



*Foster and Kinship Care Education*



**Riverside City College**  
FKCE Schedule of Classes  
January - June 2011  
Serving all of Riverside County



**Registration**  
Call (951) 222-8937

## WELCOME FROM THE DIRECTOR



Well, another year has flown by...each year it seems the holidays arrive sooner! By the time you receive this brochure, I'm sure celebrations will be in full swing, and very soon afterward, we will be at the beginning of a fresh new year, full of promise and possibility. I hope all of you will include regular attendance at our continuing education classes on your list of New Year's Resolutions! It is so much more fun and rewarding when there are lots of participants in our classes...for both the facilitator and for caregivers. It's a wonderful opportunity for you to network with other caregivers - to give and receive support - in addition to learning new information and skills that we hope empower you to be more effective with the children and youth in your homes.

PLEASE NOTE in this brochure you will find new locations and additional Saturday classes. Please also check the times for workshops, as we provide both two and three hour classes, all-day Saturday classes, and several 'series' of classes with a specific theme.

As always...please, please, please remember to call and register (951-222-8937) for the classes you would like to attend. There is space for all attendees in every class, but occasionally a class must be canceled or a location has to be changed, due to unforeseen circumstances. If you have pre-registered, we have your name and contact number, and so can prevent you from making an unnecessary trip, or going to the wrong location. If I am not in the office when you call, please leave a message on my voice mail. Include your name, phone number and the date/location of the class(es) for which you are registering- I will add your name to the list. If you are calling at the last minute, and do NOT hear back from me, please feel free to attend the class. You can also send me an email if that is more convenient. My address is penny.davis@rcc.edu.

You can now also access the FKCE brochure on the RCC Website. Go to [www.rcc.edu](http://www.rcc.edu), click on Student Services, click on Workforce Preparation, click on Foster and Kinship Care, scroll down to the bottom of the page, and the brochure is a downloadable PDF file.

As always, I look forward to seeing you all, and I welcome any feedback you may have regarding topics, facilitators, etc. Best wishes for a happy and productive 2011.

Penny G. Davis, M.A.  
Director, Foster & Kinship Care Education

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# BANNING

## Happy Faces Foster Family Agency

50 North 1st. St., Banning, 92220

(exit 10 Fwy at 8th, North to Ramsey, Right on Ramsey, Left on First)

### Morning Classes

#### Facebook: Fun or Frightening? (dc)

Tuesday, January 11<sup>th</sup>: 9 am to noon

**Description:** The communication age for our children now includes social networking... the most common of which is Facebook. Many children in the foster care system have impaired ability to determine personal boundaries and appropriate sharing of information. This class will discuss how Facebook can significantly impact children's privacy and safety.

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#### Understanding Temperament (kk)

Tuesday, February 8<sup>th</sup>: 9 am to noon

**Description:** Temperament is unique to each individual...and it influences how we relate to others and to our environment. This class will discuss the basic temperament styles, and will provide caregivers with the tools to understand and accept the children in their care, as well as insight into their own temperament.

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#### Life After High School: Getting Ready for Emancipation (ts)

Tuesday, March 8<sup>th</sup>: 9 am to noon

**Description:** Should foster youth find a job, join the military, or continue on to post-secondary education...and how will they get there? This class will assist caregivers help the youth in their care get ready for the world beyond the foster care system.

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#### Temper, Temper: Dealing With Anger...Theirs AND Ours (kk)

Tuesday, April 5<sup>th</sup>: 9 am to noon

**Description:** Children in the foster care system are often filled with rage – and rightly so, given many of their life experiences. How caregivers respond to this rage, and how they handle their own anger is critically important for the future of these children. This class will explore anger and the strategies for expressing it effectively.

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# BANNING

## Using Family Time to Support Learning (mt)

Tuesday, May 3<sup>rd</sup>: 9 am to noon

**Description:** In this workshop caregivers will learn how to establish a 'literacy rich' environment, through interactive activities for the whole family. Included will be various activities and opportunities to explore writing and increase communication skills by creating a family timeline, alphabet book, and take-home cooking activity.

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## Self-Inflicted Violence: Why Do They Hurt Themselves? (dc)

Tuesday, June 14<sup>th</sup>: 9 am to noon

**Description:** Many youth, particularly those with trauma histories, burn, bruise, or cut themselves. This class will help caregivers understand why young people do this, help them recognize the symptoms, and provide tools for intervention.

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## Evening Classes (same location-please note time change)

### Conflict Resolution (mw)

Monday, January 31<sup>st</sup>: 5 pm to 8 pm

**Description:** This class will explore conflict – what it is, how and why it happens, and will look at communication and leadership styles that come into play when we are in conflict with another. Tools and strategies to lessen conflict and to cope effectively with it, when it is unavoidable, will be discussed.

---

### Fostering For the First Time (vs)

Monday, February 28<sup>th</sup>: 5 pm to 8 pm

**Description:** This class will explore the adjustments necessary when a family decides to foster. Issues discussed will be: defining your home environment, setting limits, teaching values, the importance of routines and schedules, visitation, rituals and traditions, and interacting with the social service system. This class is appropriate for caregivers who have five years or less experience.

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### Understanding Life Losses Experienced by Children: Ages 0 – 5 Yrs (vs)

Monday, March 28<sup>th</sup>: 5 pm to 8 pm

**Description:** This class will offer an exploration of the pivotal life losses experienced by very young children who are placed in the foster care system. How to understand children's needs in relationship to these losses as well as tools for developing effective coping skills will be discussed.

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# BANNING

## Understanding Life Losses Experienced by Children: Ages 6 - 12 (vs)

Monday, April 25<sup>th</sup>: 5 pm to 8 pm

**Description:** This class will look at the life losses experienced by children in their elementary years who are in the foster care system. How to understand children's needs in relationship to these losses as well as tools for developing effective coping skills with this age group will be explored.

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## Mandated Reporter Training (mw)

Monday, May 23<sup>rd</sup>: 5 pm to 8 pm

**Description:** In this workshop, caregivers will learn the basics of child abuse - what it is, why and how it happens, and the different forms of abuse. Also discussed will be the child protection laws and caregivers' rights and responsibilities as a 'mandated reporter', as well as how to report suspected child abuse to the authorities.

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## Creating Healing Environments (vs)

Monday, June 20<sup>th</sup>: 5 pm to 8 pm

**Description:** This class will provide an exploration of the key elements necessary for successful grief processing, and some tools and methods for developing healing environments in homes and schools for children in the foster care system.

# BEAUMONT · NEW SITE

## ChildHelp USA

### **14700 Manzanita Rd, Beaumont, 92223**

(10 Fwy to Exit 94 - Beaumont Ave, Left at East 1st St., 2nd right onto Michigan, continue straight onto Mellow Lane, continue onto Manzanita Park Rd. Turn right into facility...stay left when road forks at the building. Park in lot, walk up stairs, past the wishing well. Follow concrete path to two-story building. Walk up steps and enter glass doors. Classroom is on right at end of hall.)

## Creating Healing Environments (vs)

Wednesday, January 12<sup>th</sup>: 6 pm to 9 pm

**Description:** This class will provide an exploration of the key elements necessary for successful grief processing, and some tools and methods for developing healing environments in homes and schools for children in the foster care system.

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# BEAUMONT

## Self-Inflicted Violence: Why Do They Hurt Themselves? (dc)

Wednesday, February 2<sup>nd</sup>: 6 pm to 9 pm

**Description:** Many youth, particularly those with trauma histories, burn, bruise, or cut themselves. This class will help caregivers understand why young people do this, help them recognize the symptoms, and provide tools for intervention.

---

## Mandated Reporter Training (mw)

Wednesday, March 2<sup>nd</sup>: 6 pm to 9 pm

**Description:** In this workshop, caregivers will learn the basics of child abuse - what it is, why and how it happens, and the different forms of abuse. Also discussed will be the child protection laws and caregivers' rights and responsibilities as a 'mandated reporter,' as well as how to report suspected child abuse to the authorities.

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## Using Family Time to Support Learning (mt)

Wednesday, April 6<sup>th</sup>: 6 pm to 9 pm

**Description:** In this workshop caregivers will learn how to establish a 'literacy rich' environment, through interactive activities for the whole family. Included will be various activities and opportunities to explore writing and increase communication skills by creating a family timeline, alphabet book, and take-home cooking activity.

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## Five Languages of Love (vs)

Wednesday, May 4<sup>th</sup>: 6 pm to 9 pm

**Description:** Based on the book of the same name by Gary Chapman, this class will explore how children and adults seek and show love. Application to the issues experienced by children in the foster care system will be discussed. Foster parents will learn to identify their own language of love as well as understand that of the children in their home.

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## Music: Does It Soothe or Fuel the Beast Within (dc)

Wednesday, June 1<sup>st</sup>: 6 pm to 9 pm

**Description:** Music plays an important role in all our lives. It is often a constant in the lives of our youth...in their iPods, radios, CDs, and MP3 players. This class will address the lyrics and messages contained in funk, rap, hip hop, acid rock, heavy metal, grunge, and more. Caregivers will learn how music can shape and frame the lives of our children.

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# CORONA/NORCO

## Norco Public Library

3954 Old Hamner Rd, Norco, 92860

(15 N. to 6th, Exit on 6th – turn West to Hamner, North on Hamner, immediate Right on Old Hamner, down the small road, and to the left is the library)

## Morning Classes

### Temper, Temper: Dealing With Anger...Theirs AND Ours (kk)

Wednesday, January 19<sup>th</sup>: 10 am to 1 pm

**Description:** Children in the foster care system are often filled with rage – and rightly so, given many of their life experiences. How caregivers respond to this rage, and how they handle their own anger is critically important for the future of these children. This class will explore anger and the strategies for expressing it effectively.

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### Creating a Healthier Family (jp)

Wednesday, February 16<sup>th</sup>: 10 am to noon (note: 2-hour class)

**Description:** This class will help caregivers create a healthier lifestyle for themselves and the children in their care. The five components of good health, how to encourage good nutrition by getting a 'daily dose of color', and how to pack a nutritional 'wallop' in a lunch box, are just some of the topics that will be explored.

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### Child Development: Ages Six through Twelve (vs)

Wednesday, March 16<sup>th</sup>: 10 am to 1 pm

**Description:** This class will explore the typical six areas of child development, including theories applicable to children in the foster care system. Basic developmental assessment methods will be shared that will assist caregivers in discussing their observations with social workers, physicians and teachers.

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### Mad, Sad, Scared, Happy: Understanding Children's Emotions (kk)

Wednesday, April 13<sup>th</sup>: 10 am to 1 pm

**Description:** How we learn to experience, voice and understand our own emotions in childhood is an important part of how we see ourselves and others when we reach adulthood. Emotional awareness allows us to honor and move through our own experiences, as well as to develop empathy for others. Children with trauma histories typically have not been exposed to healthy emotional interactions. This class will explore this topic and give caregivers tools for building children's emotional health.

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# CORONA/NORCO

## Understanding Temperament (kk)

Wednesday, May 18<sup>th</sup>: 10 am to 1 pm

**Description:** Temperament is unique to each individual...and it influences how we relate to others and to our environment. This class will discuss the basic temperament styles, and will provide caregivers with the tools to understand and accept the children in their care, as well as insight into their own temperament.

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## Using Family Time to Support Learning (mt)

Wednesday, June 15<sup>th</sup>: 10 am to 1 pm

**Description:** In this workshop caregivers will learn how to establish a 'literacy rich' environment, through interactive activities for the whole family. Included will be various activities and opportunities to explore writing and increase communication skills by creating a family timeline, alphabet book, and take-home cooking activity.

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## Evening Classes (same location)

### Understanding Life Losses Experienced by Children: Ages 0 - 5 Yrs (vs)

Monday, January 10<sup>th</sup>: 6 pm to 8 pm

**Description:** This class will offer an exploration of the pivotal life losses experienced by very young children who are placed in the foster care system. How to understand children's needs in relationship to these losses as well as tools for developing effective coping skills will be discussed.

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### Understanding Life Losses Experienced by Children: Ages 6 - 12 (vs)

Monday, February 7<sup>th</sup>: 6 pm to 8 pm

**Description:** This class will look at the life losses experienced by children in their elementary years who are in the foster care system. How to understand children's needs in relationship to these losses as well as tools for developing effective coping skills with this age group will be explored.

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### Teens and Violent Relationships (kc)

Monday, March 7<sup>th</sup>: 6 pm to 8 pm

**Description:** This class will explore the many reasons why teens (particularly those in the foster care system) often remain in relationships that are hurtful to them - physically, socially and emotionally.

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# CORONA/NORCO

## Conflict Resolution (mw)

Monday, April 4<sup>th</sup>: 6 pm to 8 pm

**Description:** This class will explore conflict – what it is, how and why it happens, and will look at communication and leadership styles that come into play when we are in conflict with another. Tools and strategies to lessen conflict and to cope effectively with it, when it is unavoidable, will be discussed.

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## Asthma 101: Part One (kc)

Monday, May 9<sup>th</sup>: 6 pm to 8 pm

**Description:** This class will discuss the basics of asthma - definition, cause and symptoms of this chronic illness. Caregivers will explore risk factors and complications of childhood asthma.

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## Asthma 101: Part Two (kc)

Monday, June 6<sup>th</sup>: 6 pm to 8 pm

**Description:** In this continuing look at asthma, participants will explore the different tests and diagnoses for this illness, as well as medications, and alternatives used in the care of this chronic condition. The class will also address coping strategies and support and/or prevention of asthma.

# HEMET

## California Family Life Center

701 W. Esplanade Ave., San Jacinto, 92582

(West from State St, or East from Sanderson, to Esplanade, site is on north side of street, in strip mall, red awnings on bldg)

## Morning Classes

## Understanding Temperament (kk)

Tuesday, January 11<sup>th</sup>: 9 am to noon

**Description:** Temperament is unique to each individual...and it influences how we relate to others and to our environment. This class will discuss the basic temperament styles, and will provide caregivers with the tools to understand and accept the children in their care, as well as insight into their own temperament.

---

## Self-Inflicted Violence: Why Do They Hurt Themselves? (dc)

Tuesday, February 15<sup>th</sup>: 9 am to noon

**Description:** Many youth, particularly those with trauma histories, burn, bruise, or cut themselves. This class will help caregivers understand why young people do this, help them recognize the symptoms, and provide tools for intervention.

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## Adolescence: What's Up With Those Teens? (ts)

Tuesday, March 15<sup>th</sup>: 9 am to noon

**Description:** The teen years can be challenging for caregivers. This class will give an overview of adolescence – for typically developing teens, and for those with histories of trauma.

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## Using Family Time to Support Learning (mt)

Tuesday, April 19<sup>th</sup>: 9 am to noon

**Description:** In this workshop caregivers will learn how to establish a 'literacy rich' environment, through interactive activities for the whole family. Included will be various activities and opportunities to explore writing and increase communication skills by creating a family timeline, alphabet book, and take-home cooking activity.

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## Facebook: Fun or Frightening? (dc)

Tuesday, May 17<sup>th</sup>: 9 am to noon

**Description:** The communication age for our children now includes social networking... the most common of which is Facebook. Many children in the foster care system have impaired ability to determine personal boundaries and appropriate sharing of information. This class will discuss how Facebook can significantly impact children's privacy and safety

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## Temper, Temper: Dealing With Anger...Theirs AND Ours (kk)

Tuesday, June 21<sup>st</sup>: 9 am to noon

**Description:** Children in the foster care system are often filled with rage – and rightly so, given many of their life experiences. How caregivers respond to this rage, and how they handle their own anger is critically important for the future of these children. This class will explore anger and the strategies for expressing it effectively.

---

## Evening Classes (same location)

### Encouraging Responsibility (kk)

Wednesday, January 19<sup>th</sup>: 6 pm to 9 pm

**Description:** One of the primary qualities that caregivers want their children to develop prior to maturity is responsibility. Some of the tools parents use to help build this quality – praise, rewards, consequences of behavior – often do not result in REAL personal responsibility. This class will look at some of the unintended results of using the above discipline tools, and will explore more effective strategies.

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### Conflict Resolution (mw)

Wednesday, February 23<sup>rd</sup>: 6 pm to 9 pm

**Description:** This class will explore conflict – what it is, how and why it happens, and will look at communication and leadership styles that come into play when we are in conflict with another. Tools and strategies to lessen conflict and to cope effectively with it, when it is unavoidable, will be discussed.

---

### Music: Does It Soothe or Fuel the Beast Within (dc)

Wednesday, March 23<sup>rd</sup>: 6 pm to 9 pm

**Description:** Music plays an important role in all our lives. It is often a constant in the lives of our youth...in their iPods, radios, CDs, and MP3 players. This class will address the lyrics and messages contained in funk, rap, hip hop, acid rock, heavy metal, grunge, and more. Caregivers will learn how music can shape and frame the lives of our children.

---

### Mad, Sad, Scared, Happy: Understanding Children's Emotions (la)

Wednesday, April 20<sup>th</sup>: 6 pm to 8 pm (note: 2 hour class)

**Description:** How we learn to experience, voice and understand our own emotions in childhood is an important part of how we see ourselves and others when we reach adulthood. Emotional awareness allows us to honor and move through our own experiences, as well as to develop empathy for others. Children with trauma histories typically have not been exposed to healthy emotional interactions. This class will explore this topic and give caregivers tools for building children's emotional health.

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### Life After High School: Getting Ready for Emancipation (ts)

Wednesday, May 25<sup>th</sup>: 6 pm to 9 pm

**Description:** Should foster youth find a job, join the military, or continue on to post-secondary education...and how will they get there? This class will assist caregivers empower the youth in their care to get ready for the world beyond the foster care system.

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# INDIO

## City of Indio Teen Center · NEW SITE

**81-678 Ave 46, Indio, 92201**

Note: All classes at this site are two (2) hours

### Mad, Sad, Scared, Happy: Understanding Children's Emotions (1a)

Thursday, February 10<sup>th</sup>: 10 am to noon

**Description:** How we learn to experience, voice and understand our own emotions in childhood is an important part of how we see ourselves and others when we reach adulthood. Emotional awareness allows us to honor and move through our own experiences, as well as to develop empathy for others. Children with trauma histories typically have not been exposed to healthy emotional interactions. This class will explore this topic and give caregivers tools for building children's emotional health.

### Impact of Abuse and Neglect on Attachment, Brain Development, Learning and Behavior (pd)

Thursday, May 26<sup>th</sup>: 10 am to noon

**Description:** This class will provide caregivers with an exploration of how non-nurturing environments during infancy and the toddler years can have life-long impact in all areas of human functioning – from the development of basic brain structure and cognitive functions, to the ability to form healthy relationships.

# LAKE ELSINORE

## California Family Life Center – Planet Youth

**400 W. Graham St. Lake Elsinore, 92530**

(15 Fwy to Main, West off the exit to Graham, North on Graham)

### Understanding Life Losses Experienced by Children: Ages 0 – 5 Yrs (vs)

Monday, January 10<sup>th</sup>: 9 am to noon

**Description:** This class will offer an exploration of the pivotal life losses experienced by very young children who are placed in the foster care system. How to understand children's needs in relationship to these losses as well as tools for developing effective coping skills will be discussed.

# LAKE ELSINORE

## Encouraging Responsibility (kk)

Monday, February 14<sup>th</sup>: 9 am to noon

**Description:** One of the primary qualities that caregivers want their children to develop prior to maturity is responsibility. Some of the tools parents use to help build this quality – praise, rewards, consequences of behavior – often do not result in REAL personal responsibility. This class will look at some of the unintended results of using the above discipline tools, and will explore more effective strategies.

---

## Using Family Time to Support Learning (mt)

Monday, March 14<sup>th</sup>: 9 am to noon

**Description:** In this workshop caregivers will learn how to establish a 'literacy rich' environment, through interactive activities for the whole family. Included will be various activities and opportunities to explore writing and increase communication skills by creating a family timeline, alphabet book, and take-home cooking activity.

---

## Creating a Healthier Family (jp)

Monday, April 11<sup>th</sup>: 9 am to 11 am (note: 2-hr class)

**Description:** This class will help caregivers create a healthier lifestyle for themselves and the children in their care. The five components of good health, how to encourage good nutrition by getting a 'daily dose of color', and how to pack a nutritional 'wallop' in a lunch box, are just some of the topics that will be explored.

---

## Understanding Life Losses Experienced by Children: Ages 6 - 12 (vs)

Monday, May 16<sup>th</sup>: 9 am to noon

**Description:** This class will look at the life losses experienced by children in their elementary years who are in the foster care system. How to understand children's needs in relationship to these losses as well as tools for developing effective coping skills with this age group will be explored.

---

## Understanding Temperament (kk)

Monday, June 13<sup>th</sup>: 9 am to noon

**Description:** Temperament is unique to each individual...and it influences how we relate to others and to our environment. This class will discuss the basic temperament styles, and will provide caregivers with the tools to understand and accept the children in their care, as well as insight into their own temperament.

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# MORENO VALLEY

## Moreno Valley Senior Center

25075 Fir Ave., Moreno Valley, 92553

(½ block East of Perris Blvd, between 60 Fwy and Eucalyptus)

## Morning Classes

### Positive Discipline for Children With Trauma Histories: The First Five Years (pd)

Tuesdays, January 18<sup>th</sup>, 25<sup>th</sup>, February 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>: 9 am to noon

**Description:** Infants and toddlers who have experienced chronic trauma (abuse, neglect, multiple moves, etc.) frequently have behaviors that are challenging for caregivers. Traditional discipline strategies are often ineffective. This five-week class will explore attachment and brain development issues, and provide caregivers an in-depth look at the Positive Discipline philosophy and tools for more effective parenting.

Please plan to attend all five classes. Participants will receive a copy of either 'Positive Discipline, the First Three Years', or 'Positive Discipline for Preschoolers' book.

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### Fostering For the First Time (vs)

Tuesday, March 22<sup>nd</sup>: 9 am to noon

**Description:** This class will explore the adjustments necessary when a family decides to foster. Issues discussed will be: defining your home environment, setting limits, teaching values, the importance of routines and schedules, visitation, rituals and traditions, and interactions with the social service system. This class is appropriate for caregivers who have five or fewer years' experience.

---

### Facebook: Fun or Frightening? (dc)

Tuesday, April 12<sup>th</sup>: 9 am to noon

**Description:** The communication age for our children now includes social networking... the most common of which is Facebook. Many children in the foster care system have impaired ability to determine personal boundaries and appropriate sharing of information. This class will discuss how Facebook can significantly impact children's privacy and safety.

---

### Using Family Time to Support Learning (mt)

Tuesday, May 10<sup>th</sup>: 9 am to noon

**Description:** In this workshop caregivers will learn how to establish a 'literacy rich' environment, through interactive activities for the whole family. Included will be various activities and opportunities to explore writing and increase communication skills by creating a family timeline, alphabet book, and take-home cooking activity.

---

# MORENO VALLEY

## Creating a Healthier Family (jp)

Tuesday, June 7<sup>th</sup>: 9 am to 11 am (note: 2-hr class)

**Description:** This class will help caregivers create a healthier lifestyle for themselves and the children in their care. The five components of good health, how to encourage good nutrition by getting a 'daily dose of color', and how to pack a nutritional 'wallop' in a lunch box, are just some of the topics that will be explored.

## Evening Classes

### DPSS Staff Development Center

22690 Cactus Ave., Moreno Valley, 92553

(across from Smart & Final, entrance at back of bldg.)

## Child Development: Ages Six through Twelve (vs)

Thursday, January 13<sup>th</sup>: 6 pm to 9 pm

**Description:** This class will explore the typical six areas of child development, including theories applicable to children in the foster care system. Basic developmental assessment methods will be shared to assist caregivers in discussing their observations with social workers, physicians and teachers.

## Music: Does It Soothe or Fuel the Beast Within (dc)

Thursday, February 10<sup>th</sup>: 6 pm to 9 pm

**Description:** Music plays an important role in all our lives. It is often a constant in the lives of our youth...in their iPods, radios, CDs, and MP3 players. This class will address the lyrics and messages contained in funk, rap, hip hop, acid rock, heavy metal, grunge, and more. Caregivers will learn how music can shape and frame the lives of our children.

## Understanding Temperament (kk)

Thursday, March 10<sup>th</sup>: 6 pm to 9 pm

**Description:** Temperament is unique to each individual...and it influences how we relate to others and to our environment. This class will discuss the basic temperament styles, and will provide caregivers with the tools to understand and accept the children in their care, as well as insight into their own temperament.

## Adolescence 101 (dc)

Thursdays, April 21<sup>st</sup>, 28<sup>th</sup>, May 5<sup>th</sup> and 12<sup>th</sup>: 6 pm to 9 pm

**Description:** This four-week class will provide caregivers with an in-depth look at the teen years. Topics covered will be typical/atypical development issues (physical and social/emotional), bullying, risky behaviors (drugs, alcohol, eating disorders), and sexuality. Caregivers may attend one, two, three or all four classes.

# MORENO VALLEY

## Conflict Resolution (mw)

Thursday, June 16<sup>th</sup>: 6 pm to 9 pm

**Description:** This class will explore conflict – what it is, how and why it happens, and will look at communication and leadership styles that come into play when we are in conflict with another. Tools and strategies to lessen conflict and to cope effectively with it, when it is unavoidable, will be discussed.

## PALM SPRINGS • NEW LOCATION

### Raymond Cree Middle School

1011 Vista Chino (corner of Vista Chino and Caballeros)

Palm Springs, 92262

## Understanding Life Loss Issues of Children with Trauma Histories (vs)

Saturday, January 29<sup>th</sup>: 9:00 am to 3:30 pm

**Description:** This class will outline the life losses experienced by children in the foster care system. Through an exploration of theorists Kubler-Ross, Ken Doka and Erik Erikson, caregivers will learn about the stages, styles and social-emotional needs of the children in their homes. Practical tools and experiential activities will assist caregivers in helping children develop skills to address and cope with past and future life losses.

Lunch and childcare will be provided (no cost for 'For the Children' FFA members, nominal fee for others/non-members). Please contact Sylvia Signoret for more information: (760) 567-7954.

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## Why Don't They Listen: Why Won't They Talk? (ts)

Saturday, March 26<sup>th</sup>: 9 am to noon

**Description:** Sometimes it seems as though we talk and talk and our children do not listen...and then they answer in one-word sentences, when we ask questions. Does our conversation go in one ear and out the other, or have we lost touch with our kid? This class will give caregivers some practical new ways to talk so kids will listen, and new tools for listening that will encourage kids to talk.

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# RANCHO MIRAGE

## JPL BIBLE CHURCH

**39-001 Monterey Ave., Rancho Mirage, 92270**  
(10 Fwy, exit Monterey, travel South, church is on right)

### Mad, Sad, Scared, Happy: Understanding Children's Emotions (1a)

Wednesday, January 19<sup>th</sup>: 10 am to noon

**Description:** How we learn to experience, voice and understand our own emotions in childhood is an important part of how we see ourselves and others when we reach adulthood. Emotional awareness allows us to honor and move through our own experiences, as well as to develop empathy for others. Children with trauma histories typically have not been exposed to healthy emotional interactions. This class will explore this topic and give caregivers tools for building children's emotional health.

---

### Life After High School: Getting Ready for Emancipation (ts)

Wednesday, February 16<sup>th</sup>: 10 am to noon

**Description:** Should foster youth find a job, join the military, or continue on to post-secondary education...and how will they get there? This class will assist caregivers empower the youth in their care to get ready for the world beyond the foster care system

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### Understanding Sexual Abuse (1a)

Wednesday, March 16<sup>th</sup>: 10 am to noon

**Description:** This class will explore the specific issue of sexual abuse – dynamics of the abuser and the impact for the abused. Caregivers will explore some ways to assist the children in their care who have experienced this type of abuse.

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### Understanding Temperament (pd)

Wednesday, April 20<sup>th</sup>: 10 am to noon

**Description:** Temperament is unique to each individual...and it influences how we relate to others and to our environment. This class will discuss the basic temperament styles, and will provide caregivers with the tools to understand and accept the children in their care, as well as insight into their own temperament.

---

### Adolescence: What's Up With Those Teens? (ts)

Wednesday, May 18<sup>th</sup>: 10 am to noon

**Description:** The teen years can be challenging for caregivers. This class will give an overview of adolescence – for typically developing teens, and for those with histories of trauma.

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# RANCHO MIRAGE

## Why Don't They Listen: Why Won't They Talk? (ts)

Wednesday, June 15<sup>th</sup>: 10 am to noon

**Description:** Sometimes it seems as though we talk and talk and our children do not listen...and then they answer in one-word sentences, when we ask questions. Does our conversation go in one ear and out the other, or have we lost touch with our kid? This class will give caregivers some practical new ways to talk so kids will listen, and new tools for listening that will encourage kids to talk.

## RIVERSIDE

### Rubidoux High School Annex – Rm T 8

4250 Opal St., Riverside, 92509

(Mission Inn Dr, turn South on Pacific – street prior to Opal – and park in the Pacific street lot – follow orange signs to RCCD section of portables).

### Weekday Morning Classes

#### Conflict Resolution (mw)

Friday, January 14<sup>th</sup>: 9 am to noon

**Description:** This class will explore conflict – what it is, how and why it happens, and will look at communication and leadership styles that come into play when we are in conflict with another. Tools and strategies to lessen conflict and to cope effectively with it, when it is unavoidable, will be discussed.

#### Self-Inflicted Violence: Why Do They Hurt Themselves? (dc)

Friday, February 11<sup>th</sup>: 9 am to noon

**Description:** Many youth, particularly those with trauma histories, burn, bruise, or cut themselves. This class will help caregivers understand why young people do this, help them recognize the symptoms, and provide tools for intervention.

#### Creating a Healthier Family (jp)

Friday, March 11<sup>th</sup>: 9 am to 11 am (note: 2 hour class)

**Description:** This class will help caregivers create a healthier lifestyle for themselves and the children in their care. The five components of good health, how to encourage good nutrition by getting a 'daily dose of color', and how to pack a nutritional 'wallop' in a lunch box, are just some of the topics that will be explored.

# RIVERSIDE

## Child Development: Ages Six through Twelve (vs)

Friday, April 8<sup>th</sup>: 9 am to noon

**Description:** This class will explore the typical six areas of child development, including theories applicable to children in the foster care system. Basic developmental assessment methods will be shared to assist caregivers in discussing their observations with social workers, physicians and teachers.

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## Temper, Temper: Dealing With Anger...Theirs AND Ours (kk)

Friday, May 13<sup>th</sup>: 9 am to noon

**Description:** Children in the foster care system are often filled with rage – and rightly so, given many of their life experiences. How caregivers respond to this rage, and how they handle their own anger is critically important for the future of these children. This class will explore anger and the strategies for expressing it effectively.

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## Facebook: Fun or Frightening? (dc)

Friday, June 3<sup>rd</sup>: 9 am to noon

**Description:** The communication age for our children now includes social networking... the most common of which is Facebook. Many children in the foster care system have impaired ability to determine personal boundaries and appropriate sharing of information. This class will discuss how Facebook can significantly impact children's privacy and safety.

### Riverside City College

4800 Magnolia Ave., Lovekin Complex – E3, Riverside, 92506

(back of campus off of Olivewood...park in Lot G, in any student space).

## Saturday Classes • NEW

### Depression and Suicide (kc)

Saturday, February 26<sup>th</sup>: 9 am to 4 pm

**Description:** This class will view 'Silence of the Heart', a video involving the suicide of a 17 year old. Events, stressors, indicators, etc. that play into the decision of someone to end their own life, ways to identify depression, hopelessness or possible suicide, and tools for caregivers to help those in their care, will all be explored.

# RIVERSIDE

## Fostering for the First Time (vs)

Saturday, March 26<sup>th</sup>: 9 am to noon (note: 3 hour class)

**Description:** This class will provide an in-depth exploration of the adjustments necessary when a family decides to foster. Issues discussed will be: defining your home environment, setting limits, teaching values, the importance of routines and schedules, visitation, rituals and traditions, and interacting with the social service system. This class is appropriate for caregivers who have five or fewer years' experience.

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## Caring for the Medically Fragile Children (kc)

Saturday, April 23<sup>rd</sup>: 9 am to 4 pm

**Description:** This class will explore the definition of 'medically fragile', and will discuss the various types of medically fragile diagnoses and illnesses. Caregivers will be given tools to identify and locate the many resources available to them that help to meet the needs of this population of children.

---

## Life Books (kk)

Saturday, May 21<sup>st</sup>: 9 am to 4 pm

**Description:** A well done Life Book is a very simple, but effective tool with which to help a child in foster or adoptive care. It is a scrapbook, a memory album, a journal and more. The morning session will provide caregivers with concrete activities to do with children in their homes that will help with the healing process, and the afternoon session will assist caregivers in learning how to begin an actual Life Book. Participants are encouraged to bring a few photos.

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## Evening Classes (on RCC campus as above)

### Life After High School: Getting Ready for Emancipation (ts)

Tuesday, January 25<sup>th</sup>: 6 pm to 9 pm

**Description:** Should foster youth find a job, join the military, or continue on to post-secondary education...and how will they get there? This class will assist caregivers empower the youth in their care to get ready for the world beyond the foster care system.

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# RIVERSIDE

## **Positive Discipline for Children With Trauma Histories (dc)**

Tuesdays, February 22<sup>nd</sup>, March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup>. 6 pm to 9 pm

**Description:** Children who have experienced chronic trauma (abuse, neglect, multiple moves, etc.) often have behaviors that are challenging for caregivers. Traditional discipline strategies are often ineffective. This five-week class will explore attachment and brain development issues, and provide caregivers an in-depth look at the Positive Discipline philosophy and tools for more effective parenting.

Please plan to attend all five classes. Participants will receive a copy of the 'Positive Discipline' book.

---

## **Understanding Temperament (kk)**

Tuesday, April 19<sup>th</sup>. 6 pm to 9 pm

**Description:** Temperament is unique to each individual...and it influences how we relate to others and to our environment. This class will discuss the basic temperament styles, and will provide caregivers with the tools to understand and accept the children in their care, as well as insight into their own temperament.

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## **Parenting From the Inside Out (lm)**

Tuesday, May 24<sup>th</sup>. 6 pm to 9 pm

**Description:** How we have made sense of our own childhood has a great deal of impact on how we parent the children in our care. This class will help caregivers reflect back on their own experiences in their family of origin, in order to gain deeper self-understanding, leading to more effective and enjoyable relationships with others.

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## **Music: Does It Soothe or Fuel the Beast Within (dc)**

Tuesday, June 21<sup>st</sup>. 6 pm to 9 pm

**Description:** Music plays an important role in all our lives. It is often a constant in the lives of our youth...in their iPods, radios, CDs, and MP3 players. This class will address the lyrics and messages contained in funk, rap, hip hop, acid rock, heavy metal, grunge, and more. Caregivers will learn how music can shape and frame the lives of our children.

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# TEMECULA/MURRIETA

## Avaxat Elementary School – Parent Center

**24300 Las Brisas Rd, Murrieta, 92562**

(Los Alamos Rd, Right on Hancock, Right on Las Brisas – Parent Center in bldgs at West of campus – Rm #3)

## Weekday Morning Classes

### Creating a Healthier Family (jp)

Wednesday, January 12<sup>th</sup>: 9 am to 11 am (note: this is a 2 hour class)

**Description:** This class will help caregivers create a healthier lifestyle for themselves and the children in their care. The five components of good health, how to encourage good nutrition by getting a 'daily dose of color', and how to pack a nutritional 'wallop' in a lunch box, are just some of the topics that will be explored.

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### Understanding Life Losses Experienced by Children Ages 0 – 5 Yrs (vs)

Wednesday, February 9<sup>th</sup>: 9 am to noon

**Description:** This class will offer an exploration of the pivotal life losses experienced by very young children who are placed in the foster care system. How to understand children's needs in relationship to these losses as well as tools for developing effective coping skills will be discussed.

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### Understanding Temperament (kk)

Wednesday, March 9<sup>th</sup>: 9 am to noon

**Description:** Temperament is unique to each individual...and it influences how we relate to others and to our environment. This class will discuss the basic temperament styles, and will provide caregivers with the tools to understand and accept the children in their care, as well as insight into their own temperament.

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### Understanding Life Losses Experienced by Children Ages 6 - 12 (vs)

Wednesday, April 6<sup>th</sup>: 9 am to noon

**Description:** This class will look at the life losses experienced by children in their elementary years who are in the foster care system. How to understand children's needs in relationship to these losses as well as tools for developing effective coping skills with this age group will be explored.

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# TEMECULA/MURRIETA

## Mad, Sad, Scared, Happy: Understanding Children's Emotions (kk)

Wednesday, May 4<sup>th</sup>: 9 am to noon

**Description:** How we learn to experience, voice and understand our own emotions in childhood is an important part of how we see ourselves and others when we reach adulthood. Emotional awareness allows us to honor and move through our own experiences, as well as to develop empathy for others. Children with trauma histories typically have not been exposed to healthy emotional interactions. This class will explore this topic and give caregivers tools for building children's emotional health.

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## Fostering for the First Time (vs)

Wednesday, June 1<sup>st</sup>: 9 am to noon

**Description:** This class will provide an in-depth exploration of the adjustments necessary when a family decides to foster. Issues discussed will be: defining your home environment, setting limits, teaching values, the importance of routines and schedules, visitation, rituals and traditions, and interacting with the social service system. This class is appropriate for caregivers who have five or fewer years' experience.

### Hugs Foster Family Agency

**27525 Enterprise Circle West, Suite 101A, Temecula, 92590**

(Winchester Rd, west to Enterprise Circle Dr., turn left. Drive several blocks - when road winds to the left - pull into parking lot on the right - Hugs is on the right).

## Saturday Classes

### Adolescence 101 (dc)

Saturday, January 22<sup>nd</sup>: 9 am to 4 pm

**Description:** This class will provide caregivers with a look at the teen years. Topics covered will be typical/atypical developmental issues (physical and social/emotional), risky behaviors (drugs, alcohol, eating disorders), and sexuality.

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### Caring for the Medically Fragile Children (kc)

Saturday, February 12<sup>th</sup>: 9 am to 4 pm

**Description:** This class will explore the definition of 'medically fragile', and will discuss the various types of medically fragile diagnoses and illnesses. Caregivers will be given tools to identify and locate the many resources available to them that help to meet the needs of this population of children.

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# TEMECULA/MURRIETA

## Positive Discipline for Children With Trauma Histories: PART ONE (kk)

Saturday, March 12<sup>th</sup>: 9 am to 4 pm

**Description:** Children who have experienced chronic trauma (abuse, neglect, multiple moves, etc) often have behaviors that are challenging for caregivers. Traditional discipline strategies are often ineffective. Part One will explore attachment and brain development issues, and provide caregivers with an introduction to the Positive Discipline philosophy. All participants will receive a 'Positive Discipline' book.

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## Positive Discipline for Children With Trauma Histories: PART TWO (kk)

Saturday, April 9<sup>th</sup>: 9 am to 4 pm

**Description:** This second class in the two-part series will review the basic principles of Positive Discipline, and will look in depth at challenging behaviors and the tools of Positive Discipline.

All participants will receive a 'Positive Discipline' book, if not received in Part One.

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## Depression and Suicide (kc)

Saturday, May 14<sup>th</sup>: 9 am to 4 pm

**Description:** This class will view 'Silence of the Heart', a video involving the suicide of a 17 year old. Events, stressors, indicators, etc that play into the decision of someone to end their own life, ways to identify depression, hopelessness or possible suicide, and tools for caregivers to help those in their care, will all be explored.

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## Evening Classes (same location)

### Impact of Abuse and Neglect on Attachment, Brain Development, Learning and Behavior (pd)

Tuesday, January 18<sup>th</sup>: 6 pm to 9 pm

**Description:** This class will provide caregivers with an exploration of how non-nurturing environments during infancy and the toddler years can have life-long impact in all areas of human functioning – from the development of basic brain structure and cognitive functions, to the ability to form healthy relationships.

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### Life After High School: Getting Ready for Emancipation (ts)

Tuesday, February 15<sup>th</sup>: 6 pm to 9 pm

**Description:** Should foster youth find a job, join the military, or continue on to post-secondary education...and how will they get there? This class will assist caregivers empower the youth in their care to get ready for the world beyond the foster care system.

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# TEMECULA/MURRIETA

## Conflict Resolution (mw)

Tuesday, March 15<sup>th</sup>: 6 pm to 9 pm

**Description:** This class will explore conflict – what it is, how and why it happens, and will look at communication and leadership styles that come into play when we are in conflict with another. Tools and strategies to lessen conflict and to cope effectively with it, when it is unavoidable, will be discussed.

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## Temper, Temper: Dealing With Anger....Theirs AND Ours (kk)

Tuesday, April 12<sup>th</sup>: 6 pm to 9 pm

**Description:** Children in the foster care system are often filled with rage – and rightly so, given many of their life experiences. How caregivers respond to this rage, and how they handle their own anger is critically important for the future of these children. This class will explore anger and the strategies for expressing it effectively

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## Mandated Reporter Training (mw)

Tuesday, May 17<sup>th</sup>: 6 pm to 9 pm

**Description:** In this workshop, caregivers will learn the basics of child abuse - what it is, why and how it happens, and the different forms of abuse. Also discussed will be the child protection laws and caregivers' rights and responsibilities as a 'mandated reporter', as well as how to report suspected child abuse to the authorities.

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## Why Don't They Listen: Why Won't They Talk? (ts)

Tuesday, June 7<sup>th</sup>: 6 pm to 9 pm

**Description:** Sometimes it seems as though we talk and talk and our children do not listen...and then they answer in one-word sentences, when we ask questions. Does our conversation go in one ear and out the other, or have we lost touch with our kid? This class will give caregivers some practical new ways to talk so kids will listen, and new tools for listening that will encourage kids to talk.

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# ESPAÑOL/BANNING

**Happy Faces Foster Family Agency**  
50 North 1st. St., Banning, 92220

## Clase De La Mañana

### **La Adolescencia: ¿Qué Pasa Con Nuestros Jóvenes De Hoy? (ts)**

Jueves, 20 de Enero: 9 am – 12

**Descripción:** Los años de adolescencia son muy difíciles para nuestros jóvenes al igual que para nosotros los padres. En esta clase se les dará un repaso de los cambios que ocurren durante la etapa de adolescencia para jóvenes normales y jóvenes que han experimentado trauma en sus vidas.

### **Nutrición Para Niños: Cocinando Con Niños (jv)**

Jueves, 24 de Feb: 9 am – 12 pm

**Descripción:** En esta clase nos enfocamos a la prevención, de obesidad en niños. Nos concentramos en estrategias para involucrar a los niños en planear y preparar sus comidas y bocadillos.

### **¿Porque No Ponen Atención? ¿Porque No Hablan? (ts)**

Jueves, 24 de Mar: 9 am – 12 pm

**Descripción:** ¿Le parece que usted habla nadie le escucha? ¿Su niño le da contestas en sentencias de palabras singulares? Muchas veces nos sentimos como que nuestras palabras entran por un oído y se escapan por el otro o que hemos perdido la atención e nuestros niños. Esta clase le asistirá a los cuidadores de niños a comunicarse en métodos nuevos que son más efectivos y prácticos, para que sus niños le presten atención y ellos se empiecen a comunicar más efectivamente con usted.

### **Entendiendo Las Pérdidas Que Pasan Los Niños De 0-5 Años De Edad (jv)**

Jueves, 14 de Abr: 9 am – 12 pm

**Descripción:** Esta clase explorará las diferentes pérdidas que viven los niños que son quitados de su hogar y puestos en hogares de crianza. Estudiaremos como entender las necesidades de estos niños en relación con las pérdidas que sufren como también las formas en que podemos ayudarles.

# ESPAÑOL/BANNING

## La Vida Después de la Escuela Preparatoria (High School)- Preparándose para La Emancipación (ts)

Jueves, 12 de Mayo: 9 am – 12 pm

**Descripción:** ¿Qué deben hacer los niños de crianza cuando lleguen a la edad de Emancipación (18 +)? ¿Trabajar, enlistarse en los servicios militares, o seguir su educación en un colegio, y como lo van a lograr? Esta clase le asistirá a usted en animar, apoyar, y asistir a su joven a que se vayan preparando para seguir una meta positiva para su futuro.

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## Entendiendo Las Pérdidas Que Pasan Los Niños De 6-12 Años De Edad (jv)

Jueves, 2 de Jun: 9 am – 12 pm

**Descripción:** Esta clase explorara las diferentes perdidas que viven los niños de edad primaria que son quitados de su hogar y puestos en hogares de crianza. Estudiaremos como entender las necesidades de estos niños en relación con las pérdidas que sufren como también las formas en que podemos ayudarles.

## Clase De La Tarde

## Creando Un Ambiente de Sanidad (jv)

Miércoles, 26 de Enero: 5 pm - 8 pm

**Descripción:** Esta clase explorara los elementos necesarios para procesar el dolor y las herramientas que se utilizan para crear un ambiente de sanidad en los hogares y escuelas para niños en sistemas de crianza.

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## Disciplina Positiva Para Niños Con Historiales de Trauma (lm)

Miércoles, 16 et 23 de Feb, 2, 9 et 16 de Mar: 6 pm – 9 pm

**Descripción:** Los niños que han sufrido de trauma (como el abuso, negligencia, muchos cambios de hogares, etc.) siempre manifiestan comportamientos difíciles para los Padres de Crianza y guardianes. Los métodos de disciplina tradicionales no funcionan para estos niños. Esta clase de cinco semanas explorara el aspecto de apegamiento y el desarrollo mental de estos jóvenes. Se les explicara a los padres la filosofía de la Disciplina Positiva y los métodos más efectivos para ayudarles con los problemas de comportamiento.

Esta clase es de cinco sesiones, por favor atiendan todas las sesiones. Se les dará un libro de Disciplina Positiva al final de este curso.

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# ESPAÑOL/BANNING

## Siendo Padre de Crianza Por Primera Vez (jv)

Miércoles, 20 de Abr: 5 pm - 8 pm

**Descripción:** Esta clase explorara los cambios por las cuales una familia pasa al decidir ser un hogar de crianza. Hablaremos sobre: como definir su hogar, poner limites, y enseñar valores; veremos la importancia de rutinas y horarios, visitas, rituales y tradiciones, y hablaremos sobre las interacciones con el sistema de servicio social. Esta clase es apropiada para padres de crianza que tienen 5 años o menos de experiencia.

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## El Parentesco de Acuerdo a Nuestras Experiencias (lm)

Miércoles, 18 de Mayo: 6 pm - 9 pm

**Descripción:** Nuestras experiencias durante nuestras vidas determinan como criamos a los niños bajo nuestra responsabilidad. Esta clase les ayudara a reflexionar en sus propias experiencias como niños , y le ayudara en identificar áreas en que usted necesite hacer cambios para tener mejor comunicación y resultados con sus propios niños.

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## Temperamento, Temperamento: Manejando El Enojo – El De Ellos Y El Nuestro (jv)

Miércoles, 8 de Jun: 5 pm – 8 pm

**Descripción:** Los niños en el sistema de ‘foster care’ están llenos de rabia – y con toda razón, debido a sus experiencias de la vida. Como las proveedoras responden a esta rabia, y como manejan su propio enojo es críticamente importante para el futuro de esto niños. Esta clase explorará el enojo, y estrategias para expresarse efectivamente.

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# ESPAÑOL/CORONA/NORCO

## NORCO PUBLIC LIBRARY

3954 Old Hamner Road, Norco, 92860

## Entendiendo Las Pérdidas Qe Pasan Los Niños de 0-5 Años de Edad (jv)

Jueves, 13 de Enero: 10 am – 1 pm

**Descripción:** Esta clase explorara las diferentes perdidas que viven los niños que son quitados de su hogar y puestos en hogares de crianza. Estudiaremos como entender las necesidades de estos niños en relación con las pérdidas que sufren como también las formas en que podemos ayudarles.

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# ESPAÑOL/CORONA/NORCO

## Entendiendo Las Pérdidas Que Pasan Los Niños de 6-12 Años de Edad (jv)

Jueves, 17 de Feb: 10 am – 1 pm

**Descripción:** Esta clase explorara las diferentes perdidas que viven los niños de edad primaria que son quitados de su hogar y puestos en hogares de crianza. Estudiaremos como entender las necesidades de estos niños en relación con las pérdidas que sufren como también las formas en que podemos ayudarles.

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## Siendo Padre de Crianza Por Primera Vez (jv)

Jueves, 17 de Mar: 10 am – 1 pm

**Descripción:** Esta clase explorara los cambios por las cuales una familia pasa al decidir ser un hogar de crianza. Hablaremos sobre: como definir su hogar, poner límites, y enseñar valores; veremos la importancia de rutinas y horarios, visitas, rituales y tradiciones, y hablaremos sobre las interacciones con el sistema de servicio social. Esta clase es apropiada para padres de crianza que tienen 5 años o menos de experiencia.

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## Nutrición Para Niños: Cocinando Con Niños (jv)

Jueves, 21 de Abr: 10 am – 1 pm

**Descripción:** En esta clase nos enfocamos a la prevención, de obesidad en niños. Nos concentramos en estrategias para envolver a los niños en planear y preparar sus comidas y bocadillos.

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## Temperamento, Temperamento: Manejando El Enojo – El De Ellos Y El Nuestro (jv)

Jueves, 26 de Mayo: 10 am – 1 pm

**Descripción:** Los niños en el sistema de ‘foster care’ están llenos de rabia – y con toda razón, debido a sus experiencias de la vida. Como las proveedoras responden a esta rabia, y como manejan su propio enojo es críticamente importante para el futuro de estos niños. Esta clase explorará el enojo, y estrategias para expresarse efectivamente.

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## Creando Un Ambiente de Sanidad (jv)

Jueves, 16 de Jun: 10 am – 1 pm

**Descripción:** Esta clase explorara los elementos necesarios para procesar el dolor y las herramientas que se utilizan para crear un ambiente de sanidad en los hogares y escuelas para niños en sistemas de crianza.

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## CALIFORNIA FAMILY LIFE CENTER

701 W. Esplanade, San Jacinto, 92582

### El Parentesco de Acuerdo a Nuestras Experiencias (lm)

Miércoles, 12 de Enero: 6 pm – 9 pm

**Descripción:** Nuestras experiencias durante nuestras vidas determinan como criamos a los niños bajo nuestra responsabilidad. Esta clase les ayudara a reflexionar en sus propias experiencias como niños, y le ayudara en identificar áreas en que usted necesite hacer cambios para tener mejor comunicación y resultados con sus propios niños.

### La Vida Después de la Escuela Preparatoria (High School)- Preparándose para La Emancipación (ts)

Miércoles, 9 de Feb: 6 pm – 9 pm

**Descripción:** ¿Qué deben hacer los niños de crianza cuando lleguen a la edad de Emancipación (18 +)? ¿Trabajar, enlistarse en los servicios militares, o seguir su educación en un colegio, y como lo van a lograr? Esta clase le asistirá a usted en animar, apoyar, y asistir a su joven a que se vayan preparando para seguir una meta positiva para su futuro.

### Temperamento, Temperamento: Manejando El Enojo – El De Ellos Y El Nuestro (jv)

Miércoles, 9 de Mar: 6 pm – 9 pm

**Descripción:** Los niños en el sistema de ‘foster care’ están llenos de rabia – y con toda razón, debido a sus experiencias de la vida. Como las proveedoras responden a esta rabia, y como manejan su propio enojo es criticamente importante para el futuro de esto niños. Esta clase explorará el enojo, y estrategias para expresarse efectivamente.

### El Detective de la Mala Conducta (lm)

Miércoles, de Abr: 6 pm – 9 pm

**Descripción:** Siempre hay una razón por la mala conducta de los niños...algo que ellos quieren obtener o lograr. Esta clase les enseñara a los padres algunas “herramientas de detectives” necesarias para ayudarle a usted a identificar la verdadera meta de sus niños y en ayudarles a ellos a comunicarse mejor.

### ¿Porque No Ponen Atención? ¿Porque No Hablan? (ts)

Miércoles, 11 de Mayo: 6 pm – 9 pm

**Descripción:** ¿Le parece que usted habla nadie le escucha? ¿Su niño le da contestas en sentencias de palabras singulares? Muchas veces nos sentimos como que nuestras palabras entran por un oído y se escapan por el otro o que hemos perdido la atención e nuestros niños. Esta clase le asistira a los cuidadores de niños a comunicarse en metodos nuevos que son mas efectivos y practicos, para que sus niños le presten atención y ellos se empiezen a comunicar mas efectivamente con usted.

# ESPAÑOL/INDIO

## City of Indio Teen Center • NEW SITE

81-678 Ave 46, Indio, 92201

### Temperamento, Temperamento: Manejando El Enojo – El De Ellos Y El Nuestro (jv)

Jueves, 28 de Abr: 10 am – noon (note: 2 hour class)

**Descripción:** Los niños en el sistema de ‘foster care’ están llenos de rabia – y con toda razón, debido a sus experiencias de la vida. Como las proveedoras responden a esta rabia, y como manejan su propio enojo es críticamente importante para el futuro de estos niños. Esta clase explorará el enojo, y estrategias para expresarse efectivamente.

# ESPAÑOL/MORENO VALLEY

## Department of Social Services Training Center

22690 Cactus Ave, Moreno Valley, 92553

### El Detective de la Mala Conducta (1m)

Lunes, 24 de Enero: 6 pm – 9 pm

**Descripción:** Siempre hay una razón por la mala conducta de los niños... algo que ellos quieren obtener o lograr. Esta clase les enseñará a los padres algunas “herramientas de detectives” necesarias para ayudarle a usted a identificar la verdadera meta de sus niños y en ayudarles a ellos a comunicarse mejor.

### Entendiendo Las Pérdidas Que Pasan Los Niños de 0-5 Años de Edad (jv)

Lunes, 28 de Feb: 6 pm – 9 pm

**Descripción:** Esta clase explorará las diferentes pérdidas que viven los niños que son quitados de su hogar y puestos en hogares de crianza. Estudiaremos como entender las necesidades de estos niños en relación con las pérdidas que sufren como también las formas en que podemos ayudarles.

### Entendiendo Las Pérdidas Que Pasan Los Niños de 6-12 Años de Edad (jv)

Lunes, 21 de Mar: 6 pm – 9 pm

**Descripción:** Esta clase explorará las diferentes pérdidas que viven los niños de edad primaria que son quitados de su hogar y puestos en hogares de crianza. Estudiaremos como entender las necesidades de estos niños en relación con las pérdidas que sufren como también las formas en que podemos ayudarles.

# ESPAÑOL/MORENO VALLEY

## El Parentesco de Acuerdo a Nuestras Experiencias (lm)

Lunes, 12 de Abr: 6 pm – 9 pm

**Descripción:** Nuestras experiencias durante nuestras vidas determinan como criamos a los niños bajo nuestra responsabilidad. Esta clase les ayudara a reflexionar en sus propias experiencias como niños , y le ayudara en identificar áreas en que usted necesite hacer cambios para tener mejor comunicación y resultados con sus propios niños.

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## Nutrición Para Niños: Cocinando Con Niños (jv)

Lunes, 23 de Mayo: 6 pm – 9 pm

**Descripción:** En esta clase nos enfocamos a la prevención, de obesidad en niños. Nos concentramos en estrategias para envolver a los niños en planear y preparar sus comidas y bocadillos.

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## La Adolescencia: ¿ Qué Pasa Con Nuestros Jóvenes De Hoy? (ts)

Lunes, 20 de Jun: 6 pm – 9 pm

**Descripción:** Los años de adolescencia son muy difíciles para nuestros jóvenes al igual que para nosotros los padres. En esta clase se les dará un repaso de los cambios que ocurren durante la etapa de adolescencia para jóvenes normales y jóvenes que han experiencia do trauma en sus vidas.

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# NOTES



The Riverside Community College District complies with all federal and state rules and regulations and does not discriminate against any person on the basis of race, religion, gender, disability, medical condition, marital status, age or sexual orientation. This holds true for all students who are interested in participating in educational programs, including career and technical education programs, and/or extracurricular school activities. Limited English speaking skills will not be a barrier to admission or participation in any program. Harassment of any employee/student with regard to race, religion, gender, disability, medical condition, marital status, age or sexual orientation is strictly prohibited. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX Officer/Section 504/ADA Coordinator, Ms. Chant Beeman, 3845 Market St., Riverside, CA 92506, (951) 222-8019.

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