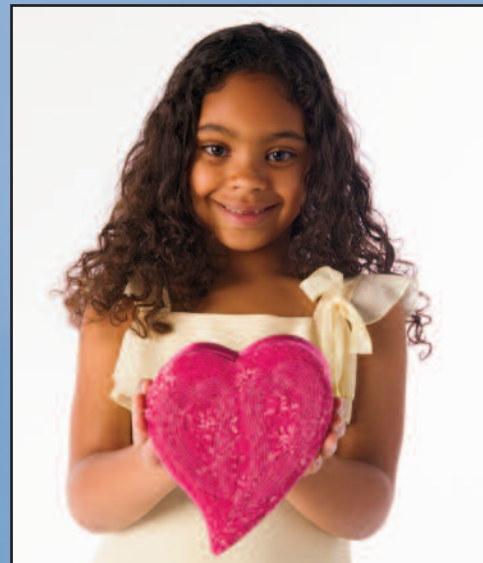


Serving Children & Families In Our Communities
Foster & Kinship Care Education (FKCE) and PS-MAPP
Youth Empowerment Strategies for Success (YES~LA)



Schedule of Classes

November 2011

to

February 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

November begins the holiday season, when children become excited with fun fall activities and enjoy two days off from school for the Thanksgiving celebration. Encourage the children in your care to participate in meal preparations as this can bring about a healthy nurturing bond between caregivers and children.

December continues with the holiday season of Chanukah, Kwanza or Christmas. This is a wonderful time to give the children in your care amazing holiday memories. Whichever holiday you celebrate with the children in your care the Foster Care staff wishes you a wondrous holiday time.

January and February bring us special days of celebration beginning with New Year's Day and Martin Luther King Day and followed with Abraham Lincoln's birthday and Presidents Day. One cannot forget Valentine's Day! You have warmed many young hearts and we thank you for giving of yourself so freely to the children in your care.

In closing, our staff would like to thank you for helping us stay Green. We know that we are all doing our part to be green and that the children in our care learn from all of us.

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
- Cathy Bushey**, Adoptive Foster Parent
- 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
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- 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
- Michael Hurtado**, Dean
Social and Behavioral Sciences – Citrus College
- Christine Little**, President, Foster to Famous
- 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
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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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Chaffey College



Karen Dixon
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LeeAnn Paddock
Citrus/Mt. SAC Colleges
Kinship Coordinator



Jorge Razo
Citrus/Mt. SAC Colleges,
Spanish Coordinator

Orfalea Family Children’s Center

**Dr. Mickie Allen, Director, Citrus College Child
Development Center**

**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 A 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 purposes. 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 Monday through Friday after 4 p.m. will not provide us time to reach you by phone. Please note that notices will be posted at the training sites to the best of our ability 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 serle 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 daré 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

NOVEMBER 2011-JUNE 2012 EVENTS

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

~ NOVEMBER ~

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

~ DECEMBER ~

No Events
Have an enjoyable holiday season with the children in your care!

~ JANUARY ~

AB 12: What is it All About? Workshop
Citrus College Center for Innovation,
Community Room
Saturday, January 21, 2012
9 a.m.-3:30 p.m.

~ FEBRUARY ~

No Events
Have an enjoyable month with the children in your care!

~ MARCH ~

Attachment Parenting Training Series
Citrus College Center for Innovation,
Community Room
Saturdays, March 10, 17 & 24, 2012
9 a.m.-3:30 p.m.

~ APRIL ~

Child Abuse Prevention Month & Blue Ribbon Day
Citrus College Campus Mall Event
Date and Time: TBA

~ APRIL ~

CONTINUED
3rd Annual Kinship Training Institute
Citrus College Campus Center
Thursday, April 19, 2012
9 a.m.-2 p.m.

Information Fair & Festival

Cortez Park, Covina
Sunday, April 29, 2012
1 p.m.- 4 p.m.

~ MAY ~

National Foster Care Month
Citrus College Campus Mall Event
Date and Time: TBA

11th Annual Together for Children

Courtyard Marriott
14635 Baldwin Park Tower Center
Baldwin Park, CA 91706
Thursday, May 24, 2012
Time: TBA

~ JUNE ~

Your One and Only Life, a Training Day for Foster and Kinship Care Families and The Youth in Your Care
(For Caregivers and their Youth 15-21 years of age.)
Citrus College Campus Center
Thursday, June 21, 2012
8:30 a.m.-3 p.m.



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)

Thursday, February 2, 2012 • 5 p.m. – 9 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)

Saturdays: February 4, 11 & 18, 2012 • 8:30 a.m. – 5:00 p.m.

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

Presenter: LeeAnn Paddock, Adoptive Parent



Baldwin Park

Family Service Center • 14305 Morgan Street - Baldwin Park 91706

Building is located directly behind the Community Center

Aging Out of the System (B, D or F Rate)
Tuesday, November 1, 2011
6 p.m. – 9 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: Corrine Garcia, A.A.

The Truth About Rape (B, D or F Rate)
Thursday, November 3, 2011
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, it's 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.

Presenter: Corrine Garcia, A.A.

Pink is for Girls and Blue is for Boys (B, D or F Rate)
Tuesday, November 8, 2011
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.

Presenter: Corrine Garcia, A.A.

Parenting of Teens! What We Need to Know (B, D or F Rate)
Thursday, November 10, 2011
6 p.m. – 9 p.m.

Description: How many times do you find yourself saying, "I don't understand why my teen is acting this way. Just don't give up on them? Teens can be completely different parts of their growing up. Families play a very important role when it comes to teens surviving the dangerous teen years. Building positive relationships with your teens increases your ability to influence them to make good decisions, also known as "Active Parenting." Caretakers identify skills needed to effectively help their youth manage and solve many of their issues.

Presenter: Corrine Garcia, A.A.

Fostering After 50 Years of Age (B Rate)
Tuesday, November 15, 2011
6 p.m. – 9 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: Corrine Garcia, A.A.

Self Harming Behaviors (B or D Rate)
Thursday, November 17, 2011
6 p.m. – 9 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.

CANCELLED



Baldwin Park

Family Service Center • 14305 Morgan Street - Baldwin Park 91706

Building is located directly behind the Community Center

Inhalants Teens Use to Get High (B or D Rate)

Tuesday, November 22, 2011

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: Corrine Garcia, A.A.

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

Thursday, December 1, 2011

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 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: Corrine Garcia, A.A.

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

Tuesday, December 6, 2011

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.

Presenter: Corrine Garcia, A.A.

A Blend of Different Roots: Cultural Awareness and Sensitivity

(B, D or F Rate)

Thursday, December 8, 2011

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 biracial people want to embrace and celebrate all of their ethnicities.

Presenter: Corrine Garcia, A.A.



~ Spread love everywhere you go.

Let no one ever come to you without leaving happier." Mother Teresa ~



Colton

Caregivers of America

Making a Difference Association • 1001 N. La Cadena Dr., Colton 92324

Behavior Management with Teens (D or F Rate)

Thursday, November 3, 2011
10 a.m. – 12:30 p.m.

Description: Caregivers will be provided with non-confrontational negotiating approaches to reduce power struggles with teens who have behavioral issues. A list of definitions explaining ILP service categories will be examined. Caregivers will also be given completed examples of ILP participation logs.

Presenter: Bernard Mathis, SSP

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

Tuesday, November 29, 2011
10 a.m. – 12:30 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 home, without creating chaos. Participants have an opportunity to participate in a family/group meeting and develop real solutions to everyday frustrations with their children.

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

Preventing Allegations (D Rate)

Thursday, December 1, 2011
10 a.m. – 12:30 p.m.

Description: This class focuses on the safety and well-being as the main tasks of parenting. Care providers must understand licensing regulations to maintain children's personal to maintain children's personal rights and their responsibilities as foster parents.

Presenter: Bernard Mathis, SSP

Placement Workers Expectations of Caregivers (D or F Rate)

Thursday, January 12, 2012
10 a.m. – 12:30 p.m.

Description: This course will define caregiver's responsibilities and identify key issues children and family social workers throughout the state expect of caregivers providing the day-to-day care for their minors. Participants will examine topics such as the minimum clothing standards and ensuring that minors are provided with a sufficient and age appropriate clothing supply. They will be able to describe rules and regulations regarding minor's personal property, and discuss providing the mandated seven (7) calendar days advance written notice as specified in state regulations to remove a child.

Presenter: Bernard Mathis, SSP

Dealing with Challenging Behaviors As A Parent (B, D or F Rate)

Tuesday, January 24, 2012
10 a.m. – 12:30 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 articulate the importance of praise and "catching children being good."

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





Colton
Caregivers of America
Making a Difference Association • 1001 N. La Cadena Dr., Colton 92324

The Cycle of Addiction (D-Rate)
Thursday, February 2, 2012
10 a.m. – 12:30 p.m.

Description: There are many forms of addictions minors in care have witnessed or experienced themselves. This class will focus on how to identify some of the addictions minors in care may have and provide documentation on how to break the cycle of addiction. Participants will be provided with the knowledge that people with addiction are not cured, but will examine how addiction can be managed. Caregivers will learn to recognize addiction and how to identify services and support for youth.

Presenter: Bernard Mathis, SSP

Understanding Mental Illness
(B or D Rate)
Tuesday, February 28, 2012
10 a.m. – 12:30 p.m.

Description: This class examines common behaviors displayed by youth who are mentally ill. Participants will recognize how mental illness can impact the lives of the youth in their care.

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



~
The seed of joy grows best in a field of peace.
Robert J. Wicks
~



Covina

Adoption Guidance Support Services • 969 South Village Oaks Drive, Suite #203, Covina 91724
Room is on the 2nd Floor

Attachment Helps the Child
(B, D or F Rate)
Tuesday, November 1, 2011
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: Rod Recendez, B.A.

How Are Allegations Prevented?
(B, D or F Rate)
Wednesday, November 2, 2011
9 a.m. – 12 p.m.

Description: Caretakers will become educated on staying in compliance with community care licensing and DCFS regulations. Participants will be able to identify the personal rights of the youth that they care for. This workshop also includes discussion on how to prevent personal rights violations, allegations and investigations while caring for foster youth.

Presenter: Sandra Browne, M.A.

Developmental Issues and Foster Care Youth (B, D or F Rate)
Thursday, November 3, 2011
9 a.m. – 12 p.m.

Description: Participants of this class examine why more foster youth have developmental disabilities. Learn how to address these challenges and how to better assist and work with our youth with disabilities.

Presenter: Rod Recendez, B.A.



Bullying and Peer Pressure Part 1
(B, D, F or W Rate)
Tuesday, November 8, 2011
9 a.m. – 12 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 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: Rod Recendez, B.A.

Bullying and Peer Pressure Part 2
(B, D, F or W Rate)
Thursday, November 10, 2011
6 p.m. – 9 p.m.

Description: Part two 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 who are bullied, increase sense of accountability to prevent bullying, introduce positive strategies to deal with bullying & harassment behaviors, and to foster a culture of tolerance and respect for others.

Presenter: Rod Recendez, B.A.

Getting Involved in Your Child's Education (B or D Rate)
Tuesday, November 15, 2011
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. 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: Rod Recendez, B.A.



Covina

Adoption Guidance Support Services • 969 South Village Oaks Drive, Suite #203, Covina 91724
Room is on the 2nd Floor

Homophobia and Sexist Bullying (B or D Rate)

Thursday, November 17, 2011
6 p.m. – 9 p.m.

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.

Substance Abuse In Foster Care--The Impact on Children (B, D, F or W Rate)

Monday, November 21, 2011
9 a.m. – 12 p.m.

Description: This workshop will discuss how substance abuse is usually a primary cause for family dysfunction and how this chaos affects children in care. Participants will identify signs of addiction such as denial, minimizing and compulsive behaviors that impact a child's development. Participants will also discuss appropriate interventions for these signs and behaviors.

Presenter: Corrine Garcia, A.A.

Post Traumatic Stress Disorder and Foster Youth (B, D or F Rate)

Tuesday, November 29, 2011
9 a.m. – 12 p.m.

Description: This class examines the mental and emotional symptoms, causes and medications related to post traumatic stress disorder (PTSD). Participants begin to understand how this disorder impacts our youth's mood swings and how to better assist youth as they learn to cope with this disorder. Participants will also identify several sources of support and community resources to assist them and the youth they are fostering.

Presenter: Rod Recendez, B.A.

Sex According to Girls: Part 1 (B, D or F Rate)

Wednesday, November 30, 2011
9 a.m. – 12 p.m.

Description: This class describes the sexuality issues of girls in foster care. Participants examine, identify, and define unique topics related to foster girls. Through group discussion, participants learn of the at-risk behavior of teens. Participants will gain a better understanding of how to work with challenging issues. We examine why foster girls are at higher risk for teen pregnancy.

Presenter: Corrine Garcia, A.A.

Families and Schools Working Cross- Culturally (B, D or F Rate)

Thursday, December 1, 2011
6 p.m. – 9 p.m.

Description: This course describes various techniques that caregivers will need to be aware about families and schools working cross culturally. Participants will identify and define various interactive techniques to help foster youth understand the school's approach.

Presenter: Rod Recendez, B.A.





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Poor Achievement: Nine Reasons and Suggested Interventions (B, D or F Rate)
Tuesday, December 6, 2011
9 a.m. – 12 p.m.

Description: The concept of poor achievement comes with various reasons. Motivation and consistency are some key elements that play a crucial part in the success of an individual. As we know, this is something that at times is hard for many of our foster youth, due to their transient placements. This course will provide techniques to caregivers that they will need to be aware of in order to help their youth achieve academic success. Participants will identify some reasons why foster youth have poor achievement. They will also be able to recognize interventions that will be beneficial for their youth's success. Participants will learn how to engage in a dialogue with the children in their care about what interventions to use in order to help decrease poor school performance. Throughout group discussion, participants will role play time management skills, organization and study skills to help their youth improve poor school performance. Participants will also examine activities that will give hyperactive students something to do within the confines of their expectations.

Presenter: Rod Recendez, B.A.

Sex, Alcohol, Drugs and Rock N' Roll (B, D or F Rate)
Wednesday, December 7, 2011
9 a.m. – 12 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 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: Sandra Browne, M.A.

The Importance of Time Management (B Rate)
Thursday, December 8, 2011
6 p.m. – 9 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.

Presenter: Rod Recendez, B.A.

Grief and Loss (B, D or F Rate)
Tuesday, January 10, 2012
6 p.m. – 9 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: Corrine Garcia, A.A.

~
Add to your joy by counting your blessings.
~



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Pink is for Girls and Blue is for Boys (B, D or F Rate)

Thursday, January 12, 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.

Presenter: Corrine Garcia, A.A.

Foster 420 Slang (B or D Rate)

Tuesday, January 17, 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 teen disguise what they mean to say regarding drugs, situations and each other.

Presenter: Corrine Garcia, A.A.

Peer Pressure and Self-Esteem (B or D Rate)

Thursday, January 19, 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: Corrine Garcia, A.A.

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

Tuesday, January 24, 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: Corrine Garcia, A.A.

Angry, Hostile and Defensive Teens (B or D Rate)

Friday, January 27, 2012
9 a.m. – 12 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.

Presenter: Corrine Garcia, A.A.

Bullying: What Is It? Part 1 (B, D or F Rate)

Tuesday, January 31, 2012
9 a.m. – 12 p.m.

Description: This class is Part 1 of a 2 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: Rod Recendez, B.A.





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**Emotional Health Issues of Foster Youth
(B, D or F Rate)**
Tuesday, January 31, 2012
6 p.m. – 9 p.m.

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.

**Homophobia in Middle School
(B or D Rate)**
Thursday, February 2, 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. Examine the reality of hate crimes and the consequence of words.

Presenter: Corrine Garcia, A.A.

The Truth About Rape (B, D or F Rate)
Tuesday, February 7, 2012
9 a.m. – 12 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.

Presenter: Rod Recendez, B.A.

**Foster Children and Sexualized Behavior
(B or D Rate)**
Tuesday, February 7, 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.

Presenter: Corrine Garcia, A.A.

**What's Happening in Court? Children
and Caretakers Will Experience!**
(B, D or F Rate)
Thursday, February 9, 2012
6 p.m. – 9 p.m.

Description: The children and adults we work with will experience a court setting sooner or later. This can be scary or intimidating for anyone--especially children. Caretakers learn what happens in court; who works there, what the rules are, and how they may be involved in the case. This class helps caregivers navigate the court system.

Presenter: Rod Recendez, B.A.





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Transgendered: Exploring the Third Gender (B or D Rate)

Monday, February 13, 2012

9 a.m. – 12 p.m.

Description: During the course of this class, issues of gender, sexual identity, self esteem and personality disorder are discussed. Foster parents and kin will learn to identify the different entities relating to alternative sexual identities and preferences. Together, we will explore the struggles of self acceptance, social stigmas and taboos affiliated with this population.

Presenter: Corrine Garcia, A.A.

How to Report Child Abuse (B or D Rate)

Tuesday, February 14, 2012

9 a.m. – 12 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: Rod Recendez, B.A.

Parenting: What A Resource Parent Needs to Know When Working with Foster Youth (B, D or F Rate)

Wednesday, February 15, 2012

9 a.m. – 12 p.m.

Description: Safe parenting is very important when working with foster youth. Many foster youth have experienced abuse and harsh discipline. Caretakers will identify safe and appropriate alternative parenting techniques when dealing with youth's challenging behaviors. Caretakers need to understand the current rules and regulations of fostering. This class helps caretakers follow the guidelines to reduce the chances of false allegations against them.

Presenter: Sandra Browne, M.A.

What to Expect: Youth Who Transition from Group Homes to FFA's (B or D Rate)

Thursday, February 16, 2012

9 a.m. – 12 p.m.

Description: This class teaches caregivers key elements for developing a relationship with their youth. Participants examine the process of this transition and learn techniques to ensure all necessary documents are in order. Participants also identify common behaviors displayed by youth that transition from group homes to foster care and discuss how these behaviors impact transition.

Presenter: Rod Recendez, B.A.

Letting Go of the Pain (B or D Rate)

Thursday, February 16, 2012

6 p.m. – 9 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: Corrine Garcia, A.A.



~
A simple pleasure like the laughter of children shimmers with the infectious joy of hearts that truly believe.
 ~

Covina

Adoption Guidance Support Services • 969 South Village Oaks Drive, Suite #203, Covina 91724
Room is on the 2nd Floor

Popular Media (B or D Rate)
Tuesday, February 21, 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, advertisement, video games, reality TV, etc. Learn of the ways which media both positively and negatively affect the everyday lives of our foster youth.

Presenter: Corrine Garcia, A.A.

Inhalants Teens Use to Get High (B or D Rate)
Friday, February 24, 2012
9 a.m. – 12 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: Corrine Garcia, A.A.

Fostering After 50 Years of Age (B Rate)
Monday, February 27, 2012
9 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: Corrine Garcia, A.A.

Modeling Positive Behavior (B or D Rate)
Tuesday, February 28, 2012
6 p.m. – 9 p.m.

Description: This class discusses how to address negative behavior with positive reinforcement and modeling. Participants share how they deal with positive reinforcement and techniques to redirect foster youth's energy and behavior in a positive way. Participants identify three methods of positive reinforcement.

Presenter: Corrine Garcia, A.A.



~
*A rose can say, "I love you", orchids can enthrall,
but a wild bouquet in a chubby fist, yes that says it all.*
~



Covina

**Ettie Lee Youth and Family Services
754 East Arrow Highway (Suite #F), Covina 91723**

**How to Report Child Abuse (B or D Rate)
Thursday, November 3, 2011
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: Claudia A. Cuevas

**Title XXII Regulations (B or D Rate)
Thursday, January 12, 2012
6 p.m. – 9 p.m.**

Description: In this class we will discuss Title XXII regulations in detail and define foster parents' responsibilities as well as identify any concerns the parents may have.
Presenter: Claudia A. Cuevas

**Different Types of Discipline (B, D or F Rate)
Thursday, February 2, 2012
6 p.m. – 9 p.m.**

Description: This class will discuss the difference between discipline and punishment, the indirect effect of corporal punishment and help children to moderate their behaviors. Participants will leave the class able to identify multiple techniques to discipline their children effectively.
Presenter: Claudia A. Cuevas



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.

**Unhealthy Relationships (B or D Rate)
Thursday, January 26, 2012 • 10 a.m. – 12 p.m.**

Description: This class will discuss how past unhealthy or negative relationships affect the relationships we form now and in the future.
Presenter: TBA

PRESENTER: LEEANN PADDOCK

**There will be no classes in November, December 2011 and February 2012.
Enjoy this time with the foster youth in your care.**



~
*A simple pleasure like birds building a nest
gives us hope for our own fresh beginnings.*
~



Covina

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

**Surviving the Toddler Years
 (B or W Rate)**
Thursday, November 17, 2011
9:30 a.m. – 11:30 a.m.

Description: Participants learn the different stages of development from birth to 24 months. Participants learn how to calm outbursts within seconds, which research shows, will stop 60% of tantrums before they start and helps to build loving and respectful relationships with young children that will last a lifetime.

Presenter: Karen Dixon, M.S.

Preparing for the Holidays (B Rate)
Thursday, December 15, 2011
9:30 a.m. – 11:30 a.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 your child and yourself survive the holidays together.

Presenter: TBA

**Caring for the Medically Fragile Child
 (F-Rate)**
Thursday, January 19, 2012
9:30 a.m. – 11:30 a.m.

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

Presenter: TBA **PRESENTER: LEEANN PADDOCK**

**Getting Involved in Your Child's
 Education (B or D Rate)**
Thursday, February 16, 2012
9:30 a.m. – 11:30 a.m.

Description: Through the course of this class, participants examine the importance of getting involved with their child's education. 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: Corrine Garcia, A.A.



*What is a home? A roof to keep out the rain? Four walls to keep out the wind?
 Floors to keep out the cold? Yes, but a home is more than that.
 It is the laugh of a child, the warmth of loving hearts, lights from
 happy eyes, kindness, loyalty, comradeship....That is home.*



Glendora

Citrus College • 1000 W. Foothill Blvd., Glendora, CA 91741
(Visit www.citruscollege.edu for location of convenient parking lots)

ASL: American Sign Language for Special Needs Children (F Rate)
Saturdays, November 5, 12, 19 and December 3, 2011 * 9 a.m. – 1 p.m.
(Room LB 106)

Description: Caregivers will gain the knowledge and ability to communicate and teach American Sign Language to the children in their care who are hearing impaired, autistic, have learning disabilities of Down syndrome.

Presenter: Helen L. Jenkins

Teen Violence and Dating (B or D Rate)
Saturday, November 12, 2011
9 a.m. – 1 p.m. (Room LB 102)

Description: This workshop will help you better understand the "reasons" people stay in negative and often violent relationships. We will explore various situations that leave their victims in harm or in some cases cause death due to their violent relationships.

Presenter: Joe Walker, Retired LAPD

Adolescents and the Law: Choices and Consequences (B or D Rate)
Saturday, November 19, 2011
9:30 a.m. – 3:30 p.m. (Room LB 107)

Description: This class will supply information about the basic principles of law in a clear, straightforward 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.



Reactive Attachment Disorder: What is it and What Do I Do? (D Rate)
Saturday, December 10, 2011
9 a.m. – 3 p.m. (Room LB 108)

Description: When we consider the fact that many of our children have been severely neglected and abused, had multiple placements, and have limited coping skills, it becomes clear as to why it is so difficult for them to form healthy attachments. What could possibly be the benefit in establishing a close relationship to anyone of the previous adults in their life could not be trusted or if a child is constantly moved to a new home? Participants will examine the challenges children face in attaching to others and identify specific techniques for building healthy connections with their children.

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

Surviving the Holidays (B, D or F Rate)
Saturday, December 10, 2011
9 a.m. – 1 p.m. (Room LB 102)

Description: This class will address how stress can play a big role on how children in foster care handle the holidays. Participants will gain a clear understanding of how they can identify and recognize stress and how it impacts children's behavior and medical issues to a much greater degree during the holiday season.

Presenter: Joe Walker, Retired LAPD

Understanding Teens (B Rate)
Saturday, December 17, 2011
9:30 a.m. – 3:30 p.m. (Room LB 107)

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

Glendora

Citrus College • 1000 W. Foothill Blvd., Glendora, CA 91741
(Visit www.citruscollege.edu for location of convenient parking lots)

Manipulation In the Parent-Child Relationship (B, D or F Rate)
Saturday, January 14, 2012
9 a.m. – 3 p.m. (Room LB 108)

Description: This class will include a discussion of family dynamics and power/control issues between parents/caretakers 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: Gwen Washington, L.C.S.W.

Life After AB12: Implementation Strategies (B, D or F Rate)
Saturday, January 21, 2012
~~**9 a.m. – 3 p.m. (Room LB 108)**~~

TIME: 8:30 A.M. TO 3:30 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.

REGISTRATION IS MANDATORY FOR THIS WORKSHOP



The Court Process and Placement Issues (B, D, F or W Rate)
Saturday, January 21, 2012
9:30 a.m. – 3:30 p.m. (Room LB107)

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 as 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 on the role of DCFS, which includes: home inspections, criminal convictions, child abuse/neglect reports, waivers and exemptions, etc.

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

Verbal Judo (B, D, F or W Rate)
Saturday, January 28, 2012 * 9 a.m.–1 p.m.

Description: This class will provide caregivers with effective strategies to motivate their children to do better in school. They will also be given information on how to teach their youth the verbal communication skills they need to protect themselves. The participants will leave with a clear understanding of how to teach their youth to listen better, how to always be heard, what to say and how to say it respectfully.

Presenter: Joe Walker, Retired LAPD

Communicating With At-Risk Youth (B or D Rate)
Saturday, February 4, 2012
9 a.m. – 1 p.m. (Room LB 106)

Description: This workshop will help caregivers identify parenting styles that may be triggering negative reactions of youth in their care. Discussion will focus on techniques to improve communication and disciplinary actions that are more effective with

Presenter: Helen L. Jenkins



Glendora

Citrus College • 1000 W. Foothill Blvd., Glendora, CA 91741
(Visit www.citruscollege.edu for location of convenient parking lots)

Working with the Foster Care Team (B Rate)

Saturday, February 18, 2012
9:30 a.m. – 3:30 p.m. (Room LB 107)

Description: It is important to be able to work with professionals in order to provide the best possible placement for the children. Come to this class and learn how to work with others and be a team player.

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



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

Saturday, February 25, 2012
9 a.m. – 1 p.m. (Room 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

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.

Life After High School: Preparing Our Youth (B Rate)

Wednesday, January 25, 2012
9:30 a.m. – 11:30 a.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: Karen Dixon, M.S.

Preventing Child Abuse and Neglect (B or D Rate)

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

Description: Caregivers will discuss actions which prevent eminent danger or risk of serious harm to children and will identify resources and best ways to prevent further abuse by developing skills to meet the emotional, physical, and developmental needs of children.

Presenter: TBA

**There will be no classes in November or December 2011.
Enjoy this time with the foster youth in your care.**



Irwindale

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

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

Human Sexuality Development (B Rate)
Tuesday, November 8, 2011
9 a.m. – 1 p.m.

Description: Participants will explore the human sexuality development. We will discuss the differences between sexuality and gender, feminine and masculine, why we are different, and what makes us the same.

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

Building Healthy Relationships
(B or D Rate)
Monday, November 21, 2011
9 a.m. – 1 p.m.

Description: What are the keys to building healthy relationships? Who served as a model of a healthy relationship for us? Many children do not have a clear picture of what a healthy relationship is or know where to begin in creating them. How can we best teach this skill to our children? Participants will have an opportunity to explore their personal relationships. They will also identify methods for teaching their children the skills necessary to create and maintain healthy relationships.

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

Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD) in Children (B or D Rate)
Monday, December 12, 2011
9 a.m. – 1 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: Gwen Washington, L.C.S.W.

Child Development: The Adolescent Years (B, D, F or W Rate)
Tuesday, December 13, 2011
9 a.m. – 1 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.

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

Understanding Mental Illness
(B or D Rate)
Tuesday, January 10, 2012
9 a.m. – 1 p.m.

Description: This class examines common behaviors displayed by youth who are mentally ill. Participants will recognize how mental illness can impact the lives of the youth in their care.

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

~
Feeling gratitude and not expressing it is like wrapping a present and not giving it.

William Arthur Ward
 ~



Irwindale

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

Emancipation Skills: Helping Adolescents Become Independent (B or D Rate)
Monday, January 23, 2012
9 a.m. – 1 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: Gwen Washington, L.C.S.W.

The Importance of Families to Children (B, D or F Rate)
Tuesday, February 14, 2012
9 a.m. – 1 p.m.

Description: This workshop will help participants to understand the need for children to redefine and maintain connections with birth parents, siblings, and extended family members, as well as the challenges that maintaining those connections can present. Participants will be able to identify existing family connections and the need to strengthen family connections that have been broken.

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

Oxytocin, the Cuddle Hormone (B or D Rate)
Tuesday, February 21, 2012
9 a.m. – 1 p.m.

Description: What is oxytocin? How does it affect us? What does it have to do with one's ability to connect with friends, family members, and our mates? Can oxytocin help the children I am raising to trust and love in a healthy way? Join us as we explore the impact that oxytocin has on all of us, and our ability to form relationships and manage stress. Participants gain an understanding of the importance of oxytocin and how it aids each of us in forming healthy relationships and effectively managing stress.

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



~
Some gifts are big, others are small.
Gifts from the heart are the best gifts of all.
 ~

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

How to Report Child Abuse (B or D Rate)
Monday, November 7, 2011
6 p.m. – 9 p.m.

Description: Participants will list the procedures on how to report child abuse. Participants will also identify some signs, symptoms and caregiving techniques and discuss the resources available for help.

Presenter: Lori Switanowski, M.F.T.

Positive Decision Making Skills (B or D Rate)
Monday, November 14, 2011
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.

The Effects of Child Abuse in Children and Adolescents (B Rate)
Monday, November 28, 2011 * 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.

Mean Girls: Mean Chicks, Sidekicks and Dirty Tricks (D or F Rate)
Monday, December 5, 2011
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.

Working with Traumatized Children (B, D or F Rate)
Monday, December 12, 2011
6 p.m. - 9 p.m.

Description: This class helps caretakers understand the kind of events that lead to the trauma that children live with daily and ways to help these children with their emotions and feelings.

Presenter: Lori Switanowski, M.F.T.

Motivating "At-Risk" Youth (B, D or F Rate)
Monday, January 23, 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.



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

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

Monday, January 30, 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.

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

Monday, February 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, February 13, 2012

6 p.m. – 9 p.m.

Description: As caretakers, 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.

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

Monday, February 27, 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.

~
*A simple pleasure like a beautiful package excites anticipation...
but the most precious gifts are wrapped in love.*
~



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.

Why Boundaries? (B, D or F Rate)

Tuesday, November 1, 2011

6 p.m. – 9 p.m.

Description: This course discusses the definition of boundaries, their importance and why we need to have them with our foster youth. Through group discussion, we explore some of the challenges, rewards and expectations of setting healthy boundaries with foster youth.

Presenter: Heather Arnold, M.S.

Good Communication Within the Family

(B, D or F Rate)

Wednesday, November 2, 2011

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.

How to Raise A Happy Toddler

(B or W Rate)

Tuesday, November 8, 2011

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 2 activities that they can engage their toddler in, in an effort to increase the happiness of the child.

Presenter: Heather Arnold, M.S.

Child Development: The Early Years (B,

D, F or W Rate)

Tuesday, November 15, 2011

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.

Presenter: Heather Arnold, M.S.

Family Nights (B, D, F or W Rate)

Wednesday, November 16, 2011

5 p.m. – 8 p.m.

Description: This fun-filled workshop provides 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. Bring your lunch and join us for this engaging class.

Presenter: Sandra Christensen, M.S.

Dealing with Children's Emotions

(B or D Rate)

Tuesday, November 29, 2011

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.

~

*Thanksgiving puts power in living,
because it opens the generators of the
heart to respond gracefully, to receive
joyfully, and to react creatively.*

~



La Verne

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

Wednesday, November 30, 2011
5 p.m. – 8 p.m.

Description: Through the course of this class, participants examine the importance of getting involved with their child's education. 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.

Seeing the Best in Children (B Rate)

Tuesday, December 6, 2011
6 p.m. – 9 p.m.

Description: In this session participants will learn how to view children's behavior differently seeing 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.

Understanding Speech Disorders in Children (B, D, F or W Rate)

Wednesday, December 7, 2011
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, Orofacial 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.

Challenging Behaviors (B or D Rate)

Tuesday, December 13, 2011
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 receive tools for managing these behaviors.

Presenter: Heather Arnold, M.S.

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

Tuesday, January 17, 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.

~
If we learn how to give of ourselves, to forgive others and to live with thanksgiving, we need not seek happiness. It will seek us.
~



La Verne

Parent Connection • 2076 Bonita Avenue, La Verne 91750

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Does My Child Need A Behavior Intervention Plan? (B or D Rate)
Wednesday, January 18, 2012
5 p.m. – 8 p.m.

Description: Recognize the essential elements of a good behavior plan and articulate the ABC's (antecedent, behavior, consequences) for any given situation. Identify who the important stakeholders are and what each person's responsibility is to complete a concrete plan for managing their student's behavior. Learn how to construct an at-home plan and how to avoid reinforcing bad behavior, as well as be an active participant in a student's school interventions.

Presenter: Sandra Christensen, M.S.

Conflict Resolution (B or D Rate)
Tuesday, January 24, 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.

Presenter: Heather Arnold, M.S.

Preparing for Independence (B Rate)
Wednesday, January 25, 2012
5 p.m. – 8 p.m.

Description: This class will provide caregivers with information they will need to guide their youth throughout the emancipation process. Information will be given on when to start the process, who to contact and what to do to make the transition as smooth as possible for your youth.

Presenter: Sandra Christensen, M.S.

Helping Youth Set Boundaries and Limits (B, D or F Rate)
Tuesday, January 31, 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.

Life After High School: Preparing Our Youth (B Rate)
Wednesday, February 1, 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.

Bullying: What Is It? Part 1 (B, D or F Rate)
Tuesday, February 7, 2012
6 p.m. – 9 p.m.

Description: This class is Part 1 of a 2 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.



La Verne

Parent Connection • 2076 Bonita Avenue, La Verne 91750

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Navigating Through the IEP Process (B, D or F Rate)

Wednesday, February 8, 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 and to discuss information regarding the laws related to special education services and how parents can access these services.

Presenter: Sandra Christensen, M.S.

Bullying: What Is It? Part 2

(B, D or F Rate)

Tuesday, February 21, 2012

6 p.m. – 9 p.m.

Description: Part two of a two-part series. We will continue to discuss bullying behaviors and bullying at school. We will also cover what to do if your child is a victim, or if he/she is the one doing the bullying. Participants will be able to identify bullies and will learn how to prevent their youth from being bullied. Participants will recognize available resources for youth and caretakers, and will become prepared to identify if any bullying is happening between siblings and how to intervene.

Presenter: Heather Arnold, M.S.

Understanding Special Education and Early Intervention Services

(B, D or F Rate)

Wednesday, February 22, 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.

The 411 on Due Process, Hearings, Complaints and School Issues (B, D or F Rate)

Wednesday, February 29, 2012

5 p.m. – 8 p.m.

Description: This workshop will educate caretakers in what is a due process hearing? What is compliance? The differences between compliance, complaint and due process hearing. Participants will also learn techniques on navigating the educational systems and accessing community resources.

Presenter: Sandra Christensen, M.S.



~
A simple pleasure like a steaming cup of tea infuses the moment with peace and allows us to save our blessings.
 ~



Monrovia

Live Oak Vineyard Church • 1307 Mrytle Ave., Monrovia, CA 91016

Presenter: Sarah Butler, B.S.W.

Building Positive Relationships with Birth Parents (B Rate)

Wednesday, November 2, 2011

6 p.m. – 9 p.m.

Description: Have you ever been nervous or unsure about how to build a relationship with birth parents? This training will allow caregivers to examine their feelings toward birth parents while gaining knowledge of how to build positive relationships with the birth families. This training takes participants through the different stages of grief that birth parents often experience once children are removed from their care.

Siblings in the Foster Care System (B Rate)

Wednesday, November 16, 2011

6 p.m. – 9 p.m.

Description: Is there a strong bond? That is the question. Children placed in foster care and in adoptive homes face unique challenges when it comes to being part of a sibling group. This training discusses the policies DCFS uses in keeping siblings together or choosing to separate them. This class also identifies ways that foster parents can work with siblings in and out of their care to honor the sibling bond.

Teaching Basic Life Skills to Foster Youth (B Rate)

Wednesday, December 7, 2011

6 p.m. – 9 p.m.

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.

Preparing Emancipating Teens for Transitional Housing (B Rate)

Wednesday, January 18, 2012

6 p.m. – 9 p.m.

Description: Preparing to transition out of foster care can be a scary time for youth in the system. This time can be filled with questions of what to expect or how to prepare to transition into a housing program. This workshop helps caregivers understand what transitional housing programs expect and what youth should know prior to transitioning into a specific program. Join us to learn more about the transitional housing programs, DCFS policies, and services available to youth emancipating from the foster care system.

Teaching Children and Youth Accountability (B Rate)

Wednesday, February 1, 2012

6 p.m. – 9 p.m.

Description: In today's world, so many children and youth lack responsibility and accountability and it is up to those involved in their lives to change that. With 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.

Feeling Torn: Separation and Loss (B Rate)

Wednesday, February 15, 2012

6 p.m. – 9 p.m.

Description: Separation and loss is experienced by each child and youth that enters the system. Each child deals with and expresses his or her feelings differently in response to their new environment. This class addresses how these issues can affect the caregiver/child relationship as well as the birth parent connection, while also recognizing attachment issues and the grieving process.



Ontario

Sunshine Foster/Kinship Support Group Best Western Inn Suites * 3400 Shelby Street, Ontario 91764

How Are Allegations Prevented? (B, D or F Rate)

Monday, November 7, 2011*6 p.m. – 9 p.m.

Description: Caretakers will become educated on staying in compliance with community care licensing and DCFS regulations. Participants will be able to identify the personal rights of the youth that they care for. This workshop also includes discussion on how to prevent personal rights violations, allegations and investigations while caring for foster youth.

Presenter: Rod Recendez, B.A.

Pink is for Girls and Blue is for Boys (B, D or F Rate)

Monday, February 6, 2011*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.

Presenter: Corrine Garcia, A.A.

**There will be no classes in December 2011 or January 2012.
Enjoy this time with the foster youth in your care.**

Ontario

Helping Hands Kinship Support Services • 511 N. Laurel Ave., Ontario 91762

Presenter: Karen Dixon, M.S.

Child Development: The Adolescent Years (B, D, F or W Rate)

**Tuesday, November 15, 2011
10 a.m. – 12:30 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.

Preparing for the Holidays (B Rate)

**Tuesday, December 13, 2011
10 a.m. – 12:30 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 your child and yourself survive the holidays together.

Update on New Regulations (B, D, F or W Rate)

Tuesday, January 24, 2012 * 10 a.m. – 12:30 p.m.

Description: This class focuses on key revisions to California Foster Family Home Regulations which impact foster care such as capacity determination, reasonable prudent parenting standards, Adam Walsh, and others. Participants discuss changes in regulations and how to apply these changes to their practice.

Good Communication Within the Family (B, D or F Rate)

Tuesday, February 21, 2012 * 10 a.m. – 12:30 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.



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.

Presenter: Joe Walker, Retired L.A.P.D.

Surviving the Holidays (B, D or F Rate)
Monday, November 7, 2011
6:30 p.m. – 9:30 p.m.

Description: This class will address how stress can play a big role on how children in foster care handle the holidays. Participants will gain a clear understanding of how they can identify and recognize stress and how it impacts children's behavior and medical issues to a much greater degree during the holiday season.

NEW PRESENTER: HEATHER ARNOLD

**The Reality of Social Networking
(B, D or F Rate)**
Monday, February 6, 2012
6:30 p.m. – 9:30 p.m.

Description: Through group discussions and handouts, participants will identify three social networks that youth frequent and why. The knowledge that participants gain in this class will better assist them to understanding why today's youth are so involved with social networking, as well as both the positive and negative effects of this involvement.

There will be no classes in December 2011 or January 2012.

Enjoy this time with the foster youth in your care.





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: Wanda Cooper, M.A.

"Tear Soup" A Recipe for Healing After Loss (B or D Rate)

Thursday, November 10, 2011

10 a.m. – 12:30 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.

Transitioning to Adulthood (B or D Rate)

Thursday, November 17, 2011

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.

"But I Thought Therapy was for Crazy Folks!" (B, D or F Rate)

Thursday, December 8, 2011

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.

The Person in the Mirror (B, D or F Rate)

Thursday, January 12, 2012

10 a.m. – 12:30 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."





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: Wanda Cooper, M.A.

Legal Issues Caregivers May Face (B, D, or W Rate)

Thursday, January 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.

"What Am I Going to Do with These People?" (B, D or F Rate)

Thursday, February 9, 2012

10 a.m. – 12:30 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.

Keeping Children Safe (B or D Rate)

Thursday, February 23, 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

~

Have hope that the best part of your life is not behind you. Rather, it stretches out before you gloriously: Into an eternity of experiences that will get better and better and better.

~



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.

Depression and Suicide (D Rate)

Tuesday, January 24, 2012

10 a.m. – 12 p.m.

Description: This class will help identify suicidal youth warning signs as well as explain the scope and magnitude of the problem.

Participants will learn to recognize youth who are "high risk" as well as identify the elements for assessing suicide.

Presenter: TBA

PRESENTER: LEEANN PADDOCK

Emotional Health Issues of Foster Youth (B, D or F Rate)

Tuesday, February 28, 2012

10 a.m. – 12 p.m.

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.

There will be no classes in November or December 2011.

Enjoy this time with the foster youth in your care.



*Do a deed of simple kindness; though it's end you may not see,
It may reach, like a widening ripple down a long eternity.*

Joseph Parker Norris





Pomona

Park Vista Estates * 1601 South Garey Avenue (Clubhouse), Pomona 91766

Tri-Valley Community Foster Parent Association
Pat Delfosse, President

Popular Media (B or D Rate)
Friday, November 4, 2011
5 p.m. – 7:30 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 music, advertisement, video games, reality TV, etc. Learn of the ways which media both positively and negatively affect the everyday lives of our foster youth.

Presenter: Corrine Garcia, A.A.

"There's A Volcano in My Tummy" Anger Management (B or D Rate)
Friday, December 2, 2011
5 p.m. – 7:30 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.

Parenting the Sneaky Child (B or D Rate)
Friday, January 13, 2012
5 p.m. – 7:30 p.m.

Description: Course curriculum discusses the motivations and disorders associated with sneakiness. Caregivers are provided with motivational techniques to assist their child in choosing better strategies for short and long term happiness as well as discipline techniques to help define boundaries. At the end of the class, caregivers can identify and describe definitions, expectations and boundaries, will recognize the importance of consistency, and will be able to list ways to implement prevention.

Presenter: Sandra Christensen, M.S.

Foster 420 Slang (B or D Rate)
Friday, February 3, 2012
5 p.m. – 7:30 p.m.

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

Presenter: Corrine Garcia, A.A





Rancho Cucamonga

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

Money Matters: Teaching Financial Independence (B, D, or W Rate) Tuesday, November 1, 2011 6 p.m. – 9 p.m.

Description: This class will discuss the way to establish and maintain positive credit. Participants will discuss and identify various forms of banking and ways to manage money effectively.

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

Stages of Development (B, D, F or W Rate) Wednesday, November 2, 2011 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: Richard Haghani, M.A.

Character Before Color: Sensitivity and Diversity Awareness (B, D or F Rate) Thursday, November 3, 2011 6 p.m. – 9 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 diversity. 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.

Becoming A Change Agent (B Rate) Saturday, November 5, 2011 8:30 a.m. – 5 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.

Parenting 101: How and When to Discipline (B, D or F Rate) Monday, November 7, 2011 6 p.m. – 9 p.m.

Description: This class defines the term discipline and helps caretakers 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 old foster youth.

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

~
Simple pleasures like old photos capture images to be cherished and tucked away in the albums of our memories.
~



Rancho Cucamonga

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

Tuesday, November 8, 2011

6 p.m. – 9 p.m.

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.

Dealing with Challenging Behaviors As A Parent (B, D or F Rate)

Wednesday, November 9, 2011

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 articulate the importance of praise and "catching children being good."

Presenter: Richard Haghani, M.A.

Can't You Pay Attention? ADHD and Learning Disabilities (B or D Rate)

Saturday, November 12, 2011

9 a.m. – 4:30 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, L.C.S.W.

Gang Awareness (B, D, or W Rate)

Monday, November 14, 2011

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, L.C.S.W.

Managing the Angry and Aggressive Moments in Life (B, D or F Rate)

Tuesday, November 15, 2011

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, will understand the importance of modeling appropriate anger management skills, and will be able to list potential outcomes of unresolved anger.

Presenter: Richard Haghani, M.A.





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Multiple Intelligences (B Rate)

Thursday, November 17, 2011

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.

Manipulation In the Parent-Child

Relationship (B, D or F Rate)

Saturday, November 19, 2011

8:30 a.m. – 5 p.m.

Description: This class will include a discussion of family dynamics and power/control issues between parents/caretakers 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.

"There's A Volcano in My Tummy" Anger Management (B or D Rate)

Monday, November 21, 2011

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.

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

Tuesday, November 22, 2011

6 p.m. – 9 p.m.

Description: As caretakers, 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.





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The Importance of Families to Children (B, D or F Rate)

Wednesday, November 23, 2011

6 p.m. – 9 p.m.

Description: This workshop will help participants to understand the need for children to redefine and maintain connections with birth parents, siblings, and extended family members, as well as the challenges that maintaining those connections can present. Participants will be able to identify existing family connections and the need to strengthen family connections that have been broken.

Presenter: Richard Haghani, M.A.

Gang Affiliation: A Sense of Belonging (B, D or F Rate)

Monday, November 28, 2011

6 p.m. – 9 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: Karen Cash, L.C.S.W.

Self Harming Behaviors (B or D Rate)

Wednesday, November 30, 2011

6 p.m. – 9 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: Karen Cash, L.C.S.W.

Recognizing the Signs of Substance Abuse (B or D Rate)

Friday, December 2, 2011

6 p.m. – 9 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: Karen Cash, L.C.S.W.

Kingdomality (B Rate)

Saturday, December 3, 2011

8:30 a.m. – 5 p.m.

Description: Kingdomality is a revolutionary, effective and entertaining way for an individual to master their environment (especially the work environment) and manage the people who travel within their realm. Using a medieval kingdom as a metaphor for an environment (either home, school, or work), Kingdomality provides an engaging and useful tool for analyzing and improving an individual's personal environment. Participants will identify types of personality roles that are in the Kingdomality system, determine strengths and weaknesses of the personality roles, and understand that no one personality role is best suited.

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





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Moral Development and Responsible Acts (B, D, F or W Rate)

Sunday, December 4, 2011

8:30 a.m. – 5 p.m.

Description: Developing a sense of right and wrong comes from caretakers who help instill some moral compass in their children's 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.

"But I Thought Therapy was for Crazy Folks!" (B, D or F Rate)

Monday, December 5, 2011

6 p.m. – 9 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.

Presenter: Wanda M. Cooper, M.A.

Disciplining Difficult Children (B or D Rate)

Tuesday, December 6, 2011

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, L.C.S.W.

Understanding Suicidal Behaviors (B Rate)

Wednesday, December 7, 2011

6 p.m. – 9 p.m.

Description: This class will help participants identify suicidal youth warning signs and explain the scope and magnitude of the problem. Participants will learn to identify youth who are at high risk. This class will also discuss how to identify the elements for assessing suicide.

Presenter: Richard Haghani, M.A.

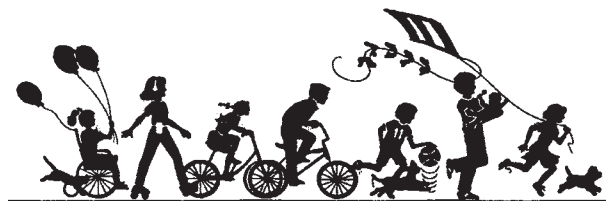
Teaching Kids the Power of Being Street Wise (B Rate)

Thursday, December 8, 2011

6 p.m. – 9 p.m.

Description: The US Department of Justice estimates that one in four girls and one in seven boys will be molested by the age of 18. Personal safety is now one of the single greatest concerns of children between the ages of seven and seventeen. This workshop will introduce the skills that parents need to impart to their children, so that their children will learn the necessary skills and basic safety techniques they will need to know in order for them to learn how to protect themselves in today's society. Participants will explore the challenges that the kids of today are facing, as well as become aware of the warning signs of child abuse.

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





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"What Am I Going to Do with These People?" (B, D or F Rate)

Friday, December 9, 2011

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.

Recognizing the Signs and Symptoms of Fetal Alcohol Syndrome (B or F Rate)

Saturday, December 10, 2011

9 a.m. – 4:30 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, L.C.S.W.

Recognizing the Stages of Grief and Loss (B, D, F or W Rate)

Monday, December 12, 2011

6 p.m. – 9 p.m.

Description: Losses occur frequently with children in the foster care system. We will look at the types and causes of loss, as well as the stages of grief they will move through.

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

Grief and Loss in Foster Care (B, D or F Rate)

Wednesday, December 14, 2011

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.

Improving Visitation--Keeping It Fun and Focused (B, D or F Rate)

Wednesday, December 14, 2011

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 provide 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: Karen Dixon, M.S.

What Kids Need to Succeed: The Asset Approach (B Rate)

Thursday, December 15, 2011

6 p.m. – 9 p.m.

Description: Many factors influence why some young people have successes in life and others have a harder time. Research has identified 40 concrete, positive experiences and qualities called "developmental assets" that have a tremendous influence on the lives of young people. In this workshop, participants will learn how the 40 developmental assets help youth to make wise decisions, choose positive paths and grow up to become competent, caring and responsible adults who believe in giving back to the society as a whole.

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



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

Monday, January 9, 2012

6 p.m. – 9 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.

Understanding and Identifying Eating Disorders (B, D, F or W Rate)

Tuesday, January 10, 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 as well as the importance of influencing children to eat healthy and exercise on a regular basis.

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

Fatherhood Involvement Project (B Rate)

Wednesday, January 11, 2012

6 p.m. – 9 p.m.

Description: Participants will understand the importance of fathers being involved in parenting and how it leads to healthier children. Children without fathers are more likely to live in poverty, drop out of school, engage in risky behaviors, and suffer from emotional or behavioral issues.

Presenter: Karen Dixon, M.S.



All of our actions take their hue from the complexion of the heart, as landscapes their variety from light. Francis Bacon



Anger Management for Youth (B or D Rate)

Saturday, January 14, 2012

8:30 am. – 5 p.m.

Description: Boy, my teen goes from calm to boiling hot in 0.5 seconds! Not being able to manage anger and frustration can create many problems for our children. Participants will explore the underlying feelings of the emotion of anger. Tools will also be provided to aid caregivers in managing their anger and modeling these skills for their children. Specific information will also be provided for helping young children and teens manage their anger.

Presenter: Richard Haghani, M.A.

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

Wednesday, January 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: Richard Haghani, M.A.

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

Friday, January 20, 2012

6 p.m. – 9 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.

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



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**Why Am I Afraid to Tell You Who I Am?
Dealing with Cultural Diversity,
Sensitivity, and Awareness (B Rate)**
Saturday, January 21, 2012
9 a.m. – 12 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.

Presenter: Wanda M. Cooper, M.A.

**Dealing with Challenging Behaviors As A
Parent (B, D or F Rate)**
Monday, January 23, 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 articulate the importance of praise and "catching children being good."

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

**Understanding Co-Dependency
(B or D Rate)**
Tuesday, January 24, 2012
6 p.m. – 9 p.m.

Description: This course will discuss co-dependency as an impediment to healthy living, emphasizing recovery principles and how to bring about positive changes to maximize personal growth.

Presenter: Richard Haghani, M.A.

**Depression and Other Mood Disorders
(B, D or F Rate)**
Saturday, January 28, 2012
9 a.m. – 4:30 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, L.C.S.W.

**Gay, Lesbian, Bi-Sexual and Transgender
Foster Youth (B, D or F Rate)**
Monday, January 30, 2012
6 p.m. – 9 p.m.

Description: This course will provide caretakers 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, L.C.S.W.





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

Wednesday, February 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.

Legal Issues Caregivers May Face (B, D, or W Rate)

Monday, February 6, 2012
6 p.m. – 9 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.

Presenter: Wanda M. Cooper, M.A.

What Is Adoption? (B Rate)

Tuesday, February 7, 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, L.C.S.W.

Transitioning Youth to Independence (B, D, F or W Rate)

Wednesday, February 8, 2012
6 p.m. – 9 p.m.

Description: Caregivers will discuss what resources are available to prepare youth for adulthood such as furthering their education and developing career goals.

Presenter: Karen Dixon, M.S.

Panic Disorders, Separation Disorders and Agoraphobia in Children and Adolescents (B, D or F Rate)

Saturday, February 11, 2012
8:30 a.m. – 5 p.m.

Description: This class defines panic disorders, separation anxiety disorder, and agoraphobia. Caregivers gain knowledge on the signs and symptoms, causes, behavior interventions, treatment, and medications. Discussion during this class will provide information on what to expect and how to work with children and adolescents who are diagnosed with one of these disorders. Caregivers leave this class with a clear understanding of panic, separation anxiety and agoraphobia disorders.

Presenter: Richard Haghani, M.A.

The Impact of Life Books (B, D or F Rate)

Wednesday, February 15, 2012
6 p.m. – 9 p.m.

Description: This training assists caregivers in understanding the importance of life books. Participants will learn about the different types and how to create them with their children. Learn how to use them as a tool in dealing with the past and building a positive self-image for the future.

Presenter: Richard Haghani, M.A.



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Understanding Childhood Autism (D or F Rate)

Friday, February 17, 2012

6 p.m. – 9 p.m.

Description: Autism is a disorder of neural development characterized by impaired social interaction and communication, and by restricted and repetitive behavior. These signs all begin before a child is three years old. This course will explore the signs and symptoms of autism, the causes of this disorder as we understand them, and available treatment options.

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

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

Sunday, February 19, 2012

9 a.m. – 4:30 p.m.

Description: This class will discuss common issues related to 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.

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

Understanding Mental Health Disorders (D or F Rate)

Monday, February 20, 2012

6 p.m. – 9 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: Richard Haghani, M.A.

The General Impact of Domestic Violence and Child Abuse

(B, D or F Rate)

Friday, February 24, 2012

6 p.m. – 9 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: Karen Cash, L.C.S.W.

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

Saturday, February 25, 2012

9 a.m. – 12 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.

~
True silence is the rest of the mind; it is to the spirit what sleep is to the body – nourishment and refreshment.

William Penn
~



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Connecting Children to Lifelong Relationships (B, D or F Rate)

Monday, February 27, 2012

6 p.m. – 9 p.m.

Description: This workshop will help participants understand the role of the caregiver on the permanency team, the legal options available to kinship caregivers, and that children's services' responsibility is to make permanent plans for children in its custody. Participants will identify the challenges of kinship caregivers in meeting permanency needs and types of legal relationships for kinship caregivers.

Presenter: Karen Dixon, M.S.

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

Wednesday, February 29, 2012

6 p.m. – 9 p.m.

Description: Participants of this class examine why more foster youth have developmental disabilities. Learn how to address these challenges and how to better assist and work with our youth with disabilities.

Presenter: Richard Haghani, M.A.

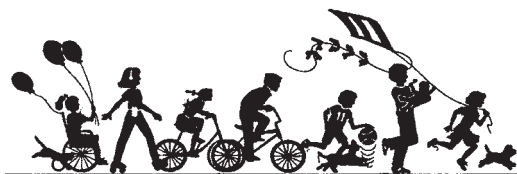
Working With Attachment Disorders (B or D Rate)

Tuesday, February 28, 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: Karen Cash, L.C.S.W.





Rancho Cucamonga
Lion Center West, Community Services (Guasti Room)
9161 Baseline Road, Rancho Cucamonga 91730

Kinship/Foster Parent Association
“GREAT”

Grandparents & Relatives Educational Assistance Team

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

Peer Pressure and Self-Esteem
(B and D Rate)
Wednesday, November 9, 2011
10 a.m. – 12 p.m.

Description: Kids are faced with a lot today. They are easily influenced by friends, peer clothing, music, physical appearance, and coques. Raising children in today's society provides many more challenges than when we ourselves 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.

Life After High School: Preparing Our Youth (B Rate)
Wednesday, February 8, 2012
10 a.m. – 12 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: Karen Dixon, M.S.

Grief and Loss (B, D or F Rate)
Wednesday, December 14, 2011
10 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: Corrine Garcia, A.A.

Developmental Issues and Foster Care Youth (B, D or F Rate)
Thursday, February 23, 2012
10 a.m. – 12 p.m.

Description: Participants of this class examine why more foster youth have developmental disabilities. We will discuss these challenges and how to better assist and work with our youth with disabilities.

Presenter: Corrine Garcia, A.A.

There will be no classes in January 2012.
Enjoy this time with the foster youth in your care.

~
Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.
Mother Teresa
 ~



San Dimas

McKinley Children's Center • 763 West Cypress Street, San Dimas 91773
NO CHILD CARE WILL BE PROVIDED FOR CLASSES AT THIS SITE

What to Expect: Youth Who Transition from Group Homes to FFA's (B or D Rate)
Sunday, November 20, 2011
10 a.m. – 4 p.m.

Description: This class teaches caregivers key elements for developing a relationship with their youth. Participants examine the process of this transition and learn techniques to ensure all necessary documents are in order. Participants also identify common behaviors displayed by youth that transition from group homes to foster care and discuss how these behaviors impact transition.

Presenter: Julissa Castillo, M.S.

Tantrums and Encouraging Responsible Behavior (B, D or F Rate)
Thursday, December 15, 2011
6 - 9 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. Caretakers will learn how to acknowledge the child's frustration, and help the child put their feelings into words.

Presenter: Julissa Castillo, M.S.



Understanding and Managing Stress (B, D or F Rate)
Sunday, January 22, 2012
10 a.m. – 4 p.m.

Description: 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 minors in your care.

Presenter: Julissa Castillo, M.S.

Understanding Children's Behaviors (B or D Rate)
Sunday, February 19, 2012
10 a.m. – 4 p.m.

Description: This class explores the potential causes, emotions, and behaviors that children develop who have been victims of infantile abuse. Participants will explore how to better assist caretakers in helping children with their emotions and behaviors from an understanding, non-punitive point of view.

Presenter: Julissa Castillo, M.S.

Life is one grand, sweet song, so start the music.



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

El Funcionamiento Como Equipo

(B, D or F Rate)

Sábado, Noviembre 12, 2011

9 a.m. – 12 p.m.

Descripción: En esta clase exploraremos no apenas qué trabaja pero ser miembros eficaces de un equipo protector a los niños en cuidado en el trabajo con F a F y el Decisión Tomadas en Equipo.

Presentador: Elisa Arteaga

Como Mantener los Records de los Niños (B, D or F Rate)

Saturday, Diciembre 10, 2011

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

Como Prevenir y Manejar las Quejas (B, D or F Rate)

Sábado, Enero 7, 2012 * 9 a.m. – 12 p.m.

Descripción: Los padres de crianza estan expuestos a recibir quejas sobre sus hogares. En esta clase los padres de crianza y adoptivos aprenderan tecnicas de como prevenir quejas sobre sus hogares y tambien a como manejarlas.

Presentador: Elisa Arteaga



Mejoramiento Sobre el Manejo de Nuestras Finanzas (B, D or F Rate)

Sábado, Enero 21, 2012

9 a.m. – 12 p.m.

Descripción: En esta clase usted tendrá la oportunidad de aprender algunas tecnicas sobre como mejor manejar sus finanzas y como crear un presupuesto. Podra 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

Crianza de Niños: Porque?

(B, D or F Rate)

Jueves, Enero 26, 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

Presentador: George Razo, M.A.

F2F y TDM: ¿Que Significan y Como Involucran a los Padres de Crianza?

(B, D or F Rate)

Sábado, Febrero 4, 2012

9 a.m. – 12 p.m.

Descripción: En este entrenamiento hablaremos de los programas Familia a Familia (F2F) y Decisión Tomada en Equipo (TDM) y como involucran a los padres de crianza.

Presentador: Elisa Arteaga



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

Regulaciones de Titulo 22 (B or D Rate)
Jueves, Febrero 23, 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.

Revision al Reglamento de Hogares de Crianza (B, D or F Rate)
Sábado, Febrero 25, 2012
9 a.m. – 12 p.m.

Descripción: En este entrenamiento hablaremos de los nuevos cambios al Reglamento de Hogares de Crianza Temporal (Titulo 22) y algunas tecnicas para mantener su hogar de acuerdo al reglamento.

Presentador: Elisa Arteaga

Covina

Spanish Classes ~ Clases en Español

Ettie Lee • 754 East Arrow Highway (Suite #F), Covina 91722

Como Reportar el Abuso Infantil (B or D Rate)
Jueves, Noviembre 3, 2011
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.

Diferentes Tipos de Disciplina (B, D or F Rate)
Jueves, Febrero 2, 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.

Regulaciones de Titulo 22 (B or D Rate)
Jueves, Enero 12, 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.





Pomona

Spanish Classes ~ Clases en Español

Department of Children & Family Services * 100 W. Second St., Pomona, 91766

Presentador: Maria Dolores Alvidrez

Los Principios y Valores en la Familia (B, D or F Rate)

Jueves, Noviembre 17, 2011

3:30 p.m. – 6:30 p.m.

Descripción: En esta clase hablaremos acerca de las creencias, prácticas y rituales que forman la esencia de una familia dentro de una comunidad. Los padres reconocieran la importancia de los estilos de vida saludables, comunidades de apoyo, y crianza consistente y delicada.

Enriqueciendo el Auto-Estima del Niño (B, D or F Rate)

Jueves, Diciembre 15, 2011

3:30 p. m. – 6:30 p.m.

Descripción: Hablaremos de cómo la auto-estima tiene que ver con como el niño se siente y piensa sobre sí mismo. A medida de que los niños crecen forman opiniones sobre ellos mismos a través de las palabras y las lecciones de los demás. Los padres entenderán las necesidades durante el desarrollo del niño y podrán brindarle en entorno afectuoso y comprensivo y así moldear la imagen que el niño tiene de sí mismo de manera positiva.

Tiempo con la Familia (B, D or F Rate)

Jueves, Enero 26, 2012

3:30 p.m. – 6:30 p.m.

Descripción: Con tantas actividades de todos los días, puede ser difícil para la familia encontrar tiempo para pasar juntos, especialmente si usted es un padre soltero. Con esfuerzo, los beneficios por pasar tiempos juntos valen la pena.

Disciplina Efectiva (B, D or F Rate)

Jueves, Febrero 23, 2012

3:30 p.m. – 6:30 p.m.

Descripción: Todos los padres y proveedores batallan an algún momento u otro con cómo establecer orden al comportamiento del niño. Los padres aprenderán que el objetivo de la disciplina positiva es enseñar a los niños desarrollar un comportamiento seguro y socialmente responsable que formante el respeto por ellos mismos y el respeto por los sentimientos y la propiedad de los demás.

~
Finalmente el...en absoluto es verdadero, independientemente de lo que es noble, independientemente de lo que es correcto, independientemente de lo que es puro, independientemente de lo que es encantador, independientemente de lo que es...admirable si algo es excelente o digno de elogio-piensen en tales cosas.
 ~





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, November 29, 2011
5:30 p.m. – 8:30 p.m.

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

Behavior Management: Reducing Risky Behavior (B or D Rate)
Tuesday, December 13, 2011
5:30 p.m. – 8:30 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.

The Importance of Documentation (B Rate)
Tuesday, January 24, 2012
5:30 p.m. – 8:30 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.

Understanding Depression (B, D or F Rate)
Tuesday, February 28, 2012
5:30 p.m. – 8:30 p.m.

Description: Depression and hopelessness affect many of the children in the foster care system. This workshop will address the signs, symptoms and resources that can help those who suffer from depression, despair and sadness. Participants will learn the signs, symptoms, treatment modalities and possible psychotropic medication recommended.



~
The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example...to yourself, respect; to all....charity.
Lord Balfour
 ~

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 FKCE Office at (626) 857-4028 for current fee. Sorry, no checks, **CASH ONLY**, and exact change please. Priority admission to class: 1) foster or kinship caregivers 2) staff working with foster youth 3) all others.

Presenter: Alex Vracin, American Red Cross Instructor

Saturday, November 5, 2011 * 9 a.m. – 3 p.m.

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

Saturday, December 3, 2011 * 9 a.m. - 3 p.m.

Location: Ettie Lee Youth and Family Services, 754 E Arrow Hwy (Suite #F), Covina, CA 91723

Saturday, January 16, 2012 * 9 a.m. - 3 p.m. CORRECT DAY IS MONDAY

Location: David and Margaret Home, 1350 Third St., La Verne, CA 91750

Saturday, February 11, 2012 * 9 a.m. – 3 p.m.

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

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 FKCE
- 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

This class is offered during July or August each year. 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 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 do not 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.



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 & 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 & reporting child abuse

CPR/First Aid

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



Categories & 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, 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)

Mondays/Wednesdays: November 14, 16, 21, and 23, 2011 * 9:30 a.m. – 1:30p.m.

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

Presenter: Karen Dixon, M.S.

Fridays: January 13 and 20, 2012 * 9 a.m. – 5:30 p.m.

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

Presenter: Karen Dixon, M.S.

Saturdays: February 11 and 18, 2012 * 8:30 a.m. – 5 p.m.

Location: Citrus College, 1000 W. Foothill Blvd., Glendora, CA 91741 (LB 108)

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

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)

Saturdays: November 5 and 12, 2011 * 8:30 a.m. - 5 p.m.

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

Presenter: LeeAnn Paddock, Adoptive Parent

Saturday and Sunday: December 3 and 4, 2011 * 8:30 a.m. – 5 p.m.

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

Presenter: LeeAnn Paddock, Adoptive Parent

Saturday and Sunday: January 21 and 22, 2012 * 8:30 a.m. – 5 p.m.

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

Presenter: LeeAnn Paddock, Adoptive Parent



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?

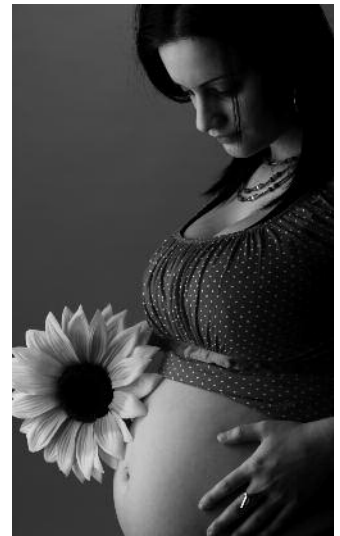
- Foster care providers
- Relative care providers
- Non-relative legal guardians
- Non-relative extended family members

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: November 11 and 18, 2011 * 9 a.m. – 5:30 p.m.

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

Presenter: Karen Dixon, M.S.

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

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

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

Las fechas son pendientes.

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

Sabados: Enero 14 y 21, 2012 * 9 a.m. – 5:30 p.m.
Locación: Citrus College, 1000 W. Foothill Blvd., Glendora, 91741 (Room LB 101)
Presentador: George Razo, M.A.



~
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)

Partnering for Safety – Models Approach to Partnership in Parenting

DCFS Orientation is required to enroll in this training module. This training program is for foster 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.



PRIDE Training – (27 Hour Training)

Parent Resources for Information Development & Education for San Bernardino (West End)

This training program is designed for prospective foster parents and adoptive parents. The program's goals are to meet the protective, developmental, cultural, and permanency needs of children placed with foster and adoptive families. Other goals include strengthening families, and blending families, regardless of origin or membership of a tribe or clan. Join us to help strengthen the quality of family foster care and adoption services, as we provide a standardized, structured framework for ongoing professional development.

Dates are pending. Please call our office at (626) 857-4028 for more information.



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

YESS-LA



Omar Maldonado, B.A.
Outreach Advisor

YESS-LA

Youth Empowerment Strategies for Success



Amber Marrufo
Clerical Support



This program serves foster youth ages 14-21 in two categories:

- Tutoring: Youth ages 14-15 are eligible for tutoring on a case-by-case evaluation to assist them in passing the CAHSEE.
- Life Skills: Classes are designed for youth 16-21 years of age, providing experiential learning opportunities that develop life skills they can utilize in their walk toward adulthood.

At Citrus College, we host approximately six modules a year that consist of ten 3-hour meetings, with approximately 25 youth per module. To determine if your youth is eligible and qualifies for either of these services, please follow the Department of Children & Family Services (DCFS) procedure below:

- Have the youth contact his/her social worker to inquire about the YESS Program. The social worker will contact the youth's Transitional Coordinator. He or she will complete the necessary paperwork and refer the youth to the Foundation for California Community Colleges (FCCC). The FCCC will then contact Citrus College's YESS Program.
- Citrus College's Outreach Advisor will process any necessary paper work and contact the youth to verify his or her interest in the program.

Please call our office at (626) 914-8506



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>

Citrus College Childcare



Citrus College Child Development Center
Hours: Monday through Friday 7 a.m. – 5 p.m.

The Orfalea Family Children's Center provides a daytime developmental program for children ages 2 ½ to 5 years of age.

Enrollment is on a first-come, first-served basis and/or income priority set by the State of California. There is a waiting list, so early registration is recommended. After acceptance into the program, allow approximately two weeks for processing. Fees are based on a sliding scale and vary according to family income and available funding. The enrollment office is available to assist parents in locating or accessing childcare.

For more information, please contact: **CDC Enrollment Office**
(626) 914-8501 or cdc@citruscollege.edu

The center is accredited by The National Association for the Education of Young Children (NAEYC).

Children's Food Allergies Are On The Rise

When To Look For Food Allergies

"Most kids develop food allergies early, usually within the first few years," says Joshua Gibbs, D.O., Children's Hospital of Orange County allergist and immunologist. Fortunately, many children eventually outgrow food allergies by school ages, even if they have had a severe reaction. Certain foods such as peanut and tree nuts are not likely to be outgrown.

The most common foods that cause allergies in children are:

- Eggs
- Milk
- Peanuts
- Fish/shellfish
- Soy
- Wheat
- Tree nuts

According to Dr. Gibbs, children may be allergic to other foods, such as fruits or seeds, but it's less common.

Know The Symptoms

The symptoms of a food allergy can vary from

child to child. In most cases, an allergic reaction happens within two hours of ingesting the food. If your child has a reaction to any food, talk with your pediatrician about allergy testing.

Common symptoms include:

- Hives or swelling of the skin
- Vomiting or nausea
- Wheezing
- Worsening of underlying eczema
- Low blood pressure or shock

The most severe reaction, called anaphylaxis, is when several symptoms happen at once, including swelling of the breathing tubes and low blood pressure. "Food allergies can escalate each time the child is exposed to a food," Dr. Gibbs says. "So the next time the child has that food the reaction could be more severe." If you think your child is having a severe reaction, seek emergency care immediately.

Joshua Gibbs, D.O., Allergies and Immunologist, CHOC (714) 633-6363



Resources

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.

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 less than 18 years of age. Medi-Cal card is required for therapy services.

The Alcoholism Center for Women (ACW)

1147 South Alvarado Street

Los Angeles, CA 90006

(213)381-8500

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.

Alliance for Children's Rights

3600 Wilshire Boulevard #1904, Los Angeles, CA 90010

(213) 368-6010

A non-profit agency providing legal representation to children on various legal issues including education, custody, out-of-home placement, and delinquency issues.



Bienstar Services

180 E. Mission Boulevard, Pomona, CA 91766
(909) 397-7660

El Monte Center

3131 Santa Anita Avenue, #109, El Monte, CA 91733
(626) 444-9453

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.

Cameron Hill After Care Services

1894 Commerce Center, West San Bernardino, CA 92408
(909) 890-4301

This agency provides ILP (Independent Living Program) transitional services for foster youth. Please contact Nikki Thurston for more information.

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.”*

Child Abuse Hotline

800-540-4000

Children's Bureau

14600 Ramona Boulevard, Baldwin Park, CA 91706
(626) 337-8811

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 for families with history 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

850 E. Foothill Blvd.,
Rialto, CA 92376

Phone (800) 451-5633

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. Provides 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

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 through 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 and is also open to the public.

DCFS Hotline

1-888-811-1121

DCFS Foster/Kinship Care Hotline

(909) 697-4444

Department of Mental Health

505 South Virgil Avenue, Los Angeles CA 90020

(213) 738-2906

Services for children and adults with a mental health diagnosis, or for assessment and medical follow-up.

Domestic Violence Services Since 1978

Helpline: 626-967-0658



East Valley Community Health Center, Inc.

420 S. Glendora Avenue
 West Covina, CA 91790
 (626) 919-5724 (Ext. 2110 or 2113)
www.evchc.org

Pomona Office: 680 Fairplex Drive, Pomona, CA 91768
 (909) 620-8088 (Ext. 3100)

A health care home for all of your needs with experienced and dedicated doctors, dentists, nurse practitioners, assistants, technicians, and mental health professionals. Services include:

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.

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.

Families of the Incarcerated

2049 S. Santa Fe Ave.
 Los Angeles, CA 90021
 (213) 438-4820, ext. 24

Contact: Amalia Molina

AAMolina@la-archdiocese.org

www.familiesoftheincarcerated.com

Families of the Incarcerated works to support families of inmates through giving them support and resources that might not otherwise be available.

Family Resource Center (Parent Connection)

2076 Bonita Avenue
 La Verne, CA 91750
 (909) 214-2097



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, zruss@valleycollege.edu, (909) 384-8670

Foster and Kinship Care Education Community College Resources

(These locations border our area of service)

- **Barstow** Barstow Community College, Andrea Albergottie, FKCE Instructional Specialist
~~ralleyoliver@barstow.edu~~ t: (760) 252-2411 x7276, f: (760) 252-6798
aalbergottie@barstow.edu
- **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 Mancian, FKCE Specialist
manciam@wlaac.edu t: (310) 287-4317, f: (310) 287-4249
- **Long Beach** Long Beach City College, Claudia Garcia, FKCE Instructional Specialist
cgarciab@lbcc.edu t: (562) 938-3114, f: (562) 938-3120



- **Los Angeles** Los Angeles City College, Juan Alvarez, FKCE Instructional Specialist
alvarejf@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
treed@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
slawson@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

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.

Get On The Bus

www.getonthebus.us

Uniting children with their mothers and fathers in prison.

Grandparents as Parents (GAP)

(818) 264-0880

Warmline: (562) 421-7991 or (310) 839-2548 or (818) 789-1177

Website: www.grandparentsasparents.org

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. Se Habla Espanol.



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 adoptions 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.

Independent Living Program

<http://www.ilponline.org/>

Kinship Care Providers Educational Support Group

Meeting Date: The third Thursday of the month

Time: 10 a.m.-12 p.m.

Place: Santa Anita Family Service,
605 S. Myrtle Ave., Monrovia, Ca 91016
(626) 358-1185, Sal Mendez or Diane Ward

Cost: **FREE Los Angeles Universal Pre-School (LAUP)**

750 N. Alameda Street (Suite #200)

Los Angeles, CA 90012

Phone (Main Line): (213) 416-1200

Site Locator: (866) 581-5287

www.laup.net

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.

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.

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 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
(760) 843-1177



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.

Poison Control

800-544-4404.

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.

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.

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.

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 and 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.





Santa Anita Family Service

**603 S. Myrtle Avenue
Monrovia, CA 91016
(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.

Contact Person: Sal Mendez

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.

Services Center for Independent Living

109 Spring Street
Claremont, CA 91711
(800) 491-6722 or (909) 621-6722
(909) 445-0726 TDD
(909) 455-0727 (Fax)

www.scil-clar.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).

Services Center for Independent Living

109 Spring Street
Claremont, CA 91711
(800) 491-6722 or (909) 621-6722
(909) 445-0726 TDD
(909) 455-0727 (Fax)

www.scil-clar.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).

Suicide Hotline 310-391-1253



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.

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.



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.

Westside Kinship Support Services

785 N Arrowhead Ave

San Bernardino, CA 92401

Phone: 909.889-5757

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.

YWCA-San Gabriel Valley

WINGS Domestic Violence Services

Amanda Turek, Community Specialist

P.O. Box 1464, West Covina CA 91793

Office: (626) 915-5191

Fax: (626) 858-5140

Email: aturek@ywcawings.org

Web Address: www.ywcawings.org

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) 697-4444

San Bernardino County – 1(800) 722-4477

Foster Care Licensing

Los Angeles County – 1(888) 893-4529

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

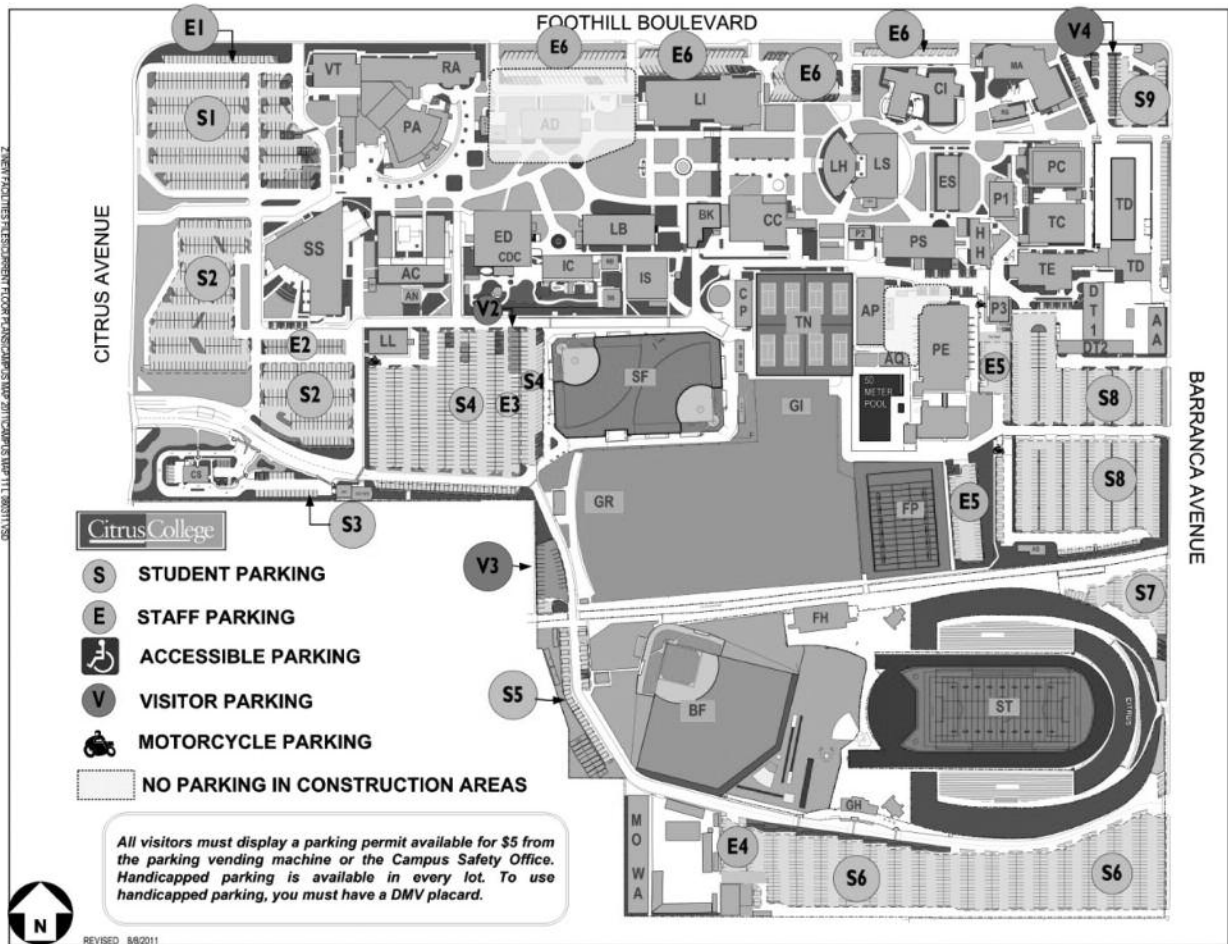
1(626) 338-6235

San Bernardino County – www.SBPL.org

1(909) 381-8201



Citrus College Campus Directory



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
EDEducational Development Center	RARecording Technology
ESEarth 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)	STStadium (FLD 4)
GR.....Golf Driving Range	TCTechnology Center
HHHayden Hall	TD.....Technician Development
ICInfant Center	TETechnology Engineering
IS.....Information Systems	TNTennis 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
Business ServicesED	International Student CenterSS
CafeteriaCC	Learning CenterED
CalWORKSLL	Little TheatrePA
Career/Transfer CenterSS	Noncredit Education.....LL
CashierED	Noncredit MatriculationLL
Clarion, Student NewspaperTC	NursingPC
College AdvancementCI	Orfalea Family Children's CenterED
Community EducationLL	OutreachSS
Computer CenterIS	President's OfficeSS
CosmetologyPC	Printing, ReprographicsRG
Counseling and Advisement CenterSS	Public InformationCI
Dental AssistingPC	ReceivingWA
Disabled Students CenterSS	Receiving, BookstoreBK
Distance EducationCI	Safety OfficeCS
EstheticianP1	Student AffairsCC
EOP&SSS	Student Employment ServicesSS
External RelationsCI	Student Services OfficeSS
Facilities RentalED	Swimming PoolAQ
Faculty / Staff LoungeCC	Testing CenterED
Financial AidSS	Transfer CenterSS
Fitness CenterAP	Veteran's CenterHH
FLS Language CentresP2	Vocational Education OfficeTE



Directional Maps

Family Service Center
 14305 Morgan Street
 Baldwin Park, 91706

Adoption Guidance Support Services
 969 South Village Oaks Drive (Suite #203)
 Covina, 91724 (Please note: You cannot access Garvey from Grand Ave.
 You must take Fairway Lane off Grand Ave to Garvey Ave.)

Making A Difference Association
 1001 N. La Cadena Dr.
 Colton, CA 92324
 (Directions: 10 Fwy to 9th St. Go north from 10 Fwy to Hanna. Turn left. Location is on the
 Corner of Hanna and La Cadena. Look for large white Victorian house.)

Ettie Lee Youth & Family Services
 754 East Arrow Highway (Suite #1), Covina, 91722
WIC Office
 1012 North Citrus Avenue, Covina, 91722
Bienvenidos FFA
 258 West Badillo Street, Covina, 91723

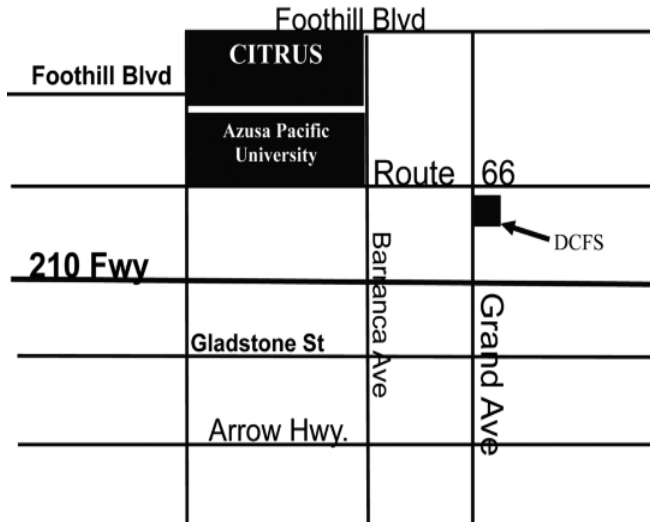
The Mormon Church
 1271 West Badillo Street
 Covina, 91722



Directional Maps

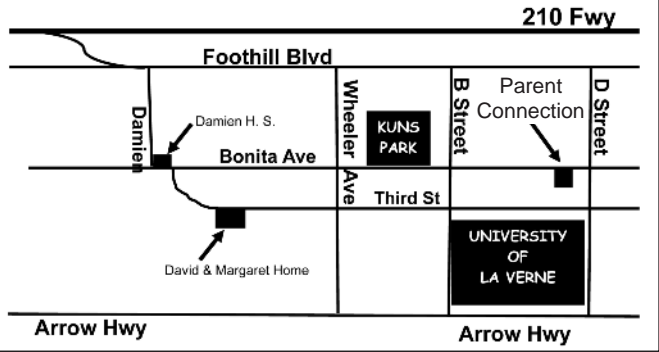
Citrus College
 1000 West Foothill Boulevard
 Glendora, 91741

Department of Children and Family Services
 725 South Grand Avenue
 Glendora, 91740

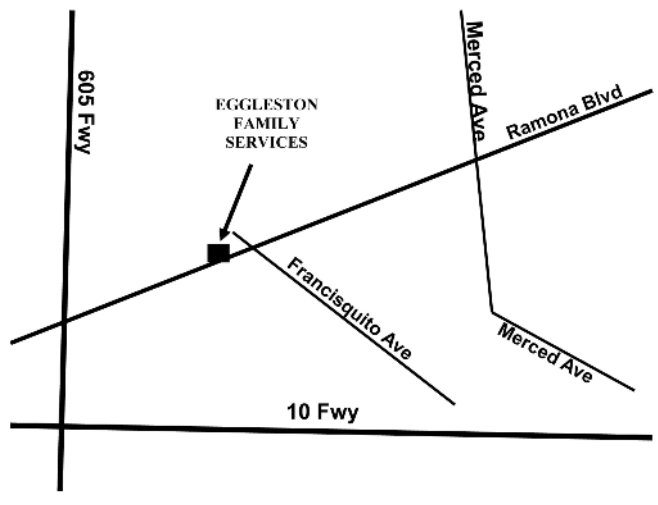


David and Margaret Home
 1350 Third Street
 La Verne, 91750
 (PLEASE NOTE: Class is in the Multi-Story White Building at the end of the long driveway.)

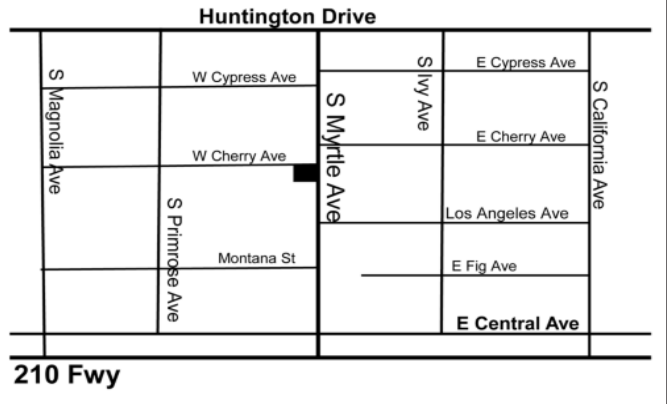
Parent Connection
 2076 Bonita Avenue
 La Verne, 91750
 (PLEASE NOTE: Park across street in Bookstore parking lot. Enter Parent Connection through LaVerne Construction in the front.)



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



Live Oak Vineyard Church
 1307 Myrtle Avenue
 Monrovia, 91016





Directional Maps

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

New Directions Church of God in Christ
 Grandparent's As Parents (GAP)
 1100 East Holt Boulevard
 Pomona, 91767

Park Vista Estates (Clubhouse)
 Tri-Valley Community Foster Parent Association
 1601 South Garey Avenue
 Pomona, 91766

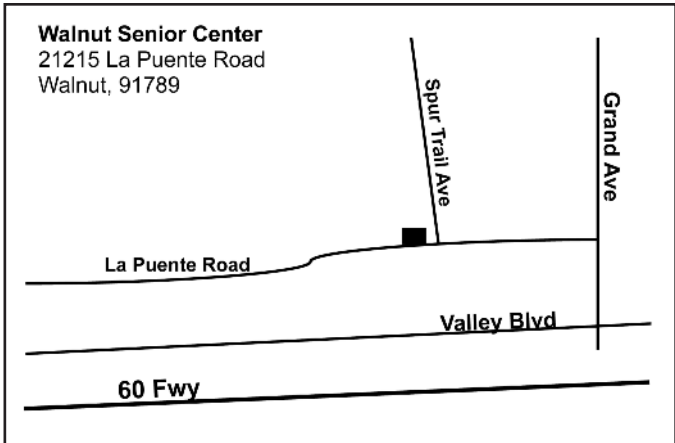
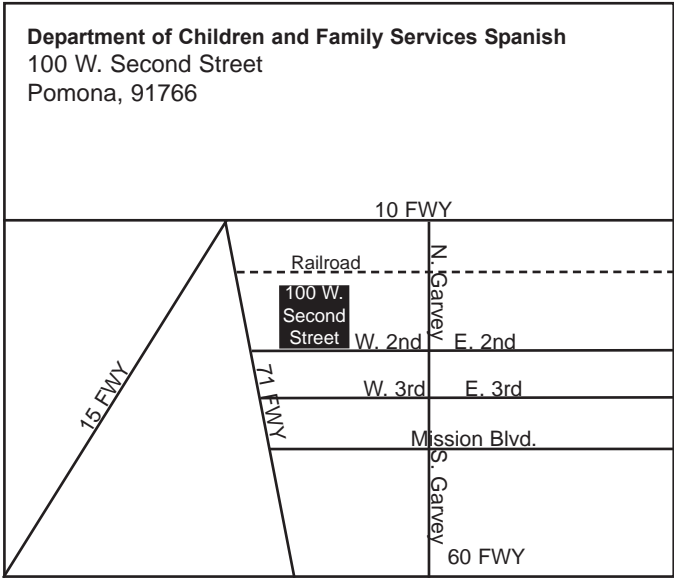
Helping Hands
 511 N. Laurel Ave.
 Ontario, 91762

Palomares Senior Center
 499 East Arrow Highway
 Pomona, 91767

210 Fwy



Directional Maps



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

Forever In My Heart

Although I'm not their mother
I care for them each day,
I cuddle, sing and read to them
And watch them as they play.

I see each new accomplishment,
I help them grow and learn.
I understand their language,
I listen with concern.

They come to me for comfort,
And I kiss away their tears.
They proudly show their work to me,



I give the loudest cheers!
No, I 'm not their mother,
But my role is just as strong.
I nurture them and keep them safe,
Though maybe not for long.

I know someday the time will come,
When we will have to part.
But I know each child I cared for,
Is forever in my heart!

~Author Unknown



San Gabriel Consortium
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