The more we know, the more they grow.
Welcome

This edition celebrates five years of the FKCE newsletter publication! We would like to say a big thank you to our graphics department at Saddleback College for helping us create these appealing booklets so we can share our class listings with so many great families. I am sure many of you have the same thought as I do …“The years just seem to fly by!” With that in mind, we should remember to enjoy the small things and take some time to realize that each phase in life may present both challenges and rewards, joyous moments and sorrow. Whatever the year 2014 bestowed upon you, we can reflect on those memories and now open the doors for 2015 with an optimistic attitude. The children in out-of-home care are so fortunate to have loving caregivers who provide support and healthy development for them. Thank you all for your continuous commitment over the years.

In an effort to help parents meet their children’s needs, Saddleback College Foster and Kinship Care Education Program is proud to offer an array of parenting topics throughout Orange County. We are excited to offer a new curriculum on early brain development through Casey Family Programs, Early Childhood Development in Child Welfare: Supporting Lifelong Healthy Outcome. Although this curriculum targets those that work closely with babies and toddlers, the invaluable information on early brain development is relevant for all caregivers, service professionals, and others who work with families. Don’t miss out on this important topic lead by Lynn Young, L.C.S.W. on Tuesday, January 27, 2015 at the Aliso Viejo Conference Center. Please register early as lunch will be served and seating is limited. See page 3 for full details. In addition, this training will be offered at a few other locations across the county.

We are also pleased to partner again with the Magnolia Family Resource Center to offer the specialized training, Organize for Success! Helping Your Child/Teen Succeed in Self-Management, taught by Nellie Valentine on Saturday March 21, 2015. Lunch and respite care will be provided. Don’t wait as this class has limited spaces available! Please see page 5.

Back by popular demand, the My Guidance, Their Success: Polish Up Your Act and Land the Job You Want workshop is offered on February 2, 2015 for youth ages 12-19 and their caregivers or mentors. For more information and to register please see page 4. In addition, the two-part series From Foster Families to Future Families is another excellent training for youth and caregivers. More information can be found on page 6.

Finally, the Trauma Informed Parenting (T.I.P.) series, which began in spring 2014, will continue to be offered across Orange County as the new pre-licensing classes for prospective foster parents. If you or someone you know is interested in fostering/adopting please call the toll free foster care/adoptions information line at 1-888-871-5437 to sign-up for an orientation session.

Cheers to a great 2015!

Sincerely,

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

Our appreciation to the Saddleback College Graphics Department for production of this newsletter.
Instructed by: Lynn Young, L.C.S.W.

The Early Child Development in Child Welfare to Support Life-long Healthy Outcomes curriculum is an adaptation of the Applying the Science of Early Childhood Development to Child Welfare Practice curriculum created with Casey Family Programs. The overarching goals of this curriculum are to increase awareness and understanding of early brain development among direct service professionals, caregivers and other community partners that serve children and families. The curriculum addresses how brain development is inexplicably impacted by relationships with loving and consistent caregivers, the impact of stress on brain development, and how to prevent and alleviate negative influences with positive supports and interventions. The curriculum employs both lecture style information on the topics as well as video clips to support understanding of the concepts. Participants will apply their knowledge to “real life” scenarios. Please join us to share this innovative, new curriculum! (Description adapted from the Casey Family Programs curriculum overview)

Participants will be able to:
1. Understand why early childhood matters
2. Understand the science of brain development
3. Understand the science of attachment development
4. Understand the impact of maltreatment, stress and separation on development
5. Understand how to help children thrive

Another Available Opportunity
Trainer: Martha Hughes, M.S.W.
800 N. Eckhoff, Room 1304
Orange 92868
6:00 p.m. – 8:30 p.m.
March, 16, 23 and 30
(Please note this is a 3-part series)
Adults also need to provide the guidance for youth to make a good impression and be comfortable and confident at a job interview. With so many applicants, businesses easily reject those who submit illegible or incomplete applications, applicants who aren’t punctual, or youth with an unprofessional appearance that does not represent the image an employer wants to project for his/her business. Simple etiquette goes a long way, too!

Youth should discover their interests and passions and then seek employers who will pay them to do the work they enjoy! Adults have a responsibility to support the youth in exploring their interests, as well as help motivate and encourage teens to identify potential careers wherein those skills and talents are sought after.

This training will be led by Sandy Barba and the Youth Serving Providers.

Topics Include:
- Job Skills
- Resume Building
- Professional Communication
- Resources
- Potential Job Leads
- Certification Programs through the WIB

Monday: February 2, 2015
6:00 – 8:30 p.m.
Orangewood Children’s Foundation
1575 E. 17th St., Conference Room
Santa Ana 92705

- Limited seating
- Light dinner provided
- Opportunity drawing for youth

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

Facilitated by: Sandy Barba
YOUTH PROGRAM MANAGER
AND GUEST SPEAKERS

“Why doesn’t anyone want to hire me?” How disheartening it is for a young adult seeking employment to be turned down time and again. These days competition for good jobs is fierce as there are so many applicants for each position.

It is imperative for adults to not only teach youth “the ropes” with regard to seeking employment and what to expect in the job application/interview process, but also long-term career choices. Some entry-level jobs serve a purpose such as gaining on-the-job experience, developing a work ethic, or honing skills for advancement opportunities. Without much “life experience,” how could youth ever know how to prepare for a job interview for the first time or know what a poor career choice is? Youth don’t know what they “don’t know!”

Orangewood Children’s Foundation

Foster & Kinship Care Education 2015
Organize for Success!

Helping Your Child/Teen Succeed in Self-Management

Saturday: March 21, 2015
9:00 a.m. – 3:30 p.m.
Magnolia Park Family Resource Center
11402 Magnolia Street
Garden Grove 92841

Lunch and refreshments provided
Register at (714) 530-7413
Pre-register for free child care for children 3 years and older; space is limited
Register at scfkce@saddleback.edu or (949) 582-4884

Instructed by: Nellie Valentine, Swanky Brain, Inc.

You will learn strategies to help your child/teen navigate his/her world while significantly reducing shutdown, meltdown and tantrum behaviors. This results in a tremendous boost in their self-confidence and productivity.

“Organizing for Success’ is an excellent workshop. It empowers me as a parent to be in control. Fantastic tools are taught in the classes. Nellie’s personal stories are fabulous.”
– Parent Testimonial

Course Learning Goals and Objectives:

Class participants will (1) Receive an understanding of the source of challenging behaviors and why supporting systems are beneficial. (2) Learn ways to identify and circumvent triggers. (3) Learn to help children and transitioning teens develop critical thinking skills to successfully manage their daily life. (4) Be shown the basics to set up “Systems” in the home, classroom or any setting.

Utilize best practices from the “Swanky Brain Behavior Toolbox” which draws from ABA (Applied Behavior Analysis), PRT (Pivotal Response Therapy), and CPS (Collaborative Problem Solving) to simplify life with an emphasis on structure and order. Participants will learn to use calendars, charts, schedules, social stories, and communication as organizational tools with built-in rewards, incentives, and natural consequences.

Who should attend this Workshop? Parents, Transitioning Adults, Caregivers, Social Workers, Teachers, Administrators, Therapists, Behavior Interventionists and other Professionals.

Nellie brings over 15 years of experience in behavior intervention and social skills training. She is a proud mom raising four amazing children who range in age from 4 to 18! Each of her children has their own unique experience with ASD [Autism Spectrum Disorder], ADHD [Attention Deficit Hyperactivity Disorder], BDD [Behavior Disruptive Disorder], Depression, and Intellectual Disability. Nellie has received over 8,000 hours of direct in-home training in Behavior Intervention and Therapies, including PRT [Pivotal Response Therapy], ABA [Applied Behavior Analysis] and CPS [Collaborative Problem Solving]. She brings experience and expertise in developing systems, designing an exclusive group home and tailored social groups for children and transitioning adults. Prior to her work in behavior intervention, Nellie served as Vice President of Operations for a major charity.
From Foster Families to Future Families

Foster youth have extraordinarily high rates of teen pregnancy and high risks of losing their children back into the system. As caregivers and mentors, we can prevent the cycle from repeating by helping teens understand the responsibilities of parenting and the importance of waiting until adulthood.

Come with your teen to this fun and interactive workshop series for information, skill building, and planning. Providing an in-depth understanding of children’s needs, this workshop enables teens to make healthier choices and create a stronger foundation for their future family. Adult attendees will assist teens in completing their “My Life-Plan for Parenting” workbook.

Teen may earn a Certificate of Completion after attending both sessions

**SESSION 1 – JANUARY 31**

A **The Dream of Family** – Prioritizing life goals, defining a personal purpose for parenting, and identifying pathways to achieve personal goals.

B **Family Formation** – Healthy relationships, fatherhood involvement, teen parenting challenges, legal issues: paternity testing, child support and custody, and long-term effects of prenatal alcohol, drugs, and smoking on children’s health.

**SESSION 2 – FEBRUARY 7**

C **Meeting Children’s Needs** – How to provide, protect, and nurture a child, budgeting and time management, home safety and preventing child abuse, Shaken Baby Syndrome, and basic child development.

D **Family Management** – Managing children’s behavior without hitting or yelling, developing assets for managing future family life, and identifying external resources to strengthen parenting capacities.

Instructed by: Maria Barragan, M.S.W.

EDUCATION FOR SUCCESSFUL PARENTING (WWW.EDUPARENTS.ORG)

*Thank you for a great workshop! When I took [my foster youth] back home she could not stop talking about how great the class was and that it really opened her eyes.*

– CASA attendee

**Attendance at Both Sessions Strongly Recommended**

Saturdays: January 31 and February 7
12:30 – 4:30 p.m.
USC School of Social Work, Irvine
2300 Michelson Dr., Irvine 92602

- Training for youth (13-21 years) together with a caregiver, CASA, or mentor
- Preference for youth not yet pregnant or parenting
- Limited seating, register at (949) 582-4884 or scfkce@saddleback.edu
- Snacks provided

*Please note: Although parking should not be an issue, if you can’t find parking in the lot, you must pay for parking in the surrounding area*
Commercially Sexually Exploited Children (CSEC)

The state has identified the growing issue of human trafficking, and the commercial sexual exploitation of children (CSEC) is a primary concern for child welfare. Please join us to learn more about this serious type of child abuse. Topics will include identifying CSEC and at-risk youth, learning about services, and working toward prevention.

Specific trainings will be offered in 2015, please call (949) 582-4884 or email scfkce@saddleback.edu

TRAUMA INFORMED PARENTING

Wednesday: January 28, 2015
6:30 – 8:30 p.m.
Orange County Social Services Agency, Annex Auditorium
(744 N Eckhoff St, Orange 92868)

Trainer: Robert Waddington, M.S.W.

Children in foster care have lived through multiple traumatic experiences, which impact their view of the world in profound ways. Caregivers will learn about types of trauma that children experience, and how they affect a child’s behavior, feelings, and relationships. Participants will learn nine essential elements of trauma informed parenting that will provide them with the foundation for communicating effectively, improving the child’s mood and attitude, and achieving desired behavioral goals.

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

LGBT YOUTH: CREATING SAFE SPACES

LGBT youth have specific legal rights regarding gender identity and expression at home and at school, along with the rights to be free of harassment, discrimination, and attempts to change their sexual orientation. They also have the right to possess LGBT supportive materials and to participate in age-appropriate activities such as LGBT youth groups. Caregivers will learn about these rights and about current best practices for ensuring safe and supportive homes for LGBT youth that will promote placement stability and improve long-term outcomes for the youth.

www.saddleback.edu/sbs/fkce
Your journey to foster/adopt begins here...

To learn more about the process, please first join us for an Orientation session

**Orientation Schedule**

All sessions take place on Wednesdays from 6:30 – 9:30 p.m.

**Orange, Children and Family Services:** January 21 • February 18 • March 18 • April 15 • May 20 • June 17

**Orange, Children and Family Services:** (Español) January 7 • April 1 • June 24

**Laguna Hills, Children and Family Services:** January 7 • February 4 • March 4 • April 1 • May 6 • June 3

Once prospective parents attend an orientation meeting, the next step in the pre-licensing process is to complete the 10-week Trauma Informed Parenting (T.I.P.) Series and Licensing Workshop

### T.I.P. Schedule

<table>
<thead>
<tr>
<th>Language</th>
<th>Location</th>
<th>Start Date</th>
<th>End Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>Laguna Hills</strong></td>
<td>Orange &amp; Family Services</td>
<td>January 8</td>
<td>March 19</td>
<td>Tuesday</td>
<td>6:30 – 9:30 p.m.</td>
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<td>April 14</td>
<td>June 16</td>
<td>Tuesday</td>
<td>6:30 – 9:30 p.m.</td>
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<td><strong>Orange</strong></td>
<td>Children &amp; Family Services</td>
<td>January 13</td>
<td>March 17</td>
<td>Thursday</td>
<td>6:30 – 9:30 p.m.</td>
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<td>April 9</td>
<td>June 11</td>
<td>Tuesday</td>
<td>6:30 – 9:30 p.m.</td>
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<td><strong>Español</strong></td>
<td>Children &amp; Family Services</td>
<td>Enero 8</td>
<td>Marzo 19</td>
<td>Jueves</td>
<td>6:30 – 9:30 p.m.</td>
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<td>Abril 7</td>
<td>Junio 9</td>
<td>Martes</td>
<td>6:30 – 9:30 p.m.</td>
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To register for pre-licensing classes, contact Lorena Rodriguez at (888) 871-KIDS [5437]
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.

Course Learning Goals and Objectives:

- Define children’s behaviors that show an inability to trust their caregivers and feel safe.
- Identify parenting skills needed to parent with an attachment focus by meeting children’s needs, especially their emotional needs first.
- Learn how to use attachment skills and tools that help the child attach and change their survival behavior into healthier behaviors.

Saturdays: 8:00 a.m. – 12:00 p.m.
February 7 and 14
April 11 and 18
June 13 and 20

*This is a 2-part class*

OC SSA Children and Family Services
Orange 92868

Instructed by: Sharon Landis, M.S.W.
Guiselle Scott, B.A.
Foster/Adoptive Parent

Register at (714) 704-8923 or adoptiontraining@ssa.ocgov.com

*ATTACHMENT PARENTING IS ONE OF THE REQUIRED COURSES FOR PROSPECTIVE ADOPTIVE (RESOURCE) FAMILIES

www.saddleback.edu/sbs/fkce
ADOPTION SERIES

Class 1: Adopting Through Orange County
Identify your personal motivation to adopt and understand how this factor can impact the success of an adoptive placement in your home. Explore your expectations of an adopted child and the adoption process. Understand what it means to adopt through the Orange County Social Services Agency, aspects of the dependency system, and the need for resource families. Discussion will include an in-depth look at the adoption home study process. Evaluate if Orange County Adoptions is the best fit for your family and your adoption journey.

Class 2: Our Children
This class will follow the journey of a child’s life from the period prior to removal from the home, through the dependency system, and through the turmoil of multiple placements. Explore the common feelings, behaviors, and experiences that the child encounters prior to placement in a concurrent planning home. Identify the correlation between children’s trauma and loss of birth family connections and how these affect their behaviors.

Class 3: Our Children and Concurrent Planning Placement
This class will explore the practice of matching and placing a child with an available resource family for the purposes of adoption. Develop a greater understanding of the characteristics of children waiting for adoptive homes. Cultural, racial, and trans-racial adoption issues will be discussed.

Class 4: Successful Adoptive Placements
What makes a positive transition into a prospective adoptive home? Re-evaluate how your personal feelings and expectations impact these transitions and placement. Explore possible feelings and behaviors after the child is placed and how your adjustment to the placement may affect the child. Identify your ability and willingness to adapt to the new family dynamic. Discuss factors that lead to stress and disruptions in the adoption journey. Learn about the knowledge, skills, and resources needed to support a stable and successful adoptive placement and begin to understand adoption as a lifelong process. Adoption applications will be distributed at the end of this class.

★ To register, you must have completed the pre-licensing T.I.P. classes through Orange County Social Services Agency
★ The adoption series is a required course for prospective adoptive (resource) families
★ Adoption classes are not open-ended and must be taken in sequential order
★ Register at (714) 704-8923 or adoptionstraining@ssa.ocgov.com

Class 1: April 22
Class 2: April 29
Class 3: May 6
Class 4: May 13

WEDNESDAYS • 6:30 – 8:30 p.m.

SATURDAYS • 9:00 a.m. – 1:30 p.m.

OC SSA Children and Family Services, Annex Auditorium
744 N. Eckhoff St., Orange 92868

Jan. 24 & Mar. 21 & June 13

Jan. 31 & Mar. 28 & June 20

Laguna Hills, Children and Family Services (Training Center)
23340 Moulton Pkwy., Laguna Hills 92653

SATURDAYS • 9:00 a.m. – 1:30 p.m.

CLASSES 1 & 2 – APRIL 11

CLASSES 3 & 4 – APRIL 18

Class 1: Adopts Through Orange County
Identify your personal motivation to adopt and understand how this factor can impact the success of an adoptive placement in your home. Explore your expectations of an adopted child and the adoption process. Understand what it means to adopt through the Orange County Social Services Agency, aspects of the dependency system, and the need for resource families. Discussion will include an in-depth look at the adoption home study process. Evaluate if Orange County Adoptions is the best fit for your family and your adoption journey.

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★ Register at (714) 704-8923 or adoptionstraining@ssa.ocgov.com
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 Scott – Guiselle fostered a 2-year-old boy with severe attachment disorder and post-traumatic stress disorder. She is an adoptive parent of a 7-year-old girl and currently provides respite care for children between the ages of 3 to 11. For the last 6 years, Guiselle has been teaching the pre-service classes for foster parents, as well as the Attachment series, Effective Discipline, and Therapeutic Play. Guiselle earned a Bachelor’s Degree in Business Management from Pepperdine University.

January • NO CLASS

February 9 • Talk to Me About My Adoption
Do you talk to your child about his/her adoption? Parents will learn how to talk with children in their various developmental stages about life as an adopted child. We will explore their feelings about adoption and provide tools to create open communication within your home.

March 9 • Discipline Techniques
In this workshop, we will examine ourselves as disciplinarians and explore why kids misbehave. By practicing positive disciplinary techniques, you will walk away from this workshop with ready-to-use skills.

April 13 • The Magic of Family Meetings
Learn how to teach positive values and problem solving skills to your children. Instilling good character qualities will enable children to make good decisions when events start getting out of hand.

May 11 • Transitions
The goal of this workshop is to assist foster parents and relative/kinship caregivers in connecting children to safe, nurturing relationships that last a lifetime. We will learn how to work together to help children reunite with parents or to transition to adoptive families and will discuss ways of making sure that children grow up with relationships they can count on.

June 8 • Grief and Loss for Children
Grief is a natural process that follows a serious loss. By learning the five stages of grief and how loss affects people differently, parents will better understand the needs of grieving children. Identify the signs of mourning, as well as its importance in helping your child through the grieving process.

All classes are FREE. Class credit hours apply toward county and state licensing requirements. For translation services, or if hearing impaired, register at least one week prior to class to advise us of your particular needs.

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

Site Coordinator: Johanna Parra
Meetings: 2nd Tuesday each month
6:00 – 8:00 p.m.
Bilingual

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

Lili Perez-Stroud – Lili is a graduate of CSU Fullerton and assisted with the coordination of the FKCE and ILP programs at Cypress College. She was a kinship caregiver for 4 years and experienced in raising teenagers. Lili brings a wealth of information and knowledge to her classes.

January 13 • Anger Management
This workshop will provide information on the signs and symptoms of anger. We will look at techniques to use that help manage and control “angry” feelings.

February 10 • Discipline and Beyond
Many parents find it difficult to avoid losing their own tempers when a child misbehaves, is defiant, or throws a tantrum. Learn effective discipline skills and how to set rules that even toddlers can understand and follow. Come learn logical alternatives for disciplining your children.

March 10 • Grief and Loss
This class will cover the steps of grief and loss experienced by children. Discussion will include how parents can assist the child in managing the grieving process by recognizing the signs of “internalization” so that the grief can be directed outwardly in a healing manner.

April 14 • Conflict Resolution
The pressure on today’s youth is enormous and they often struggle to express their anger and frustrations appropriately. Come learn conflict resolution techniques to teach children the ability and skills needed to effectively handle and resolve conflict.

May 12 • Domestic Violence
The focus of this class will be on current issues of domestic violence. It will explore the emotional and behavior issues faced by children of domestic violence and examine ways that caregivers can manage issues as they arise.

June • NO CLASS
January • NO CLASS

February 3 • LGBT Youth: Creating Safe Spaces
MEETS AB 1856 LICENSING REQUIREMENT

AB 1856 mandates foster care providers complete culturally sensitive training on rights of lesbian, gay, bisexual, and transgender (LGBT) youth. Caregivers will learn about these rights and about current best practices for ensuring safe and supportive homes for LGBT youth that will promote placement stability and improve long-term outcomes for the youth.

March 3 • Bullying

Any child can be the victim of bullying. Participants in this workshop will learn about the various forms of bullying and common characteristics of victims of bullying. Parents will learn to recognize warning signs that a child is being bullied, as well as how to protect the child, and steps to take if the child is being bullied.

April 7 • Teen Pregnancy

Prevention will be the focus. Foster parents will learn how to teach teenagers appropriate ways to interact with other teenagers and adults. Discussion will include coping with the teen mom and baby living with you.

May 5 • Homework Battles

Foster parents frequently find themselves in the role of “bad guy” when they attempt to get their children to finish their homework. This workshop addresses how parents can maintain authority (and sanity) while constructively assisting and encouraging their children to efficiently complete their assignments. Learn how to actually make homework fun for children without adding to family stress.

June 2 • Keeping Family History Together

Learn simple ways to keep a “lifebook” for the children in your care that will help preserve their history. Memories are important and you can “find” clues from the past, make their favorite things special, get them enthused about their memories, and have fun while doing it. Parents will learn easy, hands-on ways to build this book with their children and special things to add from the heart. Handouts of “must have pages” will be available, as well as great websites to get materials.

January 7 • Conflict Resolution

The goal of this workshop is to prepare foster parents and relative/kinship caregivers with the necessary skills to assist children in learning to handle conflict resolution. A problem requires that someone observe the situation, assess the dynamics, review the resources, and then think through viable solutions.

February 4 • Anger Management

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April 1 • Domestic Violence – Emotional Affects

Focus will be placed on current issues of domestic violence and explore the emotional and behavioral issues faced by children of domestic violence. We will examine methods that caregivers can implement to manage a child’s behavior as the need arises.

May 6 • College 101

This workshop will assist parents in helping their teen attain a higher education. The workshop will review application forms and processes, financial aid options, critical deadlines, and more. Caregivers should be knowledgeable about special opportunities available to foster youth at community colleges.

June • NO CLASS
Lake Forest

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

Meetings: 2nd Wednesday each month
6:30 – 8:30 p.m.

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

Robert Waddington – Robert Waddington has a Master’s Degree in Social Work and has worked in the field of child welfare, encompassing both residential treatment centers and public social services, for twenty-five years. His experience includes emergency response to hotline calls alleging child abuse/neglect, court investigations of substantiated child abuse/neglect involving medical issues, and recruitment and training of prospective foster/adoptive parents.

January 14 • LGBT Youth: Creating Safe Spaces
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February 11 • The GLBTQ Foster Parent
Note: this class does not meet the AB 1856 licensing requirement.
This workshop provides practical information on how all caregivers, but particularly those who identify as gay, lesbian, bisexual, transgender, or queer (GLBTQ), can effectively partner with birth parents for the benefit of the children who are in their care. It includes a look at how issues of homophobia and false allegations of abuse/neglect can impact resource families, and how to respond if such issues arise.

March 11 • Grief and Loss in Foster Care
Although necessary for safety reasons, the sudden removal of children from the home of a parent due to issues of abuse/neglect, and placement with people they did not previously know, 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.

April 8 • Raising Self-Reliant Children
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.

May 13 • Opportunities for Foster Youth In the Era of AB 12
AB 12 – Extended Foster Care – offers a great opportunity for foster youth to further their education after high school! Participants will learn how to impart a vision to youth about the value of college or vocational training after high school. Learn how to connect foster youth with resources specifically designed for them, including grants, scholarships, housing assistance, preferential scheduling, and support resources.

June • NO CLASS
New Alternatives, Inc. • Family Support Services
1202 W. Civic Center Dr., Suite 205
Santa Ana 92705

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

Contact Yadira at (714) 245-0045 to register

*The following topics are a part of the “Mission Possible” initiative to help parents build skills and knowledge, as well break down obstacles to better serve the adolescent population (11-18 years old)*

January 7 • LGBT Youth: Creating Safe Spaces
MEETS AB 1856 LICENSING REQUIREMENT
Spring Wilson, TOPS Respite Care, New Alternatives
AB 1856 mandates foster care providers complete culturally sensitive training on rights of lesbian, gay, bisexual, and transgender (LGBT) youth. Caregivers will learn about these rights and about current best practices for ensuring safe and supportive homes for LGBT youth that will promote placement stability and improve long-term outcomes for the youth.

February 4 • Fostering Healthy Attachment
Helene Shotwell, M.F.T.
Healthy attachment is crucial in creating a successful and joyful life. Many youth who have been abused and neglected, moving from one home to another, may find an inability to trust and therefore attach in a healthy way. This class will assist caregivers who are parenting these children and will teach healthy parenting techniques specific to those with compromised attachment histories.

March 4 • Creating Healthier Pathways for Youth with Behavior Disorders
Helene Shotwell, M.F.T.
This class will provide an overview of many behavior disorders experienced by youth, particularly those who have been in the foster system. Caregivers will learn behavioral signs and ways to assist the youth in managing their symptoms. We will focus on a variety of positive and healthy parenting techniques unique to this population.

April 1 • Overcoming Challenges with Tweens and Teens
Helene Shotwell, M.F.T.
Tweens and teens brains are not fully developed yet! The area of the brain that continues to mature during this time is responsible for decision-making and the understanding of consequences. Parents will learn healthy ways to guide youth growing up in a time of Facebook, “Selfies,” and reality TV, shows where the importance of celebrities is greater than character-building. Through building a healthy and trusting relationship caregivers can decrease the generation gap.

May 6 • Former Foster Youth Guest Speaker Panel
What is it like for youth in the foster care system? Join us for a panel of former foster youth that are interested in providing the youth perspective. Hear about what made their placements successful and what we all can do to help provide positive guidance for today’s foster youth in Orange County.

June • NO CLASS

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

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

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

January 8 • Learning to Love in Non-Traditional Families
April Malden, MS, MFTi, PCCI
More and more families today are being created through alternative means such as blending through marriage, raising a family member, foster care, and adoption. Non-traditional families can be strong, united, safe, and full of love, but sometimes face special obstacles along the way. In this course we will take a look at some of the issues that are of central importance to all members of non-traditional families like loss, allegiance, acceptance and trust, and discuss how families can confront and overcome these challenges together.

February 12 • Survival Skills for Foster Parents
April Malden, MS, MFTi, PCCI
So, you are a foster family! What does it take to survive the sometimes crazy adventure that is fostering? In this course we will explore some ideas that could restore peace and enjoyment to the process for you and your children! We will develop a plan that will be your guide as you embark on each journey with the foster children that come into your home, and we will identify the resources that you will need to not only survive, but thrive, as a foster family.

March 12 • Working with the Biological Parent And the Importance of Biological Connections
Katie Takeshita, M.S.W.
At times working with the biological parents can feel overwhelming and conflicting. This class will assist you in your interactions with the biological family. We will also discuss the importance of biological connections for children in foster care and how to maintain healthy boundaries with post-adoption contact.

April 9 • Discipline with Attachment in Mind
Katie Takeshita, M.S.W.
Often our go-to techniques for discipline are not effective with children who have been abused and neglected. Learn why these children respond differently to discipline. This class will provide tips and techniques for discipline and will help you to understand how discipline can be a time of bonding for you and your children.

May 14 • Talking to Your Children About Adoption
April Malden, MS, MFTi, PCCI
This training will discuss the importance of openness and honesty in adoptive family situations. We will address ways to talk to children about adoption throughout their various developmental stages, as well as tools to assist providing open communication. Learn how to layer the difficult pieces of their adoption story in an age-appropriate way.

June • NO CLASS
**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 scfke@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 27 • Using Your Head as Well as Your Heart to Raise School Age Children**  
Using your “head” means using a logical, practical method of teaching your children, using your “heart” refers to unconditional love for your child—one will not work without the other. Learn methods and techniques to use in preventing and solving challenging behavior, as well as energizing ideas for parenting children after 5:00 p.m.

**February 24 • Parenting Disruptive Children**  
One of the biggest challenges parents face is managing their children’s difficult or defiant behavior. Whether children are refusing to put on their shoes, ignoring instructions to turn off a video game, shoving a sibling, or throwing a full-blown tantrum, you can find yourself at a loss for an effective way to respond. This workshop will discuss reasons and ways to deal with disruptive behaviors in children.

**March 10 • Developing an “I Can” Attitude**  
*NOTE DATE CHANGE*  
How we define ourselves influences our motivations, attitudes, behaviors, and affects our emotional adjustment. Learn the importance of developing self-esteem by promoting a child’s sense of identity, history, culture, and values. With a healthy balance of self-esteem and self-confidence, your child can develop an “I can!” attitude.

**April 28 • Supporting Cultural Ties and Identity**  
Culturally diverse children may feel excluded during holidays and special events, particularly if living with families who have different customs or traditions. Learn the importance of supporting the child’s family ties. Understanding the child’s culture, values, and beliefs helps ease the pain of a child’s adjustment.

**May 26 • Summer Learning**  
Research shows that students who keep their skills sharp over the summer can avoid the “summer slide.” Discover fun learning activities to keep students engaged over the summer and find out how to motivate students to pick up a book instead of turning on the TV.

**June • NO CLASS**

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**ORANGE**

**OC Children and Family Services**  
744 N. Eckhoff St., Annex Auditorium  
Orange 92868  

Coordinadora: Abel Esquivel Sr., Trabajador Social  
Licenciatura en Desarrollo Integral de la Niñez  
Juntas: Primer miércoles del mes  
6:30 – 8:30 p.m.  
Favor de llamar para información  
(714) 704-8255  
No se tiene que registrar

**Abel Esquivel Sr.** – Trabajador social del condado de Orange. Tiene un licenciatura en Desarrollo Integral de la Niñez y en consejería. También tiene un asociado en educación preescolar. Trabaja como consejero en el albergue directamente con los niños de crianza. Fue entrenador de PRIDE por 8 años. Ha enseñado talleres en la comunidad sobre disciplina, abuso infantil y violencia doméstica. Es padre y abuelo.

**Enero • NO HAY CLASE**

**Febrero 4 • Las Pandillas en OC**  
Se estudiara las diferentes tipos de pandillas en Orange County. También veremos cómo es que los jóvenes se involucran en pandillas. Se explorara los recursos que hay para los jóvenes involucrados en pandillas. Comprenderá dinámicas de la comunidad donde los jóvenes de alto riesgo asisten o viven.  
www.saddleback.edu/sbs/fkce

**Marzo 4 • Ya No Mas!!**  
El estudiante aprenderá los diferentes tipos de abuso en contra de la mujer. Las características del abusador. Explorar recursos en la comunidad para ayudar a las mujeres de violencia doméstica. También se explorara las razones porqué el abusador abusa de la víctima. También aprenderá sobre el ciclo vicioso de la violencia en el hogar. También aprenderá los efectos de violencia doméstica en los niños.

**Abril 1 • El Bullying**  

**Mayo • NO HAY CLASE**

**Junio 3 • Ya No Puedo Con Estos Niños!!**  
En este taller te enseñará diferentes herramientas para utilizar con los niños de crianza. Aprenderá como dialogar conflictos con los jóvenes que estén en su casa de crianza. Se explora los diferentes tipos de disciplina y recursos disponibles.
Clases de Adopción

Orange County Social Services Agency
Children and Family Services
Room 1304
800 N. Eckhoff St.
Orange 92868

- Antes de registrarse, necesita completar las clases de T.I.P. que se ofrecen por medio de la Agencia de Servicios Sociales del Condado de Orange
- Todos los potenciales padres adoptivos necesitan tomar la serie de clases de adopción
- Si tiene preguntas o para registrarse, favor de llamar a (714) 704-8923 o mandar un email a adoptionstraining@ssa.ocgov.com
- Las horas de esta clase no cuentan para los requisitos de la licencia de cuidado de crianza

**Sábado**
9:00 a.m. – 5:30 p.m.
**Clases 1-4**
Marzo 28
Junio 20

**Clase 1: Adopción por Medio del Condado de Orange**
Los participantes van a explorar su motivación personal por la cual quieren adoptar. Entenderán el impacto que esta motivación tiene en el éxito de la colocación de un niño/a en su casa. Se va explorar sus expectativas de un niño/a esperando un hogar y el proceso de adopción. Aprenderán la diferencia entre adopción por medio del Condado de Orange y otras agencias, aspectos del sistema del Tribunal de Menores, y la necesidad de tener familias de crianza y adopción. Revisaremos en detalle el proceso del estudio de su hogar para adopción y evaluarán si el Condado es la mejor opción de adopción para usted y su familia.

**Clase 2: Nuestros Niños**
Esta clase seguirá el camino de la vida de un niño/a desde el tiempo cuando vivía con sus padres, cuando lo removieron de su familia, hasta la confusión de ser colocado en varios hogares de crianza. Se va explorar sentimientos comunes, comportamientos y experiencias que el niño/a enfrenta antes de ser colocado en un hogar permanente. Identificaremos la correlación entre el trauma que sufre un niño/a y la pérdida de conexiones con su familia de nacimiento y cómo éstos afectan el comportamiento del niño/a.

**Clase 3: Nuestros Niños y las Ubicaciones con Familias Adoptivas**
Esta clase va explorar la práctica de ubicar a un niño/a con una familia de crianza para el propósito de adopción. Los participantes van a desarrollar mayor conocimiento sobre las características de los niños/as que están esperando un hogar adoptivo. Se les proporcionará información sobre el asunto de la cultura, raza, y adopción entre razas.

**Clase 4: Ubicaciones Éxitosas con Familias Adoptivas**
¿Qué se requiere para tener una transición positiva en un hogar adoptivo? Tendrán la oportunidad de reevaluar como sus sentimientos personales y sus expectativas pueden afectar estas transiciones y la ubicación del niño/a. Exploraremos sentimientos y comportamientos que el niño/a tendrá después de ser colocado en su casa y cómo su reacción a la situación puede afectar al niño/a. Identificaremos su habilidad e intención de adaptar a la nueva dinámica familiar. Se va a tratar cuáles factores causan estrés y trastornos. Aprenderán qué habilidades y recursos necesitan para una ubicación exitosa y estable, y van a empezar a comprender que adopción es un proceso de por vida. Se les entregará la solicitud de adopción al final de esta clase.

Las clases son para padres de crianza, padres adoptivos, parientes que ofrecen cuidado, y trabajadores sociales. Si tuviera alguna necesidad especial, por ejemplo, necesidad de servicios de intérprete, o problemas con la audición, por favor inscribase con una semana de anticipación para asegurar que le proporcionemos los servicios adecuados.
**CLASE DE APEGO**

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

**INSTRUCTOR:** 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.

Si tiene preguntas o para registrarse, favor de llamar a (714)704-8923 o mandar un email a adoptiontraining@ssa.ocgov.com
These workshops are restricted to licensed foster parents, prospective foster or adoptive parents nearing completion of pre-licensing classes or adoption classes, and kinship families through Orange County Social Services Agency.

Enrollees will receive a courtesy reminder/RSPV 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 parents on the wait an opportunity to attend—no exceptions.

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.

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

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

PARKING IS $5.00 AT THE MISSION VIEJO SITE.

Laurie Vartanian
EMS Certified Trainer

JANUARY 24
8:30 A.M. – 2:30 P.M.
Mission Viejo

FEBRUARY 21
8:30 A.M. – 2:30 P.M.
Mission Viejo

MARCH 28
8:30 A.M. – 2:30 P.M.
Mission Viejo

MAY 16
8:30 A.M. – 2:30 P.M.
Mission Viejo

Luis Vásquez
American Red Cross Certified Trainer

MARCH 7
8:30 A.M. – 2:30 P.M.
Yorba Linda

ESPÁÑOL
ABRIL 25
8:30 A.M. – 2:30 P.M.
Santa Ana

JUNE 6
8:30 A.M. – 2:30 P.M.
Mission Viejo

Luis Vasquez
American Red Cross Certified Trainer

RENEWAL COURSE’
(ENGLISH)
FEBRUARY 7
8:30 A.M. – 12:30 P.M.
Mission Viejo

’Must show valid CPR/First Aid certification to attend
A. Aliso Viejo Conference Center
31 Santa Barbara
Aliso Viejo 92656

B. Foster Care Auxiliary
333 S. Brookhurst St.
Anaheim 92804

C. Grace Lutheran Church
6550 Fairmont Blvd.
Yorba Linda 92886

D. Magnolia Park
11402 Magnolia Ave.
Garden Grove 92841

E. New Alternatives, Inc.
1202 W. Civic Center Dr. #205
Santa Ana 92705

F. OC SSA Children
and Family Services
744/800 N. Eckhoff St.
Orange 92868

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

H. Orange County Fire Authority
1 Fire Authority Rd.
Irvine 92602

I. Orangewood Children's Foundation
1575 E 17th St.
Santa Ana 92705

J. Saddleback Church
1 Saddleback Pkwy.
Lake Forest 92630

K. South Orange Co.*
23832 Rockfield Blvd.,
Suit 270
Lake Forest 92630

L. USC School of Social Work, Irvine
2300 Michaelson Dr.
Irvine 92602

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

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

* Family Resource Center

www.saddleback.edu/sbs/fkce
SAVE THE DATE

Saturday
April 25, 2015

18th Annual Foster, Adoptive and Kinship Parent Conference

www.saddleback.edu/sbs/fkce