

Serving Children & Families In Our Communities
Foster & Kinship Care Education (FKCE) and PS-MAPP



Schedule of Classes

July 2012

to

October 2012

"We Are Here to Lend a Hand"

Citrus College, San Gabriel Consortium
Serving Citrus, Chaffey, and Mt. San Antonio Community College Districts
All Classes Are Free

MESSAGE FROM THE PROGRAM COORDINATOR



Lillian E. Sass, M.A.
Program Coordinator

Greetings to our Foster & Kinship Community

Summer is upon us, a magnificent time to arrange trips to the beach or picnics in the park with the children in your care. While the children are out of school, summer provides experiences to build wonderful memories, and it is a great opportunity to spend organizing their Memory Life Books.

The Memory Life Book will provide children with amazing and invaluable recollections of their relationship with you. I am confident that what you have taught them about parenting and family fun-time will be something for them to share with their children someday. Please plan some fun outings for the Fourth of July and Labor Day.

Be sure to mark your calendars for our annual Birth to Three Training Institute for caregivers with special needs children. This training will be held in September.

In closing, our staff thanks you for helping us stay Green; your willingness to accept the Schedule of Classes via e-mail has allowed us to keep our printing costs down.

Honored to be of service,

Lillian E. Sass, M.A.
Program Coordinator

FOSTER AND KINSHIP CARE EDUCATION ADVISORY COMMITTEE MEMBERS

Mickie Allen, Director
Child Development Center – Citrus College

Mary Becerril, Adoptive Foster Parent

Lucy Berger, Program Coordinator
California Community Colleges, Chancellor's Office

Cathy Bushey, President
San Gabriel Valley Foster Parent Association

Claudia Bustillos, Supervisor, AFSA
Department of Children and Family Services of
Los Angeles County

Karen Cash, Foster/Kinship Care Education Facilitator
Chaffey College

Sandra Christensen, Educational Advocate
Los Angeles County Office of Education

Wanda Cooper, Navigator
Encore Parenting

Garry Creel, Coordinator-Child Welfare and Attendance
Azusa Unified School District

Zurayda David, Accounting Technician
Fiscal Services/Citrus College

Christine Dennis, Asst. Superintendent-Student
Achievement
Baldwin Park Unified School District

Karen Dixon, Foster/Kinship Care Education
Facilitator/Whole Family Foster Homes Trainer
Chaffey and Mt. San Antonio Colleges

Kaye Ekstrand, Child Development Programs Director
Duarte Unified School District

Hector Fregoso, County Social Work Administrator II
Youth Development Services

Michael Gray, Division Chief
Department of Children and Family Services of Los
Angeles County

Nicole Hart, Social Services Practitioner
Adoption Services and Human Services of San
Bernardino County

Rosalie Hilger
Regional Coordinator of Foster and Kinship
Education
Los Angeles Mission College

Joanne Hinojosa, Supervisor
Extended Opportunity Programs and Services and
Cooperative Agencies Resources for Education
Citrus College

Sai-Yuk Ho-Liang, MSW, Supervising Children's
Social Worker
Department of Children and Family Services-
Placement & Recruitment Unit

Michael Hurtado, Dean
Social and Behavioral Sciences – Citrus College

Connie Keith, Vice President
San Gabriel Valley Foster Parent Association

Christine Little, President, Foster to Famous

Patricia Macias-Najar, Specialist
California Community Colleges, Chancellor's Office

Mina Mata, Director
Youth and Adult Programs and Services
Partnering for Safety-Models Approach to
Partnership in Parenting
The Community College Foundation

Mary Mihalka, Adoptive Foster Parent

Crystal Miranda, Outreach Coordinator
Project Sister Family Services

Yolanda Moreno, Adoptive Foster Parent

Cecilia Ornelas, Asst. Superintendent-Special Services
Bassett Unified School District

LeeAnn Paddock, Foster and Kinship Care Education
Facilitator/Kinship Coordinator
Citrus and Mt. San Antonio Colleges

George Razo, Foster and Kinship Care Education
Facilitator/Spanish Coordinator
Citrus and Mt. San Antonio Colleges

Connie Rex, ILP Transition Coordinator
Department of Children and Family Services of Los
Angeles County

Janice Tamkin, Foster Homes Supervisor
Human Services of San Bernardino County

Gale Parker-Tate, ILP Transition Coordinator
Department of Children and Family Services of Los
Angeles County

Ethel Vehawn, Past-President
San Gabriel Valley Foster Parent Association

Phyllis Wilcher, ILP Transitions Coordinator
Department of Children and Family Services of Los
Angeles County

Rosella Yousef, Children's Services Administrator II
Department of Children and Family Services of Los
Angeles County Kinship Support Division



Citrus College Mission Statement

Citrus College delivers high quality instruction that empowers students to compete globally and to contribute to the economic growth of today's society.

We are dedicated to fostering a diverse educational community and cultural learning environment that supports student success in pursuit of academic excellence, economic opportunity, and personal achievement.

La Misión de Citrus College

Citrus College ofrece instrucción de alta calidad que capacita a los estudiantes para que puedan competir a nivel mundial y contribuir al crecimiento económico de la sociedad de hoy en día.

Estamos comprometidos a promover una comunidad educativa con diversidad y un ambiente cultural de aprendizaje que apoye el éxito estudiantil en su excelencia académica, oportunidades económicas y logros personales.

Disclaimer

Citrus College has made every reasonable effort to ensure that the information in this class schedule accurately reflects current legislation, policies and fees. However, these are subject to modification at any time, without notice, in order to accommodate changes in the resources or educational plans of the Citrus Community College District, or for reasons deemed appropriate by the college president or designee. This schedule does not constitute a contract between the student and the college.



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Program Staff



Sue Yarberry
Administrative Clerk III



Frances Jones
FKCE Database/PS-MAPP



Michelle Roth
FKCE Database

Facilitators



Karen Cash
Chaffey College



Karen Dixon
WFFH Coordinator
Chaffey/Mt. SAC Colleges



James Hill
Citrus, Mt. SAC,
Chaffey Colleges



LeeAnn Paddock
Citrus/Mt. SAC Colleges
Kinship Coordinator



Jorge Razo
Citrus/Mt. SAC Colleges,
Spanish Coordinator

Foster & Kinship Care Education

**1000 West Foothill Boulevard
Glendora, CA 91741**
Phone: (626) 857-4028 / Fax (626) 857-4146
Website: www.citruscollege.edu/cdc/fkce
E-mail: fkce@citruscollege.edu



Registration Guidelines

If you are no longer a foster parent or care provider and wish to be removed from our list, please call our office at your earliest convenience.

PLEASE PRE-REGISTER FOR ALL CLASSES

In order to provide you with quality training and professional services, we require that all participants adhere to the following guidelines:

PROVIDE VALID CALIFORNIA IDENTIFICATION TO OBTAIN YOUR CERTIFIED TRAINING HOURS CERTIFICATE FROM THE TRAINER.

The following frequently asked questions may be helpful to you:

Do I have to pre-register in order to attend a class?

Yes. There is no way for us to contact you regarding class changes or cancellations if you do not pre-register.

How do I register for a class?

You may register by doing one of the following:

- Call the Foster and Kinship Care Education (FKCE) office at (626) 857-4028 between the hours of 9 a.m. and 5 p.m. M-Th and between 9 a.m. and 4 p.m. on Fridays. (Please speak and spell clearly). We observe all national holidays.
- Fax lists of three or more participants to (626) 857- 4146
- E-mail your registration to fkce@citruscollege.edu
- The FKCE office will only return calls if there is a question regarding your registration. Otherwise, clearly providing all of the required information on our voicemail will suffice.

What information do I need to provide in order to register?

- Your full name, complete address and telephone number with area code.
- All class locations, dates and times.
- E-mail address if you prefer to be contacted via e-mail.

Can I get documentation to certify that I have taken classes?

Yes. The Foster and Kinship Care Education (FKCE) office can provide a transcript of all foster care classes you have taken. Call the office at (626) 857- 4028 to request your transcript and then present a valid California ID when you pick up your transcript.

Is there a fee to attend classes?

No. Our training sessions are free and are open to anyone in the community.

I am not a foster parent or relative caregiver. Can I still attend classes?

Yes. Although our target audience is foster parents and relative caregivers, our classes are open to everyone in the community including social workers, group home staff, family and friends.

Can I bring my children to the class with me?

No. Children are not permitted to attend most of our classes due to topics of a sensitive nature and liability issues. Refer to the class description for permission to bring children or youth to classes.

What if I can't make it to a class after I have registered?

No problem! Just call our office to cancel your seat in order to offer it to someone else who may be waiting for a space.

What if a class gets cancelled or moved? How will I know?

Our office will make every effort to contact you with any cancellations and/or changes. This is why it is important to pre-register and provide your contact information when doing so. Class cancellations made Monday through Friday after 4 p.m. will not provide us time to reach you by phone. Please note that, to the best of our ability, notices will be posted at the training sites regarding unforeseen cancellations.

How can I get more information on classes and the program?

Each facilitator and trainer can provide you with more information about our upcoming classes. You may also visit us online at <http://www.citruscollege.edu/cdc/fkce>



Reglas de Matriculación

Si Ud. ya no es padre de crianza o proveedor de cuidado y desea ser removido de nuestra lista, favor de llamar a nuestra oficina a su conveniencia.

POR FAVOR ASEGURESE DE REGISTRARSE DE ANTE-MANO PARA CUALQUIER CLASE

Para proveerles el mejor entrenamiento y servicio profesional, deben seguir las siguientes reglas a punto de la letra.

**** Cuando se presente a la clase, asegúrese de proveerle al entrenador su licencia de conducir o identificación de California para obtener su certificado de horas de entrenamiento.**

Las respuestas a las siguientes cuestiones mas preguntadas podrían ser útiles para usted:

Debo de registrarme de antemano para poder presentarme a clase?

Si. Cuando uno no se registra, no hay manera de poder comunicarles algún cambio a la clase, tal como el horario o el local, o en caso de que la clase se cancele.

Como me registro para una clase?

Escoja entre las siguientes formas de registración:

- Llame a la oficina de educación, Foster and Kinship Care al **(626)857-4028** de lunes a jueves entre las horas de 9 a.m. – 5 p.m. o los viernes de 9 a.m. – 4 p.m. Si le contesta la grabadora, por favor hable despacio y claramente. Observamos todos los días festivos nacionales.
- Envíe una lista con por lo menos 3 participantes vía fax al **(626)857-4146**.
- Envíe un correo electrónico con su registración al fkce@citruscollege.edu
- La oficina le llamara por teléfono si hay alguna duda o pregunta acerca de su registración. De otro modo, por favor provéanos los siguientes datos al registrarse:

Que información debo de proveer para registrarme en clase?

- Su nombre completo, número de teléfono incluyendo código de área, dirección completa,
- Si prefiere que se le comunique vía correo electrónico, también déjenos su dirección electrónica.
- El nombre de cada clase que desea tomar, incluyendo las fechas, horas, y el local (ciudad) de cada clase.

Puedo obtener documentación para comprobar que he tomado clases?

Si. La oficina de educación Foster and Kinship Care puede proveerle un transcripción que documenta todas las clases que ha tomado. Nada más necesita llamar la oficina con tiempo al **(626) 857-4028** para solicitar su documento. Al recoger su transcripción debe presentar su identificación.

Hay algún costo para poder atender las clases?

No. Todos nuestros entrenamientos son gratuitos y abiertos a cualquier persona en nuestras comunidades.

No soy padre de crianza ni proveedor de cuidado. Aun puedo atender las clases?

Si. Aunque nuestro enfoque principal sea más con padres de crianza o proveedores de cuidado, las clases son para todas personas de la comunidad y pueden ser de beneficio a varios miembros de la comunidad, tal como trabajadores social, empleados de casa-hogares, miembros de familia y amistades.

Puedo traer mis hijos a las clases?

No. Debido al contenido sensitivo de las clases, y también por cuestiones de responsabilidad legal, niños NO son permitidos en clase.

Que tal que no pueda atender una clase después de haberme registrado?

No hay problema! Pero por favor llámenos para cancelar y poder ofrecerle su espacio a alguien que esté en la lista de espera.

Como me dará cuenta cuando una clase se cancela o la mueven de local?

Nuestra oficina hará todo lo posible para contactarle para informarle de cualquier cambio o cancelación. Por eso es de suma importancia que se registre antes y que provee todos sus datos. Clases que se cancelan después de las 4 p.m. no nos da suficiente tiempo para notificarles. En casos cuando las clases se cancelan inesperadamente, habrá un anuncio en la puerta del local.

Como puedo obtener más información acerca de las clases o del programa?

Cada facilitador o entrenador le puede proveer con más información acerca de nuevas clases. También puede visitarnos en la red de internet al <http://www.citruscollege.edu/cdc/fkce>



Foster and Kinship Care Education

JULY 2012 TO OCTOBER 2012 EVENTS

Please call the FKCE office (626) 857-4028 for additional information for all events

~ JULY ~

Motivating the Teen Spirit
Citrus College Campus Center and
Center for Innovation Community Room
Saturday, July 28, 2012
8 a.m. to 5 p.m.

~ SEPTEMBER ~

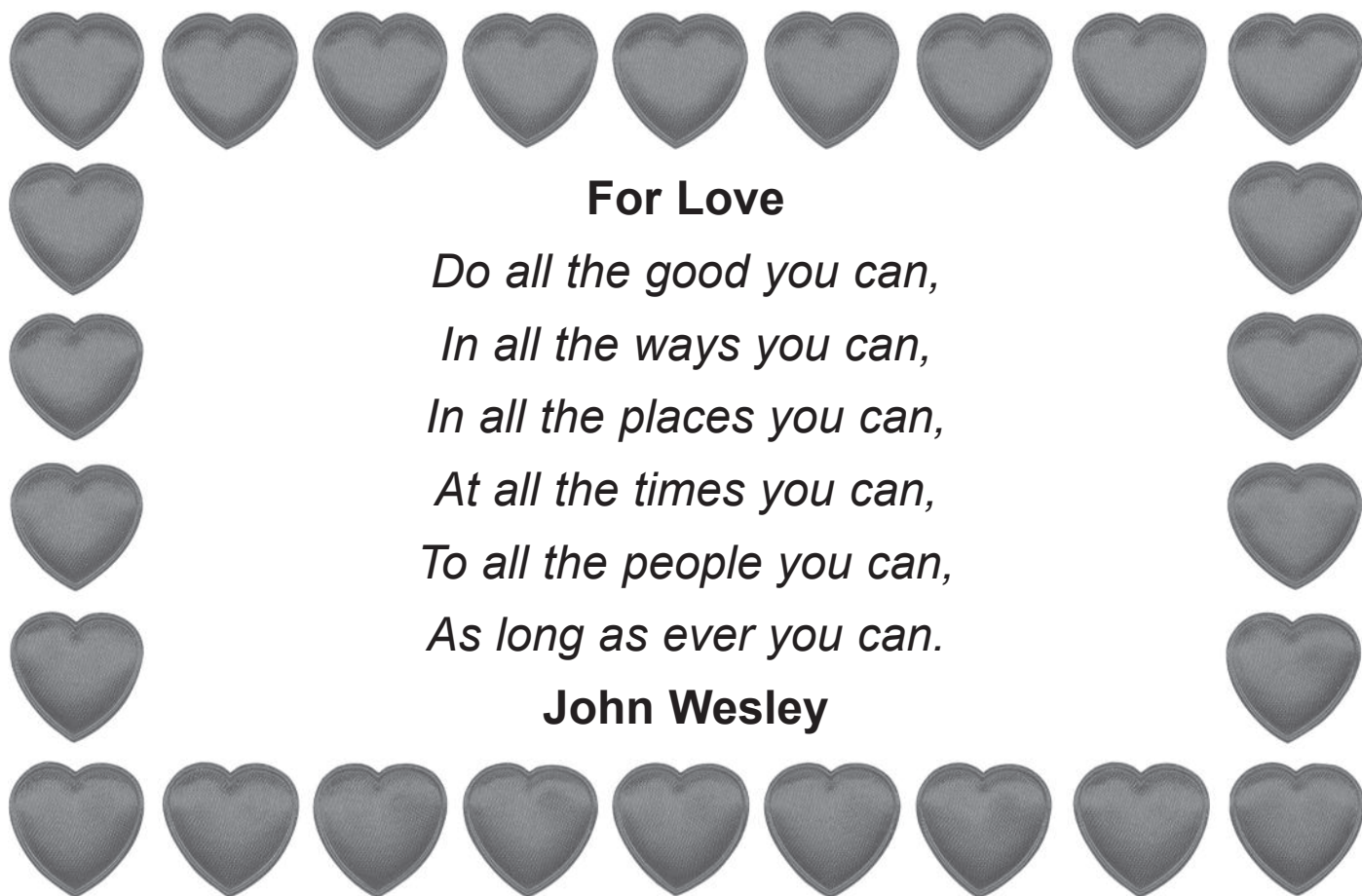
**23rd Annual Birth to Three
Disabilities/Possibilities Seminar**
Citrus College Campus Center
Saturday, September 29, 2012
9 a.m. to 1:30 p.m.

~ AUGUST ~

NO EVENTS
Have a great month with
the children in your care!

~ OCTOBER ~

Domestic Violence Awareness Month
Citrus College Campus Mall Event
Date and Time: TBA





Kinship Learning Groups • Family and Friend Caregivers

The Citrus College San Gabriel Consortium, in collaboration with the Department of Children and Family Services (DCFS) is proud to announce our plan to incorporate specialized training workshops designed especially for you!

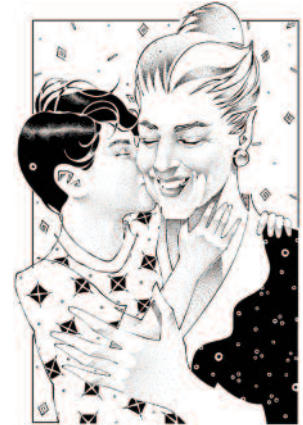
- Aunts and uncles
- Brothers and sisters
- Cousins
- Godparents
- Grandparents
- Those awarded guardianship
- Eligible and qualified close family friends

We currently offer a few kinship classes that are available in our schedule of classes. Our schedule also features a **Kinship Learning Groups** section strongly recommended for our kinship caregiver population.

Our goals are to provide you with quality up-to-date information in the following areas:

- Helpful parenting tools and strategies
- Resources designed solely for kinship caregivers
- Stress-reduction and anger management techniques
- Policies, procedures, and laws pertaining to the kinship population
- How to exercise patience
- Implementing structure and effective discipline
- Opportunities for expressing love, affection and bonding opportunities
- Providing support, advocacy and more!

If you are preparing to care for a relative child or currently have one in your home, you cannot miss these workshops! Our trainers are prepared to answer your questions, address your fears, provide insight on what to expect, and help prepare you for your caregiver journey.



As these children prepare for another transition, together we can promote healthy relationships and bonding while being the best role models in their lives. Their placement in your home may be their last chance of hope! Thank you for opening your hearts and your homes.

Traditions of Caring • Family and Friend Caregivers

Description: A training series comparable to KEPS (Kinship, Education, and Preparation & Support) offered to care providers of L.A. County. A four-hour orientation is required prior to participating in the training module. This 24-hour relative caregiver educational support group training module focuses on these key topics:

- Supporting healthy development and managing loss
- Identifying special needs, providing guidance and discipline
- Getting help finding resources
- Kinship experiences
- Maintaining family connections
- Connecting children to safe, nurturing lifelong relationships
- And more!

Kinship Orientation (B, D or F Rate)

Wednesday: October 3, 2012 * 9:00 a.m. – 1:00 p.m.

Location: Parent Connection * 2076 Bonita Ave., La Verne, CA 91750

Presenter: LeeAnn Paddock, Adoptive Parent

Traditions of Caring Training (B, D, F or W Rate)

Mondays: October 8, 15, 22 and 29, 2012 * 9:00 a.m. – 3:30 p.m.

Location: Parent Connection * 2076 Bonita Ave., La Verne, CA 91750

Presenter: LeeAnn Paddock, Adoptive Parent





Covina

Spanish Classes ~ Clases en Español

Adoption Guidance Support Services • 969 South Village Oaks Drive, Suite #203, Covina 91724
Cuarto localizado en el Segundo piso

Como reportar el abuso infantil (B or D Rate)

Viernes, Julio 20, 2012 * 6 p.m. – 9 p.m.

Descripción: Hablaremos sobre la forma de como reportar el abuso infantil según las reglas. Discutiremos como poder reconocer ciertos síntomas del abuso para poder reportarlo inmediatamente.

Presentador: George Razo, M.A.

Habilidades de emancipacion: Ayudando adolescentes que se independicen (B or D Rate)

Sabado, Julio 21, 2012 * 9 a.m. – 12 p.m.

Descripción: Que es emancipacion? Como puedo fomentar la independencia en mis adolescentes? Que es importante que ellos sepan? En esta clase, participantes van a identificar y discutir las situaciones que afectan a los adolescentes cuando la fecha de emancipacion se acerca. En esta classe, se discutara etnico, cultura y los valores de familia para ayudar a los adolescentes que conoscan las tecnica que deven que utilizar para ayudar a satisfacer sus necesidades.

Presentador: Elisa Arteaga

Hablando con Nuestros Ninos sobre la Adopcion Parte 1 (B, D or F Rate)

Viernes, Agosto 3, 2012 * 6 p.m. – 9 p.m.

Descripción: Cuando nuestros niños crecen, ellos pueden comenzar a preguntar sobre su familia biológica. Muchas preguntas serán hechas. Los padres deberían estar listos y preparados para este día. Ellos deberían ser quienes hablan y procesan con sus niños sobre su adopción. Aprenda la lengua de adopción apropiada.

Presentador: George Razo, M.A.

Como mantener los records de los ninos (B, D or F Rate)

**Sabado, Agosto 4, 2012
9 a.m. – 12 p.m.**

Descripción: Mantener los expedientes de los niños en su cuidado es vital. Sobre la terminación de esta clase usted podrá tener un sistema útil en la custodia de la información de las juventudes.

Presentador: Elisa Arteaga

Regulaciones de Titulo 22 (B or D Rate)

Jueves, Agosto 9, 2012 * 6 p.m. – 9 p.m.

Descripción: In esta clase, conversaremos en detalle acerca de las regulaciones en referencia del Titulo 22 y definiremos las responsabilidades de los padres de crianza como también aclararemos cualquier duda o preocupación que puedan tener.

Presentador: George Razo, M.A.

AB-12: Vision General de lo que se trata todo (B, D or F Rate)

**Viernes, Agosto 17, 2012
6 p.m. – 9 p.m.**

Descripción: Diversos tipos de la disciplina esta clase discutirán la diferencia entre la disciplina y el castigo, el efecto indirecto de los niños del castigo corporal y de la ayuda para moderar sus comportamientos.

Presentador: George Razo, M.A.





Covina

Spanish Classes ~ Clases en Español

Adoption Guidance Support Services • 969 South Village Oaks Drive, Suite #203, Covina 91724
Cuarto localizado en el Segundo piso

Hablando con Nuestros Niños sobre la Adopción Parte 2 (B, D or F Rate)

Viernes, Agosto 31, 2012

6 p.m. – 9 p.m.

Descripción: Cuando nuestros niños crecen, ellos pueden comenzar a preguntar sobre su familia biológica. Muchas preguntas serán hechas. Los padres deberían estar listos y preparados para este día. Ellos deberían ser quienes hablan y procesan con sus niños sobre su adopción. Aprenda la lengua de adopción apropiada.

Presentador: George Razo, M.A.

Crianza de Niños: Porque?

(B, D or F Rate)

Jueves, Septiembre 13, 2012

6 p.m. – 9 p.m.

Descripción: Porque ingresan nuestros niños al sistema? Muchos ingresan al sistema de crianza temporal en grupo de dos o más hermanos que necesitan ser colocados juntos. Algunos tienen necesidades emocionales o de comportamiento, e desarrollo, o problemas en las escuelas. Muchos necesitan atención especial médica. Algunos infantes han sido expuestos a drogas.

Presentador: George Razo, M.A.

AB-12: Vision General de lo que se trata todo (B Rate)

Sábado, Septiembre 22, 2012

9 a.m. – 12 p.m.

Descripción: La clase AB-12 va a proporcionar los requisitos clave para non-Minor Dependent (NMD) (dependientes que no son menores de edad); el cuidador va poder preparar y discutir opciones bajo la nueva ley con el adolescente en su cuidado. Esta clase beneficiar cuidadores con adolescentes de 15 años y mas, tambien a ellos mismos, para preparar Foster care (Acogida) extendida.

Presentador: Elisa Arteaga

Crecimiento y desarrollo del niño:

Edades y etapas de 11-13 años (B Rate)

Viernes, Octubre 12, 2012

6 p.m. – 9 p.m.

Descripción: Hablaremos acerca del desarrollo del joven en lo físico, emocional y social, cognitivo, salud y riesgos, seguridad y disciplina.

Presentador: George Razo, M.A.

Mejoramiento sobre el manejo de nuestras finanzas (B, D or F Rate)

Sábado, Octubre 13, 2012

9 a.m. – 12 p.m.

Descripción: En esta clase usted tendrá la oportunidad de aprender algunas técnicas sobre como mejor manejar sus finanzas y como crear un presupuesto. Podrá identificar gastos innecesarios y eliminarlos. Las técnicas que aprenderá en esta clase las podrá transmitir a los niños de crianza para enseñarlos a manejar su vida económica.

Presentador: Elisa Arteaga





Covina

Spanish Classes ~ Clases en Español

Ettie Lee Youth & Family Services • 754 East Arrow Highway (Suite #F), Covina 91722

Presenter: Claudia A. Cuevas

Trabajando con padres adolescentes: los desafíos y las recompensas (B, D, or W Rate)
Jueves, Agosto 2, 2012 * 6 p.m. – 9 p.m.

Descripción: Abordando con los cambios dramaticos de adolescencia puede ser difícil. Dominando las tareas de desarrollo de la adolescencia y convirtiendose en padre al mismo tiempo es especialmente exigente. Los cuidadores discutiran los asuntos y identificaran los servicios de apoyo necesarios para ayudar a un padre adolescente a través de este momento difícil.

Trabajando con los padres de nacimiento hacia la reunificación (B or D Rate)
Jueves, Septiembre 6, 2012
6 p.m. – 9 p.m.

Descripción: Esta clase discutira el significado de la reunificación y permanencia de los niños. Mas informacion identificara maneras de mentorar familias de nacimiento para que puedan regresarles a sus hijos y si no, proporcionar una familia a los niños en un hogar adoptivo. Los cuidadores seran capaces de describir la reunificación y planificación de permanencia y su papel en hacer que suceda.

Mantener a los niños a salvo (B or D Rate)
Jueves, Octubre 4, 2012 * 6 p.m. – 9 p.m.

Descripción: Diariamente , nuestros hijos se enfrentan a amenazas de violencia. Las escuelas ya no son un refugio seguro para los niños, pero en cambio se han convertido en un escenario de violencia y amenazas. Esta sesión asistira a los participantes a ayudar a los niños a aprender acerca de la violencia, autoprotección y los conceptos fundamentales de empoderamiento. Participantes podran identificar situaciones con potencial peligrosas y preparar a los jóvenes que se protegen o encuentren ayuda.

A donde el corazon se inclina, el pie camina.





Pomona

Spanish Classes ~ Clases en Español

Department of Children & Family Services • 100 West Second Street, Pomona 91766

NEW LOCATION: 801 Corporate Center Drive, Pomona, CA 91768

Presentador: Maria Dolores Alvidrez

Construyendo comunicacion a traves del juego (B, D, F or W Rate)

Jueves, Julio 26, 2012

3:30 p.m. – 6:30 p.m.

Descripción: Traiga a su niño y su juego favorito para que disfruten de una noche llena de diversion. Va a aprender por primera mano como guiar comunicacion con su hijo a traves del juego.

Mantener a los niños a salvo (B or D Rate)

Jueves, Agosto 23, 2012

3:30 p.m. – 6:30 p.m.

Descripción: Diariamente, nuestros hijos se enfrentan a amenazas de violencia. Las escuelas ya no son un refugio seguro para los niños, pero en cambio se han convertido en un escenario de violencia y amenazas. Esta sesión asistirá a los participantes a ayudar a los niños a aprender acerca de la violencia, autoprotección y los conceptos fundamentales de empoderamiento. Participantes podrán identificar situaciones con potencial peligrosas y preparar a los jóvenes que se protegen o encuentren ayuda.

Acoso Escolar (B, D or F Rate)

Jueves, Septiembre 27, 2012

3:30 p.m. – 6:30 p.m.

Descripción: Participantes van a examinar las causas comunes de acoso escolar, van a aprender a identificar cuando su hijo está siendo acosado, y las intervenciones que pueden usar para ayudar a su hijo.

Niños y nutrición: Lo que necesitamos saber (B, D, F or W Rate)

Jueves, Octubre 25, 2012

3:30 p.m. – 6:30 p.m.

Descripción: Participantes aprenden formas para involucrar a los niños en la selección y preparación de alimentos saludables. Los participantes aprenden como hacer selecciones saludables basadas en la pirámide de alimentos; como la televisión influye lo que comen; como evaluar los alimentos y jugos que consumen los niños; lo que debe buscar en las etiquetas de nutrición; y cómo los padres y cuidadores utilizan alimentos como método de control de comportamiento.



**Baldwin Park****Family Service Center • 14305 Morgan Street, Baldwin Park, 91706***Building is located directly behind the Community Center***Presenter:** Corrine Garcia, A.A.**Youth Subcultures (B or D Rate)
Tuesday, July 17, 2012 * 6 p.m. – 9 p.m.**

Description: This class discusses today's youth subcultures. Participants learn about three new subculture trends that are on the rise. The class also examines how subcultures have always been an intricate part of teen development and why this is not something new, but something that has evolved. In addition, the class addresses how subcultures affect the behavior of foster youth, and what foster parents can do to cope.

**Angry, Hostile and Defensive Teens (B or D Rate)
Thursday, July 19, 2012 * 6 p.m. – 9 p.m.**

Description: This course assists foster parents in developing skills to understand and cope with the challenges of defiant children. Through group discussion, learn to recognize, define, and articulate behavior surrounding defiance and why children behave in this way.

**Life Long Issues In Foster Care (B, D or F Rate)
Tuesday, July 24, 2012 * 6 p.m. – 9 p.m.**

Description: This class provides parenting tools and knowledge to caregivers, to help foster and adoptive children achieve positive outcomes when challenges arise at home. Participants will define and articulate attachment issues and other long-term struggles for children that are associated with foster care and adoption.

**Foster Children and Sexualized Behavior (B or D Rate)
Thursday, July 26, 2012 * 6 p.m. – 9 p.m.**

Description: This class will explore how foster children may exhibit sexualized behavior. Through discussion, participants will examine how abused children may display behaviors that can raise questions about their sexual behavior toward others. Participants will be able to recognize these behaviors and will gain knowledge of how to better address this situation.

**The Truth About Rape (B, D or F Rate)
Tuesday, July 31, 2012 * 6 p.m. – 9 p.m.**

Description: This class will examine the topic of rape. Participants will gain knowledge of some of the myths surrounding rape, its victims, and its consequences. This class will provide participants with indicators that a foster youth may have been the victim of rape. We will explore some of the harsh realities of this coping with the topic of rape.

**Foster 420 Slang (B or D Rate)
Thursday, August 2, 2012
6 p.m. – 9 p.m.**

Description: This class examines the hidden slang of today's teens. Participants will identify three different covert ways teens disguise what they mean to say regarding drugs, situations and each other.

**Foster Care Q and A (B, D or F Rate)
Thursday, August 9, 2012
6 p.m. – 9 p.m.**

Description: This class will provide an open forum for foster care providers to ask questions, share experiences, and learn from one another. Participants will achieve a better awareness that they are not the only ones going through the challenges that foster caregivers are faced with.



Baldwin Park

Family Service Center • 14305 Morgan Street, Baldwin Park, 91706

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Presenter: Corrine Garcia, A.A.

Rap Music and Antisocial Behavior (B or D Rate)

Tuesday, August 21, 2012

6 p.m. – 9 p.m.

Description: This class discusses the results of current research related to the effects of rap music on various types of antisocial behavior in adolescents. Participants will be able to identify factors that decrease antisocial behavior such as parental guidance.

Sex According to Boys (B, D or F Rate)

Thursday, August 23, 2012

6 p.m. – 9 p.m.

Description: This class describes the sexuality issues of boys in foster care. Participants examine, identify and define some unique topics related to foster boys. Through group discussion, participants learn of the at-risk behavior of teens and gain a better understanding of how to work with these challenging issues.

Popular Media (B or D Rate)

Thursday, August 30, 2012

6 p.m – 9 p.m.

Description: Participants explore how media influences so many components of our youth's lives. We will discuss some of the recent trends of media outlets, such as magic, advertisements, video games and reality TV. Learn of the ways which media both positively and negatively affect the everyday lives of our foster youth.

Understanding Sexual Orientation: GLBTQ (B or D Rate)

Tuesday, September 4, 2012

6 p.m. – 9 p.m.

Description: What does GLBTQ mean exactly? How do children have any idea about their sexual orientation: they're only kids, right? Participants will have an opportunity to explore issues, questions, and concerns about what it means to be gay, lesbian, bi-sexual, or transgendered, and how this impacts youth in care. Participants will also discuss how this impacts their roles as foster parents.

Children Who Self Abuse (B, D or F Rate)

Thursday, September 6, 2012

6 p.m – 9 p.m.

Description: There are many behaviors that foster and adopted children display that baffle caregivers, teachers, and parents alike. This class provides caregivers with an understanding of why children hurt themselves and gives insight into self abuse. Learning effective coping skills/tools will enable children to lead more successful lives.

The Art of Negotiation, Problem Solving and Influencing Others (B Rate)

Tuesday, September 11, 2012

6 p.m. – 9 p.m.

Description: Why is working with my children always a battle? They don't do their chores, homework, or get along with each other! When will the madness stop? Participants learn skills needed to negotiate, problem solve, and build cooperation in their homes, without creating chaos. Participants have an opportunity to participate in a family/group meeting and develop real solutions to everyday frustrations with their children.



**Baldwin Park****Family Service Center • 14305 Morgan Street, Baldwin Park, 91706***Building is located directly behind the Community Center***Presenter:** Corrine Garcia, A.A.

**Working with Sexual Identity Issues
(B or D Rate)
Tuesday, September 25, 2012
6 p.m. – 9 p.m.**

Description: This workshop will discuss the issues facing youth who need our protection because of their sexual orientation. Many people have strong feelings regarding sexual orientation, but as caregivers we need to help our children feel safe and follow the law (AB458) which states that youth should not endure abuse and harassment in foster care. Caregivers will understand how to provide the same safe and caring environment needed by all youth and will discuss ways to be more accepting of lesbian, gay, bi-sexual, and transgendered youth who need the same support and guidance as they develop as any child. Caregivers will be able to identify services and social activities that may help these children feel less isolated.

**Homophobia in Middle School
(B or D Rate)
Thursday, September 27, 2012
6 p.m. – 9 p.m.**

Description: Participants will learn to recognize when a youth is using homophobic verbiage toward another youth. Participants will define homophobia and the effects it has on the environment. Homophobia will be discussed collectively to assist the process of understanding the ramifications of homophobia on the foster home, school, peers, family and society. The session also examines the reality of hate crimes and the consequence of words.

**The Person in the Mirror (B, D or F Rate)
Tuesday, October 2, 2012
6 p.m. – 9 p.m.**

Description: In this class participants will take an in-depth look at their personal stories and their transitions into becoming kinship/foster caregivers. Participants will explore, examine, and identify their strengths and needs as kinship and foster caregivers. They will discuss events and experiences that influence their decisions to become caregivers. The class will focus on three key elements of caregiving as foster/kinship parents: "The Exit, The Entrance and The Existence."

**Pink is for Girls and Blue is for Boys
(B, D or F Rate)
Thursday, October 4, 2012
6 p.m. – 9 p.m.**

Description: This workshop will provide resources and explore the taboos of sexuality and gender and how they affect children's lives. Topics to be discussed are safety, inclusion, and bias. Participants will be able to identify the safety, inclusion, and bias issues involving sexual taboos.

**Preparing for the Holidays (B Rate)
Tuesday, October 9, 2012
6 p.m. – 9 p.m.**

Description: Many youth have experienced abuse and broken promises during holiday seasons in the past. The possibility of seeing family members brings a wide variety of feelings including joy, anxiety, anger and sadness. Learn how to help you and your child survive the holidays together.



Baldwin Park

Family Service Center • 14305 Morgan Street, Baldwin Park, 91706

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Presenter: Corrine Garcia, A.A.

**Sex, Alcohol, Drugs and Rock N' Roll
(B, D or F Rate)
Thursday, October 11, 2012
6 p.m. – 9 p.m.**

Description: This class will discuss the reality that many of our foster youth come into our care having already experienced: drug addiction, alcohol abuse, sex, and the behaviors related to these activities. Through discussion, participants will examine how today's children, including those with emotional and behavioral issues or who are medically fragile, have adopted drugs, sex and alcohol as a coping device for dealing with life's tough situations. This class will help caregivers educate their youth on preventions for "at-risk behaviors" that might lead to catching a disease or harming themselves. This course will provide participants with tools for addressing these issues.

**Self-Sabotage and Foster Youth (B Rate)
Tuesday, October 16, 2012
6 p.m. – 9 p.m.**

Description: Self sabotage... What is it? How does it affect youth in the foster care system? This training will discuss and identify self-sabotaging behaviors displayed by youth while also addressing why these behaviors begin. Caregivers will learn ways to assist youth in recognizing these behaviors and empowering them to change.

**Children In Crisis Who Have Parents in Prison (B or D Rate)
Thursday, October 18, 2012
6 p.m. – 9 p.m.**

Description: This course will discuss and list the various losses and challenges children who have parents in prison face. Caregivers will be able to identify resources to their foster youth.

**Working with Ethnic Hair (B Rate)
Tuesday, October 23, 2012
6 p.m. – 9 p.m.**

Description: It is important for foster and adoptive parents to learn basic black hair care. With proper education, the right technique, and, most importantly, the right products, you can master the art of caring for ethnic hair. This workshop will educate and teach caregivers on the proper care of ethnic hair. Participants will gain an understanding of how ethnic hair care contributes to a child's self esteem, self-identity, and promotes cultural sensitivity and awareness.

**The Great Me (B, D or F Rate)
Thursday, October 25, 2012
6 p.m. – 9 p.m.**

Description: This course describes various techniques caregivers need to be aware of to help their youth. Participants will identify and define various interactive techniques to help foster youth recognize their talents and abilities. Through group discussion, participants will role play the techniques to help youth recognize their talent.

**A Blend of Different Roots: Cultural Awareness and Sensitivity (B Rate)
Tuesday, October 30, 2012
6 p.m. – 9 p.m.**

Description: This course discusses the various cultures and ethnicities we deal with on a daily basis and how to be sensitive when working with them. Discussion focuses on cultural norms, foods, mannerisms, customs, heritage roots and genetic blends from parents of different origins. It is important that caregivers are able to recognize that most multi-racial individuals want to embrace and celebrate all of their ethnicities.

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Managing the Angry and Aggressive Moments in Life (B, D or F Rate) **Tuesday, July 17, 2012 * 6 p.m. – 9 p.m.**

Description: This class will discuss anger management techniques. Participants will have the opportunity to examine their relationship with anger, identify positive and negative/maladaptive coping skills and their implications. Participants will understand the importance of modeling appropriate anger management skills, and will be able to list potential outcomes of unresolved anger, especially with children who are medically fragile and/or have emotional and behavioral issues.

Presenter: Becky Schaal, B.S.

Unique Challenges of Raising Boys in Today's World (B Rate) **Wednesday, July 18, 2012** **9 a.m. – 12 p.m.**

Description: Boys often respond well to short-term goals. However, it can be difficult to motivate boys more so than girls. In this class, participants learn how gender is an important factor affecting development. Boys and girls have different strengths and will develop differently physically, intellectually and socially.

Presenter: Sandra Browne, M.A.

Inhalants Teens Use to Get High (B or D Rate) **Thursday, July 19, 2012 * 6 p.m. – 9 p.m.**

Description: In this class, participants will learn about the things that teens use to get high. You will be surprised to find out how many household items teens can use for this purpose. Come and learn how to identify some of these things and how to appropriately handle this matter.

Presenter: Becky Schaal, B.S.

Boundaries (B, D or F Rate) **Sunday, July 22, 2012** **10 a.m. – 3:30 p.m.**

Description: Participants examine why it is important to establish appropriate emotional boundaries with their children. Participants develop strategies to establish positive boundaries with their children.

Presenter: Rod Recendez, B.A.

Grief and Loss (B, D or F Rate) **Thursday, July 26, 2012** **9 a.m. – 12 p.m.**

Description: Many children in foster care suffer from grief and loss. Join us for an insight on how you can support the children in your care who are faced with these circumstances. Caregivers discuss why kids grieve in foster care and identify techniques to help children overcome their losses.

Presenter: TaWanna Smith, M.A.

Talking to Youth About Sex (B Rate) **Thursday, August 2, 2012** **6 p.m. – 9 p.m.**

Description: Talking about sexuality with your teenager is not easy, but it is important to help him or her develop healthy attitudes toward sex and to learn responsible sexual behavior. Openly discussing sex with your teen also enables you to provide accurate information. This class teaches caregivers skills to use when talking with their youth. Participants engage in role play to rehearse how to have an effective discussion.

Presenter: Rod Recendez, B.A.





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Learning About Students with Emotional or Behavioral Disorders At School

(B or D Rate)

Saturday, August 4, 2012 * 9 a.m. – 3 p.m.

Description: You may ask yourself, "Why does my child get in so much trouble at school? Is he/she a bad student? Does he do it on purpose?" Behavioral disorders become apparent when the student displays a repetitive pattern of disturbing behaviors that result in a negative impact on their peers. Displaying such disturbances can significantly affect impairments in academic and social functioning. In this workshop, participants will identify and establish clear expectations about appropriate behavior for their foster youth. They will discuss interventions needed to help youth succeed academically, especially in the classroom. Participants will be able to recognize resources available by school districts such as the IEP or special education classes. Participants will also learn to display appropriate behaviors that they can model to their youth when stressful situations occur in the school setting.

Presenter: Lucy Razo

Developing A Self Control Plan **(B, D or F Rate)**

Sunday, August 5, 2012

10 a.m. – 3:30 p.m.

Description: Self-control or self-discipline is an important element of one's personality. One who does not have a disciplined and controlled approach to life can never succeed in this world of heavy competition. Developing self-control requires patient understanding of the current psychological situation of the self. This class describes alternative skills for parents and youth to use in developing a self-control plan.

Participants learn how to understand their youth with a self-control plan in place.

Presenter: Rod Recendez, B.A.

Why Do the Youth We Care for Steal? **(B or D Rate)**

Thursday, August 9, 2012 * 9 a.m. – 12 p.m.

Description: Sometimes foster parents may experience situations in which the youth they care for steal. In this class, caregivers learn to help the child identify when and where he feels like stealing. It is important to look at the reasons behind the stealing. By reviewing the child's history, which often helps us have a better understanding, caregivers will recognize that a certain amount of "stealing" is normal, especially before the age of three. Participants will learn to teach the child to assert himself to prevent stealing.

Presenter: TaWanna Smith, M.A.

Peer Pressure and Self-Esteem (B Rate) **Tuesday, August 14, 2012 * 6 p.m. – 9 p.m.**

Description: Kids are faced with a lot today. They are easily influenced by friends, peers, clothing, music, physical appearance, and cliques. Raising children in today's society provides many more challenges than when we adults were growing up. Participants will learn ways to strengthen communication with their children and ways to help them navigate peer pressure and strengthen their self esteem.

Presenter: Becky Schaal, B.S.

Preparing for School (B or D Rate) **Wednesday, August 15, 2012** **9 a.m. – 12 p.m.**

Description: This class informs foster parents of the steps to take to prepare for the new school year.

Presenter: Sandra Browne, M.A.

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Understanding Teens (B Rate)

Thursday, August 16, 2012 * 6 p.m. – 9 p.m.

Description: This class will explore the journey of our teens and attempt to understand what makes them so remarkable. We will discuss our experiences in working with them and how to better understand the pressure of today's teens.

Presenter: Rod Recendez, B.A.

Sex, Alcohol, Drugs and Rock 'N' Roll (B, D or F Rate)

Saturday, August 18, 2012 * 9 a.m. – 3 p.m.

Description: This class will discuss the reality that many of our foster youth come into our care having already experienced drug addiction, alcohol abuse, sex, and the behaviors related to these activities. Through discussion, participants will examine how today's children, including those with emotional and behavioral issues or who are medically fragile, have adopted drugs, sex and alcohol as a coping device for dealing with life's tough situations. This class will help caregivers educate their youth on preventions for "at-risk behaviors" that might lead to catching a disease or harming themselves. This course will provide participants with tools for addressing these issues.

Presenter: Lucy Razo

Dealing with Aggressive Youth (B, D or F Rate)

Sunday, August 19, 2012
10 a.m. – 3:30 p.m.

Description: It is important that we understand aggressive behavior in children and youth in order to reduce it. Aggressive adolescents usually lack the social skills required to solve problems appropriately, such as the ability to express their feelings or take responsibility for their own actions. Fortunately, early intervention and treatment can significantly reduce the risk of harmful outcomes. In this class, participants discuss the difficult subject of dealing with aggressive youth. We explore

how to cope with hostile situations. In a workshop setting, we share our best and worst cases with each other and together, we will come up with a plan of action.

Presenter: Rod Recendez, B.A.

Attachment Helps the Child

(B, D or F Rate)

Tuesday, August 21, 2012 * 9 a.m. – 12 p.m.

Description: Examine the importance of healthy bonding relationships and attachment as it pertains to our foster children. Explore the negativity, stress and frustrations our foster children have to overcome when dealing with their issues of self-worth. Identify healthy steps to building attachment with your children.

Presenter: Sandra Browne, M.A.

Understanding Mental Illness as it Impacts Life (B or D Rate)

Thursday, August 23, 2012 * 9 a.m. – 12 p.m.

Description: Participants will be able to recognize and identify common characteristics of mental illness, and especially how it affects children who have emotional or behavioral issues or are medically fragile. Participants will examine and discuss how mental illness impacts the lives of the children in their care.

Presenter: TaWanna Smith, M.A.

Helping Children Deal with Stress (B or D Rate)

Thursday, August 23, 2012 * 6 p.m. – 9 p.m.

Description: In this class participants will learn what happens when children are stressed out and how it affects overall health. Learn the signs and symptoms of a child that is dealing with stress and learn composure techniques that will help children cope and manage stress.

Presenter: Becky Schaal, B.S.



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Playful Parenting (B Rate) **Wednesday, August 29, 2012** **9 a.m. – 12 p.m.**

Description: The bond between parent and child is extremely important. Parents and their children often live in very different worlds. For kids, play is their job. Play helps a child to better understand the world. Children can try on adult roles and skills in a safe environment. Through play, children develop confidence. Caregivers will identify appropriate play techniques they can do with their children.

Presenter: Sandra Browne, M.A.

Bullying Behaviors (B, D or F Rate) **Thursday, August 30, 2012** **6 p.m. – 9 p.m.**

Description: This class examines the causes and effects of bullying. Learn how to prevent your child from being the bully and/or the victim of a bully. Legal and ethical issues, so the child in your care does not fall prey to this behavior, will be presented.

Presenter: Rod Recendez, B.A.

Fetal Alcohol Syndrome Spectrum Disorder (FAS) (D or F Rate) **Thursday, September 6, 2012** **9 a.m. – 12 p.m.**

Description: This class discusses the causes, effects, intervention, and treatment available for the children diagnosed with this disease. Participants discuss some of the symptoms associated with the syndrome.

Presenter: TaWanna Smith, M.A.



Eating Disorders (B or D Rate) **Sunday, September 9, 2012** **10 a.m. – 3:30 p.m.**

Description: Participants will discuss and analyze common eating disorders among children. Participants develop strategies to deal with children who have eating disorders, and will learn of resources available in the community.

Presenter: Rod Recendez, B.A.

The Path of Foster Youth: Hear Their Voices As They Walk Us Through Their Experiences (B or D Rate) **Tuesday, September 11, 2012** **9 a.m. – 12 p.m.**

Description: Many foster youth have been placed in multiple homes. In this class, we will listen to the voices of foster youth while in care. There will be many questions and answers about the experiences they go through. Caregivers will learn how to respond and address the needs of foster youth. They will learn how to access resources available for them.

Presenter: Sandra Browne, M.A.

Why is Time Management Important? (B or D Rate) **Friday, September 14, 2012** **6 p.m. – 9 p.m.**

Description: People need a clear idea of how they are using their time and how to prioritize responsibilities and engagements. When working with foster youth, time management is essential. There are many scheduled appointments that come with caring for foster youth. There are a variety of time schedules that can fit different personalities, and caregivers will recognize which one fits them best. They will learn to help their youth manage and prioritize their schedules.

Presenter: George Razo, M.A.



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Tantrums and Encouraging Responsible Behavior (B, D or F Rate)

Saturday, September 15, 2012

9 a.m. – 3 p.m.

Description: Some children throw tantrums while others never do. Children throw tantrums as a way of expressing anger and frustration. If the behavior is dealt with incorrectly, the child may learn to use tantrums to manipulate people and to gain attention. In dealing with tantrums, the ultimate goal is to teach the child acceptable ways of expressing anger. Caregivers will learn how to acknowledge the child's frustration, and help the child put their feelings into words.

Presenter: Lucy Razo

Understanding the Need for Boundaries (B, D or F Rate)

Thursday, September 20, 2012

6 p.m. – 9 p.m.

Description: This class will define what boundaries are, how to implement them, and why they are so important. We will examine and discuss attitudes related to boundary setting, so that foster parents can better understand how, when and why boundary setting is needed.

Presenter: Becky Schaal, B.S.

Teaching Social Skills (B, D or F Rate)

Saturday, September 22, 2012

9 a.m. – 3 p.m.

Description: Why is it important to teach social skills to youth? Caregivers must have a clear conception of what constitutes social behavior and social skills. Caregivers will identify why a youth engages in a particular behavior or activity in a given situation in order to have some effect on his or her surroundings. It is important to teach and discuss with youth how to integrate their behavior with others in a positive environment.

Presenter: Lucy Razo

Teens and Sex: How Times Have Changed (B, D or F Rate)

Sunday, September 23, 2012

10 a.m. – 3:30 p.m.

Description: Participants will examine and discuss common attitudes and beliefs that foster youth have about sex. Participants will also look at the ways the media and entertainment industry have impacted the ways in which teens view sex in society.

Presenter: Rod Recendez, B.A.

Getting Involved in Your Child's Education (B or D Rate)

Tuesday, September 25, 2012

9 a.m. – 12 p.m.

Description: Through the course of this class, participants examine the importance of getting involved with their child's education, especially when their children have learning disabilities and/or emotional and behavioral issues. They identify the barriers, recognize the steps needed to be effective and learn how to receive early intervention through the school as it pertains to their child's educational goals.

Presenter: Sandra Browne, M.A.



~
*Childhood is the
most beautiful of life's seasons.*
~



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Identifying Triggers: Why? When? Who? What? (B, D, F or W Rate)
Thursday, September 27, 2012
6 p.m. – 9 p.m.

Description: There are behavioral indicators that serve as a red flag for potential at-risk youth. A variety of social and economic factors can contribute to violent and aggressive behavior by children at home, in school, and in the community. Managing anger is something everyone needs to do in a healthy and productive manner. This class presents information that addresses emotional issues for foster parents to learn to manage anger in a positive manner. Participants learn what a trigger is and why our foster children have such a hard time coping with situations that set them off. We discuss techniques to learn how to understand what works and what doesn't.

Presenter: Rod Recendez, B.A.

Understanding Your Toddler (B or W Rate)
Friday, September 28, 2012
6 p.m. – 9 p.m.

Description: This course will discuss the importance of consistency and attachment in infancy. Learn how to enjoy "the terrible twos!" Participants will be able to identify life stage development from ages 2 to 3, verbalize three developmental tasks for this age group, understand the importance of attachment, and identify at least two activities that they can engage their toddler in, in an effort to increase the happiness of the child.

Presenter: George Razo, M.A.

Letting Go of the Pain (B or D Rate)
Wednesday, October 3, 2012
9 a.m. – 12 p.m.

Description: This class discusses grief and loss. Participants learn the difference phases of grief and loss that affect foster youth. Participants identify at least three phases of grief and loss, recognize how grief can lead to acting out, and gain resources on how to cope with this issue.

Presenter: Sandra Browne, M.A.

What to Know About the IEP (Individualized Education Plan) for a Foster Youth (B, D or F Rate)
Saturday, October 6, 2012
9 a.m. – 3 p.m.

Description: Participants identify various techniques to help foster youth understand a school's approach toward an individualized education plan for special needs students.

Presenter: Lucy Razo

Gang Affiliation: A Sense of Belonging (B, D or F Rate)
Sunday, October 7, 2012
10 a.m. – 3:30 p.m.

Description: Gangs have been around for over fifty years! Why do they still have such appeal to our foster youth? Participants learn how to understand some of the myths about gang affiliations and why so many of our foster youth want to belong. Participants identify common issues regarding foster youth and how their involvement in gangs impacts their lives.

Presenter: Rod Recendez, B.A.

~
*I have seen what a laugh can do. It can transform
almost unbearable tears into something bearable, even hopeful.*
Bob Hope
~

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**Working With Attachment Disorders
(B, D or F Rate)**

Thursday, October 11, 2012
9 a.m. – 12 p.m.

Description: It is important to work well with professionals in order to provide the best possible placement for the children. This class provides information on how to get the team working together.

Presenter: TaWanna Smith, M.A.

**Emancipation Skills: Helping
Adolescents Become Independent
(B or D Rate)**

Tuesday, October 16, 2012
6 p.m. – 9 p.m.

Description: What is emancipation? How do I foster independence in my youth? What things are important for them to know? In this class, participants will identify and discuss several situations that affect youth as they approach their emancipation date. In this class, ethnic, cultural and family values will be discussed to help youth recognize what techniques they should use to help meet their needs.

Presenter: Becky Schaal, B.S.

**Fetal Alcohol Syndrome Spectrum
Disorder (FAS) (D or F Rate)**

Thursday, October 18, 2012
6 p.m. – 9 p.m.

Description: This class discusses the causes, effects, intervention, and treatment available for the children diagnosed with this disease. Participants discuss some of the symptoms associated with the syndrome.

Presenter: Rod Recendez, B.A.

Self Harming Behaviors (B or D Rate)

Sunday, October 21, 2012
10 a.m. – 3:30 p.m.

Description: Participants will discuss and examine the common causes of self harming behavior. Participants will identify different strategies that can be used to deal with children who engage in this type of behavior. Participants will be able to recognize signs of self harming behaviors.

Presenter: Rod Recendez, B.A.

**Developmental Issues and Foster Youth
(B, D or F Rate)**

Tuesday, October 23, 2012
9 a.m. – 12 p.m.

Description: Participants of this class will examine why many foster youth have developmental disabilities when they have emotional or behavioral problems, or are medically fragile. Discussion on why this is manifesting will be defined, recognized, and identified. Participants will learn how to address these challenges and how to better assist and work with our youth who have developmental disabilities.

Presenter: Sandra Browne, M.A.

Aging Out of the System (B, D or F Rate)

Saturday, October 27, 2012

9 a.m. – 3 p.m.

Description: This course explores the issues youth face as they get closer to emancipation and age out of the system. Children who reach 18 in the foster care system, without being adopted or having any family or mentor of their own, have a high rate of imprisonment, homelessness, alcohol and substance abuse. Caregivers will recognize services available to their youth such as college grants, transitional housing, medical services and independent living skills courses.

Presenter: Lucy Razo



Covina

The Mormon Church of Covina • 1271 West Badillo, Covina 91722

San Gabriel Valley Foster Parent Association (SGVFPA)

Cathy Bushey, President

These classes are held on the fourth Thursday of every month.

Communicating With At-Risk Youth (B or D Rate)

Thursday, July 26, 2012

10 a.m. – 12 p.m.

Description: This workshop will help caregivers identify parenting styles that may be triggering negative reactions in youth in their care.

This session will focus on techniques to improve communication and disciplinary actions that are more effective with children.

Presenter: Sandra Christensen, M.S.

Teaching Our Kids to Make "Healthy Choices" (B Rate)

Thursday, August 23, 2012

10 a.m. – 12 p.m.

Description: Eating healthy and maintaining proper nutrition is important to overall health and well-being. Teaching our children to make better choices about the foods they eat and the amount they consume are important to their development and self esteem.

Presenter: Karen Dixon, M.S.

Caring for the Medically Fragile Child (F Rate)

Thursday, September 27, 2012

10 a.m. – 12 p.m.

Description: Upon completion of this class, you will be able to define and understand the medically fragile child.

Presenter: LeeAnn Paddock, Adoptive Parent

Fostering After 50 Years of Age (B Rate)

Thursday, October 25, 2012

10 a.m. – 12 p.m.

Description: This class describes some of the challenges of fostering when foster parents are aging. Together the participants will examine the pros and cons of fostering. We will identify barriers, stigmas and rewards of raising foster children after 50 years of age. Discussion surrounding some of the realities of aging are addressed and explored during the course of the training.

Presenter: Karen Dixon, M.S.





Covina

WIC Office • 1012 North Citrus Avenue, Covina 91722
These classes are held on the third Thursday of every month.

Special Topic Discussion for Foster and Kinship Caregivers (B, D or F Rate) **Thursday, July 19, 2012** **9:30 a.m. – 11:30 a.m.**

Description: The primary objective of this course is to further caregiver understanding of the importance of the work they do for the children in their placement and to be able to openly discuss issues and concerns in a comfortable environment without judgment. Participants will engage in free flowing dialogue and will be able to give and receive advice from one another; to strengthen, vent, get emotional, share feelings and information, laugh and learn. Upon completion of the course each caregiver is expected to be able to develop a list of helpful resources, implement strategies discussed, feel better about themselves and recognize the importance of what they do for our children.

Presenter: Sandra Christensen, M.S.

The Frustrations Surrounding Learning Disabilities (B, D or F Rate) **Thursday, August 16, 2012** **9:30 a.m. – 11:30 a.m.**

Description: This class will discuss common issues related to all children with learning disabilities. Participants will complete the class being able to identify the main types of learning disabilities; articulate the rights and responsibilities of school personnel in meeting a child's educational needs; understand the role of an education surrogate, demonstrate an empathetic understanding of a child's experience, and verbalize the importance of advocating for the child in the school setting.

Presenter: Karen Dixon, M.S.

Working with the California Regional Center System (F Rate) **Thursday, September 20, 2012** **9:30 a.m. – 11:30 a.m.**

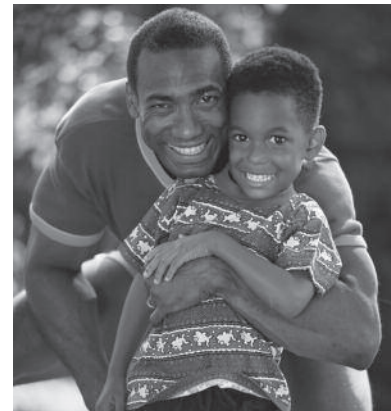
Description: The California Regional Center System provides support for children with developmental disabilities. Join us for this round table discussion and bring your questions. Participants learn about the Regional Centers and Department of Developmental Services, how to get services, and who is eligible for support and services through the California Regional Centers.

Presenter: LeeAnn Paddock, Adoptive Parent

What Is Adoption? (B Rate) **Thursday, October 18, 2012** **9:30 a.m. – 11:30 a.m.**

Description: Come and learn about the adoption process. At the end of this workshop, participants will be able to define and list permanency plan options, verbalize an understanding of the adoption process, identify common challenges of the adoption process, and articulate the importance of family presentation, completion of paperwork, timelines, and other elements.

Presenter: Karen Dixon, M.S.



~ Moments spent listening, talking, playing, and sharing
together may be the most important times of all. ~

Gloria Gaither



Glendora

Citrus College • 1000 W. Foothill Blvd., Glendora, CA 91741
(See map on page 68)

Homophobia and Sexist Bullying (B or D Rate)

Saturday, July 21, 2012

9:30 a.m. – 1:30 p.m. (LB 106)

Description: This class explores the intersection of homophobia and sexist bullying. Through discussion, participants examine how today's children have adopted sexist remarks in order to bully peers. This phenomenon is gaining younger and younger bullies. Participants learn how to recognize this problematic trend and how it also perpetuates homophobia.

Presenter: Corrine Garcia, A.A.

Childhood Stress (B, D or F Rate)

Saturday, July 21, 2012 * 9 a.m. – 3:30 p.m. (LB 104)

Description: Participants will learn both the positive and negative aspects of experiencing stress and how to appropriately support the development of the skills and strength necessary to avoid negative stress.

Presenter: Lori Switanowski, M.F.T.

Recognition and Treatment of Eating Disorders (B or D Rate)

Saturday, July 21, 2012

9:30 a.m. – 4 p.m. (LB 107)

Description: This class describes characteristics, consequences, myths and misconceptions about eating disorders. Participants identify the diagnostic criteria for anorexia nervosa, bulimia nervosa, and eating disorders NOS.

Participants will assess factors and treatment goals and approaches for eating disorders.

Presenter: Sarah Doakes, M.A., M.A.L.

Family Nights (B, D or F Rate)

Saturday, July 28, 2012 * 9:30 a.m. – 12:30 p.m. (LB 102)

Description: This fun filled workshop will provide information on how to develop family fun filled evenings with your children. The importance of bonding & communication and hands on activities will provide caregivers with a very busy workshop. Specific activities will be discussed for medically fragile children, as well as for children who have emotional or behavioral issues. Bring your lunch and join us for this engaging class.

Presenter: Joe Walker, Retired LAPD

AB-12: Overview of What It is All About (B Rate)

Saturday, August 4, 2012

9 a.m. – 3:30 p.m. (LB 108)

Description: This AB-12 class will provide the key requirements for the non-minor dependent (NMD); the caregiver will be able to prepare and discuss options under the new law with the youth in their care. This class will benefit caregivers with youth 15 years and older, as well as themselves, to prepare for extended foster care.

Presenter: Karen Dixon, M.S.

The Impact of Trauma on a Child's Development (B, D or F Rate)

Saturday, August 18, 2012

9:30 a.m. – 4 p.m. (LB 107)

Description: This workshop discusses the effects of maltreatment on children, the specific effects of the caregivers' behaviors on children and strategies for helping children. Participants describe the impact of special factors such as abuse, neglect, domestic violence, and mental illness of a parent on a child's development, and discuss how special developmental needs can be best met in kinship.

Presenter: Sarah Doakes, M.A., M.A.L.



**Glendora**

Citrus College • 1000 W. Foothill Blvd., Glendora, CA 91741
(See map on page 68)

Emotional Health Issues of Foster Youth
(B, D or F Rate)**Saturday, August 18, 2012****9:30 a.m. – 1:30 p.m. (LB 106)**

Description: This class will identify behavioral, emotional, and mental health issues common in the foster youth population. Participants will have a better understanding of some of the factors relating to these issues, and why so many children act out as a result. This class will also address why so many of these issues go undetected. We will examine causes and effects, medications and treatments, as well as the support and education available in the community for caregivers.

Presenter: Corrine Garcia, A.A.**The Great Behavior Breakdown**
(B or D Rate)**Saturday, August 18, 2012****9 a.m. – 3:30 p.m. (LB 108)**

Description: Why do the children in my care have such annoying and disruptive behaviors?" Participants will be provided with clinically proven tools and techniques to eliminate behaviors such as: lying, stealing, chattering, whining, clinging, hoarding/gorging, and homework challenges. Be prepared to take on a whole new approach to parenting!

Presenter: Gwen Washington, L.C.S.W.**How the Internet Can Affect Foster Families (B Rate)****Wednesday, August 22, 2012****5:30 p.m. – 8:30 p.m. (LB 201)**

Description: Children are bombarded with advertising messages everywhere they turn. There are the traditional TV, print, and radio ads, as well as product placements that appear on TV shows and in movies. Product placement, online promotions, virtual videos, cell-phone updates, Twitter and Facebook, are all reaching kids directly. Wanting more and more material things can cause anxiety, depression, and anger. It can make kids judge their self-worth by what they own. Helping kids understand how advertising works can help protect them from being exploited. Participants will leave this workshop with a clear understanding of the effects of media techniques and the effects they have on children and the direct link of advertising to depression, self esteem and violence.

Presenter: Lucy Maria Code**Coping and Understanding Mental Illness (B or D Rate)****Saturday, August 25, 2012****9 a.m. – 3:30 p.m. (LB 104)**

Description: Mental illness includes depression, manic disorder, anxiety disorder, panic disorder, hyperactive attention disorder, obsessive compulsive disorder, bi-polar disorder, and schizophrenia. This class discusses some of the definitions, symptoms and behaviors associated with these diagnoses. Participants examine some of the stigmas plaguing mental health illness. Together, we dispel some of the taboos surrounding mental illness and identify some of the medications that are used to treat these disorders.

Presenter: Lori Switanowski, M.F.T.



Glendora

Citrus College • 1000 W. Foothill Blvd., Glendora, CA 91741

(See map on page 68)

Youth and the Law: Gang Activity (B, D or F Rate)

Saturday, August 25, 2012

9:30 a.m. – 12:30 p.m. (LB 102)

Description: This class will give participants an overall view of the law and how a juvenile case is handled by law enforcement. This class will also give participants a look at the gang problem and teach parents how they can keep their kids from joining a gang. Participants will learn how to work with police officers and probation in regard to youth and laws. Participants will leave with a clear understanding of their youth's rights and consequences if youth join a gang, including the impact it will have on their future.

Presenter: Joe Walker, Retired LAPD

Knowing Your Parenting Style: Teen Moms (B, D, or W Rate)

Saturday, September 8, 2012

9:30 a.m. – 4 p.m. (LB 108)

Description: Teen mothers are often too immature to properly nurture their children. In addition, adolescents may have unrealistic expectations about child development. Caregivers will discuss these teen developmental issues and identify appropriate parenting skills for their teen mothers.

Presenter: Karen Dixon, M.S.

Peer Pressure and Self-Esteem (B Rate)

Saturday, September 15, 2012

9:30 a.m. – 1:30 p.m. (LB 106)

Description: Kids are faced with a lot today. They are easily influenced by friends, peers, clothing, music, physical appearance, and cliques. Raising children in today's society provides many more challenges than when we adults were growing up. Participants will learn ways to strengthen communication with their children and ways to help them navigate peer pressure and strengthen their self esteem.

Presenter: Corrine Garcia, A.A.

Teaching Youth to Be Their Own Advocates (B Rate)

Saturday, September 22, 2012

9:30 a.m. – 12:30 p.m. (LB 102)

Description: This class will provide caregivers with information on advocacy. They will gain an understanding on what this term means and how to teach their youth how to use this concept to better their lives. They will leave the class with a clear understanding of advocacy and why it is so important for children to learn to become their own advocates.

Presenter: Joe Walker, Retired LAPD

Working As A Team (B, D or F Rate)

Saturday, September 22, 2012

9:30 a.m. – 4 p.m. (LB 107)

Description: It is important to work well with professionals in order to provide the best possible placement for the children. This class provides information on how to get the team working together.

Presenter: Sarah Doakes, M.A., M.A.L.

Exploring Developmentally Appropriate Behaviors (B or D Rate)

Saturday, September 22, 2012

9 a.m. – 3:30 p.m. (LB 104)

Description: Different developmental models are presented to determine what are appropriate behaviors and thoughts for specific age groups. Participants learn why preschoolers like to bark like a dog or why teens believe they are invincible. Participants identify stages that children may have difficulty with and how to assist the child in mastering each stage of development. Participants learn when it is appropriate to have professional interventions versus treatment at home.

Presenter: Lori Switanowski, M.F.T.

**Glendora**

Citrus College • 1000 W. Foothill Blvd., Glendora, CA 91741
(See map on page 68)

Sexual and Physical Abuse (B or D Rate)
Saturday, October 20, 2012
9:30 a.m. – 1:30 p.m. (LB 106)

Description: This class helps participants explore, discuss and examine different types of abuse. Distinctions between rape, incest, and molestation are identified. Foster parents will recognize signs of abuse and how to deal with challenging situations that may arise.

Presenter: Corrine Garcia, A.A.

Adolescents and the Law: Choices and Consequences (B or D Rate)
Saturday, October 20, 2012
9:30 a.m. – 4 p.m. (LB 107)

Description: This class will supply information about the basic principles of law in clear-straight-forward language. Participants will learn about the due process of law, school rules, the law and truancy, assault and battery, shoplifting, alcohol/controlled substance and forgery. Caregivers will understand their children's rights when dealing with law enforcement and the court.

Presenter: Sarah Doakes, M.A., M.A.L.

Life After AB12: Implementation Strategies (B, D or F Rate)
Saturday, October 20, 2012
9 a.m. – 3:30 p.m. (LB 108)

Description: AB 12 requires caregivers, social workers, and youth to work together in new and different ways in order to develop youth focused and youth centered programs that provide young adults (i.e. non-minor dependents or NMDs) with guidance and assistance. Participants will discuss state forms, the critical resources needed for NMDs, and will identify the relationships, problem-solving, personal responsibility, and skills building needed to transition into adulthood.

Presenter: Gwen Washington, L.C.S.W.

Teaching Basic Life Skills to Foster Youth (B Rate)
Saturday, October 27, 2012
9:30 a.m. – 12:30 p.m. (LB 102)

Description: Teaching youth life skills can be a challenge at times, especially with all the things families balance these days. This class assists foster parents in learning practical ways to teach and incorporate life skills building into their daily interactions with the youth placed in their home.

Presenter: Joe Walker, Retired LAPD

Learning How to Ignore Innocuous Behaviors (B or D Rate)
Saturday, October 27, 2012
9 a.m. – 3:30 p.m. (LB 104)

Description: Participants attending this workshop will learn why children seek out negative, attention-seeking behaviors and will explore techniques on how to ignore these behaviors while praising and rewarding positive behaviors.

Presenter: Lori Switanowski, M.F.T.

~
*Somebody Cares
If you're happy today
If your heart
Is cheerful and light.
Somebody cares
If you're feeling good
And everything's
Going just right.
And somebody hopes
That this message will show
In a warm little
Heart-to-heart way...
You're thought of
Remembered
And happily wished
An especially wonderful day...*



Glendora
Department of Children and Family Services
725 South Grand Avenue (Room #1361), Glendora 91740

These classes are held on the fourth Wednesday of every month.

**AB-12: Overview of What It is All About
(B Rate)**

Wednesday, July 25, 2012
9:30 a.m. – 11:30 a.m.

Description: This AB-12 class will provide the key requirements for the non-minor dependent (NMD); the caregiver will be able to prepare and discuss options under the new law with the youth in their care. This class will benefit caregivers with youth 15 years and older, as well as themselves, to prepare for extended foster care.

Presenter: Karen Dixon, M.S.

Preparing for School (B or D Rate)

Wednesday, August 22, 2012
9:30 a.m. – 11:30 a.m.

Description: This class informs foster parents of the steps to take to prepare for the new school year.

Presenter: Karen Dixon, M.S.

**Autism Spectrum Disorder
(B, D, F or W Rate)**

Wednesday, September 26, 2012
9:30 a.m. – 11:30 a.m.

Description: Participants will be able to identify the signs and symptoms of autism spectrum disorders, including autism, Asperger's Disorder, Rett Syndrome, and childhood degenerative disorder. Participants will discuss issues in diagnosing, screening and treating these disorders, including medication and alternative treatment approaches.

Presenter: LeeAnn Paddock, Adoptive Parent

Understanding Your Child's Educational Rights (B, D or F Rate)

Wednesday, October 24, 2012
9:30 a.m. – 11:30 a.m.

Description: This class will discuss educational laws and what educational assistance and programs students are eligible for. Participants will complete the class with a clear understanding of laws that are in place that address the rights of students with mental or medical issues and how to access services for them.

Presenter: LeeAnn Paddock, Adoptive Parent





Glendora

Glendora Fine Arts Academy (First Christian Church)
300 N. Glendora Ave., Glendora, 91741

Enter building at street level and go upstairs and to the right for Fine Arts Academy.

Presenter: Leanne Turner

Art as a Tool for Parents (B Rate)
Saturday, September 15, 2012
10 a.m. – 2:p.m.

Description: This class will discuss how art can be used to teach youth cognitive skills and build self-esteem. Participants will learn a tool for communicating with your child that is fun.

**There will be no classes
in July or August 2012.**

**Enjoy this time with
the foster youth in your care.**

**Stress Relief through the Arts
(B or D Rate)**
Saturday, October 13, 2012
10 a.m. – 2 p.m.

Description: The world looks different when you discover art and begin to relax. In this class, participants will do exercises that will help them and their children relax and approach problems with clarity. This class will use many mediums of art through various exercises in order to relieve stress, develop cognitive skills, and build self-esteem. Exercises will also focus on the needs of children with ADD, ADHD, and autism.



~
*“Knowing what to say is not always necessary;
just the presence of a caring friend can make a world of difference.”*
Sheri Curry
~



Irwindale

Eggleston Family Services • 13001 Ramona Avenue (Suite E), Irwindale 91706

Presenter: Gwen Washington, L.C.S.W.

Life After AB12: Implementation Strategies (B, D or F Rate)

Tuesday, July 17, 2012

9 a.m. – 1 p.m.

Description: AB12 requires caregivers, social workers, and youth to work together in new and different ways in order to develop youth focused and youth centered programs that provide young adults (i.e. non-minor dependents or NMDs) with guidance and assistance. Participants will discuss state forms, the critical resources needed for NMDs, and will identify the relationships, problem-solving, personal responsibility, and skills building needed to transition into adulthood.

Walk A Mile in Their Shoes: Abuse and Neglect of Children (B or D Rate)

Tuesday, August 14, 2012

9 a.m. – 1 p.m.

Description: Through a series of experiential exercises, participants will have an opportunity to discover firsthand why abuse and neglect have such a profound effect on children. Clips from movies will also be displayed to aid caregivers in understanding their children's behavior.



Brain Development (B or D Rate)

Tuesday, September 11, 2012

9 a.m. – 1 p.m.

Description: This class consists of learning how the brain develops. Participants will learn about the different parts of the brain and how they function. Participants will develop an understanding of what activities and other important things caregivers need to provide to the children in their care. Participants will also gain an understanding of how stress affects the brain and how we can assist children in dealing with stress.

The Great Behavior Breakdown (B or D Rate)

Tuesday, October 9, 2012

9 a.m. – 1 p.m.

Description: "Why do the children in my care have such annoying and disruptive behaviors?" Participants will be provided with clinically proven tools and techniques to eliminate behaviors such as: lying, stealing, chattering, whining, clinging, hoarding/gorging, and homework challenges. Be prepared to take on a whole new approach to parenting!

~ Be joyful in hope, patient in affliction, faithful in prayer. ~

**La Verne****David & Margaret Home • 1350 Third Street, La Verne 91750***Class is in the multi-story, white building at the end of the long driveway, in the third floor-Boardroom***Positive Decision-Making Skills
(B or D Rate)****Monday, July 16, 2012 * 6 p.m. – 9 p.m.**

Description: Because life involves many choices and decisions--and making the best choices consistently is the key to success--it follows that good decision makers are usually successful people. Decision-making skills give guidelines and help to focus goals. In this workshop, participants explore how decision making skills help and individual resist pressures (peer or self) and new ways of doing things. Examine the decision making process and how it is connected to universal laws, principles of the harvest, and the goal-setting process.

Presenter: Patrice Brown, M.Ed., P.P.S.

**Child Development at a Glance
(B, D or F Rate)****Wednesday, July 18, 2012
5:30 p.m. – 8:30 p.m.**

Description: This session will review child development during the first year of life, toddler years and pre-school years. Caregivers will learn that they are essential in helping children accomplish their developmental milestones and improve their ability to successfully parent children to reach important goals.

Presenter: Lucy Maria Code

**Mean Girls: Mean Chicks, Sidekicks and Dirty Tricks (D or F Rate)****Monday, July 23, 2012 * 6 p.m. – 9 p.m.**

Description: "Mean Girls" is a workshop that investigates the nature of Relational Aggression that is very evident among girls. Recent research reveals that girls typically use social forms of aggression which tend to be more indirect and covert, but nevertheless, have proven to be as hurtful as the bullying behaviors of boys. Participants explore differences between talking, teasing and gossiping. Investigate the definition of Relational Aggression and examine the different types. Understand the methods and motivators girls employing the techniques of RA. Develop skills and activities to help girls learn to "power up" appropriately.

Presenter: Patrice Brown, M.Ed., P.P.S.

Improving Visitation--Keeping It Fun and Focused (B, D or F Rate)**Wednesday, July 25, 2012
6 p.m. – 9 p.m.**

Description: Visits maintain important connections between children and their parents. Visits give foster parents information to help them with alliance building and shared parenting, and also provides time for foster parents and birth parents to focus together on the needs of the child. Participants will discuss the benefits of visits for the child, parents and foster parents and how they contribute to children's positive self concept and reunification.

Presenter: Deena Robertson, B.A.





La Verne

David & Margaret Home • 1350 Third Street, La Verne 91750

Class is in the multi-story, white building at the end of the long driveway, in the third floor-Boardroom

Dealing with Bi-Polar Disorder (B or D Rate)

Monday, July 30, 2012 * 6 p.m. – 9 p.m.

Description: Participants will be able to define, describe and discuss the mental health disorder of someone diagnosed with bi-polar. This disorder is one of many mental health disorders that affect our foster youth. We will discuss the things to look for as well as the ways to determine the type of help needed for the appropriate treatment.

Presenter: Lori Switanowski, M.F.T.

Sexual, Physical and Emotional Abuse Defined (B, D or F Rate)

Monday, August 6, 2012 * 6 p.m. – 9 p.m.

Description: Participants define and identify different methods of abuse. This class provides information on reporting responsibilities and the legal system. Participants learn their rights and responsibilities regarding reporting child abuse and how to complete a "suspected child abuse report" form.

Presenter: Lori Switanowski, M.F.T.

Mastering the Monsters: Bullying, Aggressive Behaviors, and Other Mean, Violent Acts (B or D Rate)

Monday, August 13, 2012 * 6 p.m. – 9 p.m.

Description: As caregivers, we have the responsibility and accountability to teach our youth how to create a safe environment for themselves. This workshop will concentrate on helping youth build respect for the rights of others and develop a sense of responsibility for one's own actions. Participants will examine ways to alert teachers and children to the differences between normal peer teasing and bullying situations, will learn ways to help anyone in the home or school to understand the dynamics and act effectively when children are bullying or being bullied, and will discover how to empower children to teach others how to treat them and solve problems.

Presenter: Patrice Brown, M.Ed., P.P.S.

Gay, Lesbian, Bi-Sexual and Transgender Foster Youth (B Rate)

Monday, August 20, 2012

6 p.m. – 9 p.m.

Description: This course will provide caregivers a chance to examine their pre-conceived ideas of sexuality and sexual orientation. Hear from foster children who identify themselves as gay, lesbian, bi-sexual and transgender. Hear what you can do to affirm the lives of all children living in the foster care system.

Participants will be able to define basic gay, lesbian, bi-sexual and transgender terms; articulate the difference between sexual identity; and gender identity and the difference between sexual orientation and sexual behavior; as well as describe the main protections of AB 458.

Presenter: Lori Switanowski, M.F.T.

Working As A Team Player (B, D or F Rate)

Wednesday, August 22, 2012

6 p.m. – 9 p.m.

Description: This class explores various ways to get assistance and work together as a team, as it takes a village to raise a kid. It is important to work with professionals in order to provide the best possible placement for the children. This class provides information on how to get the team working together.

Presenter: Deena Robertson, B.A.



**La Verne****David & Margaret Home • 1350 Third Street, La Verne 91750***Class is in the multi-story, white building at the end of the long driveway, in the third floor-Boardroom***Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD) in Children (B or D Rate)****Monday, August 27, 2012****6 p.m. – 9 p.m.**

Description: This workshop describes ODD and CD in adolescents and children. Participants learn what ODD and CD is, what causes it, the effects, who gets it, and what happens as these children grow up and release aggression on adults and pets. Participants also explore treatment options and behavior modification that can be used at home and school. Participants leave this class with a clear understanding of Oppositional Defiant Disorder and Conduct Disorder.

Presenter: Lori Switanowski, M.F.T.**Multiple Intelligences (B Rate)****Monday, September 10, 2012****6 p.m. – 9 p.m.**

Description: How many ways are there to be intelligent? This workshop is based on Howard Gardner's theory that we each have different intelligences (there could be as many as 10-12) that we draw from when we learn, play and work; sometimes we use one kind of intelligence more than another. Gardner's studies indicate that the intelligences can be increased by providing the right conditions to promote development and by removing obstacles that hinder development. Participants will identify how each learning style processes and filters information; distinguish the personal, internal learning processes that direct behavior; and will effectively recognize the multiple intelligences and the benefits that each intelligence brings to the global society.

Presenter: Patrice Brown, M.Ed., P.P.S.**Depression and Other Mood Disorders (B, D or F Rate)****Monday, September 17, 2012****6 p.m. – 9 p.m.**

Description: This class will examine various mood disorders, including depression. Participants will leave the class being able to articulate the difference between sadness and clinical depression, list at least three symptoms of depression in children and adolescents, identify two benefits as well as two risks of prescriptions as treatment options, and discuss the role of therapy in treatment.

Presenter: Lori Switanowski, M.F.T.**Working with Traumatized Children (B, D or F Rate)****Monday, September 24, 2012****6 p.m. – 9 p.m.**

Description: This class helps caregivers understand the kind of events that lead to the trauma that all children live with. Participants will examine ways to help these children better deal with and express their emotions and feelings.

Presenter: Lori Switanowski, M.F.T.**Understanding and Managing Stress (B, D or F Rate)****Wednesday, September 26, 2012****6 p.m. – 9 p.m.**

Description: Participants will learn about the body's physiological responses to stress and how to best manage it. Be prepared to participate in activities and techniques. Please dress comfortably. This class includes projects, relaxation techniques and breathing exercises you can use as well as exercises that can be used with all minors in your care.

Presenter: Deena Robertson, B.A.



La Verne

David & Margaret Home • 1350 Third Street, La Verne 91750

Class is in the multi-story, white building at the end of the long driveway, in the third floor-Boardroom

Motivating "At-Risk" Youth (B, D or F Rate)

Monday, October 1, 2012

6 p.m. – 9 p.m.

Description: Many children in foster and kinship care can appear lazy and unwilling to plan for their futures, although this is not always the case. Learn ways to help motivate the youth in your care and show them ways to stay focused on their goals.

Presenter: Patrice Brown, M.Ed., P.P.S.

Working to Build A Strong School and Family Relationship (B, D or F Rate)

Wednesday, October 10, 2012

5:30 p.m. – 8:30 p.m.

Description: One of the most important jobs a parent has is to teach their children the importance of education. When you show interest in your child's education, they realize that school is important. This workshop will examine what research shows, the school's perspective, how to be actively involved, and how to build a trusting relationship. Participants will leave with a clear understanding of what is needed to build a strong and working relationship with their child's school.

Presenter: Lucy Maria Code

The Effects of Child Abuse in Children and Adolescents (B Rate)

Monday, October 15, 2012

6 p.m. – 9 p.m.

Description: This class will examine current events as they affect children and families and explore the emotional and behavioral issues faced by children of abuse. Participants will recognize how child abuse can affect developmental processes of children and learn how to help children to overcome issues that child abuse and neglect can cause.

Presenter: Lori Switanowski, M.F.T.

How to Report Child Abuse (B or D Rate)

Monday, October 22, 2012

6 p.m. – 9 p.m.

Description: Participants will list the procedures on how to report child abuse. Participants will also identify some signs for parents and caregivers to recognize and discuss the resources available for help.

Presenter: Lori Switanowski, M.F.T.

Working Together for Children (B, D, F or W Rate)

Wednesday, October 24, 2012

6 p.m. – 9 p.m.

Description: "It takes a village to raise a child" is a famous phrase that has a lot of truth to it. For children in foster care to succeed, all the adults that help care for them must work together. Participants who attend this workshop will learn how to locate resources and the skills necessary to help their youth.

Presenter: Deena Robertson, B.A.

Framework for Understanding the Culture of Poverty (B, D or F Rate)

Monday, October 29, 2012

6 p.m. – 9 p.m.

Description: Based on the work of Dr. Ruby K. Payne, this workshop explores how individuals who come from or live in poverty think and act differently than those living in the middle and/or upper socio-economic classes. Due to the fact that the world operates on the "hidden rules" of the middle class, those who come from poverty have little or no chance to succeed unless they learn them. Participants explore the definition of poverty and realize how to use the norms from the Culture of Poverty to help those steeped into that culture.

Presenter: Patrice Brown, M.Ed., P.P.S.

**La Verne****Parent Connection • 2076 Bonita Avenue, La Verne 91750***Enter through La Verne Construction. Classes are held in the back office.**Please park on the street, as parking lot has a 90-minute limit.***Conflict Resolution (B or D Rate)
Tuesday, July 17, 2012 * 6 p.m. – 9 p.m.**

Description: This class provides caregivers with insight on how to assist the children in their care to solving problems and conflicts in their lives. Discussion will include conflict resolution strategies for children with emotional or behavioral issues.

Presenter: Heather Arnold, M.S.

**Preparing Youth for College Part 1
(B, D or F Rate)
Thursday, July 19, 2012 * 5 p.m. – 8 p.m.**

Description: This class will describe the steps necessary in getting youth ready for college from the admissions process to financial aid to residential campus life. What do I do first? When do I fill out a FAFSA and apply for special programs? How do I know what services to enroll in? Participants will be able to help their youth enroll in a college, connect with campus advisers, and apply for financial aid through FAFSA.

Presenter: Sandra Christensen, M.S.

**Building Communication Through Play
(B, D, F or W Rate)
Tuesday, July 24, 2012 * 6 p.m. – 9 p.m.**

Description: Bring your children and your favorite board game and enjoy a fun-filled evening. You will learn firsthand how you can guide communication with your child through play time.

Presenter: Heather Arnold, M.S.

**Preparing Youth for College Part 2
(B, D or F Rate)
Thursday, July 26, 2012 * 5 p.m. – 8 p.m.**

Description: This class will continue to discuss college admissions, completing applications, developing personal statements and finding appropriate housing. Participants will be able to assist their foster youth in enrolling in campus programs and identify specific campus resources available to foster youth.

Presenter: Sandra Christensen, M.S.

**Understanding Children's Temperament
(B or D Rate)
Tuesday, July 31, 2012 * 6 p.m. – 9 p.m.**

Description: Participants learn what temperament is, including how much of it comes from our parents and environment. Learn the different types of temperaments and ways to deal with children's temperament. Participants also discover their own temperament traits and the temperaments of the children in their care.

Presenter: Heather Arnold, M.S.

**Understanding Speech Disorders in
Children (B, D, F or W Rate)
Thursday, August 2, 2012 * 5 p.m. – 8 p.m.**

Description: This workshop covers speech disorders in children. How can you tell the difference between types of speech disorders and determine if your child has one? You may become alarmed if your child's speech doesn't sound the way you think it should. How can you discern if those mispronounced letters and words are simply a quirk of your child's as he or she learns to speak—or a genuine speech disorder? It can be difficult to tell. In this class participants gain a clear knowledge of Childhood Apraxia of Speech, Orafacial Myofunctional Disorders, articulation disorders and fluency disorders. Participants also learn how to work with the appropriate agencies to obtain services for their children.

Presenter: Sandra Christensen, M.S.





La Verne

Parent Connection • 2076 Bonita Avenue, La Verne 91750

Enter through La Verne Construction. Classes are held in the back office.

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Bullying: What Is It? Part 1 (B Rate) **Tuesday, August 7, 2012 * 6 p.m. – 9 p.m.**

Description: This class is Part 1 of a two-part series that will cover bullying and bullying tactics commonly used. We will also talk about how targets are selected and the difference between bullying and harassment. Come and learn how to help your child not be a victim.

Presenter: Heather Arnold, M.S.

Getting Involved in Your Child's Education (B or D Rate)

Thursday, August 9, 2012
5 p.m. – 8 p.m.

Description: Throughout the course of this class, participants examine the importance of getting involved with their child's education, especially when their children have learning disabilities and/or emotional and behavioral issues. They identify the barriers, recognize the steps needed to be effective and learn how to receive early intervention through the school as it pertains to their child's educational goals.

Presenter: Sandra Christensen, M.S.

Bullying What Is It? Part 2 (B, D, F or W Rate)

Tuesday, August 14, 2012
6 p.m. – 9 p.m.

Description: Part 2 of a two-part series. The goal of this workshop is to increase awareness of the prevalence of bullying in youth and adolescents; raise the level of empathy for those that are bullied; increase a sense of accountability to prevent bullying; introduce positive strategies to deal with bullying and harassment behaviors, and to foster a culture of tolerance and respect for others.

Presenter: Heather Arnold, M.S.

Understanding Special Education and Early Intervention Services (B, D or F Rate)

Thursday, August 16, 2012
5 p.m. – 8 p.m.

Description: This class describes special needs issues that prevent youth from succeeding in school. During the course, participants identify these issues and examine techniques to help navigate the school system, including the resources available to help them through the process of intervention.

Presenter: Sandra Christensen, M.S.

What Children Need to Succeed (B, D or F Rate)

Tuesday, August 21, 2012
6 p.m. – 9 p.m.

Description: Many children in foster care have delays in various areas of their development. What can be done to help children reach their full potential? Yes, we want our children to receive the best education possible, but what practical skills are also needed to ensure their success as they transition into adulthood? Participants will have an opportunity to explore these issues and discuss what they can do to ensure successful emancipation for their children.

Presenter: Heather Arnold, M.S.



**La Verne****Parent Connection • 2076 Bonita Avenue, La Verne 91750***Enter through La Verne Construction. Classes are held in the back office.**Please park on the street, as parking lot has a 90-minute limit.***Navigating Through the IEP Process
(B, D or F Rate)****Thursday, August 23, 2012 * 5 p.m. – 8 p.m.**

Description: What is an IEP? Does my child need one? How do I begin the process? What educational services can be provided for my child? What is required of school personnel? Participants have an opportunity to explore each of these issues as it pertains to the children in care, including those with emotional and/or behavioral issues, as well as who are medically fragile. Participants will also discuss information regarding the laws related to special education services and how parents can access these services.

Presenter: Sandra Christensen, M.S.**Stages of Development
(B, D, F or W Rate)****Tuesday, August 28, 2012 * 6 p.m. – 9 p.m.**

Description: We will discuss the various milestones in the development of children. We will take a look at the developmental issues and how they relate to children in our care.

Presenter: Heather Arnold, M.S.**The 411 on Due Process, Hearings,
Complaints and School Issues
(B, D or F Rate)****Thursday, August 30, 2012
5 p.m. – 8 p.m.**

Description: This workshop will educate caregivers about the differences between compliance, complaints, and due process hearings. Participants will learn techniques for navigating educational systems and accessing community resources. Caregivers will also identify educational services for their youth with special medical needs and how to access them.

Presenter: Sandra Christensen, M.S.**Challenging Behaviors (B or D Rate)****Tuesday, September 4, 2012
6 p.m. – 9 p.m.**

Description: Many of our children have been subjected to abuse, neglect, and domestic violence. Does this cause them to act out? Does this explain why children hoard food, lie, are physically and verbally aggressive, have difficulty managing their daily hygiene needs, are defiant, and tend to cause embarrassment in public places? These issues will be addressed and participants will leave with the tools for managing these behaviors.

Presenter: Heather Arnold, M.S.**Life After High School: Preparing Our
Youth (B Rate)****Thursday, September 6, 2012
5 p.m. – 8 p.m.**

Description: The transition to adulthood and economic independence can be challenging for any adolescent and generally occurs over many years with substantial support from family and friends. Foster youth do not have to prepare for this life on their own. Caregivers will discuss these issues and identify services, resources, support and opportunities to meet each youth's needs.

Presenter: Sandra Christensen, M.S.**Developing Coping Skills: Children In
Crisis (B or D Rate)****Tuesday, September 11, 2012
6 p.m. – 9 p.m.**

Description: This class discusses how to decrease feelings of frustration, anxiety and depression. Participants explore techniques to help deal with children while they are in their crisis mode.

Presenter: Heather Arnold, M.S.



La Verne

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Please park on the street, as parking lot has a 90-minute limit.

Foster Care Q and A (B, D or F Rate)

Thursday, September 13, 2012

5 p.m. – 8 p.m.

Description: This class will provide an open forum for foster care providers to ask questions, share experiences, and learn from one another. Participants will achieve a better awareness that they are not the only ones going through the challenges that foster caregivers are faced with.

Presenter: Sandra Christensen, M.S.

Helping Youth Set Boundaries and Limits (B, D or F Rate)

Tuesday, September 18, 2012

6 p.m. – 9 p.m.

Description: In this class we will learn the importance of setting boundaries and limits for our children who have come from unstable and inconsistent backgrounds and environments.
Presenter: Heather Arnold, M.S.

About Students with Emotional or Behavioral Disorders (B or D Rate)

Thursday, September 20, 2012

5 p.m. – 8 p.m.

Description: This course describes various techniques caregivers need to be aware of about their youth. Participants identify various interactive techniques to help foster youth recognize their abilities. Throughout group discussion, participants will role play these techniques to help youth recognize their abilities to succeed.

Presenter: Sandra Christensen, M.S.



Children and Nutrition: What We Need to Know (B, D, F or W Rate)

Tuesday, September 25, 2012

6 p.m. – 9 p.m.

Description: Participants learn ways to involve children in selecting and preparing healthy foods. Participants learn how to make healthy choices based on the food pyramid; how TV influences eating patterns; how to evaluate the food and juices that children are consuming; what to look for on nutrition labels; and how parents and caregivers use food as a method of
Presenter: Heather Arnold, M.S.

The Importance of Time Management (B Rate)

Thursday, September 27, 2012

5 p.m. – 8 p.m.

Description: This class describes issues that caregivers encounter that can cause stress. Participants will examine and identify techniques to help them balance their daily life and avoid conflict.

Presenter: Sandra Christensen, M.S.

Understanding Your Toddler (B or W Rate)

Tuesday, October 2, 2012

6 p.m. – 9 p.m.

Description: This course will discuss the importance of consistency and attachment in infancy. Learn how to enjoy "the terrible twos!" Participants will be able to identify life stage development from ages 2 to 3, verbalize three developmental tasks for this age group, understand the importance of attachment, and identify at least two activities that they can engage their toddler in, in an effort to increase the child's happiness.

Presenter: Heather Arnold, M.S.

**La Verne****Parent Connection • 2076 Bonita Avenue, La Verne 91750***Enter through La Verne Construction. Classes are held in the back office.**Please park on the street, as parking lot has a 90-minute limit.***Good Communication Within the Family
(B, D or F Rate)****Thursday, October 4, 2012****5 p.m. – 8 p.m.**

Description: I tell my children what is expected of them, but they just don't get it! Why do I have to constantly repeat instructions to my children? Why can't I ever seem to get problems resolved? Yes, these are challenging issues to address. However, participants will have a chance to discuss that challenges they are facing when communicating their expectations. They will identify tools to aid in effectively communicating with family members, as well as methods to be an effective listener.

Presenter: Sandra Christensen, M.S.**Why Boundaries? (B, D or F Rate)****Tuesday, October 9, 2012****6 p.m. – 9 p.m.**

Description: This course discusses boundaries, their importance and why we need to have them with all of our foster youth. A group discussion will be included in the workshop, and will explore some of the challenges, rewards and expectations of setting healthy boundaries with foster youth.

Presenter: Heather Arnold, M.S.**Family Nights (B, D or F Rate)****Thursday, October 11, 2012****5 p.m. – 8 p.m.**

Description: This fun-filled workshop will provide information on how to develop family fun filled evenings with your children. The importance of bonding & communication and hands on activities will provide caregivers with a very busy workshop. Specific activities will be discussed for medically fragile children, as well as for children who have emotional or behavioral issues. Bring your lunch and join us for this engaging class.

Presenter: Sandra Christensen, M.S.**Child Development: The Early Years
(B, D, F or W Rate)****Tuesday, October 16, 2012****6 p.m. – 9 p.m.**

Description: This class is one of a series of classes exploring the process of development from before birth to adulthood. Discussion begins with the impact of a nurturing environment on the developing fetus, newborns and young children to five years of age. Participants will explore the effects of child development when caring for children with emotional or behavioral issues, as well as children who are medically fragile.

Presenter: Heather Arnold, M.S.**Developing A Self Control Plan****(B, D or F Rate)****Thursday, October 18, 2012****5 p.m. – 8 p.m.**

Description: Self-control or self-discipline is an important element of one's personality. One who does not have a disciplined and controlled approach to life can never succeed in this world of heavy competition. Developing self-control requires patient understanding of the current psychological situation of the self. This class describes alternative skills for parents and youth to use in developing a self-control plan.

Participants learn how to understand their youth with a self-control plan in place.

Presenter: Sandra Christensen, M.S.**Dealing with Children's Emotions
(B or D Rate)****Tuesday, October 23, 2012****6 p.m. – 9 p.m.**

Description: Participants discuss and understand children's behaviors. Children learn both positive and negative feelings about how they have survived "the system."

Presenter: Heather Arnold, M.S.



La Verne

Parent Connection • 2076 Bonita Avenue, La Verne 91750

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**Invitation to Life: How Life Changes
When the Children Move In (B Rate)
Thursday, October 25, 2012
5 p.m. – 8 p.m.**

Description: Raising a child will change your life at any age, but raising a grandchild will turn it upside down. This class will discuss lifestyle changes such as your work, life, finances, routine shifts, decline in social activities, and dreams that disappear. This class will help participants effectively approach these changes and the feelings that accompany them.

Presenter: Sandra Christensen, M.S.

**Seeing the Best in Children (B Rate)
Tuesday, October 30, 2012 * 6 p.m. – 9 p.m.**

Description: In this session, participants will learn how to view children's behavior differently and see the best in children. Seeing children's positive intent in situations rather than negatively viewing children's behavior will assist with overall cooperativeness.

Presenter: Heather Arnold, M.S.

Ontario

Sunshine Foster/Kinship Support Group

Best Western Inn Suites * 3400 Shelby Street, Ontario 91764

**Recognizing the Signs of Substance
Abuse (B or D Rate)
Tuesday, September 4, 2012
6:30 p.m. – 9:30 p.m.**

Description: What are the signs of substance abuse? How can we better understand how to assist our foster youth with these addictive behaviors? In this class, we explore recreational versus addictive substance abuse. We also discuss self-medicating and why youth choose to use drugs. This class teaches parents to recognize the signs of substance abuse and teaches caregivers to help their youth recognize the dangers that are involved with drugs. Caregivers will learn how to talk to youth about drugs and programs available for them. At the end of this class, participants will be able to describe, identify and recognize common signs of substance abuse in teens.

Presenter: Rod Recendez, B.A.

**Bullying (B, D or F Rate)
Monday, October 1, 2012
6 p.m. – 9 p.m.**

Description: Participants examine the common causes of bullying, learn to identify when their child is being bullied, and interventions they can use to help their child.

Presenter: Rod Recendez, B.A.

**There will be no classes
in July or August 2012.**

**Enjoy this time with the
foster youth in your care.**



**Ontario****Helping Hands Kinship Support Services • 316 East E Street., Ontario 91762****Presenter:** Karen Dixon, M.S.

Understanding the Stages of Grief and Loss (B, D or F Rate)
Tuesday, July 17, 2012
10 a.m. – 12:30 p.m.

Description: This class will discuss the stages of grief and loss associated with many of our foster youth. At the end of this workshop, participants will be able to identify typical losses associated with living in foster care and the common symptoms of grieving loss in childhood. Caregivers will also be able to describe appropriate interventions aimed at assisting their child in processing grief, and will have a clear understanding of the complexities of cumulative or complicated grief.

Parenting 101: How and When to Discipline (B, D or F Rate)
Tuesday, August 21, 2012
10 a.m. – 12:30 p.m.

Description: This class defines the term discipline and helps caregivers understand how to identify what type of parenting style works best with each particular type of child. Participants will review various appropriate parenting and discipline techniques used for young and older foster youth.



"But I Thought Therapy was for Crazy Folks!" (B, D or F Rate)
Tuesday, September 18, 2012
10 a.m. – 12:30 p.m.

Description: There are many stigmas associated with mental health therapy. In this class, participants will learn what therapy is, how to develop and maintain a good, healthy relationship with their child's therapist, and how to help their children to feel comfortable about therapy. Instructor will discuss how therapy can be used to help discover the underlying issues that impact the behaviors of children. Participants will gain insight regarding confidentiality, release of information, and different therapy methods used with infants, adolescents, and teens.

Legal Issues Caregivers May Face (B Rate)
Tuesday, October 16, 2012
10 a.m. – 12:30 p.m.

Description: This seminar is designed to give caregivers basic information about some of the laws that apply to youth, which can safeguard them at school, at play, and while working part time. Participants will learn their rights and responsibilities to assist them in answering their children's questions about the law. Topics include: school and school rules, Internet safety, kids, cars and traffic laws, drugs, graffiti and other acts of vandalism, juvenile court, police encounters, stealing, truancy, and other relevant information.

~
*Remember that you are needed. There is at least
one important work to be done that will not be done unless you do it.*

Charles Allen
~



Ontario

Inland Valley Foster Parent Association (IVFPA)
Hilton Hotel 700 N. Haven Avenue – Ontario 91764

These classes are held on the first Monday of every month.

Attention Deficit Hyperactivity Disorder (B, D or F Rate)

Tuesday, October 2, 2012 * 6:30 p.m. – 9:30 p.m.

Description: Part one of a two-part series. What is it? Does my child really have it? What can be done about it? Part one of this class looks at ADHD and how this disorder has been looked at in the past. It also examines the symptoms of ADHD that are highly similar to the symptoms of CBD, AD, and PPD. Learn why it is important for clinicians and parents to be able to tell the difference between when their children may have ADHD, when they have other disorders instead, or when they may have more than one of these disorders at the same time. Participants examine information with regard to the symptoms, brain chemistry, treatment interventions and possible medication issues.

Presenter: Sandra Christensen, M.S.

There will be no classes in July, August or September 2012.

Enjoy this time with the foster youth in your care.



~
*We don't stop playing because we grow
 old; we grow old because we stop playing.*
 George Bernard Shaw
 ~

**Pomona****New Directions Church of God in Christ • 1100 E. Holt Boulevard, Pomona 91761****GAP****"Grandparents as Parents"***This group meets on the 2nd and 4th Thursday of every month.***Presenters: Grandparents as Parents Staff****Legal Issues Caregivers May Face
(B Rate)****Thursday, July 26, 2012****10 a.m. – 12:30 p.m.**

Description: This seminar is designed to give caregivers basic information about some of the laws that apply to youth, which can safeguard them at school, at play, and while working part time. Participants will learn their rights and responsibilities to assist them in answering their children's questions about the law. Topics include: school and school rules, Internet safety, kids, cars and traffic laws, drugs, graffiti and other acts of vandalism, juvenile court, police encounters, stealing, truancy, and other relevant information.

Keeping Children Safe (B or D Rate)**Thursday, August 8, 2012****10 a.m. – 12:30 p.m.**

Description: On a daily basis, our children are faced with potential threats of violence. Schools are no longer a safe haven for children, but instead have become a setting that lends itself to many violent and often life threatening issues. This session will assist participants with helping children learn about crime violence, self protection and the fundamental concepts of empowerment. Participants will be able to identify potentially dangerous situations and prepare their youth to protect

**Using Effective Discipline Techniques
(B or D Rate)****Thursday, August 23, 2012****10 a.m. – 12:30 p.m.**

Description: This class will define the difference between discipline and punishment and how parenting a foster child is different because of their history of abuse and neglect. Caregivers will discuss tips and identify effective methods for handling and managing challenging behaviors.

**Bullying and Peer Pressure
(B, D or F Rate)****Thursday, September 13, 2012****10 a.m. – 12:30 p.m.**

Description: Part one of a two-part series. The goal of this workshop is to increase awareness of the prevalence of bullying in youth and adolescents, raise the level of empathy for those that are bullied, increase a sense of accountability to prevent bullying, introduce positive strategies to deal with bullying and harassment behaviors, and foster a culture of tolerance and respect for others.

**Boundaries (B, D or F Rate)
Thursday, September 27, 2012****10 a.m. – 12:30 p.m.**

Description: Participants examine why it is important to establish appropriate emotional boundaries with their children. Participants develop strategies to establish positive boundaries with their children.





Pomona

New Directions Church of God in Christ • 1100 E. Holt Boulevard, Pomona 91761

GAP

"Grandparents as Parents"

This group meets on the 2nd and 4th Thursday of every month.

Presenter: Grandparents as Parents Staff

**Invitation to Life: How Life Changes
When the Grandchildren Move In (B Rate)**
Thursday, October 11, 2012
10 a.m. – 12:30 p.m.

Description: Raising a child will change your life at any age, but raising a grandchild will turn it upside down. This class will discuss lifestyle changes such as your work, life, finances, routine shifts, decline in social activities, and dreams that disappear. This class will help participants effectively approach these changes and the feelings that accompany them.

Transitioning to Adulthood (B or D Rate)
Thursday, October 25, 2012
10 a.m. – 12:30 p.m.

Description: Participants will examine the many facets of the adolescent transition period between childhood and adulthood (physical, psycho-social mental). Resource parents will learn to explore recognize some of the "normal" tensions which may exist within the home and develop ways to manage these issues.

Pomona

New Directions Church of God in Christ • 1100 E. Holt Boulevard, Pomona 91761

Presenter: Gail Sharp

**Understanding ADHD and Learning
Disabilities (B, D or F Rate)**
Wednesday, July 18, 2012
5:30 p.m. – 8:30 p.m.

Description: This class examines and defines ADHD and learning disabilities. Participants will recognize the difference between the two, and discuss how to get the proper help for children who need it. Participants will list and identify what to look for in a learning disabled or ADHD child.

**The Frustrations Surrounding Learning
Disabilities (B, D or F Rate)**
Wednesday, August 15, 2012
5:30 p.m. – 8:30 p.m.

Description: This class will discuss common issues related to all children with learning disabilities. Participants will complete the class being able to identify the main types of learning disabilities, articulate the rights and responsibilities of school personnel in meeting a child's educational needs, as well as the role of an education surrogate, demonstrate an empathetic understanding of a child's experience, and verbalize the importance of advocating for the child in the school setting.

**Pomona****New Directions Church of God in Christ • 1100 E. Holt Boulevard, Pomona 91761****Presenter: Gail Sharp**

**Teaching Children and Youth
Accountability (B Rate)
Wednesday, September 19, 2012
5:30 p.m. – 8:30 p.m.**

Description: In today's world, so many children and youth lack responsibility and accountability; it is up to those involved in their lives to change that. Using a creative, interactive activity, participants engage in a fun way to learn about accountability and responsibility and how to incorporate that into the family dynamic. Caregivers are encouraged to attend along with their foster youth.

**Working to Build a Strong School and
Family Relationship (B, D or F Rate)
Wednesday, October 24, 2012
5:30 p.m. – 8:30 p.m.**

Description: One of the most important jobs a parent has is to teach their children the importance of education. When you show interest in your child's education, they realize that school is important. This workshop will examine what research shows, the school's perspective, how to be actively involved, and how to build a trusting relationship. Participants will leave with a clear understanding of what is needed to build a strong and working relationship with their child's school.

Pomona

**Palomares Senior Center • Department of Children & Family Services
499 East Arrow Highway, Pomona 91767**

These classes are held on the fourth Tuesday of every month.

**Setting Boundaries with Youth
(B, D or F Rate)
Tuesday, July 24, 2012 * 10 a.m. – 12 p.m.**

Description: This workshop will enable participants to list types of parenting styles, discuss the various types of boundaries that people maintain and their purpose, define the term "boundary violation," and list at least two ways to help children learn to set and reinforce boundaries with others.

Presenter: Sandra Christensen, M.S.

**Getting Involved in Your Child's
Education (B or D Rate)
Tuesday, August 28, 2012
10 a.m. – 12 p.m.**

Description: Through the course of this class, participants examine the importance of getting involved with their child's education, especially when their children have learning disabilities and/or emotional and behavioral issues. They identify the barriers, recognize the steps needed to be effective and learn how to receive early intervention through the school as it pertains to their child's educational goals.

Presenter: Karen Dixon, M.S.



Pomona

**Palomares Senior Center • Department of Children & Family Services
499 East Arrow Highway, Pomona 91767**

These classes are held on the fourth Tuesday of every month.

Career Options (B, D or F Rate)
Tuesday, September 25, 2012
10 a.m. – 12 p.m.

Description: This two-hour career workshop presents options available to foster youth. Participants will also learn of educational options such as certificate programs, associate degrees, bachelor's degrees, master's degrees and doctoral degrees.

Presenter: Karen Dixon, M.S.

Life After AB12: Implementation Strategies (B, D or F Rate)
Tuesday, October 23, 2012
10 a.m. – 12 p.m.

Description: AB 12 requires caregivers, social workers, and youth to work together in new and different ways in order to develop youth-focused and youth-centered programs that provide young adults (i.e. non-minor dependents or NMDs) with guidance and assistance. Participants will discuss state forms, the critical resources needed for NMDs, and will identify the relationships, problem-solving, personal responsibility, and skills building needed to transition into adulthood.

Presenter: Karen Dixon, M.S.

Pomona

Pomona Valley Youth Employment Services • 720 Park Ave., Pomona 91768

Tri-Valley Community Foster Parent Association
Pat Delfosse, President

The Importance of Documentation (B Rate)
Saturday, September 1, 2012
1 p.m. – 4 p.m.

Description: Record keeping can be one of the most important parts of being a foster parent. This class will help participants develop the skills needed for good documentation and provide examples of common documents. Participants will gain a better understanding of educational issues and documentation, and will also be given resources to assist in this ongoing process.

Presenter: Wanda M. Cooper, M.A.

Dealing with Conflict (B or D Rate)
Saturday, October 6, 2012 * 1 p.m. – 4 p.m.

Description: This class will discuss and examine the dynamics of conflict situations and how to resolve them peacefully. Caregivers will recognize that resolving conflict their child is an ongoing process of reflection, negotiation and patience. They will examine the Cycle of Change and the Cycle of Conflict. Caregivers will be able to articulate how to resolve conflict and how to create win-win situations. They will be able to demonstrate strategies that successfully build trusting relationships.

Presenter: Sandra Christensen, M.S.

There will be no classes in July or August 2012.

Enjoy this time with the children in your care.

**Rancho Cucamonga****Family Sports Center • 9059 San Bernardino Road, Rancho Cucamonga 91730****Dealing with Challenging Behaviors as a Parent (B or D Rate)****Wednesday, July 18, 2012****6 p.m. – 9 p.m.**

Description: Come learn how to manage difficult behaviors by learning effective discipline techniques. Participants will be able to address underlying issues motivating children's behavior, articulate the importance of "firm, consistent, loving care" in parenting foster children, identify parenting skills and interventions that can be used to diffuse potential explosive situations, and emphasize the importance of praise and "catching children being good."

Presenter: Richard Haghani, M.A.**Different Shades of Autism****(B, D or F Rate)****Thursday, July 19, 2012 * 6 p.m. – 9 p.m.**

Description: In this class, participants will recognize and discuss many characteristics associated with an autistic child. We will define and examine autism through the stories of families already dealing with the diagnosis. We will also describe some of the recent therapies that are associated with helping these children fit in.

Presenter: Karen Cash, LCSW**Understanding Mental Health Disorders (B or D Rate)****Saturday, July 21, 2012****8:30 a.m. – 5 p.m.**

Description: This course presents an overview of mental health disorders in children and adolescents. Participants will learn the signs and symptoms of mental health disorders in children, and the pharmacological and psychotherapeutic treatments used to treat children and adolescents.

Presenter: Natalie Fagan, M.F.T.**Culture and Self Esteem (B or D Rate)****Monday, July 23, 2012 * 6 p.m. – 9 p.m.**

Description: Participants learn to recognize cultural differences between the children placed in our homes and ourselves. In today's society, our children are bombarded with negative stereotypes about different cultures. In this workshop, participants learn how a negative image of one's culture affects self-esteem. Learn how to raise a child's self-esteem by teaching them pride in their culture.

Presenter: Richard Haghani, M.A.**Life By Design: Teaching Youth to Set Goals and Priorities (B or D Rate)****Tuesday, July 24, 2012 * 6 p.m. – 9 p.m.**

Description: The ability to set goals and make plans for the accomplishment of those goals is the master skill of success. Learning to set goals is the single most important skill that someone can learn and perfect. In this workshop, participants identify archetypal roles and discover how these roles are connected to values and abilities, clarify their values, and determine ways to identify and focus on special talents and discover what they are uniquely qualified to do.

Presenter: Patrice Brown, M.Ed., P.P.S.**Teens and Violent Relationships****(B, D, F or W Rate)****Thursday, July 26, 2012 * 6 p.m. – 9 p.m.**

Description: In this class, participants will explore why teens remain in negative relationships that often turn violent or cause death. We will take a look at the reasons some people stay in relationships, even when they know they shouldn't.

Presenter: Karen Cash, LCSW



Rancho Cucamonga

Family Sports Center • 9059 San Bernardino Road, Rancho Cucamonga 91730

Poor Preparation Leads to Poor Performance: Preparing Your Child for School (B Rate)

Friday, July 27, 2012 * 6 p.m. – 9 p.m.

Description: Starting school or going back to school after summer vacations can be difficult for children. Participants learn ways to make smooth school transitions and adjustments. Participants will develop ways to make going to school exciting for children, how to make homework time fun and will learn how to take the fear out of attending parent-teacher conferences.

Presenter: Wanda M. Cooper, M.A.

Medication: Issues and Answers (B, D or F Rate)

Sunday, July 29, 2012

9 a.m. – 4:30 p.m.

Description: Participants will discuss medication regulations based on Title XXII. Confused about all of the rules and procedures for licensing and county in regards to children on medication? Learn what the actual rules are and how to comply with them.

Presenter: Richard Haghani, M.A.

Developing Coping Skills: Children In Crisis (B or D Rate)

Wednesday, August 1, 2012

6 p.m. – 9 p.m.

Description: This class discusses how to decrease feelings of frustration, anxiety and depression. Participants explore techniques to help deal with children while they are in their crisis mode.

Presenter: Richard Haghani, M.A.

~
If you want to be loved, love!
~

More 1, 2, 3 Magic! Social Skills and Independence (B, D or F Rate)

Thursday, August 2, 2012

6 p.m. – 9 p.m.

Description: This class teaches specific techniques to encourage more compliant behavior. Learn what to do after 1, 2, 3 Magic! Part 1.

Presenter: Karen Cash, LCSW

Character Before Color: Sensitivity and Diversity Awareness (B, D or F Rate)

Saturday, August 4, 2012

8:30 a.m. – 5 p.m.

Description: This presentation was created to enlighten appreciation and understanding of ethnic groups that share the global universe. This workshop will enhance the importance of human worth, dignity and character development while simultaneously combating ignorance and divisiveness. The "Character Before Color" workshop was designed to investigate and affect change in the understanding of prejudice, racism, stereotypes, discrimination, and conflict management skills. Through dialogue and interactive experiences, mutual respect and appreciation will develop, resulting in understanding, tolerance and acceptance of a global, multiethnic community. Participants will be able to recognize commonalities in the global universe, as well as support understanding and acceptance of human diversity, thus learning to value diversity as a strength instead of fearing it as an opponent.

Presenter: Patrice Brown, M.Ed., P.P.S.

Working As A Team (B, D or F Rate)

Monday, August 6, 2012 * 6 p.m. – 9 p.m.

Description: It is important to work well with professionals in order to provide the best possible placement for the children. This class provides information on how to get the team working together.

Presenter: Richard Haghani, M.A.

**Rancho Cucamonga****Family Sports Center • 9059 San Bernardino Road, Rancho Cucamonga 91730****Recognizing the Signs and Symptoms of Fetal Alcohol Syndrome (B or F Rate)****Thursday, August 9, 2012 * 6 p.m. – 9 p.m.**

Description: In this class we will define and discuss the cause, effect, intervention and treatment available for this devastating diagnosis. We will look at the causes and outcomes of a disease that is 100 percent preventable.

Presenter: Karen Cash, LCSW

"There's a Volcano in My Tummy" Anger Management (B or D Rate)**Friday, August 10, 2012 * 6 p.m. – 9 p.m.**

Description: In this class, caregivers learn creative ways to help children deal with anger issues. Participants discuss and learn creative discipline.

Presenter: Wanda M. Cooper, M.A.

Working With Birth Parents (B, D or F Rate)**Saturday, August 11, 2012****8:30 a.m. – 5 p.m.**

Description: This class explores and discusses issues with the biological family. Participants look at the issues that confront birth parents as a result of their children being in the care of others. Join us to discover how to better work with the birth parents of children in your care.

Presenter: Richard Haghani, M.A.

Dealing with Those Challenging Behaviors (B, D or F Rate)**Wednesday, August 15, 2012****6 p.m. – 9 p.m.**

Description: Participants will discuss and explore behavior problems that are exhibited by children. This class will discuss some of the most common difficult behaviors such as lying, stealing, cursing, and tantrums. We will discuss these behaviors and how to limit them.

Presenter: Richard Haghani, M.A.

Caring for the Medically Fragile Child (F Rate)**Thursday, August 16, 2012****6 p.m. – 9 p.m.**

Description: Upon completion of this class, you will be able to define and understand the medically fragile child.

Presenter: Karen Cash, LCSW

The Generational Impact of Domestic Violence and Child Abuse (B, D or F Rate)**Sunday, August 19, 2012****9 a.m. – 4:30 p.m.**

Description: This class will explore domestic violence issues and their impact on children. Participants will learn to identify abuse through the power and control model. Participants will become aware of abuse patterns children possess through their observation of domestic violence. The class will include interventions participants can use to work with these youth to promote healthy development rather than destructive patterns.

Presenter: Natalie Fagan, M.F.T.

Child Development: The Early Years (B, D, F or W Rate)**Monday, August 20, 2012****6 p.m. – 9 p.m.**

Description: This class is one of a series of classes exploring the process of development from before birth to adulthood. Discussion begins with the impact of a nurturing environment on the developing fetus, newborns and young children to five years of age. Participants will explore the effects of child development when caring for children with emotional or behavioral issues, as well as children who are medically fragile.

Presenter: Richard Haghani, M.A.



Rancho Cucamonga

Family Sports Center • 9059 San Bernardino Road, Rancho Cucamonga 91730

Gang Awareness (B, D, or W Rate)

Thursday, August 23, 2012

6 p.m. – 9 p.m.

Description: This class discusses gang affiliations and how to talk with kids about preventing gang involvement. Caregivers will identify signs and activities that might suggest their children are involved with a gang. Learn how to prevent their child's participation in gangs.

Presenter: Karen Cash, LCSW

Behavior Management: Reducing Risky Behavior (B or D Rate)

Friday, August 24, 2012 * 6 p.m. – 9 p.m.

Description: Children express their feelings in the way they behave. Look at the underlying causes of behaviors and what type of response is best for the child. Participants will better understand the source of children's feelings which can lead to risky behaviors and learn more effective interventions.

Presenter: Wanda M. Cooper, M.A.

The Frustrations Surrounding Learning Disabilities (B, D or F Rate)

Sunday, August 26, 2012

9 a.m. – 4:30 p.m.

Description: This class will discuss common issues related to all children with learning disabilities. Participants will complete the class being able to identify the main types of learning disabilities, articulate the rights and responsibilities of school personnel in meeting a child's educational needs, understand the role of an education surrogate, demonstrate an empathetic understanding of a child's experience, and verbalize the importance of advocating for the child in the school setting.

Presenter: Karen Cash, LCSW

Becoming A Change Agent (B Rate)

Tuesday, August 28, 2012

6 p.m. – 9 p.m.

Description: This seminar will provide mentors with vital information on strategies and innovative methods on how to help kids experience changes in their lives. Practical skills will be offered so that participants can learn what to do and what not to do when your "Dragon Slayers" (in waiting) react. This workshop will also teach participants how to "read" kids' personality types so that you can determine the best approach to take with them. The "Strategies of Change" will be examined and the skills of how to deal with those changes investigated.

Presenter: Patrice Brown, M.Ed., P.P.S.

Discipline Practices: Meeting the Needs of Children in Your Care (B or D Rate)

Wednesday, August 29, 2012

6 p.m. – 9 p.m.

Description: This class will help caregivers understand the behaviors of the children in their care and will discover methods of managing those behaviors and accessing available services. Participants will understand children's behaviors and how those behaviors are related to their needs.

Presenter: Richard Haghani, M.A.

Disciplining Difficult Children (B or D Rate)

Thursday, August 30, 2012

6 p.m. – 9 p.m.

Description: This class will teach different techniques in how to deal with children that exhibit anger outbursts, ODD and other negative and unacceptable behaviors. You will learn specific techniques to use when working with these difficult behaviors.

Presenter: Karen Cash, LCSW

Rancho Cucamonga

Family Sports Center • 9059 San Bernardino Road, Rancho Cucamonga 91730

Framework for Understanding the Culture of Poverty (B, D or F Rate)
Saturday, September 1, 2012
8:30 a.m. – 5 p.m.

Description: Based on the work of Dr. Ruby K. Payne, this workshop explores how individuals who come from or live in poverty think and act differently than those living in the middle and/or upper socio-economic classes. Due to the fact that the world operates on the "hidden rules" of the middle class, those who come from poverty have little or no chance to succeed unless they learn them. Participants explore the definition of poverty and realize how to use the norms from the culture of poverty to help those steeped into that culture.

Presenter: Patrice Brown, M.Ed., P.P.S.

Child Development: The Adolescent Years (B, D or F Rate)
Monday, September 3, 2012
6 p.m. – 9 p.m.

Description: This class is one of a series of classes exploring the process of development from before birth to adulthood. The early years and pre-adolescence will be reviewed briefly, followed by a discussion on the impact of a nurturing environment for children 13-18 years old. Participants will explore the effects of child development when caring for children with emotional or behavioral issues, as well as children who are medically fragile.

Presenter: Richard Haghani, M.A.

Motivating "At-Risk" Youth (B, D or F Rate)
Tuesday, September 4, 2012
6 p.m. – 9 p.m.

Description: Many children in foster and kinship care can appear lazy and unwilling to plan for their futures, although this is not always the case. Learn ways to help motivate the youth in your care and show them ways to stay focused on their goals.

Presenter: Patrice Brown, M.Ed., P.P.S.

Understanding and Identifying Eating Disorders (B, D, F or W Rate)
Thursday, September 6, 2012
6 p.m. – 9 p.m.

Description: Participants in this class will be able to identify and define what constitutes eating disorders. We will discuss the different types of these disorders as well as the importance of influencing children to eat healthy and exercise on a regular basis.

Presenter: Karen Cash, LCSW

"Tear Soup," a Recipe for Healing After Loss (B or D Rate)
Friday, September 7, 2012
6 p.m. – 9 p.m.

Description: Children suffer many losses. In this class participants discuss the children's book, "Tear Soup." Participants learn how different ingredients can help with the grief and loss process and discuss how "Tear Soup" can bring comfort to help fill the void in lives that have been affected by loss and grief.

Presenter: Wanda M. Cooper, M.A.



~
Encourage one another day after day.
 ~



Rancho Cucamonga

Family Sports Center • 9059 San Bernardino Road, Rancho Cucamonga 91730

Depression and Other Mood Disorders (B, D or F Rate)

Sunday, September 9, 2012

9 a.m. – 3:30 p.m.

Description: This class will examine various mood disorders including depression. Participants will leave the class being able to articulate the difference between sadness and clinical depression, list at least three symptoms of depression in children and adolescents, identify two benefits as well as two risks of prescriptions as treatment options, and discuss the role of therapy in treatment.

Presenter: Karen Cash, LCSW

Conflict Resolution (B or D Rate)

Wednesday, September 12, 2012

6 p.m. – 9 p.m.

Description: This class provides caregivers with insight on how to assist the children in their care to solving problems and conflicts in their lives. Discussion will include conflict resolution strategies for children with emotional or behavioral issues.

Presenter: Richard Haghani, M.A.

Child of Rage: Bonding and Attachment Disorders (B, D or F Rate)

Thursday, September 13, 2012

6 p.m. – 9 p.m.

Description: This class takes a look at how a young girl leads her life after experiencing much abuse. We will look at how the abuse has affected her actions and how the lack of bonding and attachment caused her to not have a conscience with regard to her actions.

Presenter: Karen Cash, LCSW



Understanding and Managing Stress (B, D or F Rate)

Saturday, September 15, 2012

8:30 a.m. – 5 p.m.

Description: Participants will learn about the body's physiological responses to stress and how to best manage it. Be prepared to participate in activities and techniques. Please dress comfortably. This class includes projects, relaxation techniques and breathing exercises you can use as well as exercises that can be used with all minors in your care.

Presenter: Natalie Fagan, M.F.T.

The Psychology of Birth Order (B, D or F Rate)

Tuesday, September 18, 2012

6 p.m. – 9 p.m.

Description: When properly understood, birth order is invaluable for understanding yourself and the people in your life. It enables an individual to communicate, to establish rapport and to confront problems effectively. Furthermore, birth order helps explain the rational, emotional and psychological challenges all individuals face. Birth order placement may help you know what to expect of others and how to get the responses you want. Caregivers will explore the personality types commonly associated with birth order and how to best understand others with different personality types.

Presenter: Patrice Brown, M.Ed., P.P.S.

Bullying Behaviors (B, D or F Rate)

Thursday, September 20, 2012

6 p.m. – 9 p.m.

Description: This class examines the causes and effects of bullying. Learn how to prevent your child from being the bully and/or the victim of a bully. Legal and ethical issues so the child in your care does not fall prey to this behavior will be presented.

Presenter: Karen Cash, LCSW

**Rancho Cucamonga****Family Sports Center • 9059 San Bernardino Road, Rancho Cucamonga 91730****Moral Development and Responsible Acts (B, D, F or W Rate)****Saturday, September 22, 2012****8:30 a.m. – 5 p.m.**

Description: Developing a sense of right and wrong comes from caregivers who help instill some moral compass in their lives. Teaching a sense of responsibility in our youth is equally important. Come learn ways to teach this to our youth.

Presenter: Richard Haghani, M.A.

Grief and Loss in Foster Care (B, D or F Rate)**Wednesday, September 26, 2012****6 p.m. – 9 p.m.**

Description: This class will discuss and describe grief and loss, as it can affect both children and caregivers. Symptoms of the disorders that are associated with grief and loss and treatment options for these will be discussed.

Presenter: Richard Haghani, M.A.

The Secret Lives of Teens (B, D, F or W Rate)**Thursday, September 27, 2012****6 p.m. – 9 p.m.**

Description: In this class we view and listen to teens openly discuss and describe how hard and fast the world of teen sex is today. Learn how social networks have caused serious consequences due to the challenges it presents. We will examine how sexual relationships among teens can become as life-threatening as any other adult abusive relationship.

Presenter: Karen Cash, LCSW

"What am I Going to Do with These People?" (B, D or F Rate)**Friday, September 28, 2012****6 p.m.- 9 p.m.**

Description: The relationship between kinship or foster caregivers, biological parents and social workers can be harmonious. Visitations do not have to be battlefields. In this class participants will learn how to develop healthy, happy, harmonious relationships with the child's family and will define and discuss what visitations mean, how to help the child plan and what to expect before and after each visit. Participants will identify skills to develop how interact and build positive relationships with individuals connected with the child.

Presenter: Wanda M. Cooper, M.A.

Dealing with Bi-Polar Disorder (B or D Rate)**Monday, October 1, 2012 * 6 p.m. – 9 p.m.**

Description: Participants will be able to define, describe and discuss the mental health disorder of someone diagnosed with bi-polar. This disorder is one of many mental health disorders that affect our foster youth. We will discuss the things to look for as well as the ways to determine the type of help needed for the appropriate treatment.

Presenter: Richard Haghani, M.A.

What Is Adoption? (B Rate)**Thursday, October 4, 2012 * 6 p.m. – 9 p.m.**

Description: Come learn about the adoption process. At the end of this workshop, participants will be able to define and list permanency plan options, verbalize an understanding of the adoption process, identify common challenges of the adoption process, and articulate the importance of family presentation, completion of paperwork, timelines, etc.

Presenter: Karen Cash, LCSW





Rancho Cucamonga

Family Sports Center • 9059 San Bernardino Road, Rancho Cucamonga 91730

Mastering the Monsters: Bullying, Aggressive Behaviors, and Other Mean, Violent Acts (B or D Rate) **Saturday, October 6, 2012** **8:30 a.m. – 5 p.m.**

Description: As caregivers, we have the responsibility and accountability to teach our youth how to create a safe environment for themselves. This workshop will concentrate on helping youth build respect for the rights of others and develop a sense of responsibility for one's own actions. Participants will examine ways to alert teachers and children to the differences between normal peer teasing and bullying situations, will learn ways to help anyone in the home or school to understand the dynamics and act effectively when children are bullying or being bullied, and will discover how to empower children to teach others how to treat them and solve problems.

Presenter: Patrice Brown, M.Ed., P.P.S.

Positive Decision Making Skills (B or D Rate) **Tuesday, October 9, 2012** **6 p.m. – 9 p.m.**

Description: Because life involves many choices and decisions-and making the best choices consistently is the key to success-it follows that good decision makers are usually successful people. Decision-making skills give guidelines and help to focus goals. In this workshop, participants explore how decision-making skills help and individual resist pressures (peer or self) and new ways of doing things. Examine the decision-making process and how it is connected to universal laws, principles of the harvest, and the goal-setting process.

Presenter: Patrice Brown, M.Ed., P.P.S.

Human Trafficking (B, D or F Rate) **Wednesday, October 10, 2012** **6 p.m. – 9 p.m.**

Description: Participants will engage in a discussion regarding helping caregivers understand and explain to children the dangers of being stolen, and how to take safeguarding measures. This training takes a look at what happens when children are stolen, kidnapped or sold. Learn what steps can be taken to avoid this from happening to you. Note: Some disturbing material will be viewed and discussed.

Presenter: Richard Haghani, M.A.

Can't You Pay Attention? ADHD and Learning Disabilities (B or D Rate) **Thursday, October 11, 2012** **6 p.m. – 9 p.m.**

Description: This class will examine and define learning disabilities and the struggles and frustrations attached to them. Participants will be able to recognize signs and symptoms of ADD and ADHD, and gain a better understanding of how these diagnoses can help identify continued problems.

Presenter: Karen Cash, LCSW

Sexual, Physical and Emotional Abuse Defined (B, D or F Rate) **Sunday, October 14, 2012** **9 a.m. – 4:30 p.m.**

Description: Participants define and identify different methods of abuse. This class provides information on reporting responsibilities and the legal system. Participants learn their rights and responsibilities regarding reporting child abuse and how to complete a "suspected child abuse report" form.

Presenter: Natalie Fagan, M.F.T.

~ Love is a ladder; it allows us to climb out of ourselves. ~

Noah Ben Shea

**Rancho Cucamonga****Family Sports Center • 9059 San Bernardino Road, Rancho Cucamonga 91730****The Impact of Moving on Foster Children (B, D or F Rate)****Monday, October 15, 2012****6 p.m. – 9 p.m.**

Description: Explore the impact children removed from their homes experience and how their lives are interrupted. This class deals with the impact of multiple moves and the importance of providing a permanent, structured home life for children.

Presenter: Richard Haghani, M.A.

Gay, Lesbian, Bi-Sexual and Transgender Foster Youth (B Rate)**Thursday, October 18, 2012****6 p.m. – 9 p.m.**

Description: This course will provide care-givers a chance to examine their pre-conceived ideas of sexuality and sexual orientation. Hear from foster children who identify themselves as gay, lesbian, bi-sexual and transgender. Hear what you can do to affirm the lives of all children living in the foster care system.

Participants will be able to define basic gay, lesbian, bi-sexual and transgender terms, articulate the difference between both sexual identity and gender identity and the difference between sexual orientation and sexual behavior, and describe the main protections of AB 458.

Presenter: Karen Cash, LCSW

Recognition and Management of Anger in Children and Adults (B, D or F Rate)**Saturday, October 20, 2012****8:30 a.m. – 5 p.m.**

Description: This class will help participants recognize when children and adults experience anger and how they manage it. Participants will learn how to recognize early symptoms of anger while they still have the opportunity to think about a reaction. Skills and techniques will be offered. This is an experiential class; please dress comfortably.

Presenter: Richard Haghani, M.A.

Learning Styles Workshop: What Are Your True Colors? (B, D or F Rate)**Tuesday, October 23, 2012****6 p.m. – 9 p.m.**

Description: Are you smart with books, in art, with your body, with people, or "on the street"? Are you a gold, green, blue, or orange learning style? Are you right brained or left brained? What is your strongest multiple intelligence and what is your weakest? Participants will examine how the entire physiology of the human body is involved in the learning process, and will evaluate their own learning styles in order to answer these questions and more.

Presenter: Patrice Brown, M.Ed., P.P.S.

Manipulation in the Parent-Child Relationship (B, D or F Rate)**Wednesday, October 24, 2012****6 p.m. – 9 p.m.**

Description: This class will include a discussion of family dynamics and power/control issues between parents/caregivers and children. This class will help participants to recognize manipulation tactics used by both adults and children. Topics will cover interventions that participants can use for tantrums, outbursts and threats.

Presenter: Richard Haghani, M.A.

The Person in the Mirror (B, D or F Rate)**Friday, October 26, 2012 * 6 p.m. – 9 p.m.**

Description: In this class, participants will take an in-depth look at their personal stories and their transitions into becoming kinship/foster caregivers. Participants will explore, examine, and identify their strengths and needs as kinship and foster caregivers. They will discuss events and experiences that influence their decisions to become caregivers. Class will focus on three key elements of caregiving as foster/kinship parents: "The Exit, The Entrance and The Existence."

Presenter: Wanda M. Cooper, M.A.



Rancho Cucamonga

Family Sports Center • 9059 San Bernardino Road, Rancho Cucamonga 91730

Depression and Suicide: A Growing Epidemic (B, D or F Rate)

Sunday, October 28, 2012

9 a.m. – 4:30 p.m.

Description: Many of our children in the system view their lives as unimportant. Many suffer from depression and see their lives as dismal and without relief. Learn how to face these issues and deal with the child's feelings of hopelessness in appropriate ways.

Presenter: Karen Cash, LCSW

Working With Attachment Disorders (B or D Rate)

Monday, October 29, 2012

6 p. m. – 9 p.m.

Description: This class explains basic concepts in attachment theory and attachment disorders. Participants learn to apply recommended practice parameters for treatment of attachment related disorders. This class also includes a discussion on safety and ethical issues involved in treatment planning and implementation.

Presenter: Richard Haghani, M.A.

San Dimas

McKinley Children's Center • 763 West Cypress Street, San Dimas 91773

NO CHILD CARE WILL BE PROVIDED FOR CLASSES AT THIS SITE

Presenter: Julissa Castillo, M.S.

Bullying in Schools: What Every Parent Must Know (B or D Rate)

Sunday, September 16, 2012

10 a.m. – 4 p.m.

Description: What are the signs and symptoms of bullying? How can you tell if your child is being bullied, or is a bully? Why has bullying behavior and violence in the schools been on the increase? We will take a look at these issues and much more. Participants will be able to identify the symptoms of being bullied, articulate the importance of intervention, and discuss possible implications of the issue if it goes ignored.

Teens and Drug Use (B Rate)

Sunday, October 21, 2012

10 a.m. – 2 p.m.

Description: Many of the children who enter the foster care system come from families with a history of drug use. Are these children at greater risk for drug use? What are the signs of drug use and/or addiction? What are the drugs of choice for teens? When is it time to seek treatment for my teen? Participants will explore these and other questions and will be provided with resources for assistance and drug treatment.

There will be no classes in July or August.

Enjoy this time with the children in your care.



"Nothing in the world is impossible to a willing heart."

Abraham Lincoln





Walnut

Walnut Senior Center • 21215 La Puente Road, Walnut 91789

Presenter: Wanda M. Cooper, M.A.

Learn the Pros and Cons About Child-Rearing Practices; Home and Community Influences (B or D Rate)
Tuesday, July 24, 2012
5:30 p.m. – 8:30 p.m.

Description: This course describes various techniques caregivers need to be aware about their youth. Through group discussion, participants identify and define various interactive techniques to help foster youth recognize their abilities and talents. Participants role play these techniques to help youth recognize how to express their thoughts and feelings in a positive, healthy manner.

"There's a Volcano in My Tummy" Anger Management (B or D Rate)
Tuesday, August 28, 2012
5:30 p.m. – 8:30 p.m.

Description: In this class, caregivers learn creative ways to help children deal with anger issues. Participants discuss and learn creative discipline.

The Court Process and Placement Issues (B, D, F or W Rate)
Tuesday, September 25, 2012
5:30 p.m. – 8:30 p.m.

Description: This seminar discusses the dependency process. An overview is presented of the sequence of hearings in dependency cases in order to help caregivers understand the factual and legal issues at each hearing and ultimately to promote increased and effective caregiver participation in the court process. Child placement issues focus upon the caregiver's responsibility to ensure the best care and safety practices in their homes. Discussion centers around the role of DCFS, which includes: home inspections, criminal convictions, child abuse/neglect reports, waivers and exemptions.

Why Am I Afraid to Tell You Who I Am? Dealing with Cultural Diversity, Sensitivity, and Awareness (B Rate)
Tuesday, October 23, 2012
5:30 p.m. – 8:30 p.m.

Description: Recognizing, accepting, and embracing all cultures is crucial, especially in foster care environments. This class focuses on culture and the important role it plays in the development of all children. Participants will develop creative ways to help children with cultural development.

West Covina

Homes for Hope FFA • 1107 S. Glendora Ave., West Covina 91790

Foster Children and Sexualized Behavior (B or D Rate)
Thursday, September 20, 2012 * 9 a.m. – 12 p.m.

Description: This class will explore how foster children may exhibit sexualized behavior. Through discussion, participants will examine how abused children may display behaviors that can raise questions about their sexual behavior toward others. Participants will be able to recognize these behaviors and will gain knowledge of how to better address this situation.

Presenter: Sandra Browne, M.A.



CPR/First Aid

Description: This standard First Aid and Adult/Child and Infant CPR course will give individuals the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illnesses until advanced medical personnel arrive and take over.

Fee and Registration Information: All CPR/First Aid classes will be free to confirmed foster or kinship caregivers only (e.g. FFA or County documentation). Anyone else wishing to take the class will have to pay a fee. Please call the FKCE Office at (626) 857-4028 for the current fee. Sorry, no checks, **CASH ONLY**, and exact change please. The following groups will have the priority admission to the class: 1) foster or kinship caregivers 2) staff working with foster youth 3) all others.

Presenter: Alex Vracin, American Red Cross Instructor

Saturday, August 25th 2012 * 8:30 a.m. - 3 p.m.

Location: Citrus College, 1000 W. Foothill Blvd., Glendora, CA 91741 (LB 101)

Saturday, September 15th 2012 * 8:30 a.m. – 3 p.m.

Location: Ettie Lee Youth & Family Services, 754 E. Arrow Highway (Suite #F), Covina, CA 91722

Monday, October 15th 2012 * 8:30 a.m. - 3 p.m.

Location: David & Margaret Home, 1350 Third Street, La Verne 91750 (HR Training Room)

American Red Cross Requirements:

- Participate in all skill sessions and scenarios
- Demonstrate competency in all required areas
- Correctly answer 80 percent of the questions in each section of the final written examination

Categories and Card Expiration

- | | |
|------------------------------------|---|
| • CA Child Care Authorization | Expires after two years from training date |
| • Pediatric First Aid for Inhalers | Expires after two years from training date |
| • Health and Safety | Does not expire (to be taken one time only) |
| • Water Safety | Does not expire (to be taken one time only) |

Each class will break for a 30-minute lunch. All participants are encouraged to bring a sack lunch. Changes as of July 1, 2011:

- There is a optional book fee payable to the instructor (check with instructor).
- Books can also be downloaded for free at redcrossla.org.
- You will have the option of either receiving an 8 ½ x 11 certificate or a wallet card. CPR/First Aid wallet cards will no longer be mailed out by the Citrus College FKCE staff.
- Sorry, no checks, **CASH ONLY**, and exact change please.

If replacement card is needed:

- Call the Arcadia Chapter, (626) 447-2193
- Tell them which type of card is needed (CPR or First Aid)
- Tell them the date of the class
- Pay possible fee.





Water Safety Today

Swimming in the pool or at the beach are not the only areas to be concerned about regarding water safety. Many children have been victims of bathtub and Jacuzzi drowning. This class is held annually in the summer and is highly recommended for caregivers who partake in any water activities with the children in their care.

Description: This class is designed for those who do not like the water or know how to swim. Topics to be discussed include: safety around the water, risks of drowning, spinal injuries, water hazards, aquatic recreation, and taking action in emergency situations until professional medical assistance arrives.

Saturday, August 4, 2012 * 9:00 a.m. – 11:00 a.m.

Location:

Citrus College (LB 101)

1000 West Foothill Boulevard, Glendora, CA 91741



California Child Care: Pediatric CPR/First Aid

This class is held annually in the spring and is essential for day care providers, teachers, parents, and anyone caring for, or working with, infants and children.

Description: This class is approved by the American Red Cross and the California State EMS as the Child Care Standard of Training and meets the “CA EMSA” requirements for day care providers. The American Red Cross Child Care Program includes eight hours of training which covers:

Preventable Health and Safety

- Role of the child care provider
- Preventing infectious diseases
- How to maintain a healthy child care environment
- Caring for sick children
- Safe food handling
- Injury prevention
- Recognizing and reporting child abuse

CPR/First Aid

- Adult/child/Infant CPR and pediatric first aid
- First aid skills and practice scenarios
- First aid kit suggestions
- First aid action plan suggestion

Categories and Card Expiration:

- The CPR portion of this training is valid for two years after training date.
- The First Aid portion of this training is valid for two years after training date.





Los Angeles County Care Rates

B-Rate: The B-Rate is referred to as the Basic Foster Care Maintenance.

D-Rate: The D-Rate is for children who exhibit severe and persistent emotional and behavioral problems. You must be a foster parent who has been licensed for at least two years or directed by DCFS to take this training in order to be considered for D-Rate certification. The Department of Mental Health assesses these children for a D-Rate classification. The foster parents must be referred by a DCFS Child Social Worker (CSW) in order to attend the D-Rate Pre-Service Training.

The foster parent must then complete the 16-hour D-Rate Pre-Service Training Program in order to qualify, and to receive the D-Rate incentive for the incurred cost of the child/ren.

F-Rate: Foster parents must have at least two years of experience as a foster parent and must be referred by the DCFS social worker in order to qualify for the training. Each foster parent will be certified by the DCFS Medical Placement Unit to complete the 16-hour F Rate

Pre-Service Hours: D-Rate 16 • F-Rate 16 • W-Rate 16

In Service Hours: D-Rate 18 • F-Rate 12 • W-Rate 4

Pre-Service Training program. Upon completing the training, they will be eligible to receive the F-Rate incentive to cover the extraordinary costs incurred while providing services to the children in their care. DCFS approval must be obtained before new or additional children with special medical conditions can be placed in their foster homes.

W-Rate: A Whole Family Foster Home provides care for a teen parent and her/his non-dependent child, and is specifically recruited and trained to assist the teen parent in developing the skills necessary to provide a safe, stable, and permanent home. During the certification, we will complete the Shared Responsibility Plan (SRP); discuss caring for the developing teen and baby, discuss roles, rights, and responsibilities of teen parents and caregivers; provide information on available tools and resources, and discuss DCFS policies and compensation.

CONDADO DE LOS ANGELES PRECIOS DE CUIDADO

Tarifa B: La tarifa "B" se refiere al cuidado de crianza básico.

Tarifa D: La tarifa "D" es para padres con niños que tienen problemas de comportamiento emocionales severos y persistentes. Los padres deben haber sido certificados como padres de crianza por los menos dos años o haber sido requerido por DCFS a tomar este entrenamiento en orden de ser considerado para la certificación de tarifa D. El Departamento de la Salud Mental (DMH) evalúa a niños para clasificación de tarifa D. Los padres de crianza deben ser referidos por un trabajador/a social del DCFS para poder atender el entrenamiento.

16 horas de entrenamiento del programa de la tarifa D son necesarias para calificar y poder recibir el bono monetario para cubrir los costos que generan los cuidados de los niños.

Tarifa F: La tarifa "F" se refiere a niños que tienen enfermedades frágiles. Estos niños han sido clasificados como severamente enfermos. Los padres deben haber tenido por lo menos dos años de experiencia como padre de crianza y deben ser referidos por un trabajador social del DCFS para poder calificar para este entrenamiento. Cada padre de crianza será certificado por el centro médico de colocación del DCFS para completar el entrenamiento de 16 horas para la

Horas de entrenamiento para certificación:

Tarifa D: 16 Tarifa F: 16 Tarifa W: 16

Horas necesarias (anualmente) para mantener certificación:

Tarifa D: 18 Tarifa F: 12 Tarifa W: 4

tarifa F. Después de haber completado el entrenamiento, serán elegibles de recibir el bono monetario para cubrir los costos generados al proveerles servicios a los niños en su cuidado. Aprobación del DCFS debe ser obtenido antes que niños nuevos o adicionales con condiciones medicas especiales puedan ser colocados en su hogar de crianza.

Tarifa W: Hogares de Crianza Enteros (Whole Family Foster Home) proporcionan cuidado para padres adolescentes y sus infantes no-dependientes de la corte y son especialmente reclutados y entrenados para asistir al padre adolescente a desarrollar las técnicas necesarias para proveer un hogar seguro, estable y permanente. Durante este entrenamiento, completaremos el Plan de Responsabilidades Compartidas (SRP), hablaremos sobre el cuidado del adolescente y el bebe, discutiremos acerca de los derechos y las responsabilidades de los padres adolescentes, y los padres de crianza, y proveeremos información sobre las herramientas y recursos disponibles. También hablaremos acerca de las pólizas del DCFS y compensación monetaria.



D-Rate Pre-Service Training - (16 Hours)

Description: Not to be confused with renewal hours. This class is an overview of the schedule “D” program policy and procedures when working with the Department of Children and Family Services. This program assists the caregiver in working with children who have emotional and behavioral challenges. Renewal hours are required every year to maintain your D-Rate certificate and hours are based on the county in which you reside. (D Rate Only)

Saturdays: July 21 and 28, 2012 * 8:30 a.m. – 5:00 p.m.

Location: Citrus College, 1000 W. Foothill Blvd., Glendora, CA 91741 (Room LB108)

Presenter: Gwen Washington, L.C.S.W.

Fridays: August 10 and 17, 2012 * 9:00 a.m. – 5:30 p.m.

Location: Adoption Guidance and Support Services
969 S. Village Oaks Dr. Ste #203, Covina, CA 91724

Presenter: Karen Dixon, M.S.

Saturdays: September 15 and 22, 2012 * 8:30 a.m. – 5:00 p.m.

Location: Citrus College, 1000 W. Foothill Blvd., Glendora, CA 91741 (Room LB108)

Presenter: Gwen Washington, L.C.S.W.

Saturdays: October 13 and 20, 2012 * 9:00 a.m. – 5:30 p.m.

Location: Rancho Cucamonga Family Sports Center
9059 San Bernardino Road, Rancho Cucamonga, 91730

Presenter: Karen Dixon, M.S.

F-Rate Pre-Service Training - (16 Hours)

Description: Not to be confused with renewal hours. This program is required for Los Angeles County care providers caring for medically-fragile children. You must be a licensed foster parent for two years or a relative care provider. Renewal hours are required every year to maintain your F-Rate certificate and hours are based on the county in which you reside. (F Rate Only)

Mondays and Wednesdays: July 16, 18, 23 and 25, 2012 * 9:00 a.m. – 1:00 p.m.

Location: Parent Connection * 2076 Bonita Avenue, La Verne 91750

Presenter: LeeAnn Paddock, Adoptive Parent

Saturday and Sunday: September 8 and 9, 2012 * 8:30 a.m. – 5:00 p.m.

Location: Parent Connection * 2076 Bonita Avenue, La Verne 91750

Presenter: LeeAnn Paddock, Adoptive Parent

Sunday and Saturday: October 7 and 13 * 8:30 a.m. – 5:00 p.m.

Location: Rancho Cucamonga Family Sports Center
9059 San Bernardino Road, Rancho Cucamonga, 91730

Presenter: Karen Cash, L.C.S.W.



Whole Family Foster Homes (WFFH) and Shared Responsibility Plans (SRP)

(Specialized Training for Caregivers Working with Teen Parents / SB500)

"To Enrich Lives through Effective & Caring Service"

Los Angeles County Department of Children and Family Services

Use your parenting skills to support pregnant and parenting teens and their infant children.

What's New?

A Whole Family Foster Home provides care for a teen parent and his/her non-dependent child, and is specifically recruited and trained to assist the teen parent in developing the skills necessary to provide a safe, stable, and permanent home.

Who?

- Foster care providers
- Relative care providers
- Non-relative legal guardians
- Non-relative extended family members

How?

- 16 hours of readiness training
- Annual continuing education

What are the Benefits?

- New higher Infant Supplement rate and New SRP rate for WFFH's
- Assisting teen parents with development of parenting and life skills
- Fostering independence
- Training and support



SB 500 Pre-Service Training

Fridays: July 20 and 27, 2012 * 9:00 a.m. – 5:30 p.m.

Location: Adoption Guidance and Support Services
969 S. Village Oaks Dr., Ste #203, Covina, CA 91724

Presenter: Karen Dixon, M.S.

Fridays: September 21 and 28, 2012 * 9:00 a.m. – 5:30 p.m.

Location: Citrus College, 1000 W. Foothill Blvd., Glendora, CA 91741 (Room LB107)

Presenter: Karen Dixon, M.S.



~
"A baby will make love stronger, days shorter, nights longer, bankroll smaller, home happier, clothes shabbier, the past forgotten, and the future worth living for."

~
Anonymous



Hogares de Familia Entesa (WFFH) y Plan de Responsabilidad Compartido (SRP)

(Utilice su experiencia de padre para apoyar a jóvenes embarazadas y padres adolescentes y sus infantes)

"Para Enriquecer Vidas con Servicio Eficaz y que Cuida"

Departamento de Niños y Servicios Familiares del Condado de Los Angeles

Que hay de Nuevo?

Hogares de Crianza de familia Entera proporcionan cuidado para padres adolescentes y sus infantes no dependientes de la corte. Los Hogares de Crianza Enteros son especialmente reclutados y entrenados para asistir los Padres adolescentes a desarrollar las técnicas necesarias para proveer un hogar seguro, estable y permanente.

Un Plan de Responsabilidad Compartida es un contrato entre el proveedor de hogares de padres de crianza enteros y el padre adolescente con respecto al cuidado y crianza del niño/niña no dependiente de la corte.

Quien Califica para este Programa?

- Proveedores de Cuidado
- Parientes de Cuidado
- Tutores legal – No Relacionados
- Miembros Familiares Extendidos - No Relacionados

Como?

- 16 horas de entrenamiento
- Educación anual continua

Cuales son los Beneficios?

- Nueva tarifa de Suplemento Infantil y nueva tarifa de Planes de Responsabilidades Compartidas para proveedores de hogares de padres de crianza
- La oportunidad de asistir a padres adolescentes desarrollar técnicas para la vida y crianza de sus hijos/hijas.
- Crear independencia
- Entrenamiento y apoyo

Llame por favor nuestra oficina en (626) 857-4028 para más información.



Cancion de cuna de un angel

*Yo nunca estuve vivo
Hasta el dia que fui bendecido contigo
Cuando te tengo tarde en la noche
Ya se para que he sido puesto aquí
Yo apago el mundo y oigo us suspiros
Y cantare mi canción de cuna de angeles*



PS-MAPP (33 Hour Training)

Permanence and Safety – Models Approach to Partnership in Parenting



DCFS Orientation is required to enroll in this training module. This training program is designed for prospective foster parents and adoptive parents considering parenting children placed with the DCFS. It offers insight into working with children's services, birth families, systems involved with the care of the child, and support services. The training is offered in collaboration with the Department of Children & Family Services and an experienced foster parent.

Please call Frances Jones at (626) 852-6423 for more information.

San Bernardino Residences: Contact Child and Family Services for the mandated class known as PRIDE at 1 (800) 722-4477.

Kid's Korner – Recipes That Rock!

Jiggly Banana Splits

Ingredients

- 3 gelatin snack cups (3 ounces each), any flavor
- 1 banana
- 3 tablespoons whipped topping
- Colored sprinkles
- 1 maraschino cherry

Instructions to Make (Makes 1 serving)

1. Unmold snack cups by dipping the bottoms in warm water for a few seconds. Slide gelatin from cups into center of serving dish.
2. Peel banana and cut in half longwise. Place banana slices on each side of gelatin.
3. Top with whipping topping, sprinkles and a cherry.

ENJOY!!!





Healthy News – Growing Healthy Bones!

Young children grow at a rapid rate. A healthy diet and plenty of activity will help them grow to be strong and vigorous. The growth of healthy bones is important to a young child's overall health. Strong bones are the framework for growing muscles; they protect the heart, lungs, brain and other organs from injury and they store vital minerals needed for the body's healthy functioning.

Why is childhood an important time for bone development?

Developing good habits during childhood can lead to a lifetime of healthy bones. Bones are always being renewed and a good supply of nutrients is needed for this process. Patterns of regular exercise established in childhood are also important for bone health.

Can diet improve bone health?

Calcium is a mineral that is stored in bones. The body may use the calcium stored in bones for other activities such as heart, lung and nerve function. A diet that provides calcium is needed for a healthy body and for the development of healthy bones. Vitamin D is also important for growing bones. Most children will get enough vitamin D from sunlight and milk in their diet. Children who do not get regular sunlight exposure or drink milk may need vitamin D fortified foods or supplements. Exclusively breastfed infants should get vitamin D supplements starting in the first 2 months of life.

What foods are good sources of calcium?

In the United States, the most common source of dietary calcium is milk and other dairy products. This includes yogurt, cheese and ice cream. However, a variety of other foods are also good sources of calcium such as leafy greens, collards, turnip greens, bok choy, broccoli, almonds, soybeans, tofu, fish and shellfish. Many juices, cereals and breads are also fortified with calcium and vitamin D.

How does physical activity improve bone health?

Participating in weight bearing activities is the most important way to make bones denser and stronger. These are activities such as running, jumping, climbing and dancing. Swimming and riding bikes or trikes are fun and great exercise, but won't lead to stronger bones. All exercise, however, will improve coordination, balance and muscle strength, making falls less likely and preventing breaks. Wearing helmets when biking or scootering can also protect growing bones from injury.

Encourage habits for bone health by being a good role model.

- Be physically active every day
- Maintain a healthy body weight throughout your life
- Show children that you eat a healthy diet that is rich in a variety of food





Health & Safety

“Shaken Baby Syndrome”

“NEVER shake a baby.....EVER!”



“I didn’t mean to hurt him and I only shook him for a few seconds to make him stop crying!” Infants and young children up to age five are susceptible to head trauma because their neck muscles are weak and cannot always support the size of their heads. Sudden shaking motion causes the baby’s fragile brain to slam against the skull wall, causing severe damage or death. Shaking a baby is extremely dangerous. In fact, almost 25 percent of shaken baby syndrome victims die.

Damage to a child’s brain from shaking can affect many different parts of the child’s body and these effects can be devastating! They include:

- Death
- Cerebral Palsy
- Severe motor dysfunction
- Communication Impairment
- Dyslexia
- Attention Deficit Disorder
- Mental retardation and other learning disabilities

There are many things you can do to prevent Shaken Baby Syndrome:

- Be patient ~ your stress adds to the baby’s stress!
- Set the baby down in a safe and secure place, take deep breaths and count to 10.
- Hold the baby and breathe slowly ~ the baby may respond to your calmness and quiet down.
- Hold the baby against your chest and gently massage the baby’s back.
- Gently rock or dance with the baby.
- With a soothing tone of voice, sing or talk to the baby.
- If someone else is home who can care for the baby, go to another room or area of the house.
- Ask someone else to watch the baby for you; a parent, neighbor, or friend ~ then get away, get some rest, or do something for yourself that relaxes you.
- Try to give the baby a pacifier.
- Record sounds on a CD (a vacuum cleaner, hair dryer, or one of the baby’s favorite sounds).
- Lower any surrounding noise or lights.
- Offer the baby a toy that makes sounds or rattles.
- Take the baby out of the house for a ride in the car or for a walk in a stroller.
- If you find you cannot calmly care for the baby, or have trouble controlling your anger, please talk to a professional or someone who can help you prevent making a devastating act of Shaken Baby Syndrome.
- Remember: No matter how angry or impatient you feel, **Never shake a baby, Ever!**

First, attempt to meet the baby’s basic needs:

- Feed, burp and change the baby.
- Make sure the baby’s clothing or diaper is not too tight.
- Make sure the baby is not too hot or cold.

Helpful Resources:

There are many organizations available to help you. If you are unable to afford child care, suggest child care in exchange for your time or favors. For additional resources, help and information, please call Child Help IOF Foresters Hotline at:

1-800-4A-CHILD



Resources

ABUSE HOTLINE

Child Abuse Hotline, 1.800-540-4000

ADOPTION

Adoption/Promotion Support Services, (213) 639-4023

This service provides individual, group and/or family therapy, mentors and support groups. We strive to assist families, both children and adults, in making lifetime commitments to each other. Clients receive help with adoption, parenting an adoptive child, behavioral problems, and the adoption process for those hesitant about adoption, support services before, during, and after adoptive placement, and support for adopting sibling groups. Referrals are made by your social worker.

Adoptions finalized over six months should contact the Post Adoption Services Unit at 800-735-4984. Services are limited to L.A. County, and the child must be under 18 years of age. Medi-Cal card is required for therapy services.

ADVOCACY GROUPS

TASK

Team of Special Advocates for Special Kids

100 W. Cerritos Avenue, Anaheim, (714) 533-8275

Agency staffed by parents of special needs children who are trained to assist parents of children who are disabled or "at risk" by providing workshops on advocacy training, due process rights, Individual Education Plan (IEP), transition, etc. Questions may be answered by phone regarding special education laws.

Youth Family Support Center

170 W. San Jose, Suite 301, Claremont, CA 91711, (909) 399-1718

Community and school based support services available for youth and families residing in Claremont or attending Claremont Unified School District schools.

COLLEGE INFORMATION FOR FOSTER YOUTH

Financial Aid/Foster Youth Liaisons, These individuals assist foster youth with FASFA.

- **Cerritos Community College, Cerritos**

Yvette Tafoya, vtafoya@cerritos.edu, (562) 860-2451 x2390

Silvia Vera, svera@cerritos.edu, (562) 860-2451 x3225

- **Chaffey Community College, Rancho Cucamonga**

Patricia Bopko, patricia.bopko@chaffey.edu, (909) 941-2399

- **Citrus College, Glendora**

Lilia Medina, lmedina@citruscollege.edu, (626) 914-8591

- **East Los Angeles College, Monterey Park**

Lindy Fong, fonglw@elac.edu, (323) 780-6738

- **Mount San Antonio College, Walnut, CA**

Wendy Campos-Lozano, wcampos@mt.sac.edu, (909) 594-5611 x5356

- **Pasadena City College, Pasadena**

Kim Miles, kxmiles@pasadena.edu, (626) 585-7400

Theresa Reed, txreed@pasadena.edu, (626) 585-3037

- **Rio Hondo College, Whittier**

Sandy Sierra, ssierra@riohondo.edu, (562) 463-3371

- **Riverside Community College, Riverside**

Nelya Castro, Nelya.Castro@rcc.edu, (951) 222-8715

Carmen Smith, Carmen.Smith@rcc.edu, (951) 222-8023

Eugenia Vincent, Eugenia.Vincent@rcc.edu, (951) 222-8719

- **San Bernardino Valley College, San Bernardino**

Zelma Russ, zruess@valleycollege.edu, (909) 384-8670



COUNTY/STATE OFFICES

CFS/San Bernardino County

1 (800) 722-4477

DCFS Foster Care & Adoption Recruitment Line/Los Angeles County

1 (888) 811-1121

Department of Mental Health

(213) 738-2906

505 South Virgil Avenue, Los Angeles CA 90020

Services for children and adults with a mental health diagnosis, or for assessment and medical follow-up.

Foster Care Ombudsman

744 "P" Street, MS9-025, Sacramento, CA 95814

1-877-846-1602 (Toll Free)

www.fosteryouthhelp.ca.gov

The Foster Care Ombudsman is here to help youth with problems or questions.

CRISIS CENTERS

Bienstar Services

Pomona, (909) 397-7660

180 E. Mission Boulevard, Pomona, CA 91766

El Monte Center, (626) 444-9453

3131 Santa Anita Avenue, #109, El Monte, CA 91733

Bienstar serves the Latino/Latina gay, bisexual, transgender, and straight community. It offers education, prevention, and support for outreach. HIV counseling, mentorship for probation youth, mental health counseling, social and cultural events are also offered.

California Youth Crisis Line, 1-800-843-5200

A project of the California Child, Youth and Family Coalition. Crisis counseling is available 24 hours with information and referrals for youth and families.

Project Sister Family Services

P.O. Box 1369 * Pomona, CA 91769

(909) 626-HELP (4357) or (626) 966-4155 (Both are confidential 24-hour hotlines)

www.projectsister.org

PSFS is the local rape crisis center providing counseling and a wide variety of prevention education classes, support groups, resources, information, and referrals. Volunteer opportunities are also available.

Suicide Hotline

(310) 391-1253



DOMESTIC VIOLENCE (Dating, Family, etc.)

Domestic Violence Services Since 1978, Helpline: 626-967-0658

YWCA-San Gabriel Valley, WINGS Domestic Violence Services

P.O. Box 1464, West Covina CA 91793

Office: (626) 338-3123, Fax: (626) 814-0447, Web Address: www.ywcawings.org

DRUGS AND ALCOHOL

The Alcoholism Center for Women (ACW), (213)381-8500

1147 South Alvarado Street, Los Angeles, CA 90006

www.alcoholicscenterforwomen.org



Established in 1975, this agency is a six to nine month multi-faceted, non-profit organization providing residential out-patient and prevention services for over 100 girls and women a month. Referrals come through court-mandated, inpatient treatment orders, and are for homeless and addicted women, as well as well-to-do women who are unable to manage their addiction.

Out-participant services include:

- Two or three groups a day, four days per week
 - Individual counseling and case management sessions
 - Bilingual/bicultural Spanish speaking staff
 - Court mandated clients receive certified parenting groups to enhance women's nurturing skills Prevention Program
 - L'BOC (Love Being a Woman of Consciousness) – Drug free alternative social activities
 - Interactive, preventative, educational workshops to women 18 and over
 - New Choices – A 10-week, four-day-a-week, alcohol/drug prevention program for women ages 12-19.
 - RADAR (Reducing Alcohol Distribution to Adolescents by Retailers)
- Please call us or visit our web site for more information.

EDUCATION/CAREGIVER (FOSTER & KINSHIP)

Foster and Kinship Care Education Community College Resources

- **Barstow** **Barstow Community College, Andrea Albergottie, FKCE Instructional Specialist**
aalbergottie@barstow.edu t: (760) 252-2411 x7276, f: (760) 252-6798
- **Compton** **Compton Educational Center (El Camino Center),**
Pamela Hembrik-Godfrey, Coordinator
pgodfrey@elcamino.edu t: (310) 537-3808, f: (310) 900-1691
- **Cerritos** **Cerritos College, Lori Switanowski, FKCE Instructional Specialist**
lswitanowski@cerritos.edu t: (562) 860-2451 x2578
- **Culver City** **West Los Angeles College, Maria Manciam, FKCE Specialist**
manciam@wlaac.edu t: (310) 287-4317, f: (310) 287-4249
- **Long Beach** **Long Beach City College, Claudia Garcia, FKCE Instructional Specialist**
cgarcia@lbcc.edu t: (562) 938-3114, f: (562) 938-3120
- **Los Angeles** **Los Angeles City College, Juan Alvarez, FKCE Instructional Specialist**
alvarezj@lacitycollege.edu t: (323) 953-4000 x2335, f: (323) 953-4013
Los Angeles Southwest College, Joni Barmore-Collins, FKCE Instructional Specialist
collinjb@lasc.edu t: (323) 241-5216, f: (323) 241-5305
Los Angeles Trade-Tech, Dione Washington, FKCE Instructional Specialist
washindk@lattc.edu t: (213) 763-3667, f: (213) 763-5393
- **Monterey Park** **East Los Angeles College, Belen Gabriel, FKCE Instructional Specialist**
belengabriel@yahoo.com t: (323) 265-8963, f: (323) 415-5318
- **Pasadena** **Pasadena City College, Theresa Reed, FKCE Instructional Specialist**
txreed@pasadena.edu t: (626) 585-3037, f: (626) 585-3060
- **Riverside** **Riverside Community College, Penny Davis, FKCE Instructional Specialist**
penny.davis@rcc.edu t: (951) 222-8937, f: (951) 222-8769
- **San Bernardino** **San Bernardino Valley College, Carolyn Lindsey, CalWORKS Counselor**
clindse@valleycollege.edu t: (909) 384-8282, f: (909) 885-4758
- **Sylmar** **Los Angeles Mission College, Maria Granados, FKCE Instructional Specialist**
granadmi@lamission.edu t: (818) 364-7600 x7135, f: (818) 364-7807
- **Torrance** **El Camino College, Alexis Estwick, FKCE Instructional Specialist**
estwickassociates@sbcglobal.net t: (323) 225-3306, f: (323) 225-3303
- **Whittier** **Rio Hondo College, Marisela Saenz, FKCE Instructional Specialist**
msaenz@riohondo.edu t: (562) 908-3435
- **Wilmington** **Los Angeles Harbor College, Juanita Naranjo, FKCE Instructional Specialist**
naranjj@lahc.edu t: (310) 233-4446, f: (310) 233-4215
- **Woodland Hills** **Los Angeles Pierce College, Cindy Chang, FKCE Instructional Specialist**
changck@piercecollege.edu t: (818) 710-2941, f: (818) 703-1525



EMOTIONAL BEHAVIORAL PROBLEMS, LEARNING DISABILITIES and MENTAL HEALTH (e.g. Counseling, County Assistance, etc)

Catholic Big Brothers / Big Sisters, (800) 463-4066, (213) 251-9855

www.catholicbigbrothers.org, Email: info@catholicbigbrother.org

A non-denominational mentoring program, founded in 1925, for children ages 6 to 14, this program offers quality one-on-one time with children who have been separated from their parents for one reason or another. Children who suffer from low income, being branded, traumatized and/or neglected, are given the opportunity to spend a minimum of one hour per week with a mentor doing activities such as playing sports, getting help with homework, or just talking or having fun. This program offers community-based and site-based programs. Volunteers are needed on a continuous basis.

Mission Statement: "To transform lives through rewarding and enriching relationships between trained mentors and youth of all faiths and backgrounds throughout our community." **Vision Statement:** "To be the most innovative provider of mentoring related services to the largest number of youth, thereby enriching lives and preserving futures."

Children's Bureau, (626) 337-8811

14600 Ramona Boulevard, Baldwin Park, CA 91706

Located in front of the Metrolink on the corner of Ramona and Bogart, this agency provides mental health services to children and their families in both English and Spanish. Medi-Cal accepted from families with histories of child abuse and neglect.

Children Having Attention Deficit Disorder (C.H.A.D.D.), (626) 334-8991

C.H.A.D.D. provides information, support, and resources for families with the challenge of raising a child with Attention Deficit Disorder. Monthly support group meetings are available at several locations.

County of San Bernardino, Department of Mental Health, Phone (800) 451-5633

850 E. Foothill Blvd., Rialto, CA 92376

Mental Health Services Act/Age Wise Clinic, Peer Counseling for Seniors

Department of Behavioral Health

Community Crisis Response Team

Teams are available 24 hours a day, 365 days per year, and serve West Valley, 909.458-9628. They provide assistance to those who are experiencing a mental health-related emergency, including:

- Mental health assessment
- Relapse prevention
- Intense follow up services
- On-site crisis intervention

Family Resource Center (Parent Connection)

(909) 214-2097

2076 Bonita Avenue, La Verne, CA 91750

Learning Disabilities Association for California (LDACA)

(626) 355-0240

Providing information on advocacy, support, and resources to families with the challenges of raising a learning disabled child.

Masada Homes

8485 Tamarind Avenue, Fontana, CA 92335, (909) 428-2366

Providing services for foster youth in L.A. County including mental health, in-home therapy, psychiatric and psychological services, wrap around services, substance abuse groups, and counseling. (Se habla español). Medi-Cal accepted.



**Parent's Place Family Resource Center**

1500 S. Hyacinth Avenue (Suite B) - West Covina CA 91791

Warm Line: (800) 422-2022 **Office:** (626) 919-1091 **Fax:** (626) 919-2784

Email: empower@parentsplacefrc.com

A resource center for families who have children with developmental delays, developmental disabilities, and learning disabilities. The center provides parent-to-parent support, resources, and information.

San Gabriel Children's Center

(626) 859-2089,

<http://www.sangabrielchild.com>

A multi-faceted mental health and residential agency that the Los Angeles Department of Children and Family Services awarded a wraparound contract in April 2006. Wraparound is a family-centered innovative intervention that works to ensure child safety and achieve permanence for children and families. It features a model that is community based, an intervention that focuses on child and family strengths and is intensive, comprehensive, and culturally appropriate. Our team consists of a facilitator, a child and family specialist, a parent partner, and therapist.

San Gabriel/Pomona Regional Center

(909) 620-7722, www.sgprc.org

San Gabriel/Pomona Regional Center provides or coordinates services and supports for individuals with developmental disabilities. They provide diagnosis and assessment of eligibility and help plan, access, coordinate and monitor the services and supports that are needed because of a developmental disability. There is no charge for the diagnosis and eligibility assessment.

The Girl Blue Project

(213) 387-2053, info@thegirlblueproject.org

This project was founded in June 2003 as a proactive move to re-educate, motivate, and empower teen girls, 14 to 18 years old, in Los Angeles County. This innovative, free and intensive program was designed to focus on the social and emotional problems of teen girls and how these issues affect their ability to learn and lead productive, fulfilling lives. We are committed to awakening the truest potential in young women by empowering them to embrace who they are and giving them the tools to create whom they choose to be.

FOSTER FAMILY AGENCIES**Ettie Lee Youth And Family Services**

754 E. Arrow Highway, Suite #F, Covina, CA 91722, (626) 967-5082

Hours of Operation: Monday through Friday, 8:30 a.m. – 5:30 p.m.

Established in 1950, Ettie Lee Youth and Family Services is a nonprofit, child welfare agency that serves abused, neglected, abandoned, and emotionally disturbed youth and their families from Los Angeles, Orange, Riverside and San Bernardino counties. Its focus is to assist troubled youth who are in need of guidance and support to develop values and skills that will facilitate their success in life. Ettie Lee also provides valuable resource information for Foster Family Caregivers and Adoption Homes, as well as mental health services.

Homes of Hope Foster Family Agency

1107 S. Glendora Ave., West Covina, CA 91790, Phone: 1-888-944-4673

Hours of Operation: 8:30 a.m.-5 p.m.

The Homes of Hope Foster Family Agency, a private non-profit home-finding agency, is licensed by the State of California Department of Social Services and has provided adoption and tutoring services to our foster children in Los Angeles County since 1994. This agency continues to expand to better meet the growing needs of Los Angeles County's Department of Children and Family Services for caregivers and the children in their care.



The David and Margaret Home

1350 Third Street, La Verne, CA 91711, (909) 593-0089

Since 1910, the David and Margaret Home has been a refuge for children in need. As social changes present new challenges, we refine our programs and services in order to meet our commitment to our clients and families. The Foster Family Agency offers foster families comprehensive training and continuing support from agency staff. The program strives to create foster matches that fulfill each child's needs and build on each family's strengths. When appropriate, every effort is made to maintain contact with the birth family. The goal of the Foster Family Agency is to provide both foster children and families with long-term, safe, nurturing relationships. If you are interested in becoming a foster family, please call (909) 593-0089.

The David and Margaret Bargain Boutique: Store Hours: Tuesday - Saturday 9 a.m. - 5:30 p.m.

The Bargain Boutique is a shopping experience offering low prices benefiting the residents of The David and Margaret Home in La Verne. It is also open to the public.

HEALTH RESOURCES

East Valley Community Health Center, Inc., www.evchc.org

West Covina Office: (626) 919-5724 (Ext. 2110 or 2113, 420 S. Glendora Avenue,

West Covina, CA 91790

Pomona Office: (909) 620-8088 (Ext. 3100), 680 Fairplex Drive, Pomona, CA 91768

Services include:

A health care home for all of your needs with experienced and dedicated doctors, dentists, nurse practitioners, assistants, technicians, and mental health professionals.

Family Medicine: Pediatric care, diabetes, hypertension, and physicals for work, school and sports, immunizations, health and nutrition programs.

Women's Health Care: Family planning, education and birth control, pregnancy tests, GYN exams, pap smears, prenatal care, case management, and mammograms for women over 40 years of age.

STD Screening: Diagnosis and treatment of sexually transmitted diseases (STD), HIV testing, referrals and counseling.

Teen Clinic: Available for both young men and women.

Dental Services: General services are provided at the West Covina location.

Mental Health Services: Individual, family and group counseling.

Languages: Se habla espanol and interpreters for most languages can be arranged at no additional cost.

Appointments: Morning, afternoon, evening, and Saturday appointments available for most services.

Insurance: We accept Medi-Cal, Medicare, Healthy Families, Healthy Kids and other health insurance coverage. Assistants are available to help you apply for some of these plans.

Affordability: We offer sliding fee discounts and free or low-cost services to those who qualify. Laboratory, medications, and x-rays are included with medical services.

INCARCERATION

Families of the Incarcerated, (213) 438-4820, Ext. 24

2049 S. Santa Fe Ave., Los Angeles, CA 90021

Contact: Amalia Molina, EMAIL: AAMolina@la-archdiocese.org,

WEBSITE: www.familiesoftheincarcerated.com

Families of the Incarcerated works to support families of inmates by giving them support and resources that might not otherwise be available.

Get On The Bus, www.getonthebus.us

Uniting children with their mothers and fathers in prison.



INDEPENDENT LIVING RESOURCES

Cameron Hill After Care Services, (909) 890-4301

Please contact Nikki Thurston for more information.

1894 Commerce Center, West San Bernardino, CA 92408

This agency provides ILP (Independent Living Program) transitional services for foster youth.

Independent Living Program: <http://www.ilponline.org/>

Services Center for Independent Living, (800) 491-6722 or (909) 621-6722, TDD: (909) 445-0726

Fax: (909) 455-0727

109 Spring Street, Claremont, CA 91711, www.scil-ilc.org

SCIL's mission is to advocate for inclusion and access a barrier-free society. Our programs and services include advocacy, assistive technology, independent living skills training, peer counseling, systems change, and a youth program. If you have a disability and want assistance to be as independent as possible, please call your local Independent Living Coordinator (ILC).

KINSHIP

Grandparents as Parents (GAP), Se Habla Espanol., Website: www.grandparentsasparents.org.

(818) 264-0880

Warmline: (562) 421-7991 or (310) 839-2548 or (818) 789-1177

This non-profit organization serves grandparents and/or other relative caregivers faced with parenting all over again. Groups are very casual, small, non-threatening, and non-judgmental. We offer complete anonymity and a safe place to come, talk, cry, or listen. If you are dealing with guilt, isolation, domestic or child abuse, financial challenges, the law, school enrollment, special education, adoption, emotional ups and downs, or need resources, please give us a call. There is no cost to the participant. Various locations and resource partners are available to serve your needs.

Kinship Care Providers Educational Support Group: (626) 358-1185, Sal Mendez or Diane Ward

Meeting Date: The third Thursday of the month

Time: 10 a.m.-12 p.m.

Site Locator: (866) 581-5287

Phone (Main Line): (213) 416-1200

www.laup.net

Cost: FREE

Los Angeles Universal Pre-School (LAUP)

Los Angeles: 750 N. Alameda Street (Suite #200), Los Angeles, CA 90012

Monrovia: Santa Anita Family Service, 605 S. Myrtle Ave., Monrovia, Ca 91016

The Los Angeles Universal Preschool (LAUP) was created in 2004 with funding from First 5 LA. LAUP's goal is to make voluntary, high-quality, preschool available to every four year old in LA County, regardless of family income. LAUP funds half-day preschool through a network of sites throughout LA County.

Through the LAUP Foster/Relative Care Initiative, LAUP offers free enrollment to children in foster or relative care. It also offers training to increase the capacity of preschool providers to serve these children and their caregivers.

MHS Inc. Helping Hands Kinship Support

Kinship Support Services lend a helping hand to relative caregivers and non-relative extended family members, also known as kin caregivers. Kinship Support Services offers these families the help and support they need to stay together as a family. Through kinship placements, families are maintained, traditions upheld, children move less and experience fewer behavioral, educational, and/or health problems.

- Kinship Caregiver Support Groups meet 1st and 3rd Wednesday of every month, 9 a.m. – 11 a.m.

Alder Middle School

7555 Alder Avenue, Fontana, CA 92336

- Kinship Caregiver Support Groups meet every Tuesday, 10 a.m.-12 p.m.

511 N. Laurel Ave, Ontario, CA 91762, Phone: (909) 986-9710

- Kinship Caregiver Support Groups meet every Monday, 10 a.m.-12 p.m.

16519 Victor Street, Suite 203, Victorville, CA 92395, Phone: (760) 843-1177



Santa Anita Family Service

603 S. Myrtle Avenue, Monrovia, CA 91016

Contact Person: Sal Mendez, (626) 358-1185, (626) 303-5043 (FAX)

Hours of Operation: Mondays, Wednesdays & Thursdays 8 a.m.-5 p.m.,
Tuesdays 11 a.m.-5 p.m. & Fridays 8 a.m.-12 p.m.

Since 1951, Santa Anita Family Service has been providing families with effective programs to help them deal with issues related to family life. These programs include a kinship care provider program for older adults (55+) caring for children under the age of 18. Program highlights include case management, individual therapy, respite and home cleaning services. All services are provided at no cost to the client and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.

Westside Kinship Support Services

785 N. Arrowhead Ave, San Bernardino, CA 92401, Phone: 909.889-5757

LEGAL GUIDANCE

Alliance for Children's Rights, (213) 368-6010

3600 Wilshire Boulevard #1904, Los Angeles, CA 90010

A non-profit agency providing legal representation to children on various legal issues including education, custody, out-of-home placement, and delinquency issues.

Pre-Paid Legal Services - Dianna Freeman Rose

22618 Figueroa Street #10, Carson, CA 90745, (310) 533-0673

Legal aid provided to those who need assistance with legal documents, court orders, court hearings, etc. Services provided are conducted on a pre-paid basis.

Protection & Advocacy, Inc., Hotline: (800) 776-5746, Los Angeles Office: (213) 427-8747

Offers help and information regarding the protection of the legal, civil, and service rights of the developmentally disabled and/or mentally ill persons and their families.

POISON CONTROL

Poison Control, 800-544-4404

SHELTER (Shelter & Food)

1736 Family Crisis Center, (310) 379-3620

With a nearly 100 percent success rate, this facility offers a FREE, six-bed, two-week shelter, providing food and shelter (a safe place to stay) in the South Bay for both male and female children, ages 10-17. Our services target children who have problems with their parents, problems with/at school, who are homeless, are runaways, or have been told to leave a home. Operating on a first come/first served basis with 24 hour intake services available, children staying here will receive individual, group/family counseling, individualized treatment plans, life skills training, and 24 hour support. The goal is to help the child work things out at home. If no success is made, the shelter will assist in helping the child find alternative housing.

SUPPORT GROUPS: Foster and Kinship Caregivers

Sunshine Foster/Kinship Support Group

Meets at Best Western Inn Suites the first Monday of every month from 6 p.m. – 9 p.m., (323) 236-6504
Best Western Inn Suites, 3400 Shelby Street, Ontario, CA 91764

The Sunshine Foster/Kinship Support Group provides support, training, and resources for parents and relative caregivers and their children who are involved in the foster care system.





WOMEN, INFANTS and CHILDREN PROGRAMS

California WIC (Women, Infants and Children) Program, 1-888-WIC-WORKS (1-888-942-9675)
www.wickworks.ca.gov

WIC, the Women, Infants, and Children program is a nutrition program that helps pregnant women, mothers with infants, infants and young children eat well, be active and stay healthy. WIC also offers families nutrition and health education, education support for breastfeeding babies and help in finding health care and other community services.

Important Contacts

Los Angeles County Department of Children and Family Services
1(213) 351-5507

San Bernardino Children and Family Services
1(909) 387-2020

Foster Care Adoptions
Los Angeles County – 1(888) 811-1121 Talk Line
San Bernardino County – 1(800) 722-4477

Community Care Licensing
Los Angeles County – 1(310) 665-1940 or
1 (310) 568-1807
San Bernardino County – 1(800) 722-4477

Help Me Grow (Resource Connections)
1(866) 476-9025

Library Cards for Foster Children:
Los Angeles County - www.COLAPUBLIB.org
1(626) 338-6235

San Bernardino County – www.SBPL.org
1(909) 381-8201





Safely Surrender Your Baby



WHERE? AT ANY HOSPITAL OR EMERGENCY ROOM

What is the “Safely Surrendered Baby” Law?

The Safely Surrendered Baby Law allows a parent or person with lawful custody to surrender a baby confidentially, without fear of arrest or prosecution for child abandonment. This law allows for at least a 14 day cooling off period, which begins the day the child is voluntarily surrendered. During this period, the person who surrendered the child can return to the hospital to reclaim the child.

How Does it Work?

A parent who is unable or unwilling to care for an infant can legally and confidentially surrender their baby within three days of birth. Babies may be surrendered to any public or private hospital emergency room in California. A bracelet will be placed on the baby for identification and a matching bracelet will be given to the parent. The bracelet will help identify the child if the parent changes their mind during the cooling off period. A baby can be safely surrendered 24 hours a day, seven days a week.

What Happens to Baby?

Safely surrendered babies are given a medical exam and placed in a foster home or a pre-adoptive home.

What Happens to the Parent?

Parents who safely surrender their baby may leave the hospital emergency room without fear of arrest or prosecution for child abandonment. Their identity will remain confidential and they will have the comfort of knowing their baby will remain in safe hands.

Who Can I Contact for More Information?

If you, or someone you know, wants to surrender a baby, please take the child to any hospital or emergency room. Remember: No shame, No blame, No names...it's the law. If you would like to know more about the Safely Surrendered Baby Law, please visit their web site at <http://www.dss.cahwnet.gov/cdssweb> OR <http://www.babysafe.ca.gov>



Training Hours Tracking Form

San Gabriel Consortium Foster/Kinship Training Scheduled Hours

FKCE



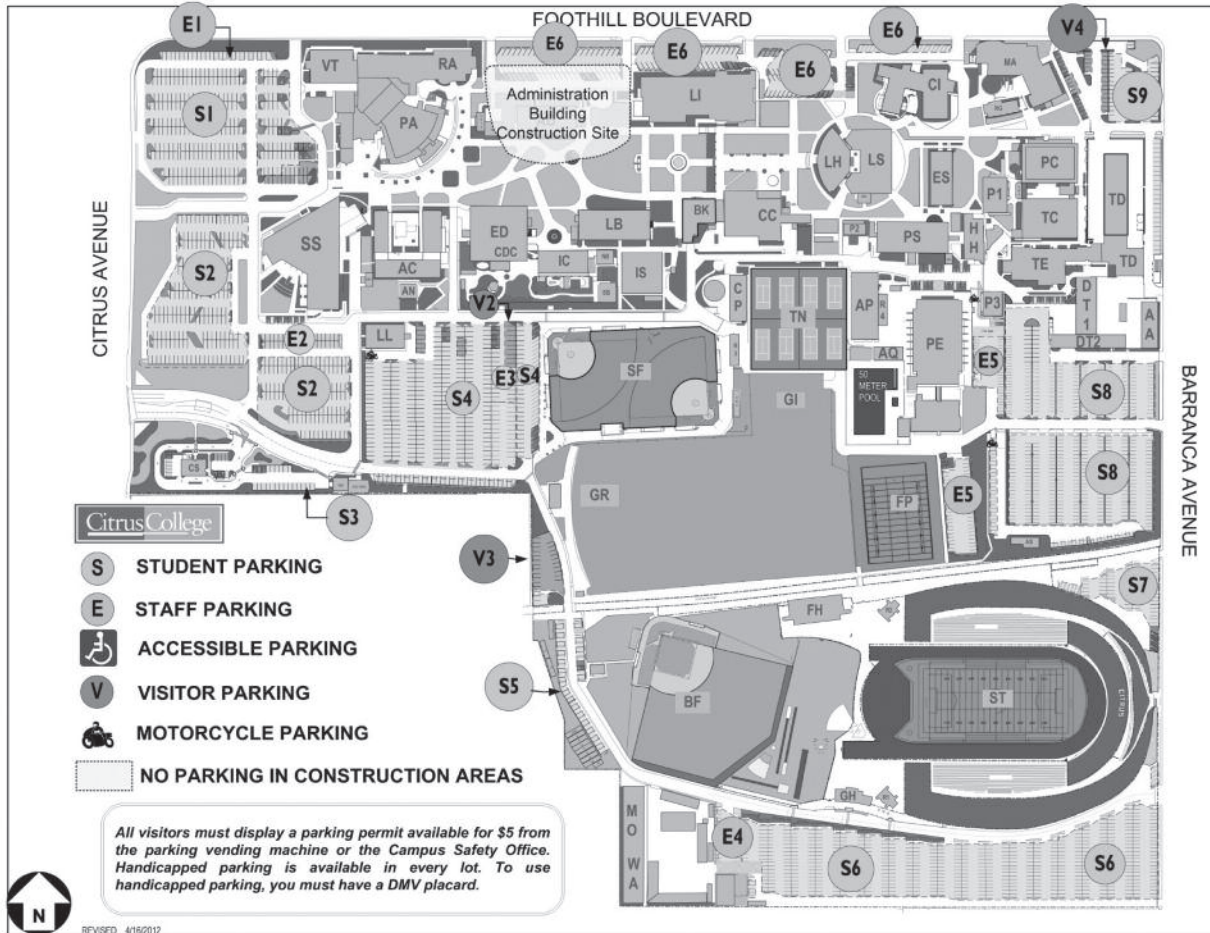
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						<input type="checkbox"/> Yes	<input type="checkbox"/> No

Total Hours _____



Citrus College Campus Directory



Buildings

AA.....Automotive Annex (formerly Tech F)	LHLecture Hall
ACArt Center	LIHayden Library
ADAdministration (Under Construction)	LLLifelong Learning Center
ANAnnex	LSLife Science
AP.....Adaptive Physical Education	MAMathematics/Sciences
AQ.....Aquatics	MO.....Maintenance/Operations
BF.....Baseball field (FLD 2)	NBNorth Bungalow
BK.....Owl Bookshop	P1Portable #1
CCCampus Center	P2Portable #2
CDC.....Child Development Center	P3Portable #3
CICenter for Innovation	PAPerforming Arts Center
CPCentral Plant	PCProfessional Center
CSCampus Safety	PE.....Physical Education
DT 1.....Diesel Technology(formerly Main Gym)
& DT 2 (formerly Tech G)	PS.....Physical Science
ED.....Educational Development Center	RARecording Technology
ES.....Earth Science	RGReprographics (Print shop)
FH.....Field House	SB.....South Bungalow
FP.....Football Practice field (FLD 5)	SF.....Softball field (FLD 3)
GH.....Gate House	SS.....Student Services
GI.....Golf Instruction (FLD 1)	ST.....Stadium (FLD 4)
GR.....Golf Driving Range	TC.....Technology Center
HHHayden Hall	TD.....Technician Development
ICInfant Center	TETechnology Engineering
IS.....Information Systems	TN.....Tennis Courts
LBLiberal Arts/Business	VT.....Video Technology
	WA.....Warehouse / Purchasing

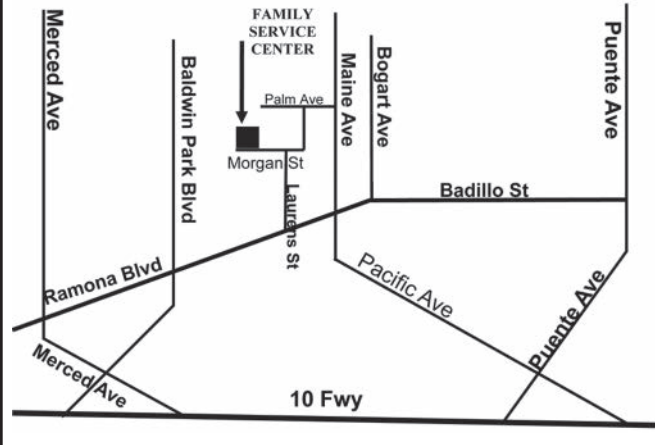
Services

Admissions and RecordsSS	Food ServiceCC
Associated StudentsCC	FoundationCI
AthleticsPE	Health CenterSS
AudiovisualLI	Health SciencesPC
AuditoriumPA	Human ResourcesED
Board RoomCI	InformationSS
Box OfficePA	Instruction OfficeED
Bursar.....ED	International Student CenterSS
Business ServicesED	Learning CenterED
CafeteriaCC	Little TheatrePA
CalWORKsLL	Noncredit Education.....LL
Career/Transfer CenterSS	Noncredit MatriculationLL
CashierSS	NursingPC
Clarion, Student NewspaperTC	Orfalea Family Children's CenterED
College AdvancementCI	OutreachSS
Community EducationLL	President's OfficeSS
Computer CenterIS	Printing, ReprographicsRG
CosmetologyPC	Public InformationCI
Counseling and Advisement CenterSS	ReceivingWA
Dental AssistingPC	Receiving, BookstoreBK
Disabled Students CenterSS	Safety OfficeCS
Distance EducationCI	Student AffairsCC
EstheticianP1	Student Employment ServicesSS
EOP&SSS	Student Services OfficeSS
External RelationsCI	Swimming PoolAQ
Facilities RentalED	Testing CenterED
Faculty / Staff LoungeCC	Transfer CenterSS
Financial AidSS	Veteran's CenterHH
Fitness CenterAP	Vocational Education OfficeTE
FLS Language CentresP2	

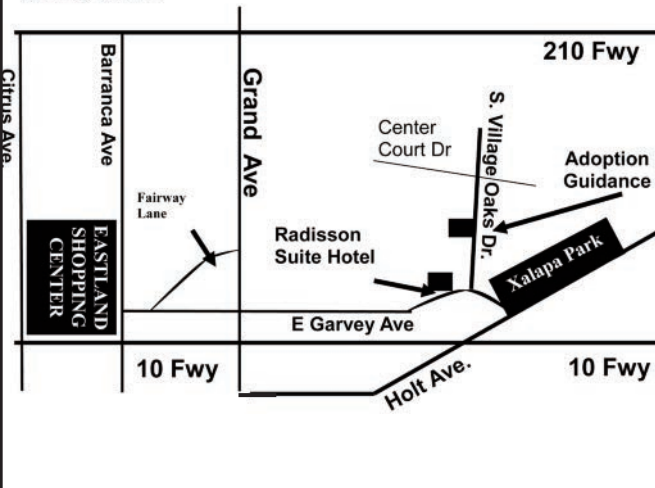


Directional Maps

Family Service Center
14305 Morgan Street
Baldwin Park, 91706



Adoption Guidance Support Services
969 South Village Oaks Drive (Suite #203)
Covina, 91724



Bienvenidos FFA

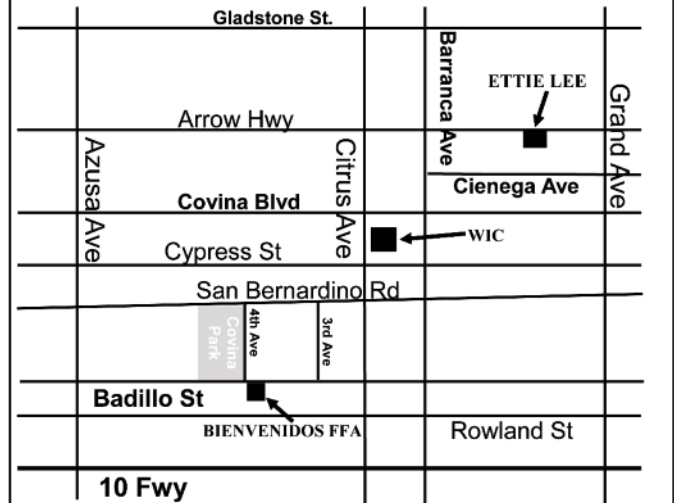
258 West Badillo Street, Covina, 91723

Ettie Lee Youth & Family Services

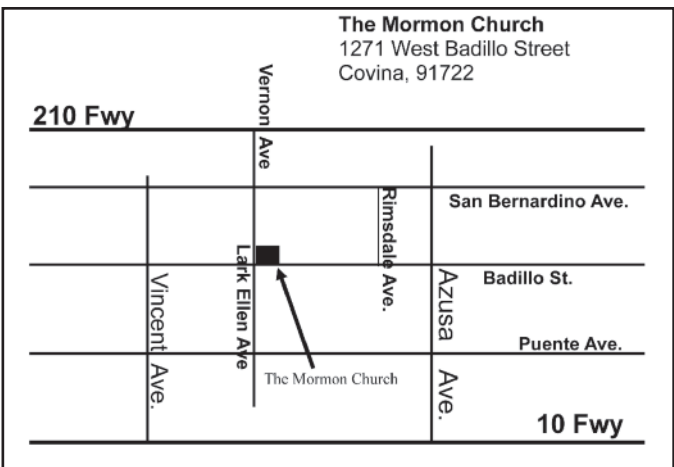
754 East Arrow Highway (Suite #1), Covina, 91722

WIC Office

1012 North Citrus Avenue, Covina, 91722



The Mormon Church
1271 West Badillo Street
Covina, 91722



Maps are not to scale.



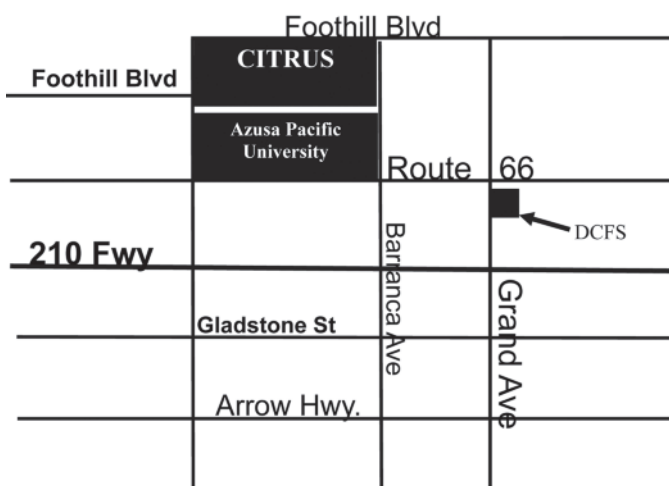
Directional Maps

Citrus College

1000 West Foothill Boulevard
Glendora, 91741

Department of Children and Family Services

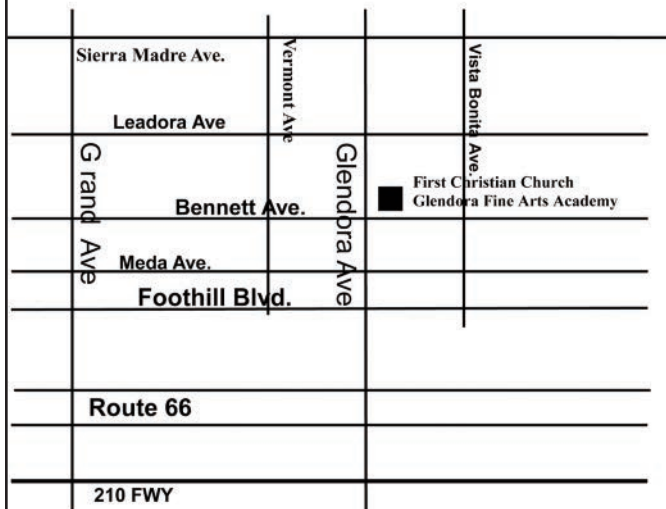
725 South Grand Avenue
Glendora, 91740



First Christian Church Glendora Fine Arts Academy

300 N. Glendora Ave.
Glendora 91740

Directions: Enter building at street level and go upstairs and to the right for the Fine Arts Academy. Parking lot located east of church on Bennett Ave.



David and Margaret Home

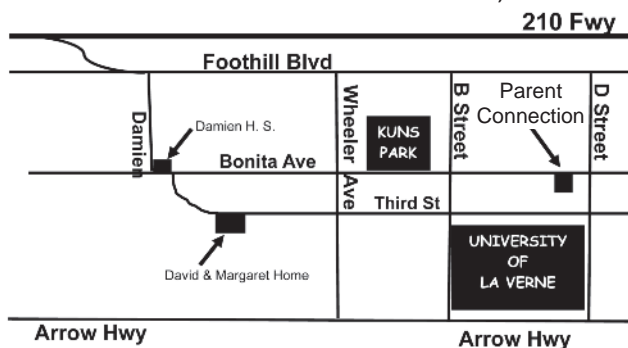
1350 Third Street
La Verne, 91750

(PLEASE NOTE: Class is in the Multi-Story White Building at the end of the long driveway.)

Parent Connection

2076 Bonita Avenue
La Verne, 91750

(PLEASE NOTE: Park across street in Bookstore parking lot. Enter Parent Connection through LaVerne Construction in the front.)

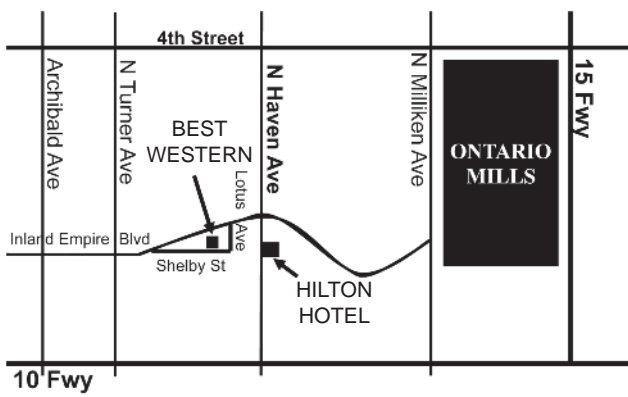


Hilton Hotel

(Inland Valley Foster Parent Assoc)
700 North Haven Avenue
Ontario, 91764

Best Western Inn Suites

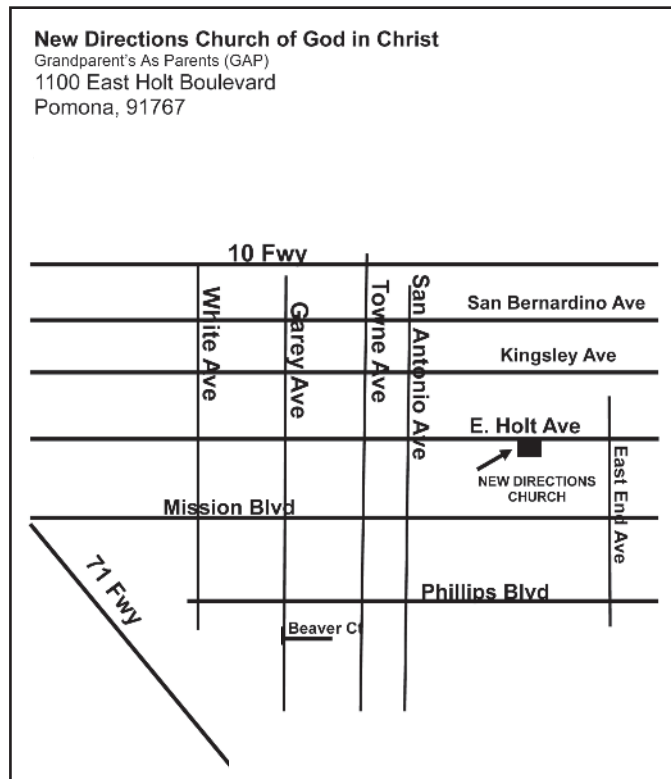
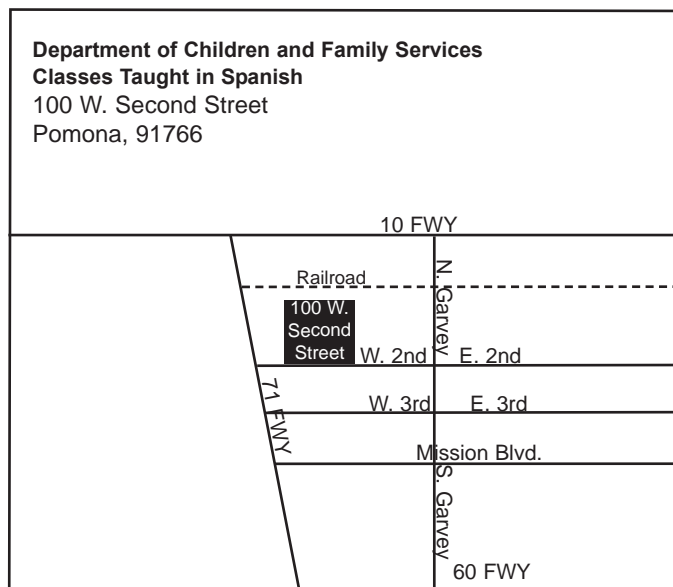
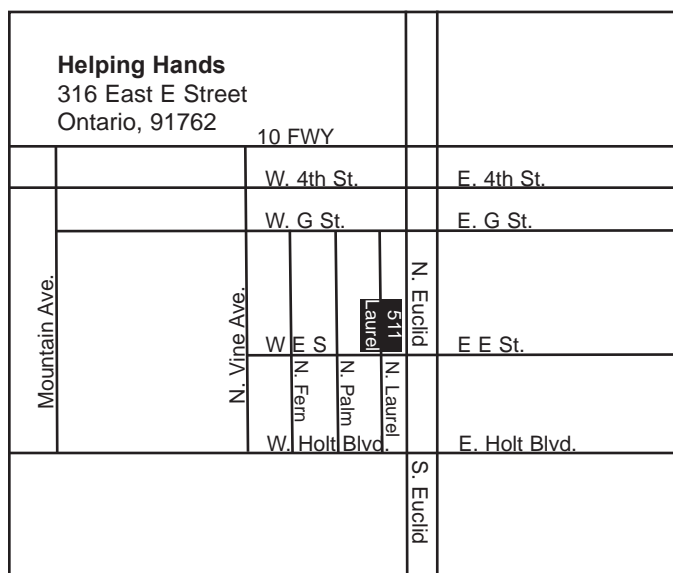
(Sunshine Foster/Kinship Support Group)
3400 Shelby Street
Ontario, 91764



Maps are not to scale.



Directional Maps



Maps are not to scale.

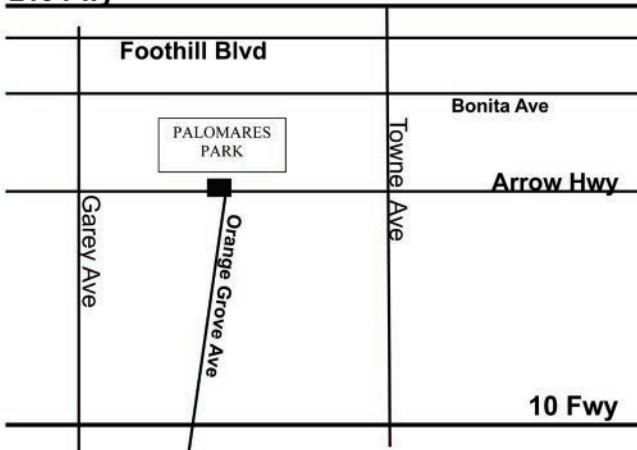


Directional Maps

Palomares Senior Center

499 East Arrow Highway
Pomona, 91767

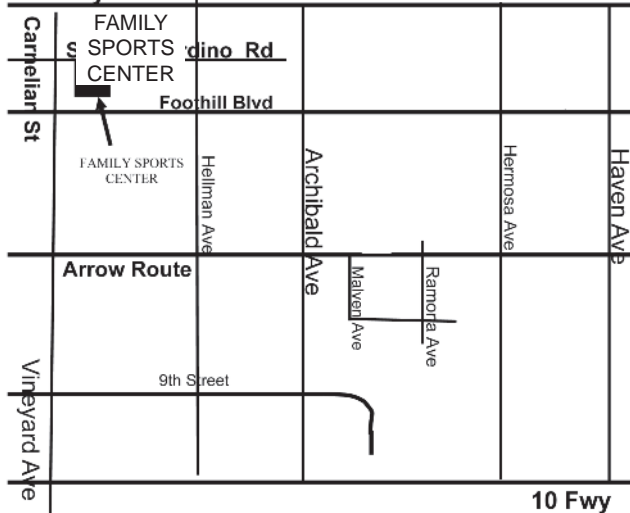
210 Fwy



Family Sports Center

9059 San Bernardino Road
Rancho Cucamonga, 91730

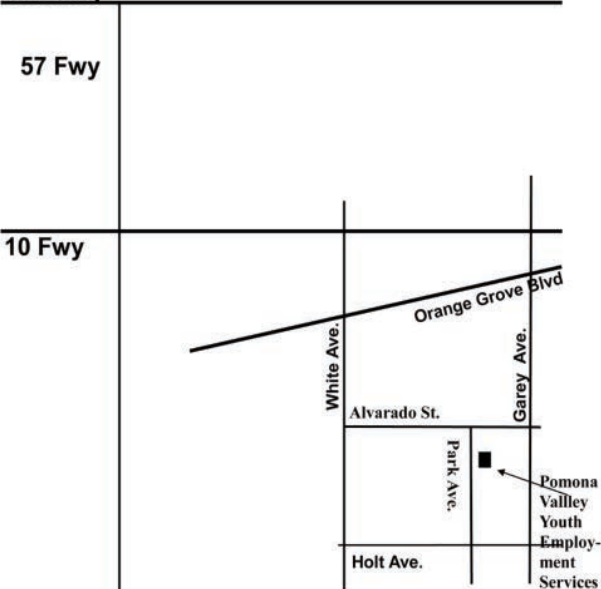
210 Fwy



Pomona Valley Youth Employment Services

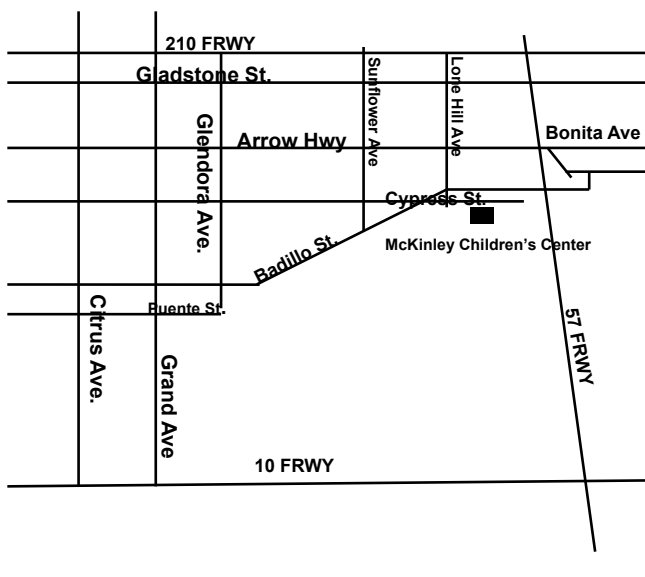
Tri-Valley Community Foster Parent Association
720 Park Ave.
Pomona, CA 91768

210 Fwy



McKinley Children's Center

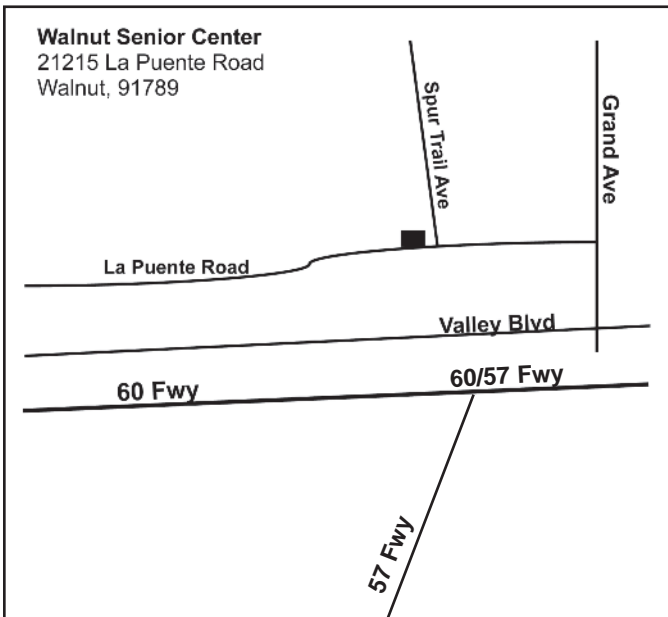
763 West Cypress Street
San Dimas 91773



Maps are not to scale.



Directional Maps



Map is not to scale.

For all that you have given me,
I can return but love. For you
Bound up the wounds I did not see
And gave me hopes and passions new.

I can return but love for you,
Whose unmoved faith my heart did move,
And gave me hopes and passions new,
And loved me till I turned to love.

Whose unmoved faith did my heart move?
The mother of my heart, not blood,
Who loved me till I turned to love.
And I became the soul I would.

The mother of my heart, not blood,
Bound up the wounds I did not see.
and I became the soul I would
for all that you have given me.





Notes

Lined area for taking notes.

Become a Foster/Adoptive Parent

*Our children need
you to provide them with a loving home
that will nurture, guide and support them.*

Please call the San Bernardino County
Department of Children's Services

1-800-722-4477

*Share Your Heart . . . Share Your Home
Comparta Su Corazón . . . Comparta Su Hogar*

Become a Resource Family
(Foster and/or Adoptive Parent)

Sea Padre de Crianza o Padre Adoptive

Call (Llamena) **888-811-1121**

Los Angeles County



San Gabriel Consortium
FKCE & PS-MAPP
1000 West Foothill Boulevard
Glendora, California 91741-1899
www.citruscollege.edu/cdc/fkce

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PERMIT# 6

CITRUS COMMUNITY COLLEGE DISTRICT
BOARD OF TRUSTEES

Mrs. Joanne Montgomery, *President*
Monrovia/Bradbury and portions of Duarte
Representative

Mrs. Susan M. Keith, *Vice President*
Claremont and portions of Pomona and La Verne
Representative

Dr. Gary L. Woods, *Clerk/Secretary*
Azusa and portions of Duarte Representative

Dr. Edward C. Ortell, *Member*
Duarte and portions of Azusa, Monrovia, Arcadia,
Covina and Irwindale Representative

Dr. Patricia Rasmussen, *Member*
Glendora and portions of San Dimas
Representative

Mr. Crescencio Calderon
Student Representative

Dr. Geraldine M. Perri
Superintendent/President

RETURN SERVICE RE-
QUESTED

Please call (626) 857- 4028 if you wish to be removed from our mailing list.

A Single Starfish

by Loren Eiseley

One day an old man was walking along the beach. It was low tide, and the sand was littered with thousands of stranded starfish that the water had carried in and then left behind. The man began walking very carefully so as not to step on any of the beautiful creatures. Since the animals still seemed to be alive, he considered picking some of them up and putting them back in the water, where they could resume their lives.

The man knew the starfish would die if left on the beach's dry sand but he reasoned that he could not possibly help them all, so he chose to do nothing and continued walking.

Soon afterward, the man came upon a small child on the beach who was frantically throwing one starfish after another back into the sea. The old man stopped and asked the child, "What are you doing?"

"I'm saving the starfish," the child replied.

"Why waste your time?... There are so many you can't save them all so what does it matter?" argued the man.

Without hesitation, the child picked up another starfish and tossed the starfish back into the water... "It matters to this one," the child explained.