Foster and Kinship Care Education

Riverside City College

FKCE Schedule of Classes

January - June 2012

Serving all of Riverside County

RCC
RIVERSIDE CITY COLLEGE

Registration
Call (951) 222-8198

WELCOME FROM THE FOSTER AND KINSHIP CARE EDUCATION PROGRAM AT RIVERSIDE CITY COLLEGE

It is so hard to believe another year has passed us by, but here we are in 2012! Welcome to a new schedule of classes/workshops provided for foster parents, relative caregivers, and other interested parents/professionals.

Please note that there are some new locations, and expanded classes in some areas – including additional Saturday classes. As usual, please be sure to call and register for any class you decide to attend - leaving your name, phone number and the class/classes title, date and location. This way, if for some reason, the class needs to be cancelled, we can contact you, thereby saving you an unnecessary trip. If you call and register (even if you left the information on voice mail), your name IS on the list, so feel free to attend the class, even if you do not hear back from us.

- To register please call Carol Wohlk at (951) 222-8198
- You may also email your registration. Please do so to carol.wohlk@rcc.edu.
- Carol is now responsible for registration for all FKCE workshops.

You can access this brochure online by going to www.rcc.edu, click on Student Services, then on Workforce Preparation, then on Foster and Kinship Care Education. At the bottom of the page is the downloadable brochure.

As always, we are pleased and honored to be able to provide these classes for caregivers. If you have any feedback, suggestions or questions, please do not hesitate to contact us.

Penny G. Davis, M.A
FKCE Consultant
Riverside City College
Foster and Kinship Care Education

TABLE OF CONTENTS

Banning....2
Beaumont....3
Corona/Norco....5
Hemet....8
Indio....10
Lake Elsinore....11
Moreno Valley....12
Rancho Mirage....14
Riverside....15
Temecula/Murrieta....20
Español....23

BANNING

San Gorgonio Child Care Consortium ***NEW LOCATION***
671 North Florida St., Banning, 92220
(Exit 10 Fwy at Hargrave, left on George, right on Florida)

Morning Classes

Alcoholism: Impact on the Family (dc)
Wednesday, January 18th: 9 am to noon

Description: Alcoholism often brings with it domestic violence as well as verbal, physical and emotional abuse...resulting in chronic trauma to children. This class looks at the causes and impacts of this disease that is a major community and societal problem.

Supporting Children With Incarcerated Parents (vs)
Wednesday, February 15th: 9 am to noon

Description: Separation from parents is always traumatic. For those children whose parents are incarcerated, there are additional issues that affect their lives. This class explores the social, emotional, and financial impact surrounding incarceration, as well as the impact on the child's relationship with the parent. Tools for supporting children are also discussed.

Allegations: True or False? (pt)
Wednesday, March 21st: 9 am to noon

Description: Foster parents often have allegations made against them by the children in their homes. This class explores why and how this happens, and what caregivers can do to protect themselves and to cope with allegations if/when they occur.

Eating, Sleeping, Toileting: You Can't Make 'Em Do It (mw)
Wednesday, April 18th: 9 am to noon

Description: These are three of the most challenging early childhood issues, and can be even more difficult for caregivers of children in foster care, who have had chronic trauma in their history. This class helps caregivers understand these issues, developmentally and emotionally, as well as exploring tools for avoiding the power struggles that often result.

BANNING

Battling Burn-Out: Taking Care of Yourself (dc)
Wednesday, May 16th: 9 am to noon

Description: Daily care giving of someone else's children can take a toll on foster parents and others. Coping and dealing with multiple appointments, school and homework issues, as well as behavior challenges often result in a stress-filled life. This class gives caregivers tools to 'de-stress' and avoid burn-out.

Grief Issues and Fostering (vs)
Wednesday, June 13th: 9 am to noon

Description: Opening one's home to children in need provides great rewards as well as great challenges. Caregivers often experience unexpected sadness when children are removed from their home, regardless of the situation. This class explores the grief experiences of foster families and discusses tools that can help caregivers understand and move through this process successfully.

BEAUMONT

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.)

Battling Burn-Out: Taking Care of Yourself (dc)
Wednesday, January 11th: 6 to 9 pm

Description: Daily care giving of someone else's children can take a toll on foster parents and others. Coping and dealing with multiple appointments, school and homework issues, as well as behavior challenges often result in a stress-filled life. This class gives caregivers tools to 'de-stress' and avoid burn-out.

Sensory Awareness: What Do You Feel? (lp)
Wednesday, February 1st: 6 to 9 pm

Description: Children in the foster care system often come from situations in which they were not given appropriate sensory stimulation in the first years of their lives. Sensory experiences are pivotal in helping stimulate the brain. This class is filled with activities that caregivers can use with the children in their homes to assist them in building their sensory awareness and capabilities.

BEAUMONT

Life Books (pt)
Wednesday, March 7th: 6 to 9 pm

Description: A well done Life Book is a 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 much more. This class gives caregivers hands-on activities to do with children to help in the healing process.

Basics of Grief and Loss (vs)
Wednesday, April 4th: 6 to 9 pm

Description: This class explores the basics of loss, grief and the grieving process, as it applies to children who have experienced removal from their family of origin.

The Importance of Art: Exploring Art Activities With Children (lp)
Wednesday, May 2nd: 6 to 9 pm

Description: Art can be a very therapeutic tool for children with histories of chronic trauma, and loss. This class shows caregivers how to explore children's imaginations through art activities and through open-ended questions to understand the child's viewpoint on their world.

Autism Spectrum Disorders (dc)
Wednesday, June 6th: 6 to 9 pm

Description: Children who are fascinated by objects have repetitive behaviors, have difficulty communicating, and may have minimal social skills...these are traits common to autism. This class explores the autism spectrum disorders and gives caregivers some tools to help the children in their care.

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

Getting Ready for Emancipation (vs)

Wednesday, January 11th: 10 am to 1 pm

Description: This class looks at the importance of preparing children and youth for emancipation sooner rather than later, and building in the life skills they will need for successful transition into adulthood.

Life Books (pt)

Wednesday, February 8th: 10 am to 1 pm

Description: A well done Life Book is a 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 much more. This class gives caregivers hands-on activities to do with children to help in the healing process.

Five Languages of Love (vs)

Wednesday, March 14th: 10 am to 1 pm

Description: This class, based on the book by Gary Chapman, explores how children and adults seek and show love. Application to the issues experienced by children who have been removed from birth families is discussed. Caregivers will learn to identify their own language of love as well as understand that of the children in their home.

Healthy Nutrition on a Budget (jp)

Wednesday, April 11th: 10 am to 1 pm

Description: This class explores healthy nutrition—purchasing and preparing appropriate, cost-effective foods on a budget for foster families. The class also helps caregivers assist youth who are about to emancipate understand how to buy and prepare meals on a budget.

CORONA/NORCO

Supporting Children With Incarcerated Parents (vs)
Wednesday, May 9th: 10 am to 1 pm

Description: Separation from parents is always traumatic. For those children whose parents are incarcerated, there are additional issues that affect their lives. This class explores the social, emotional, and financial impact surrounding incarceration, as well as the impact on the child's relationship with the parent. Tools for supporting children are also discussed.

Road Map to Understanding Children's Differences (cf)
Wednesday, June 6th : 10 am to 1 pm

Description: Using a bit of imagination, we can compare children to roads. Some are easy – flat, with wide lanes and gentle curves. Others have sharp turns, unexpected pot holes, and no shoulders. In the past, we believed that all babies were basically the same at birth. We now understand that children develop along different developmental routes, depending on their temperament. This class helps caregivers identify the road map for understanding and working with each child's behavioral style.

Evening Classes

Gangs: The Search for Belonging (rq)
Monday, January 23rd: 6 to 8 pm

Description: Youth in the foster care system may be particularly attracted to gang involvement, as it provides them with the family and the sense of belonging and importance they may not have experienced in their birth families. This class explores tools for recognizing potential gang involvement and for preventing it.

Anger and the Impact of Domestic Violence on Children (vs)
Monday, February 27th: 6 to 8 pm

Description: This class looks at the emotion of anger, and explores the cycle of violence and domestic abuse to which many of the children in the foster care system have been exposed, as well as the impact it has had on them.

Eating, Sleeping, Toileting: You Can't Make 'Em Do It (mw)
Monday, March 26th: 6 to 8 pm

Description: These are three of the most challenging early childhood issues, and can be even more difficult for caregivers of children in foster care, who have had chronic trauma in their history. This class helps caregivers understand these issues, developmentally and emotionally, as well as exploring tools for avoiding the power struggles that often result.

CORONA/NORCO

Sensory Awareness: What Do You Feel? (lp)
Monday, April 30th: 6 to 8 pm

Description: Children in the foster care system often come from situations in which they were not given appropriate sensory stimulation in the first years of their lives. Sensory experiences are pivotal in helping stimulate the brain. This class is filled with activities that caregivers can use with the children in their homes to assist them in building their sensory awareness and capabilities.

Basics of Grief and Loss (vs)
Monday, May 21st: 6 to 8 pm

Description: This class explores the basics of loss, grief and the grieving process, as it applies to children who have experienced removal from their family of origin.

Saturday Classes

Grief Issues and Fostering (vs) ***NOTE: NEW DATES/TIMES***
Saturday, February 11th: 10 am to 4 pm

Description: Opening one's home to children in need provides great rewards as well as great challenges. Caregivers often experience unexpected sadness when children are removed from their home, regardless of the situation. This class explores, in depth, the grief experiences of foster families and discusses tools that can help caregivers understand and move through this process successfully.

Adolescence: A Time of Risk (rq)
Saturday, April 14th: 10 am to 4 pm

Description: The teen years can be difficult ones, even for families with well-nurtured children. For those who care for children in the foster care system, daily life can be even more challenging. This class is an extensive look at adolescent development – typical and not so typical. The class also explores in-depth issues such as drug and/or gang involvement.

HEMET/SAN JACINTO

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

Supporting Healthy Brains (pt)

Tuesday, January 17th: 9 am to noon

Description: Many children with histories of chronic trauma, in the form of abuse and/or neglect, have difficulties with relationships and trust, as well as cognitive skills, etc. This class helps caregivers understand the impact of early trauma on the brain, along with tools that will help repair and build the brain structure.

Parenting Styles: What Style Are You?(dc)

Tuesday, February 14th: 9 am to noon

Description: We all tend to have a 'style' of parenting. Sometimes we are too kind...and when that isn't effective, we often become too firm...this may also not be particularly effective. This class explores the three parenting styles: Authoritarian, Permissive and Authoritative (Democratic). Caregivers learn which they are and how to modify their style to be more effective caregivers.

Life Books (pt)

Tuesday, March 20th: 9 am to noon

Description: A well done Life Book is a 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 much more. This class gives caregivers hands-on activities to do with children to help in the healing process.

Battling Burn-Out: Taking Care of Yourself (dc)

Tuesday, April 17th: 9 am to noon

Description: Daily care giving of someone else's children can take a toll on foster parents and others. Coping and dealing with multiple appointments, school and homework issues, as well as behavior challenges often result in a stress-filled life. This class gives caregivers tools to 'de-stress' and avoid burn-out.

HEMET/SAN JACINTO

Allegations: True or False (pt)
Tuesday, May 22nd: 9 am to noon

Description: Foster parents often have allegations made against them by the children in their homes. This class explores why and how this happens, and what caregivers can do to protect themselves and to cope with allegations if/when they occur.

Eating, Sleeping, Toileting: You Can't Make 'Em Do It (mw)
Tuesday, June 12th: 9 am to noon

Description: These are three of the most challenging early childhood issues, and can be even more difficult for caregivers of children in foster care, who have had chronic trauma in their history. This class helps caregivers understand these issues, developmentally and emotionally, as well as exploring tools for avoiding the power struggles that often result.

Evening Classes

Alcoholism: Impact on the Family (dc)
Wednesday, January 25th: 6 to 9 pm

Description: Alcoholism often brings with it domestic violence as well as verbal, physical and emotional abuse...resulting in chronic trauma to children. This class looks at the causes and impacts of this disease that is a major community and societal problem.

The Importance of Art: Exploring Art Activities With Children (lp)
Wednesday, February 22nd: 6 to 9 pm

Description: Art can be a very therapeutic tool for children with histories of chronic trauma, and loss. This class shows caregivers how to explore children's imaginations through art activities and through open-ended questions to understand the child's viewpoint on their world.

Gangs: The Search for Belonging (rq)
Wednesday, March 28th: 6 to 9 pm

Description: Youth in the foster care system may be particularly attracted to gang involvement, as it provides them with the family and the sense of belonging and importance they may not have experienced in their birth families. This class explores tools for recognizing potential gang involvement and for preventing it.

HEMET/SAN JACINTO

Eating, Sleeping, Toileting: You Can't Make 'Em Do It (mw)
Wednesday, April 25th: 6 to 9 pm

Description: These are three of the most challenging early childhood issues, and can be even more difficult for caregivers of children in foster care, who have had chronic trauma in their history. This class helps caregivers understand these issues, developmentally and emotionally, as well as exploring tools for avoiding the power struggles that often result.

Introduction to Positive Discipline (pt)
Wednesday, May 30th: 6 to 9 pm

Description: This class explores the basic concepts of Positive Discipline (from the book of the same name by Jane Nelsen), and discusses why these concepts are particularly applicable to children with histories of chronic trauma. Tools that caregivers can use in their homes will be shared.

INDIO

City of Indio Teen Center
81-678 Ave. 46, Indio, 92201
(Monroe exit from 10 fwy, right on Monroe, right on Avenida Del Mar, right on Ave 46.)

Note: All classes at this site are two (2) hours. Participants MUST pre-register for Indio classes, as Facilitators drive from Riverside. If no one has registered by 5 pm on the day prior to a workshop, it will be cancelled.

Surviving Adolescence (pd)
Thursday, February 23rd: 5 to 7 pm

Description: This class focuses on the developmental tasks of the teen years, communication skills, problem-solving and non-punitive discipline strategies for both typical teens and for those who have a history of chronic trauma.

Mickey Mouse Monopoly (pd)
Thursday, April 19th: 5 to 7 pm

Description: We all love Disney...and our children are watching animated Disney films almost before they can talk. Children under the age of five or six believe what they see... this class will explore the 'hidden' messages contained in animated movies.

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.)

Five Languages of Love (vs)
Monday, January 9th: 9 am to noon

Description: This class, based on the book by Gary Chapman, explores how children and adults seek and show love. Application to the issues experienced by children who have been removed from birth families is discussed. Caregivers will learn to identify their own language of love as well as understand that of the children in their home.

Supporting Healthy Brains (pt)
Monday, February 13th: 9 am to noon

Description: Many children with histories of chronic trauma, in the form of abuse and/or neglect, have difficulties with relationships and trust, as well as cognitive skills, etc. This class helps caregivers understand the impact of early trauma on the brain, along with tools that will help repair and build the brain structure.

Eating, Sleeping, Toileting: You Can't Make 'Em Do It (mw)
Monday, March 12th: 9 am to noon

Description: These are three of the most challenging early childhood issues, and can be even more difficult for caregivers of children in foster care, who have had chronic trauma in their history. This class helps caregivers understand these issues, developmentally and emotionally, as well as exploring tools for avoiding the power struggles that often result.

Supporting Children With Incarcerated Parents (vs)
Monday, April 9th: 9 am to noon

Description: Separation from parents is always traumatic. For those children whose parents are incarcerated, there are additional issues that affect their lives. This class explores the social, emotional, and financial impact surrounding incarceration, as well as the impact on the child's relationship with the parent. Tools for supporting children are also discussed.

Allegations: True or False? (pt)
Monday, May 14th: 9 am to noon

Description: Foster parents often have allegations made against them by the children in their homes. This class explores why and how this happens, and what caregivers can do to protect themselves and to cope with allegations if/when they occur.

LAKE ELSINORE

Getting Ready for Emancipation (vs)
Monday, June 11th: 9 am to noon

Description: This class looks at the importance of preparing children and youth for emancipation sooner rather than later, and building in the life skills they will need for successful transition into adulthood

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

Life Books (pt)
Tuesday, January 24th: 9 am to noon

Description: A well done Life Book is a 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 much more. This class gives caregivers hands-on activities to do with children to help in the healing process.

Positive Discipline Series (dc)
Tuesdays, February 28th, March 6th, 13th and 20th: 9 am to noon

Description: This series of four classes introduces caregivers to the theories of Positive Discipline, then moves on to discuss academic issues, the importance of routines and structure, and finally explores behavior issues. The tools of Positive Discipline are explored and practiced.

Caregivers are encouraged, but not required, to attend all four classes in the series.

Healthy Nutrition on a Budget (jp)
Tuesday, April 24th: 9 am to noon

Description: This class explores healthy nutrition—purchasing and preparing appropriate, cost-effective foods on a budget for foster families. The class also helps caregivers assist youth who are about to emancipate understand how to buy and prepare meals on a budget.

MORENO VALLEY

Coping With Grief and Loss (vs)
Tuesdays, May 29th and June 5th: 9 am to noon

Description: This two-part class provides caregivers with an in-depth look at the issues of grief and grieving, both for the children in their homes who have often experienced multiple losses in their lives, and for themselves...looking at grief in their own lives and the impact of children leaving their care.

DPSS Staff Development Center
22690 Cactus Ave., Moreno Valley, 92553

Evening Classes

Eating, Sleeping, Toileting: You Can't Make 'Em Do It (mw)
Thursday, January 19th: 6 to 9 pm

Description: These are three of the most challenging early childhood issues, and can be even more difficult for caregivers of children in foster care, who have had chronic trauma in their history. This class helps caregivers understand these issues, developmentally and emotionally, as well as exploring tools for avoiding the power struggles that often result.

Alcoholism: Impact on the Family (dc)
Thursday, February 16th: 6 to 9 pm

Description: Alcoholism often brings with it domestic violence as well as verbal, physical and emotional abuse...resulting in chronic trauma to children. This class looks at the causes and impacts of this disease that is a major community and societal problem.

The Importance of Art: Exploring Art Activities With Children (lp)
Thursday, March 15th: 6 to 9 pm

Description: Art can be a very therapeutic tool for children with histories of chronic trauma, and loss. This class shows caregivers how to explore children's imaginations through art activities and open-ended questions to understand the child's viewpoint on their world.

MORENO VALLEY

AB 12 Series: Extending Foster Care – the Non-Minor Dependent (vs)
Thursdays, April 5th, 12th, 19th and 26th: 6 to 9 pm

Description: This series of four classes explores the new AB 12 law, extending foster care to age 20 (and perhaps 21), for eligible youth as of January 1, 2012. The series looks at the new law, eligibility requirements, kinds of living arrangements, what impact 'non-minor' status has on the home, as well as adolescent development.

Participants are strongly encouraged to attend all four classes.

Battling Burn-Out: Taking Care of Yourself (dc)
Thursday, May 24th: 6 to 9 pm

Description: Daily care giving of someone else's children can take a toll on foster parents and others. Coping and dealing with multiple appointments, school and homework issues, as well as behavior challenges often result in a stress-filled life. This class gives caregivers tools to 'de-stress' and avoid burn-out.

RANCHO MIRAGE

JPL Bible Church
39-001 Monterey Ave., Rancho Mirage, 92270
(10 Fwy, exit Monterey, travel south, church is on right)

Road Map to Understanding Children's Differences (cf)
Wednesday, January 25th: 10 am to 1 pm

Description: Using a bit of imagination, we can compare children to roads. Some are easy – flat, with wide lanes and gentle curves. Others have sharp turns, unexpected pot holes, and no shoulders. In the past, we believed that all babies were basically the same at birth. We now understand that children develop along different developmental routes, depending on their temperament. This class helps caregivers identify the road map for understanding and working with each child's behavioral style.

Battling Burn-Out: Taking Care of Yourself (dc)
Wednesday, February 22nd: 10 am to 1 pm

Description: Daily care giving of someone else's children can take a toll on foster parents and others. Coping and dealing with multiple appointments, school and homework issues, as well as behavior challenges often result in a stress-filled life. This class gives caregivers tools to 'de-stress' and avoid burn-out.

RANCHO MIRAGE

Eating, Sleeping, Toileting: You Can't Make 'Em Do It (pd)
Wednesday, March 14th: 10 am to 1 pm

Description: These are three of the most challenging early childhood issues, and can be even more difficult for caregivers of children in foster care, who have had chronic trauma in their history. This class helps caregivers understand these issues, developmentally and emotionally, as well as exploring tools for avoiding the power struggles that often result.

Alcoholism: Impact on the Family (dc)
Wednesday, April 25th: 10 am to 1 pm

Description: Alcoholism often brings with it domestic violence as well as verbal, physical and emotional abuse...resulting in chronic trauma to children. This class looks at the causes and impacts of this disease that is a major community and societal problem.

Allegations: True or False? (pt)
Wednesday, May 23rd: 10 am to 1 pm

Description: Foster parents often have allegations made against them by the children in their homes. This class explores why and how this happens, and what caregivers can do to protect themselves and to cope with allegations if/when they occur.

RIVERSIDE

Rubidoux High School Annex – Rm T8
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

Eating, Sleeping, Toileting: You Can't Make 'Em Do It (mw)
Friday, January 20th: 9 am to noon

Description: These are three of the most challenging early childhood issues, and can be even more difficult for caregivers of children in foster care, who have had chronic trauma in their history. This class helps caregivers understand these issues, developmentally and emotionally, as well as exploring tools for avoiding the power struggles that often result.

RIVERSIDE

Healthy Nutrition on a Budget (jp)

Friday, February 24th: 9 am to noon

Description: This class explores healthy nutrition—purchasing and preparing appropriate, cost-effective foods on a budget for foster families. The class also helps caregivers assist youth who are about to emancipate understand how to buy and prepare meals on a budget.

Autism Spectrum Disorders (dc)

Friday, March 23rd: 9 am to noon

Description: Children who are fascinated by objects have repetitive behaviors, have difficulty communicating, and may have minimal social skills...these are traits common to autism. This class explores the autism spectrum disorders and gives caregivers some tools to help the children in their care.

Life Books (pt)

Friday, April 27th: 9 am to noon

Description: A well done Life Book is a 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 much more. This class gives caregivers hands-on activities to do with children to help in the healing process.

Parenting Styles: What Style Are You? (dc)

Friday, May 25th : 9 am to noon

Description: We all tend to have a 'style' of parenting. Sometimes we are too kind...and when that isn't effective, we often become too firm...this may also not be particularly effective. This class explores the three parenting styles: Authoritarian, Permissive and Authoritative (Democratic). Caregivers learn which they are and how to modify their style to be more effective caregivers.

RIVERSIDE

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

AB 12 Series: Extending Foster Care – the Non-Minor Dependent
Saturdays, January 28th and February 4th: 9 am to 4 pm

Description: This two-part class explores the new AB 12 law extending foster care to age 20 (and perhaps 21), for eligible youth as of January 1, 2012. The classes look at the new law, eligibility requirements, kinds of living arrangements, what impact 'non-minor' status has on the home, as well as adolescent development.

Participants are strongly encouraged to attend both classes.

Sensory Awareness: What Do You Feel? (lp)
Saturday, March 10th: 9 am to noon

Description: Children in the foster care system often come from situations in which they were not given appropriate sensory stimulation in the first years of their lives. Sensory experiences are pivotal in helping stimulate the brain. This class is filled with activities that caregivers can use with the children in their homes to assist them in building their sensory awareness and capabilities.

The Importance of Art: Exploring Art Activities With Children (lp)
Saturday, March 10th: 1 to 4 pm

Description: Art can be a very therapeutic tool for children with histories of chronic trauma, and loss. This class shows caregivers how to explore children's imaginations through art activities and open-ended questions to understand the child's viewpoint on their world.

NOTE: Participants may attend either or both morning and afternoon classes.

Positive Discipline (dc)
Saturday, April 21st: 9 am to 4 pm

Description: This class introduces caregivers to the theories of Positive Discipline, then moves on to discuss academic issues, the importance of routines and structure, and finally explores behavior issues. The tools of Positive Discipline are explored and practiced.

RIVERSIDE

Adolescence: A Time of Risk (rq)
Saturday, May 12th: 9 am to 4 pm

Description: The teen years can be difficult ones, even for families with well-nurtured children. For those who care for children in the foster care system, daily life can be even more challenging. This class is an extensive look at adolescent development – typical and not so typical. The class also explores in-depth issues such as drug and/or gang involvement.

Coping With Grief and Loss
Saturday, June 2nd: 9 am to 4 pm

Description: This class provides caregivers with an in-depth look at the issues of grief and grieving, both for the children in their homes who have often experienced multiple losses in their lives and for themselves...looking at grief in their own lives and the impact of children leaving their care.

Evening Classes

Sensory Awareness: What Do You Feel? (lp)
Tuesday, January 10th: 6 to 9 pm

Description: Children in the foster care system often come from situations in which they were not given appropriate sensory stimulation in the first years of their lives. Sensory experiences are pivotal in helping stimulate the brain. This class is filled with activities that caregivers can use with the children in their homes to assist them in building their sensory awareness and capabilities.

Drug Trafficking at School (rq)
Tuesday, February 7th: 6 to 9 pm

Description: Drug trafficking on school campuses, especially during the lunch hour, happens more than most caregivers realize. This class helps caregivers become aware of 'who's who' with regard to drug involvement on middle and high school campuses and provides tools to help prevent youth in their homes from getting involved.

Coping With Grief and Loss (vs)
Tuesdays, March 6th and 13th: 6 to 9 pm

Description: This two-part class provides caregivers with an in-depth look at the issues of grief and grieving, both for the children in their homes who have often experienced multiple losses in their lives, and for themselves...looking at grief in their own lives and the impact of children leaving their care.

RIVERSIDE

Eating, Sleeping, Toileting: You Can't Make 'Em Do It (mw)

Tuesday, April 3rd: 6 to 9 pm

Description: These are three of the most challenging early childhood issues, and can be even more difficult for caregivers of children in foster care, who have had chronic trauma in their history. This class helps caregivers understand these issues, developmentally and emotionally, as well as exploring tools for avoiding the power struggles that often result.

Family Issues: Constellation, Traditions and Mission Statement (dc)

Tuesdays, May 8th, 15th and 22nd: 6 to 9 pm

Description: This series of three classes looks at common issues in families and how caregivers can build a family system that results in compassion, responsibility and decision-making. The first class explores the make-up of the family, the second looks at family traditions, and the final class involves developing a family mission statement.

Caregivers may attend one, two or all three classes.

Technology and Our Kids

Tuesday, June 5th: 6 to 9 pm

Description: iPods, iPads, Facebook, Twitter, texting and sexting and more...all of these new technological advances are part of our children's lives. This class will explore this topic with caregivers – what it means to our kids and how to find a balance between technology and family.

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 end of campus – Rm #3.)

Weekday Morning Classes

Road Map to Understanding Children's Differences (cf)
Wednesday, February 1st: 9 am to noon

Description: Using a bit of imagination, we can compare children to roads. Some are easy – flat, with wide lanes and gentle curves. Others have sharp turns, unexpected pot holes, and no shoulders. In the past, we believed that all babies were basically the same at birth. We now understand that children develop along different developmental routes, depending on their temperament. This class helps caregivers identify the road map for understanding and working with each child's behavioral style.

Healthy Nutrition on a Budget (jp)
Wednesday, March 7th: 9 am to noon

Description: This class explores healthy nutrition—purchasing and preparing appropriate, cost-effective foods on a budget for foster families. The class also helps caregivers assist youth who are about to emancipate understand how to buy and prepare meals on a budget.

Life Books (pt)
Wednesday, April 4th: 9 am to noon

Description: A well done Life Book is a 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 much more. This class gives caregivers hands-on activities to do with children to help in the healing process.

Getting Ready for Emancipation (vs)
Wednesday, May 2nd: 9 am to noon

Description: This class looks at the importance of preparing children and youth for emancipation sooner rather than later, and building in the life skills they will need for successful transition into adulthood.

TEMECULA/MURRIETA

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

Drug Trafficking at School (rq)
Saturday, January 21st: 9 am to noon

Description: Drug trafficking on school campuses, especially during the lunch hour, happens more than most caregivers realize. This class helps caregivers become aware of 'who's who' with regard to drug involvement on middle and high school campuses and provides tools to help prevent youth in their homes from getting involved.

Gangs: The Search for Belonging (rq)
Saturday, January 21st: 1 to 4 pm

Description: Youth in the foster care system may be particularly attracted to gang involvement, as it provides them with the family and the sense of belonging and importance they may not have experienced in their birth families. This class explores tools for recognizing potential gang involvement and for preventing it.

Coping With Grief and Loss (vs)
Saturday, February 25th: 9 am to 4 pm

Description: This class provides caregivers with an in-depth look at the issues of grief and grieving, both for the children in their homes who have often experienced multiple losses in their lives, and for themselves...looking at grief in their own lives and the impact of children leaving their care.

Road Map to Understanding Children's Differences (cf)
Saturday, March 17th: 9 am to noon

Description: Using a bit of imagination, we can compare children to roads. Some are easy – flat, with wide lanes and gentle curves. Others have sharp turns, unexpected pot holes, and no shoulders. In the past, we believed that all babies were basically the same at birth. We now understand that children develop along different developmental routes, depending on their temperament. This class helps caregivers identify the road map for understanding and working with each child's behavioral style.

TEMECULA/MURRIETA

The Importance of Art: Exploring Art Activities With Children (lp)
Saturday, April 28th: 9 am to noon

Description: Art can be a very therapeutic tool for children with histories of chronic trauma, and loss. This class shows caregivers how to explore children's imaginations through art activities and open-ended questions to understand the child's viewpoint on their world.

Sensory Awareness: What Do You Feel? (lp)
Saturday, April 28th: 1 to 4 pm

Description: Children in the foster care system often come from situations in which they were not given appropriate sensory stimulation in the first years of their lives. Sensory experiences are pivotal in helping stimulate the brain. This class is filled with activities that caregivers can use with the children in their homes to assist them in building their sensory awareness and capabilities.

Note: Caregivers may attend either or both morning and afternoon classes.

Family Issues: Traditions and Mission Statement (dc)
Saturday, May 19th: 9 am to 4 pm

Description: This class looks at common issues in families and how caregivers can build a family system that results in compassion, responsibility and decision-making. The first part of the class explores the make-up of the family, the second looks at family traditions and the final part involves developing a family mission statement.

Eating, Sleeping, Toileting: You Can't Make 'Em Do It (mw)
Saturday, June 9th: 9 am to noon

Description: These are three of the most challenging early childhood issues, and can be even more difficult for caregivers of children in foster care, who have had chronic trauma in their history. This class helps caregivers understand these issues, developmentally and emotionally, as well as exploring tools for avoiding the power struggles that often result.

ESPAÑOL/BANNING

San Gorgonio Child Care Consortium ***NEW SITE***
671 North Florida St., Banning, 92220

Morning Classes

Apoyando a Niños con Padres Encarcelados (jv)
Jueves, Febrero 2nd: 9 am to 12 pm

Descripción: Separar a los niños de los padres es siempre traumático. Los niños que tienen a sus padres encarcelados sufren daños adicionales. Esta clase estudia el impacto social, emocional y financiero que el encarcelamiento causa a la familia, aparte del impacto negativo que sufre la relación entre padres e hijos. Estudiaremos métodos de apoyo para niños en esta situación.

Alegaciones: Cierto or Falso? (pt)
Jueves, Marzo 1st: 9 am to 12 pm

Descripción: Los padres de crianza tienen a menudo alegaciones hechos por los ninos en sus hogares. Esta clase explora por que y como occure esto, y lo que pueden hacer los padres de crianza para protegerse de y enfrentarse a las denuncias que occuren.

Cinco Lenguajes del Amor (jv)
Jueves, Abril 5th: 9 am to 12 pm

Descripción: Basado en el libro del mismo nombre de Gary Chapman, en esta clase exploraremos cómo los niños y los adultos buscan y muestran el amor. Se descutirá como hacer aplicación a los problemas que sufren los niños en el sistema de cuidado de crianza. Los proveedores de cuidado aprenderan a identificar su propio idioma del amor, asi como a entender el lenguaje del amor de los niños en su casa, apoyando sus necesidades, y ampliando su capacidad de expresar y recibir amor y afecto.

Libros de Vida (pt)
Jueves, Mayo 3rd: 9 am to 12 pm

Descripción: Un Libro De Vida bien hecho es simple pero es un instrumento muy eficaz para ayudar a los ninos de crianza o adoptivos a sanar. Es un libro o album de recuerdos, un diario y mucho mas. Esta clase explora actividades que puede hacer con los ninos para ayudar al nino con su duelo.

ESPAÑOL/BANNING

Niños Con la Enfermedad de Autismo (jv)
Jueves, Junio 7th: 9 am to 12 pm

Descripción: Esta clase proveerá un repaso general de la enfermedad de Autismo. Los padres de crianza podrán salir con un entendimiento de los sintomas, el comportamiento, las intervenciones y los tratamientos que podrian recibir. También hablaremos de algunos recursos de ayuda.

CORONA/NORCO

Norco Public Library
3954 Old Hamner Rd., Norco, 92860

Morning Classes

Apoyar un Cerebro Sano (pt)
Jueves, Enero 26th: 10 am to 1 pm

Descripción: Muchos niños con antecedentes de trauma crónico, en la forma de abuso y / o negligencia, tienen dificultades con las relaciones, la confianza, así como las habilidades cognitivas, etc. Esta clase ayuda a los padres de crianza entender el impacto del trauma temprano en el cerebro, junto con herramientas que le ayudará a reparar y construir la estructura del cerebro.

Niños Con la Enfermedad de Autismo (jv)
Jueves, Febrero 16th: 10 am to 1 pm

Descripción: Esta clase proveerá un repaso general de la enfermedad de Autismo. Los padres de crianza podrán salir con un entendimiento de los sintomas, el comportamiento, las intervenciones y los tratamientos que podrian recibir. También hablaremos de algunos recursos de ayuda.

Libros de Vida (pt)
Jueves, Marzo 15th: 10 am to 1 pm

Descripción: Un Libro De Vida bien hecho es simple pero es un instrumento muy eficaz para ayudar a los ninos de crianza o adoptivos a sanar. Es un libro o album de recuerdos, un diario y mucho mas. Esta clase explora actividades que puede hacer con los ninos para ayudar al nino con su duelo.

ESPAÑOL/CORONA/NORCO

Comprendiendo Los Temperamentos (jv)
Jueves, Abril 19th: 10 am to 1 pm

Descripción: El temperamento afecta como nos relacionamos con los demas y en nuestro ambiente. Esta clase enfocara los estilos de temperamentos basicos y proveera a las participantes con herramientas para comprender y aceptar los temperamentos de los niños que se encuentran bajo su cuidado.

Alegaciones: Cierto or Falso? (pt)
Jueves, Mayo 17th: 10 am to 1 pm

Descripción: Los padres de crianza tienen a menudo alegaciones hechos por los ninos en sus hogares. Esta clase explora por que y como occure esto, y lo que pueden hacer los padres de crianza para protegerse de y enfrentarse a las denuncias que occuren.

Evening Classes

La Tecnologia y Nuestros Niños (lm)
Lunes, Febrero 6th: 6 to 8 pm

Descripción: La nueva tecnologia es una mayor parte de la vida de nuestros niños, los 'iPods, iPads, el 'Facebook', 'twitter', el 'texting', y el 'sexting'. Esta clase le ayudara a entender un poco de esta nueva tecnologia y como afecta a nuestros niños y a la familia. Le ayudara a encontrar un balance entre los dos.

Pandillas El deseo de Pertenecer (rq)
Lunes, Marzo 19th: 6 to 8 pm

Descripción: Los jovenes en el sistema de crianza pueden ser atraido a la vida de pandilleros porque sienten respardo de un sistema familiar lo cual no recibieron en su familia natural. Esta clase exploraran technicas para reconocer si los ninos estan activos en pandillas formas de prevencion.

Apoyando a Niños con Padres Encarcelados (jv)
Lunes, Abril 23rd: 6 to 8 pm

Descripción: Separar a los niños de los padres es siempre traumático. Los niños que tienen a sus padres encarcelados sufren daños adicionales. Esta clase estudia el impacto social, emocional y financiero que el encarcelamiento causa a la familia, aparte del impacto negativo que sufre la relación entre padres e hijos. Estudiaremos métodos de apoyo para niños en esta situación.

ESPAÑOL/CORONA/NORCO

Cinco Lenguajes del Amor (jv)
Lunes, Mayo 14th: 6 to 8 pm

Descripción: Basado en el libro del mismo nombre de Gary Chapman, en esta clase exploraremos cómo los niños y los adultos buscan y muestran el amor. Se descutirá como hacer aplicación a los problemas que sufren los niños en el sistema de cuidado de crianza. Los proveedores de cuidado aprenderan a identificar su propio idioma del amor, asi como a entender el lenguaje del amor de los niños en su casa, apoyando sus necesidades, y ampliando su capacidad de expresar y recibir amor y afecto.

Saturday Classes

Introducción a la Disciplina Positiva (pt) ***NOTE: NEW DATES/TIMES***
Sabado, Marzo 3rd: 10 am to 3 pm

Descripción: Este curso explora los conceptos básicos de la disciplina positiva (del libro del mismo nombre por Jane Nelsen), y explica por qué estos conceptos se aplican en particular a los niños con antecedentes de trauma crónico. Herramientas que los cuidadores pueden utilizar en sus casas serán compartidos.

Adolecencia Una Etapa de Riesgo (rq)
Sabado, Mayo 19th: 10 am to 3 pm

Descripción: Los anos de la adolecencia es una etapa de mucha dificultada hasta para las familias que son estables con ninos bien cuidados. Para aquellos que cuidan ninos dentro del sistema de crianza la vida puede ser mas dificultoso. Esta clase explorara la etapa de la adolecencia lo cual puede ser tipico pero no tan tipico. Ademas explorara temas asociados con el uso de drogas y la vida pandillera.

HEMET

California Family Life Center
701 W. Esplanade Ave., San Jacinto, 92582

Pandillas El deseo de Pertenecer (rq)
Jueves, Febrero 16th: 6 to 9 pm

Descripción: Los jovenes en el sistema de crianza pueden ser atraido a la vida de pandilleros porque sienten respardo de un sistema familiar lo cual no recibieron en su familia natural. Esta clase exploraran technicas para reconocer si los ninos estan activos en pandillas formas de prevencion.

ESPAÑOL/HEMET

Cinco Lenguajes del Amor (jv)

Jueves, Marzo 15th: 6 to 9 pm

Descripción: Basado en el libro del mismo nombre de Gary Chapman, en esta clase exploraremos cómo los niños y los adultos buscan y muestran el amor. Se descutirá como hacer aplicación a los problemas que sufren los niños en el sistema de cuidado de crianza. Los proveedores de cuidado aprenderan a identificar su propio idioma del amor, asi como a entender el lenguaje del amor de los niños en su casa, apoyando sus necesidades, y ampliando su capacidad de expresar y recibir amor y afecto.

Libros de Vida (pt)

Jueves, Abril 12th: 6 to 9 pm

Descripción: Un Libro De Vida bien hecho es simple pero es un instrumento muy eficaz para ayudar a los ninos de crianza o adoptivos a sanar. Es un libro o album de recuerdos, un diario y mucho mas. Esta clase explora actividades que puede hacer con los ninos para ayudar al nino con su duelo.

Apoyando a Niños con Padres Encarcelados (jv)

Jueves, Mayo 17th: 6 to 9 pm

Descripción: Separar a los niños de los padres es siempre traumático. Los niños que tienen a sus padres encarcelados sufren daños adicionales. Esta clase estudia el impacto social, emocional y financiero que el encarcelamiento causa a la familia, aparte del impacto negativo que sufre la relación entre padres e hijos. Estudiaremos métodos de apoyo para niños en esta situación.

ESPAÑOL/INDIO

City of Indio Teen Center
81-678 Ave. 46, Indio, 92201

Cinco Lenguajes del Amor (jv)
Jueves, Marzo 22nd: 5 to 7 pm

Descripción: Basado en el libro del mismo nombre de Gary Chapman, en esta clase exploraremos cómo los niños y los adultos buscan y muestran el amor. Se descutirá como hacer aplicación a los problemas que sufren los niños en el sistema de cuidado de crianza. Los proveedores de cuidado aprenderan a identificar su propio idioma del amor, asi como a entender el lenguaje del amor de los niños en su casa, apoyando sus necesidades, y ampliando su capacidad de expresar y recibir amor y afecto.

Apoyando a Niños con Padres Encarcelados (jv)
Jueves, Mayo 24th: 5 to 7 pm

Descripción: Separar a los niños de los padres es siempre traumático. Los niños que tienen a sus padres encarcelados sufren daños adicionales. Esta clase estudia el impacto social, emocional y financiero que el encarcelamiento causa a la familia, aparte del impacto negativo que sufre la relación entre padres e hijos. Estudiaremos métodos de apoyo para niños en esta situación.

MORENO VALLEY

DPSS Staff Development Center
22690 Cactus Ave., Moreno Valley, 92553

Cinco Lenguajes del Amor (jv)
Lunes, Enero 30th: 6 to 9 pm

Descripción: Basado en el libro del mismo nombre de Gary Chapman, en esta clase exploraremos cómo los niños y los adultos buscan y muestran el amor. Se descutirá como hacer aplicación a los problemas que sufren los niños en el sistema de cuidado de crianza. Los proveedores de cuidado aprenderan a identificar su propio idioma del amor, asi como a entender el lenguaje del amor de los niños en su casa, apoyando sus necesidades, y ampliando su capacidad de expresar y recibir amor y afecto.

ESPAÑOL/MORENO VALLEY

La Tecnologia y Nuestros Niños (lm)
Lunes, Febrero 27th: 6 to 9 pm

Descripción: La nueva tecnologia es una mayor parte de la vida de nuestros niños, los 'iPods, iPads, el 'Facebook', 'twitter', el 'texting', y el 'sexting'. Esta clase le ayudara a entender un poco de esta nueva tecnologia y como afecta a nuestros niños y a la familia. Le ayudara a encontrar un balance entre los dos.

Alegaciones: Cierto or Falso? (pt)
Lunes, Marzo 26th: 6 to 9 pm

Descripción: Los padres de crianza tienen a menudo alegaciones hechos por los ninos en sus hogares. Esta clase explora por que y como occure esto, y lo que pueden hacer los padres de crianza para protegerse de y enfrentarse a las denuncias que occuren.

Introducción a la Disciplina Positiva (pt)
Lunes, Abril 30th: 6 to 9 pm

Descripción: Este curso explora los conceptos básicos de la disciplina positiva (del libro del mismo nombre por Jane Nelsen), y explica por qué estos conceptos se aplican en particular a los niños con antecedentes de trauma crónico. Herramientas que los cuidadores pueden utilizar en sus casas serán compartidos.

Traficando Las Drogas en Las Escuelas (rq)
Lunes, Mayo, 21st: 6 to 9 pm

Descripción: Tranficando las drogas en las las escuelas especialmente durante las horas del almuerzo es algo muy comun mas que piensan los padres. Esta clase ayudara a los padres ser mas conciente de cual de los estudiantes estan envuelto en las drogas dentro de las escuelas intermedias y las escuelas preparatorias.

NOTES

NOTES

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. Chani Beeman, 4845 Market St., Riverside, CA 92501, (951) 222-8010.

Available in alternative formats

RCC
RIVERSIDE CITY COLLEGE
Foster and Kinship Care Education
Riverside Community College District
4800 Magnolia Avenue • Riverside, CA 92506

NONPROFIT
ORGANIZATION
US
POSTAGE PAID
SAN BERNARDINO CA
PERMIT 1673