, brain, biology, behavior and beliefs. We will explore how trauma impacts our children and what we can do as caregivers to help our children experience hope and healing.

Friday, February 24 • 6:30 – 8:30 p.m.
Cultural Identity
Erin Kim, Foster/Adoptive Parent
Honoring and nurturing our children’s cultural identity and heritage is a vital piece to helping them have a healthy self-esteem. In this class we will explore ways to celebrate, preserve and promote our children’s cultural identity.

Friday, March 24 • 6:30 – 8:30 p.m.
Positive Discipline Tools & Strategies
Erin Kim, Foster/Adoptive Parent
As Resource Parents we often times face difficult and puzzling behaviors with the children in our care. In this workshop you will walk away with effective tools and strategies for dealing with our children’s behaviors, while also building a positive and healing relationship with them along the way.

Friday, April 21 • 6:00 – 9:00 p.m.
Commercial Sexual Exploitation of Children (CSEC) – Keeping Kids Safe through Awareness & Identification
Guiselle Quiel Scott, Foster/Adoptive Parent
In this class, Resource Parents will be provided with tools to identify warning signs and indicators of CSEC involvement. Resource Parents will obtain the ability to recognize risks associated with children and youth in out-of-home placements; identify and strengthen protective factors to prevent youth from involvement in CSEC; and understand the core elements of CSEC awareness, identification, intervention and referral for assessment and treatment.
IRVINE MARINERS CHURCH (continued)

Friday, May 19 • 6:30 – 8:30 p.m.
Connected Parenting
Erin Kim, Foster/Adoptive Parent
The parent/child relationship is a two-way street. Our own history, expectations and motivations play a huge role in our relationships we have with the children in our care. In this class we will explore how our parenting is impacted in both positive and negative ways. We will learn tools and strategies for improving our relationships with our children and discover areas of growth.

IRVINE
Heart to Heart
University United Methodist Church
18422 Culver Drive, Irvine 92612

Free Childcare – Pre-registration is required
Register at scfkce@saddleback.edu or (949) 582-4884

Monday, February 6 • 9:15 – 11:15 a.m.
How to be Safe with Social Media

Social Media & Internet Safety (NetCetera) course covers the basics of how to talk to your kids about responsibly using the internet. Throughout this presentation, you will become familiar with the proper freedoms and limitations your kids should be granted, depending on their ages, when both you and they decide that using the internet should become a part of their life. Along with advice to give to your children, this presentation also offers you knowledge about different forms of communication online, such as social media, and common technical jargon associated with the various activities your kids might participate in. This comprehensive presentation will give you the proper tools to ensure that your children’s online browsing remains safe!

Monday, April 3 • 9:15 – 11:15 a.m.
Anger Management

This presentation is geared to explain that anger is, where it may come from, and how you can teach your children how to deal with it in a positive and healthy manner. It is geared to show different approaches to managing anger in ways that will help solve problems rather than escalate a situation.

Monday, April 17 • 9:15 – 11:15 a.m.
40 Developmental Assets

The 40 Developmental Assets, developed by the Search Institute, are 40 assets of a healthy lifestyle that everyone should focus on. Separated into 8 categories, external and internal assets, you will be able to understand these different aspects of your life and better yourself both internally (personal values, commitment, identity) but also better yourself in aspects relating to the way you communicate and coexist with others (support, boundaries, time). Along with explaining these assets, this presentation will also highlight the impact they have on people’s lives depending on how much of the assets people express. Through expressing as many of these 40 assets as you can, you can begin to make a positive change in both your life and those of the people around you!

Monday, May 8 • 9:15 – 11:15 a.m.
Conflict Resolution

This course is designed to support parents/guardians in enhancing their connection to youth. Through active discussion and practical exercises, participants will gain greater understanding of their conflict style, its strengths and challenges, and practical tips to allow them to deepen their relationship with others. Similarly, participants will gain understanding in how to communicate more effectively with others and understand complementary and contradictory styles.

Monday, May 22 • 9:15 – 11:15 a.m
Parenting in Today’s Society

Parenting in today’s society discusses how parents can increase healthy lifestyle choices for their children and encourages greater involvement with their school and their families. Parents will learn effective skills to encourage their kids to live healthy substance-free lives. Quality time course focuses on the importance of parental engagement and addressed how parents can strengthen family bonds and create positive family communication.

MISSION VIEJO
Mission Hills Church, Room 111
24162 Alicia Pkwy. • Mission Viejo 92691

Free Childcare – Pre-registration is required
Register at scfkce@saddleback.edu or (949) 582-4884
Light snacks & dessert provided

Wednesday, January 11 • 6:00 – 8:00 p.m.
Positive Discipline
Robert Waddington, MSW
Dealing with defiant behavior can make parenting a difficult job to have at times. But knowing how to defuse a situation, and knowing how to utilize positive behavior tools and techniques to change unwanted behaviors, can make a parent’s life much easier.

Wednesday, February 8 • 6:00 – 8:00 p.m.
Building Self-Esteem and Character
Robert Waddington, MSW
Self-esteem is the collection of beliefs or feelings we have about ourselves — our “self-perceptions.” Self-esteem can be defined as feelings of capability combined with feelings of being loved. Learn how self-esteem impacts a child’s future decisions and why children in foster care may be at risk.

Wednesday, March 8 • 6:00 – 8:00 p.m.
Raising Self-Reliant Children
Robert Waddington, MSW
Facilitating the development of the intrapersonal and interpersonal skills that children will need to be successful adults is one of a caregiver’s greatest responsibilities. This workshop will explore ways in which caregivers can help children develop thinking skills, morals, values, ethics, and tolerance. Caregivers will learn effective strategies to assist children in becoming capable, confident, adaptable, and accountable individuals.

Wednesday, April 12 • 6:00 – 8:00 p.m.
Grief and Loss in Foster Care
Robert Waddington, MSW
Although necessary for safety reasons, the sudden removal of children from the home of a parent due to issues of abuse/neglect, and placement, is traumatizing to them. This class will explore the grieving process, including phases of grief that children experience, and ways in which they express their grief. Caregivers will learn how to support children whom are grieving along with strategies for dealing with their own feelings of grief and loss when foster children leave their homes.

www.saddleback.edu/hs/fkce
MISSION VIEJO (continued)

Wednesday, May 10 • 6:00 – 8:00 p.m.
Visitation and Working with Birth Parents
Robert Waddington, MSW
Visitation and working with birth parents can be some of the most challenging yet rewarding parts of being a Resource Parent. This class will help you prepare for the unique challenges you may face and provide tangible tools that will help you create positive visits and build healthy birth family relationships.

ORANGE

Orange Unified District Office
1401 N. Handy Street • Orange 92867

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

Wednesday, January 18 • 5:00 – 7:00 p.m.
Cutting and Other Forms of Self-Injury
This class will cover the topic of how self-injury, the act of deliberately harming the surface of the body, is used as an unhealthy way to cope with emotional pain, intense anger and frustration. Class participants will also learn how to identify common signs and symptoms of self-injury in their children, how to offer healthier ways to cope, and where to go for professional help.

Friday, February 3 • 10:00 a.m. – 12:00 p.m.
Visitation and Working with Birth Parents
Erin Kim, Foster/Adoptive Parent
Visitation and working with birth parents can be some of the most challenging yet rewarding parts of being a Resource Parent. This class will help you prepare for the unique challenges you may face and provide tangible tools that will help you create positive visits and build healthy birth family relationships.

Wednesday, March 8 • 5:00 – 7:00 p.m.
Internet Safety and Cyber Bullying
Orange County Sheriff
Learn how to assist your child with the challenges of the day by learning about technology such as cyberbullying and sexting and how pop culture sexualizes young children. Gain understanding of social cruelty among children, and learn how to diffuse aggressive behavior, communicate about tough issues, how to instill the sense of values and moral principles you want, how to create an open environment, how to initiate conversations with your child and communicate your values, and how to use everyday opportunities to talk.

Friday, April 21 • 10:00 a.m. – 12:00 p.m.
Navigating Sibling Dynamics
Erin Kim, Foster/Adoptive Parent
Each time a new child enters the home; the entire family dynamic is altered. In this class we will explore sibling relationships and how each child is affected by the changes in the family make-up. Learn tools and strategies to help the children in your home welcome new children into your family and adjust to the changes that it brings.

Tuesday, May 9 • 5:00 – 7:00 p.m.
Preparing for Life Beyond High School: Transitioning to Adulthood
Lucy Razo, MS
Preparing to transition out of foster care can be a scary time for youth in the system. This time can be filled with questions of what to expect or how to prepare for the transition into a new housing program. This class will describe the steps necessary to prepare foster youth for college including the admission process, financial aid and on/off housing options. Vocational career options will also be explored.

ORANGE

Orange County Children and Family Services
744 N. Eckhoff St. • Orange 92868

Class Dates: Tuesday, February 28, Tuesday, April 25
Tuesday, June 13
6:00 – 9:00 p.m.
Adoption Readiness – Exploring Adoption Through Orange County
In this class you will be able to identify your personal motivation to adopt and understand how this can impact the success of an adoptive placement. Class topics and discussions will help participants: understand what it means to adopt through the Orange County Social Services Agency, and the need for resource families; evaluate how your personal feelings and expectations impact the process of transitioning children into your family; explore how these feelings may affect the children and their adjustment into your family; discuss factors that lead to stress and disruptions in the adoption journey; what makes a positive transition into a prospective adoptive home; learn about the knowledge, skills, and resources needed to support a stable and successful adoptive placement and begin to understand adoption as a lifelong process; and discuss cultural, racial, and trans-racial adoption issues. In addition, this class will explore the practice of matching and placing a child with an available resource family for the purposes of adoption. Participants will develop a greater understanding of the characteristics of children waiting for adoptive homes, and evaluate if adopting through Orange County Social Services Agency is the best fit for your family.
**SANTA ANA**

New Alternatives, Inc. Family Support Services
1202 W. Civic Center Dr., Suite 205, Room 105  
Santa Ana 92703

Register with Yadira at (714) 245-0045  
Light dinner & childcare provided

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**Wednesday, January 4 • 6:00 – 8:00 p.m.**  
**Domestic Violence**

As Resource Parents, we often face difficult and puzzling behaviors with the children in our care. In this workshop you will walk away with effective tools and strategies for dealing with our children's behaviors, while also building a positive and healing relationship with them along the way.

**Wednesday, February 1 • 6:00 – 8:00 p.m.**  
**Who's Caring for 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, we need to take care of ourselves in order to take care of the children placed in our home.

**Wednesday, March 1 • 6:00 – 8:00 p.m.**  
**Record Keeping – The First 30 Days & Beyond**

Nellie Valentine, Foster/Adoptive Parent

This workshop will cover the fundamentals of record keeping, teaching ways to maintain daily operational, medical and educational paperwork for your youth. Utilizing up-to-date forms, participants will learn strategies to develop a great compilation of records that are sustainable and transferrable. Participants will also learn which records to maintain, forward and shred. In this workshop clarification of the length of time caregivers need to keep documents during the time the child is in residence and after they leave is also discussed citing the most recent regulations.

**Wednesday, April 5 • 6:00 – 8:00 p.m.**  
**Breaking Through the Tween/Teen Years**

Nellie Valentine, Foster/Adoptive Parent

Navigating the Tween/Teen years can be daunting. This class is a condensed version of our 6-hour Breaking through the Tween/Teen Years workshop. This course briefly covers useful tools to support caregivers with strategies to support Tweens and Teens! Caregivers will receive tips and checklists to increase awareness and help guide Tweens/Teens to a healthy and productive life. Additional topics include: setting expectations and rules, monitoring and Tweens/Teens, open communication and creating an effective support team.

**Wednesday, May 3 • Creating Safe Spaces: Sexual Orientation, Gender Identity, and Gender Expression**

MEETS AB 1856 RESOURCE FAMILY APPROVAL COURSE REQUIREMENT

Robert Waddington, MSW

AB 1856 mandates resource families complete culturally sensitive training on rights of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. Resource Families 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.

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**SANTA ANA**

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

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

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**Thursday, February 23 • 6:00-8:00 p.m.**  
**Discipline**

Erin Kim, Foster/Adoptive Parent

As Resource Parents, we often face difficult and puzzling behaviors with the children in our care. In this workshop you will walk away with effective tools and strategies for dealing with our children's behaviors, while also building a positive and healing relationship with them along the way.

**Thursday, March 23 • 6:00-8:00 p.m.**  
**Children in Special Education: An IEP & 504 Overview**

Mike Clements & Tia Deally

This class will provide Resource Families the information and tools to help make informed decisions regarding their children with disabilities' education. Participants will be provided best practices on how to navigate the Special Education process, including an overview of IEPs and 504 plans.

**Saturday, April 22 • 9:00 a.m. – 3:00 p.m.**  
**Organize for Success**

Nellie Valentine, Foster/Adoptive Parent

In this class, you will learn strategies to help your children navigate his/her world while significantly reducing shutdown, meltdown and behaviors. This results in a tremendous boost in your child's self-confidence and productivity.

**Relative Caregiver Learning Group**

**Wednesday, January 18 • 6:00 – 8:00 p.m.**  
**Attachment Caregiving Strategies Part 1**

Guiselle Quiel Scott, Foster/Adoptive Parent

This class will help Resource Families understand why children who have been abused and neglected have impaired attachment abilities and therefore 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.

**Relative Caregiver Learning Group**

**Wednesday, February 15 • 6:00 – 8:00 p.m.**  
**Attachment Caregiving Strategies Part 2**

Guiselle Quiel Scott, Foster/Adoptive Parent

This class will help Resource Families understand why children who have been abused and neglected have impaired attachment abilities and therefore 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.
SANTA ANA, OLIVE CREST (continued)
Relative Caregiver Learning Group
Wednesday, March 15 • 6:00 – 8:00 p.m.
Grief and Loss
Guiselle Quiel Scott, Foster/Adoptive Parent
Although necessary for safety reasons, the sudden removal of children from the home of a parent due to issues of abuse/neglect, and placement, is traumatizing to them. This class will explore the grieving process, including phases of grief that children experience, and ways in which they express their grief. Caregivers will learn how to support children whom are grieving along with strategies for dealing with their own feelings of grief and loss when foster children leave their homes.

TUSTIN
Keller Williams
17822 East 17th Street, Suite 101 • Tustin 92705

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

Sunday, January 29 • 9:00 a.m. – 1:30 p.m.
(4 hours course credit with ½ lunch break)
Attachment Caregiving Strategies
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 therefore 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.

Sunday, April 23 • 9:00 – 11:00 a.m.
Creating Safe Spaces: Sexual Orientation, Gender Identity, and Gender Expression
MEETS AB 1856 RESOURCE FAMILY APPROVAL COURSE REQUIREMENT
Guiselle Quiel Scott, Foster/Adoptive Parent
AB 1856 mandates resource families complete culturally sensitive training on rights of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. Resource Families 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.

ESPAÑOL

ORANGE
OC Children and Family Services
744 N. Eckhoff St., Annex Auditorium
Orange CA

No se tiene que registrar
Martes, 7 de Febrero • 6:30 – 8:30 p.m.
La Importancia de la Paternidad
Francisco Perez, MSW
Sabía que 1 en cada 3 niños en Los Estados Unidos vive sin su padre biológico en casa? En esta clase vamos a discutir las implicaciones asociadas por la ausencia del padre en la vida de nuestros hijos. Vamos a discutir los estereotipos y barreras que impide a algunos padres para tener un acercamiento saludable relacionado con nuestros niños.

No se tiene que registrar
Martes, 7 de Marzo • 6:30 – 8:30 p.m.
Comportamiento Agresivos y Enojados
Lucy Razo, MS
Como cuidadores, somos responsables de ayudar a nuestros jóvenes a aprender a controlar sus acciones y comportamientos agresivos. Esta clase proporciona a los cuidadores con un mayor entendimiento de los niños cuando muestran sus emociones. Los participantes discutiran comportamientos infantiles y comprenden como aprendan los niños sentimientos positivos y negativos acerca de cómo ellos han sobrevivido el sistema así como examinan aprendieron conductas mientras en cuidado de crianza.
preparandose para adoptar – explorar lo que es adoptar por medio del condado de orange

elizabeth hutchinson cervantes, l.c.s.w.

identifique cuáles son sus motivaciones personales para adoptar y llève a ver qué impacto puede tener esto sobre un niño colocado en su hogar para adopción. explore sus expectativas de un niño adoptivo y el proceso de adopción. llève a entender qué significa adoptar por medio de la agencia de servicios sociales del condado de orange, y la necesidad que tiene la agencia de reclutar a familias interesadas en trabajar con nosotros para ofrecer cuidado a niños. evalúe cómo impactan sus sentimientos y expectativas personales en el proceso de ayudar a los niños hacer la transición a vivir en su hogar.

qué caracteriza una transición positiva a un hogar adoptivo?
infórmese acerca del conocimiento, las habilidades y todo lo necesario para lograr una ubicación adoptiva exitosa y comience a entender la adopción como un proceso que abarca toda la vida. esta clase explorará cómo se emparejan y colocan a los niños con familias dispuestas a adoptar. profundice su entendimiento de las características de los niños que esperan un hogar adoptivo. se hablará de factores de cultura, raza, y adopción entre niños y familias de distintos grupos étnicos. evalúe en esta clase si adoptar por medio de la agencia de servicios sociales del condado de orange es lo que más le conviene a su familia.

martes, 4 de abril • 6:30 – 8:30 p.m.

no se tiene que registrar

domestic abuse abuso doméstico

francisco perez, ms

en los estados unidos, un promedio de 20 personas son abusadas físicamente por su pareja íntima. 3.3 millones de niños son testigos del abuso doméstico. hoy vamos a discutir tipos diferentes de la violencia íntima de la pareja y los efectos que tiene en nuestros hijos.

martes, 2 de mayo • 6:30 – 8:30 p.m.

no se tiene que registrar

disciplina efectiva

lucy razo, ms

la disciplina efectiva requiere tres componentes esenciales: 1) una relación positiva entre los padres y los niños en el apoyo, cariniciosos. 2) el uso de las estrategias positivas del refuerzo de aumentar deseo comportaminetos, y 3) quitando el refuerzo o aplicando el castigo para reducir o para eliminar comportamientos indeseados. todos los componentes deben funcionar bien para que la disciplina sea acertada.

martes, 9 de mayo • 6:00 – 9:00 p.m.

registrarse con lorena rodriguez at (888) 871-5437
www.rfatraining@sss.ocgov.com

preparandose para adoptar – explorar lo que es adoptar por medio del condado de orange

elizabeth hutchinson cervantes, l.c.s.w.

identifique cuáles son sus motivaciones personales para adoptar y llève a ver qué impacto puede tener esto sobre un niño colocado en su hogar para adopción. explore sus expectativas de un niño adoptivo y el proceso de adopción. llève a entender qué significa adoptar por medio de la agencia de servicios sociales del condado de orange, y la necesidad que tiene la agencia de reclutar a familias interesadas en trabajar con nosotros para ofrecer cuidado a niños. evalúe cómo impactan sus sentimientos y expectativas personales en el proceso de ayudar a los niños hacer la transición a vivir en su hogar.

qué caracteriza una transición positiva a un hogar adoptivo?
infórmese acerca del conocimiento, las habilidades y todo lo necesario para lograr una ubicación adoptiva exitosa y comience a entender la adopción como un proceso que abarca toda la vida. esta clase explorará cómo se emparejan y colocan a los niños con familias dispuestas a adoptar. profundice su entendimiento de las características de los niños que esperan un hogar adoptivo. se hablará de factores de cultura, raza, y adopción entre niños y familias de distintos grupos étnicos. evalúe en esta clase si adoptar por medio de la agencia de servicios sociales del condado de orange es lo que más le conviene a su familia.

martes, 6 de junio • 6:30 – 8:30 p.m.

no se tiene que registrar

la importancia de llevar archivos

francisco perez, ms

esta clase se centrará en la importancia de mantener archivos. usted va aprender la manera de cómo mantener al día la documentación operativa, medica y educativa mediante la utilizacion de formularios hasta la fecha. vamos aclarar cuales formas necesitan ser mantenidos, expedidos y destruidos. aclaraciones sobre el tiempo apropiado en mantener los archivos seran discutidos.

sábado, 10 de junio • 9:00 a.m. – 5:30 p.m.

registrarse con lorena rodriguez at (888) 871-5437
www.rfatraining@sss.ocgov.com

clase de apego – salón a 1131

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.

unáse 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.

santa ana

olive crest

2130 e. 4th st., suite 200

santa ana 92705

grupo de aprendizaje para parientes

miércoles, 22 de enero • 6:00 – 8:00 p.m.

registrarse con vivian aguilar at (714) 543-5437 ex 1154
vivian-aguilar@olivecrest.com

estrategias de apego para los cuidadores parte-1

guiselle quiel scott, foster/adoptive parent

esta clase le ayudará a los padres de crianza y adoptivos a entender por qué los niños que han sido abusados y abandonados tienen deficiencias en las capacidades de apego, y por lo tanto, son difíciles de disciplinar usando sólo las habilidades tradicionales de disciplina. las familias podrán aprender las técnicas y herramientas de la crianza con apego, de la re-crianza del desarrollo, y de obtener una comprensión de cómo la crianza terapéutica ayudará al vínculo padre-hijo a que los niños comiencen a confiar en sus padres y de responder de una manera más saludable.
SANTA ANA, OLIVE CREST (continuación)

Grupo de Aprendizaje Para Parientes

Miércoles, 25 de Febrero • 6:00 – 8:00 p.m.
Regístrase con Vivian Aguilar at (714) 543-5437 ex 1154
Vivian-Aguilar@olivecrest.com

Estrategias de Apego para los Cuidadores Parte-2
Guiselle Quiel Scott, Foster/Adoptive Parent

Esta clase le ayudará a los padres de crianza y adoptivos a entender por qué los niños que han sido abusados y abandonados tienen deficiencias en las capacidades de apego; y por lo tanto, son difíciles de disciplinar usando sólo las habilidades tradicionales de disciplina. Las familias podrán aprender las técnicas y herramientas de la crianza con apego, de la re-crianza del desarrollo, y de obtener una comprensión de cómo la crianza terapéutica ayudará al vínculo padre-hijo a que los niños comiencen a confiar en sus padres y de responder de una manera más saludable.

Grupo de Aprendizaje Para Parientes

Miércoles, 22 de Marzo • 6:00 – 8:00 p.m.
Regístrase con Vivian Aguilar at (714) 543-5437 ex 1154
Vivian-Aguilar@olivecrest.com

Tendencias de Drogas
Rich Goodman, Saddleback College Adjunct Faculty

Esta clase se centrará en el abuso de sustancias y el alcoholismo, los signos de identificación y la sintomatología. Se examinarán los recursos del tratamiento y hablará sobre diferentes “mitos” sobre el uso. Los participantes aprenderán un enfoque pragmático para trabajar con la población que usa el alcohol y drogas.

Grupo de Aprendizaje Para Parientes

Miércoles, 24 de Mayo • 6:00 – 8:00 p.m.
Regístrase con Vivian Aguilar at (714) 543-5437 ex 1154
Vivian-Aguilar@olivecrest.com

Dolor y Pérdida
Guisele Quiel Scott, Foster/Adoptive Parent

A pesar de que sea necesario por razones de seguridad, es traumatisante para los niños la retirada repentina de ellos de la casa de sus padres debido a problemas de abuso o negligencia. Esta clase explorará el proceso de duelo que incluye las etapas de dolor que experimentan los niños, y las formas en que expresan su dolor. Los cuidadores van a aprender cómo apoyar a los niños que están en duelo junto con estrategias para lidiar con sus propios sentimientos de dolor y pérdida cuando los niños se van de su hogar.

Latino Health Access
450 W 4th St., #130 • Santa Ana, 92701

Miércoles, 15 de Marzo • 5:00 – 8:00 p.m.
Cuidado de niños soló con pre-registro al (714) 542-7792
El derecho a la diferencia: orientación sexual y estrategias familiares de inclusión y abogacía
Cathy Garcia

En este tema abordaremos las principales ideas y conceptos relacionados con la orientación sexual, tales como el identificarse como transgénero, cissénero, homosexual, heterosexual, transexual, bisexial, entre otros. Abriremos un espacio para el diálogo sobre los temores y situaciones que puede enfrentar el niño/a o joven en el contexto social, cultural y familiar. Aportaremos algunas ideas para abrir espacios de diálogo y abogacía con nuestros niño/as y jóvenes respecto a estas situaciones.

Miércoles, 12 de Abril • 8:30 – 11:30 a.m.
Cuidado de niños soló con pre-registro al (714) 542-7792
Ayudando a mi nino/a ser un domesticador de monstruos y a manejar situaciones de enojo, hiperactividad y conducta desafiante
Verenice Escobar

De manera interactiva y divertida generaremos un espacio de aprendizaje sobre cómo apoyar a los niño/as en el manejo de situaciones relacionadas con enojo, hiperactividad y conducta desafiante derivadas principalmente del dolor emocional que presentan a partir de la experiencia de trauma. Revisaremos alternativas para utilizar la “externalización” de los problemas en lugar de la “internalización” de etiquetas despectivas para los niño/as que afectan el desarrollo saludable de su identidad y estima personal.

Miércoles, 17 de Mayo • 8:30 – 11:30 a.m.
Cuidado de niños soló con pre-registro al (714) 542-7792
Qué ayudaría a mi adolescente a llegar a la Universidad?
Josefina Jimenez

En este tema abordaremos diferentes situaciones que pueden llevar a los adolescentes a tener miedo, evitar o sentirse no capaces de iniciar una carrera universitaria. Generaremos un espacio de conversación para que los padres y cuidadores puedan expresar sus temores al respecto. Revisaremos algunas leyes que favorecen que los jóvenes dentro del Sistema de Bienestar Infantil tengan el beneficio de asistir a la universidad sin costo.

Miércoles, 14 de Junio • 8:30 – 11:30 a.m.
Cuidado de niños soló con pre-registro al (714) 542-7792
El abandono, la separación y el divorcio: encontrando mejores historias
Noraima Chirinos

En este tema se conversa sobre las alternativas de la separación y el divorcio de la pareja como una manera de encontrar otras historias como persona y familia que se relacionen con una vida emocional más saludable. Se exponen los distintos procedimientos legales, derechos y apoyos que existen para las familias que están pasando por estas situaciones. Se utiliza la metáfora de un viaje hacia un nuevo territorio que los niños comiencen a confiar en sus padres y de responder de una manera más saludable.

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These classes are for prospective and/or licensed Resource Family members, Kinship Caregivers (whether formal or informal), and respite caregivers who will be serving foster/adoptive families. These classes are not for the general public. Enrollees will be contacted approximately one week in advance and must confirm attendance to attend the class.

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. Each class is open for first time and renewals.

Luis Vásquez
American Red Cross Certified Trainer

**SATURDAY, JANUARY 7**
8:30 A.M. – 2:30 P.M.
Mission Viejo

**BILINGUAL**
**ENGLISH/ESPAÑOL**

**SATURDAY, MARCH 4**
SABADO, 4 DE MARZO
8:30 A.M. – 2:30 P.M.
Santa Ana

**SATURDAY, MAY 6**
8:30 A.M. – 2:30 P.M.
Mission Viejo

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

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

CPR & FIRST AID

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