Foster and Kinship Care Education

Riverside City College
FKCE Workshop Schedule
January through June 2015
Serving Riverside County

Registration
Call (951) 222-8198
FOSTER AND KINSHIP CARE EDUCATION PROGRAM
AT RIVERSIDE CITY COLLEGE

Foster and Kinship Care Education (FKCE) workshops are provided for foster parents, relative caregivers and other interested parents and professionals.

At Riverside City College (RCC), FKCE staff is working hard to ensure the educational offerings of the highest quality. This spring, we’ve added new topics, so make sure to review our offerings. We’ve also added additional locations and expanded class offerings in some locations, including Saturday classes.

In order to register for classes:
- Call Carol Wolhak at (951) 222-8198. To register for a Spanish class, please call Marlene Victoriano at (951) 662-1553.
- Email registration to fkce@rcc.edu.
- Online submit your registration form at http://www.rcc.edu/workforceprep/Pages/fkce.aspx.

If you call and get voicemail, please leave your name, phone number, workshop title, date and location. Should workshop details change we’ll contact attendees, otherwise, plan on attending the workshop even if you don’t hear back from us.

Note: classes are subject to cancellation should insufficient preregistrations be received. Advanced registration is encouraged, plus by registering early you’ll receive the most updated class information. Also remember classes are offered FREE of charge and maybe applicable towards D-Rate in-service renewal hours (Los Angeles County foster parents should contact their social worker prior to attending the workshops for approval).

Electronic version of the brochure is available at: www.rcc.edu/workforceprep/Pages/fkce.aspx or scan the QR code at the bottom of this page to access our website.

If you have any suggestions or questions, please do not hesitate to contact the office at (951) 222-8937 or by email: whitney.ortega@rcc.edu.

I look forward to working with you at the workshops.

Whitney Ortega, Director
Foster and Kinship Care Education
Riverside City College
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Location</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banning</td>
<td>2</td>
</tr>
<tr>
<td>Beaumont</td>
<td>3</td>
</tr>
<tr>
<td>Corona/Norco</td>
<td>4</td>
</tr>
<tr>
<td>Hemet/San Jacinto</td>
<td>8</td>
</tr>
<tr>
<td>Indio</td>
<td>11</td>
</tr>
<tr>
<td>Lake Elsinore</td>
<td>12</td>
</tr>
<tr>
<td>Moreno Valley</td>
<td>13</td>
</tr>
<tr>
<td>Palm Desert</td>
<td>18</td>
</tr>
<tr>
<td>Riverside</td>
<td>18</td>
</tr>
<tr>
<td>Temecula/Murrieta</td>
<td>23</td>
</tr>
<tr>
<td>Clase de Español</td>
<td>27</td>
</tr>
</tbody>
</table>
Alcoholism: The Impact on the Family (Dan Crain)
Saturday, January 31: 10 am - 1 pm

Description: It is not uncommon for families to experience the major trauma which alcoholism brings. Foster children all too often come from families where this is a common problem. Alcoholism can lead to occurrences of physical, verbal and sexual abuse as well as domestic violence. Caregivers themselves may have had a first-hand experience of the damage this can cause. This class offers a candid look at this disease which can devastate families and communities. Causes and effects are explored so that participants gain a better grasp of how to deal with this major societal issue. People are encouraged to attend this class to obtain more knowledge of how to handle this common family crisis.

Anxiety Disorders (Marlene Victoriano)
Saturday, March 28: 10 am - 1 pm

Description: This class discusses anxiety disorders that are commonly seen in children in care. Topics covered include physical and behavioral symptoms. Also provides information about types of anxiety disorders and identifies emotional symptoms that may be signs of an anxiety disorder.

Positive Discipline: Joint Problem Solving (Dan Crain)
Saturday, May 30: 10 am - 1 pm

Description: When parents operate on the principle of mutual respect, they learn that parents and children have different issues and different feelings about the same subject (curfew, allowance, bed time, etc.). If parents attempt to force their way on or in contrast give in to their demands, any solution is short lived. Foster children’s bio parents are very good at forcing their way or giving in. The key here, in this third class in the four-part Positive Discipline series, is to make sure parents and the child understand each other so that a resolution is possible.
Healthy Habits on a Budget (Jackie Phillips)
Wednesday, February 4: 9 am - Noon

**Description:** Is healthy eating achievable on a budget? Absolutely! This class will explore how caregivers can create a healthier lifestyle for themselves and children in their care without costing a mint. The five components of good health, how to encourage good nutrition by getting a ‘daily dose of color,’ healthy snacks for the family, and family activities to promote exercise are just some of the topics to be explored.

Autism Spectrum Disorder (Dan Crain)
Wednesday, March 4: 11 am - 2 pm

**Description:** A made for television film based on Temple Grandin’s life displayed well the social problems, self-isolation and ‘fitting in’ which people with Asperger’s Syndrome face. This class explores ALL aspects of Autism Spectrum Disorder, of which AS is a part. Children with this neurodevelopmental disorder display severe problems with people skills but can often compensate through unique intellectual high functioning, as did Temple Grandin. In this class participants explore the complex and complicated issues in Autism Spectrum Disorder.

Helping Children Adapt to Change (Cherie Friend)
Wednesday, April 1: 9 am - Noon

**Description:** Our kids’ lives are full of changes, many of which they have no control over. This class discusses ways to help the kids in your life learn to handle the inevitable changes that come their way.

Anxiety Disorders (Marlene Victoriano)
Wednesday, May 6: 9 am - Noon

**Description:** This class discusses anxiety disorders that are commonly seen in children in care. Topics covered include physical and behavioral symptoms. Also provides information about types of anxiety disorders and identifies emotional symptoms that may be signs of an anxiety disorder.
Trauma, Brain Development and Behavior (Victoria Stephan)
Wednesday, June 3: 11 am - 2 pm

Description: This class will explore the impact trauma has on child brain development and how this affects children's behavior at various ages and in various situations. Methods of re-directing behavior in ways that are understood and can be implemented by children who have experienced trauma will be presented.

Norco Public Library
3954 Old Hamner Rd., Norco, 92860
(15 N. to 6th, exit on 6th – turn west to Hamner, east on Detroit, right on Old Hamner, down the small road, and to the right is the library)

Morning Classes

Title 22 Review for Foster Parents/Caregivers (Erica Frontino)
Wednesday, January 21: 10 am - 1 pm

Description: This course is designed to assist foster parents in complying with the regulations of Title 22. Participants will focus on current Title 22 updates, areas where common Title 22 violations are found, and the regulations regarding complaint investigation. The class will also address how to deal with a complaint on your home, reporting unusual incidents, and how to address and protect oneself and family against allegations.

Enuresis and Encopresis (Bedwetting and Bed Soiling) (Dan Crain)
Wednesday, February 11: 10 am - 1 pm

Description: Enuresis is the condition many children experience called bedwetting. The second term, encopresis, refers to the less common condition called bedsoiling. Many reasons cause these conditions and parents have used many strategies for discouraging them such as hanging sheets out to 'dry,' forcing older children to sleep on 'trundle beds' and other less effective practices. In this class, participants review the real reasons for these conditions and explore meaningful ways to assist children in gaining the 'upper hand' on them.
Anxiety Disorders (Marlene Victoriano)
Wednesday, March 18: 10 am - 1 pm

Description: This class discusses anxiety disorders that are commonly seen in children in care. Topics covered include physical and behavioral symptoms. Also provides information about types of anxiety disorders and identifies emotional symptoms that may be signs of an anxiety disorder.

Caring for Children with Mental Health Needs (Falaya DeSilva)
Wednesday, April 22: 10 am - 1 pm

Description: This class will provide a wide overview on the various aspects of care required for children with mental health needs including awareness—what to do if you suspect your child has a mental health issue, assuring your child gets adequate care, how to work with the child's school, what to expect in therapy, psychotropic meds, how to maintain a healthy and safe home environment, how to get adequate support, etc.

Understanding Children's Temperaments (Cherie Friend)
Wednesday, May 6: 10 am - 1 pm

Description: Temperament influences how we relate to each other and to the environment. This class discusses the various temperament styles and provides caregivers with the tools to not only understand and accept the children in their care, but themselves as well.

Fire Setting in Children and Adolescence (Marlene Victoriano)
Wednesday, June 17: 10 am - 1 pm

Description: This class examines four types of fire setting behavior. Silent-but-deadly, impulsive, disturbed, and accidental or curious are discussed.

Evening Classes

Suicide Awareness and Prevention (Falaya De Silva)
Monday, January 26: 6 - 8 pm

Description: Children who have come from extremely chaotic families of origin and have been severely abused or neglected may be very depressed. This depression may lead to 'suicidal thoughts' and to suicide attempts. These kids have very poor self-images and are confused about who they are. Parents who have children that have poor self-image, isolate themselves from family members, and show a very depressed state should be very concerned since this behavior can result in suicide. Parents are encouraged to attend this class where depression and suicidal issues in children are discussed.
Creating "Life Books" for Your Children (Cherie Friend)
Monday, February 23: 6 - 8 pm

**Description:** In this class we will talk about how children in foster homes often have no one who remembers their history. Nobody knows the funny thing that happened when they lost their first tooth. In this class we will discuss how to create Life Books to help children build and maintain a record of their lives that they can take with them when they leave your home. We will each create a page of a book to experience how to make this happen. Help give your kids an emotionally healthy way to remember their milestones.

LGBTQ: Creating Safe Spaces (Tracy Inman)
Monday, March 30: 6 - 8 pm

**Description:** This class will help foster parents and kinship caregivers better understand the decisions and struggles faced by Gay, Lesbian, Bi-Sexual, Transgender, and Questioning Youth and how caregivers can provide a safe and secure home. It is our responsibility to ensure that we can provide an environment where all kids can discover who they are, what their strengths are, and help them find their way in this world without fear.

Healthy Habits on a Budget (Jackie Phillips)
Monday, April 27: 6 - 8 pm

**Description:** Is healthy eating achievable on a budget? Absolutely! This class will explore how caregivers can create a healthier lifestyle for themselves and children in their care without costing a mint. The five components of good health, how to encourage good nutrition by getting a 'daily dose of color,' healthy snacks for the family, and family activities to promote exercise are just some of the topics to be explored.

Attachment and Bonding (Victoria Stephan)
Monday, May 18: 6 - 8 pm

**Description:** Children placed in foster care often struggle with the ability to attach and bond with their caregivers due to chronic abuse and neglect. This class is designed to help foster and kinship care providers take a look at why this happens, and find ways to strengthen their attachment with children of any age. Topics covered will include the infants' attachment cycle, and helping to rebuild the coping skills of these children; and helping them learn to make lifetime connections with others.
Self-Care for Care Providers (Marlene Victoriano)
Monday, June 29: 6 - 8 pm

**Description:** This class will focus on the importance of the care provider assuring that their personal needs are being met, in effort to avoid burn out. Topics discussed include the importance of boundary setting, how to find and ask for help, support groups, things to reduce stress, etc.

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**Saturday Classes**

Disaster Preparedness (Micheala Williams)
Saturday, February 28: 10 am - 1 pm

**Description:** As a parent you can't control everything that happens, especially natural disasters! But what you can do is be as prepared as you can be for your family. This class will help you identify specific ways to always be ready, and how to get your entire family educated on what to do should something occur.

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Mandated Reporting 101 (Micheala Williams)
Saturday, April 11: 10 am - 1 pm

**Description:** This class presents an overview of the basics of child abuse—physical, emotional, and sexual. What is abuse, what isn't? What does being a ‘mandated reporter’ mean? What is the impact for children who live with abuse? What constitutes neglect? This class provides the caregiver with answers to these questions, new information about mandated reporting, and more.

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Cultural Awareness (Micheala Williams)
Saturday, June 6: 10 am - 1 pm

**Description:** This class looks at the diversity of today’s culture and the various ethnicities, cultures, languages, religions, etc. that make up our current society. Often children who come into foster care are placed with families whose food, way of dress and speaking, religion, etc., may be vastly different from their birth families. It’s important for caregivers to recognize and acknowledge this and take steps to ensure that the identity of children in their home is maintained.
Morning Classes

**Enuresis and Encopresis (Bedwetting and Bed Soiling) (Dan Crain)**
Tuesday, January 20: 9 am - Noon

**Description:** Enuresis is the condition many children experience called bedwetting. The second term, encopresis, refers to the less common condition called bedsoiling. Many reasons cause these conditions and parents have used many strategies for discouraging them such as hanging sheets out to ‘dry,’ forcing older children to sleep on ‘trundle beds’ and other less effective practices. In this class, participants review the real reasons for these conditions and explore meaningful ways to assist children in gaining the ‘upper hand’ on them.

**Helping Children Adapt to Change (Cherie Friend)**
Tuesday, February 17: 9 am - Noon

**Description:** Our kids' lives are full of changes, many of which they have no control over. This class discusses ways to help the kids in your life learn to handle the inevitable changes that come their way.

**Healthy Habits on a Budget (Jackie Phillips)**
Tuesday, March 17: 9 am - Noon

**Description:** Is healthy eating achievable on a budget? Absolutely! This class will explore how caregivers can create a healthier lifestyle for themselves and children in their care without costing a mint. The five components of good health, how to encourage good nutrition by getting a ‘daily dose of color,’ healthy snacks for the family, and family activities to promote exercise are just some of the topics to be explored.

**Trauma, Brain Development and Behavior (Victoria Stephan)**
Tuesday, April 21: 9 am - Noon

**Description:** This class will explore the impact trauma has on child brain development and how this affects children’s behavior at various ages and in various situations. Methods of re-directing behavior in ways that are understood and can be implemented by children who have experienced trauma will be presented.
Self Care for Care Providers (Marlene Victoriano)
Tuesday, May 19: 9 am - Noon

**Description:** This class will focus on the importance of the care provider assuring that their personal needs are being met, in effort to avoid burn out. Topics discussed include the importance of boundary setting, how to find and ask for help, support groups, things to reduce stress, etc.

Positive Discipline: Joint Problem Solving (Dan Crain)
Tuesday, June 16: 9 am - Noon

**Description:** When parents operate on the principle of mutual respect, they learn that parents and children have different issues and different feelings about the same subject (curfew, allowance, bed time, etc.). If parents attempt to force their way on or in contrast give in to their demands, any solution is short lived. Foster children’s bio parents are very good at forcing their way or giving in. The key here, in this third class in the four-part Positive Discipline series, is to make sure parents and the child understand each other so that a resolution is possible.

Evening Classes

Kindergarten Readiness: Tips for Parenting Preschoolers (Amber Lappin)
Wednesday, January 28: 6 - 9 pm

**Description:** This class will specialize in helping 3-5 year olds prepare for “big school.” Topics will include: discipline, routines, and school readiness ideas. Class participants will make and bring home materials, activities, and resources to start using with preschool children right away.

California Foster Youth Legislation (Marcella Tarpley)
Wednesday, February 25: 6 - 9 pm

**Description:** Caregivers who attend this training will have a better understanding about laws regarding education and foster youth (Uninterrupted Scholars Act, AB 81, 167/216, 490, and 2060).
Blame it on the Brain (Dan Crain)
Wednesday, March 25: 6 - 9 pm

**Description:** When a baby ‘soaks up’ what they see, hear and touch, it is said they are ‘sponges’. This process of learning goes even further in that children, as they grow, constantly learn from their environment. In addition, as children become young adults, their brain IS STILL LEARNING. This means that sometimes they make rash decisions, which can land them in precarious situations. Parents see in this class how a young person’s brain is constantly maturing and needs adult direction.

Creating “Life Books” for Your Children (Cherie Friend)
Wednesday, April 29: 6 - 9 pm

**Description:** In this class we will talk about how children in foster homes often have no one who remembers their history. Nobody knows the funny thing that happened when they lost their first tooth. In this class we will discuss how to create Life Books to help children build and maintain a record of their lives that they can take with them when they leave your home. We will each create a page of a book to experience how to make this happen. Help give your kids an emotionally healthy way to remember their milestones.

Cultural Sensitivity Training (Falaya De Silva)
Wednesday, May 27: 6 - 9 pm

**Description:** This class looks at the diversity of today’s culture and the various ethnicities, cultures, languages, religions, etc. that make up our current society. Often children who come into foster care are placed with families whose food, way of dress and speaking, religion, etc., may be vastly different from their birth families. It’s important for caregivers to recognize and acknowledge this and take steps to ensure that the identity of children in their home is maintained.

Raising Resilient Children (Cherie Friend)
Wednesday, June 24: 6 - 9 pm

**Description:** Raising a responsible, productive child with healthy self-esteem is more than just helping them ‘feel good’. It is also about emotional awareness, life skills and so much more. This class identifies the assets that have been found to be important, and helps caregivers with strategies to strengthen resilience in children.
Evening Classes

**Setting the Atmosphere: Part 1 (Jacqueline Calloway)**
Tuesday, January 27: 6 - 9 pm

**Description:** In this two-part course, caregivers will learn how to provide a smooth transition for children that are placed in their home. The participants will gain a better understanding of how important it is to provide a positive environment for the children.

**Setting the Atmosphere: Part 2 (Jacqueline Calloway)**
Tuesday, February 24: 6 - 9 pm

**Description:** In this two-part course, caregivers will learn how to provide a smooth transition for children that are placed in their home. The participants will gain a better understanding of how important it is to provide a positive environment for the children.

**Focusing on the Success of the Whole Child (Jacqueline Calloway)**
Tuesday, March 31: 6 - 9 pm

**Description:** This course will concentrate on the mind, body and spirit of the child by implementing positive reinforcement, individualized program planning, and goal setting.

**Hello, My Name is... (Jacqueline Calloway)**
Tuesday, April 28: 6 - 9 pm

**Description:** One of the most difficult things for a child who has been put in placement is to identify who they really are. This class focuses on the gifts, attributes, skills and creativity of the child.

**Building an Effective Support Team (Jacqueline Calloway)**
Tuesday, May 26: 6 - 9 pm

**Description:** Caregivers will learn how to create a support system of other caregivers so they will not experience burn out.
**Be a Superhero for Your Children (Jacqueline Calloway)**
Tuesday, June 30: 6 - 9 pm

**Description:** This class will demonstrate that not all Superheroes are fiction. Caregivers will learn how to use their everyday abilities, gifts and talents to save the day for children placed in their care.

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**LAKE ELSINORE**

<table>
<thead>
<tr>
<th>California Family Life Center – Planet Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>400 W. Graham St., Lake Elsinore, 92530</td>
</tr>
<tr>
<td>(I-15 Fwy to Main, west off the exit to Graham, north on Graham)</td>
</tr>
</tbody>
</table>

**Trauma, Brain Development and Behavior (Victoria Stephan)**
Monday, January 26: 9 am - Noon

**Description:** This class will explore the impact trauma has on child brain development and how this affects children's behavior at various ages and in various situations. Methods of re-directing behavior in ways that are understood and can be implemented by children who have experienced trauma will be presented.

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**Self-Care for Care Providers (Marlene Victoriano)**
Monday, February 2: 9 am - Noon

**Description:** This class will focus on the importance of the care provider assuring that their personal needs are being met, in effort to avoid burn-out. Topics discussed include the importance of boundary setting, how to find and ask for help, support groups, things to reduce stress, etc.

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**Creating "Life Books" for Your Children (Cherie Friend)**
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Building Healthy Self-Esteem (Cherie Friend)
Monday, April 13: 9 am - Noon

**Description:** Self-esteem is more than just ‘feeling good’ about yourself. It’s about developing perceptions of oneself as capable, and having personal power, as well as obtaining the interpersonal and life skills that result in effective functioning in the world. This class explores the true meaning of healthy self-esteem.

Attachment and Bonding (Victoria Stephan)
Monday, May 4: 9 am - Noon

**Description:** Children placed in foster care often struggle with the ability to attach and bond with their caregivers due to chronic abuse and neglect. This class is designed to help foster and kinship care providers take a look at why this happens, and find ways to strengthen their attachment with children of any age. Topics covered will include the infants’ attachment cycle, and helping to rebuild the coping skills of these children; and helping them learn to make lifetime connections with others.

Safety and Supervision (Marlene Victoriano)
Monday, June 1: 9 am - Noon

**Description:** This class will discuss the safety challenges faced by foster parents. Also covered is the importance of collecting pre-placement information, making in-home observations of child behavior, developing in- and out-of-home safety plans, reporting unusual incidents, and working as a childcare team member.

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

Kindergarten Readiness: Tips for Parenting Preschoolers (Amber Lappin)
Tuesday, January 27: 9 am - Noon

**Description:** This class will specialize in helping 3-5 year olds prepare for “big school.” Topics will include: discipline, routines, and school readiness ideas. Class participants will make and bring home materials, activities, and resources to start using with preschool children right away.
Raising the Pre-Teen (Dan Crain)
Tuesday, February 24: 9 am - Noon

Description: Children in the ‘tween’ years, from 8 to 12, struggle with self-expression and independence issues. An almost constant state of conflict with parents, coupled with abuse and neglect by bio parents, creates a formula for consistent parent/child heated exchanges. How to navigate these uncharted waters in a caring yet firm manner is a caregiver’s major dilemma. In this class, techniques for approaching this age group are explored so that parents maintain their own authority but also allow their ‘tween’ their own level of independent living.

Fostering Independence (Amber Lappin)
Tuesday, March 31: 9 am - Noon

Description: Studies show that the current generation is experiencing a big struggle with self-sufficiency. This workshop will discuss and explore ways to help children of all ages take on reasonable responsibilities, learn problem-solving skills, think critically, contribute to family environment, and self-advocate.

Autism Spectrum Disorder (Dan Crain)
Tuesday, April 28: 9 am - Noon

Description: A made for television film based on Temple Grandin’s life displayed well the social problems, self-isolation and ‘fitting in’ which people with Asperger’s Syndrome face. This class explores ALL aspects of Autism Spectrum Disorder, of which AS is a part. Children with this neurodevelopmental disorder display severe problems with people skills but can often compensate through unique intellectual high functioning, as did Temple Grandin. In this class participants explore the complex and complicated issues in Autism Spectrum Disorder.

Healthy Habits on a Budget (Jackie Phillips)
Tuesday, May 26: 9 am - Noon

Description: Is healthy eating achievable on a budget? Absolutely! This class will explore how caregivers can create a healthier lifestyle for themselves and children in their care without costing a mint. The five components of good health, how to encourage good nutrition by getting a ‘daily dose of color,’ healthy snacks for the family, and family activities to promote exercise are just some of the topics to be explored.
Title 22 Review for Foster Parents/Caregivers (Erica Frontino)
Tuesday, June 30: 9 am - Noon

**Description:** This course is designed to assist foster parents in complying with the regulations of Title 22. Participants will focus on current Title 22 updates, areas where common Title 22 violations are found, and the regulations regarding complaint investigation. The class will also address how to deal with a complaint on your home, reporting unusual incidents, and how to address and protect oneself and family against allegations.

<table>
<thead>
<tr>
<th>DPSS Staff Development Center</th>
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<tbody>
<tr>
<td>22690 Cactus Ave., Moreno Valley, 92553</td>
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Evening Classes

**High School and Beyond (Marcella Tarpley)**
Thursday, January 29: 6 - 9 pm

**Description:** Participants will learn about secondary school requirements and outcomes (diploma, certificate of completion, and GED) and how that relates to the youth's post-secondary goal(s).

**AB 12 Series (Victoria Stephan)**
Thursday, February 5, 12, 19, and 26: 6 - 9 pm

**Description:** This series of classes equips care providers with the facts surrounding AB 12, and gives them the tools necessary to teach foster youth skills needed to be self-sufficient. These trainings address the state regulations/requirements set in place in order for youth to participate in Extended Foster Care, adolescent brain development, behavior, and unresolved loss. This series will also touch on how to effectively communicate with young adults, and setting realistic expectations/goals.

**Understanding Special Needs (Victoria Stephan)**
Thursday, March 5: 6 - 9 pm

**Description:** This class will provide a wide overview on the various aspects of care required for children with mental health needs including, awareness – how do you identify if your child has special needs, what your next steps should be to ensure your child gets adequate care, how to work with the child’s school, what resources are available, and what to expect from those resources.
Cultural Sensitivity Training (Falaya DeSilva)
Thursday, March 26: 6 - 9 pm

Description: This class looks at the diversity of today's culture and the various ethnicities, cultures, languages, religions, etc. that make up our current society. Often children who come into foster care are placed with families whose food, way of dress and speaking, religion, etc. may be vastly different from their birth families. It's important for caregivers to recognize and acknowledge this and take steps to ensure that the identity of children in their home is maintained.

Trauma, Brain Development and Behavior (Victoria Stephan)
Thursday, April 2: 6 - 9 pm

Description: This class will explore the impact trauma has on child brain development and how this affects children's behavior at various ages and in various situations. Methods of re-directing behavior in ways that are understood and can be implemented by children who have experienced trauma will be presented.

LGBTQ: Creating Safe Spaces (Tracy Inman)
Thursday, April 9: 6 - 9 pm

Description: This class will help foster parents and kinship caregivers better understand the decisions and struggles faced by Gay, Lesbian, Bi-Sexual, Transgender, and Questioning Youth and how caregivers can provide a safe and secure home. It is our responsibility to ensure that we can provide an environment where all kids can discover who they are, what their strengths are, and help them find their way in this world without fear.

Tips and Tools for Improving Literacy at Home (Amber Lappin)
Thursday, April 23: 6 - 9 pm

Description: This workshop will help caregivers learn how to establish a "literacy rich" environment for their children at home. Included are interactive activities and opportunities for the whole family to increase communication with each other and learn in a fun way!

Identifying Learning and Developmental Disabilities (Michelle Williams)
Thursday, May 7: 6 - 9 pm

Description: Children with special needs face many intellectual, social, and emotional challenges. In many instances these needs are manifested through issues they have at school. This class will explore the most common types of special needs, and type of assessments, treatments and resources available.
**Cultural Awareness (Michaela Williams)**  
Thursday, May 14: 6 - 9 pm

**Description:** This class looks at the diversity of today's culture and the various ethnicities, cultures, languages, religions, etc. that make up our current society. Often children who come into foster care are placed with families whose food, way of dress and speaking, religion, etc., may be vastly different from their birth families. It's important for caregivers to recognize and acknowledge this and take steps to ensure that the identity of children in their home is maintained.

**Family Dynamics and Visitation (Victoria Stephan)**  
Tuesday, May 19: 6 - 9 pm

**Description:** This class will explore the challenges of parenting another person’s child and coping with biological parent involvement in the child’s life. Ways to develop techniques which allow for shared or ‘co-parenting’ between foster and biological parents when parental termination has not occurred will be discussed. A positive ‘co-parenting’ environment will benefit the child, foster respect for the biological parent, and reduce stress for the foster parent.

**Title 22 Review for Foster Parents/Caregivers (Erica Frontino)**  
Thursday, May 28: 6 - 9 pm

**Description:** This course is designed to assist foster parents in complying with the regulations of Title 22. Participants will focus on current Title 22 updates, areas where common Title 22 violations are found, and the regulations regarding complaint investigation. The class will also address how to deal with a complaint on your home, reporting unusual incidents, and how to address and protect oneself and family against allegations.

**California Foster Youth Legislation (Marcella Tarpley)**  
Thursday, June 11: 6 - 9 pm

**Description:** Caregivers who attend this training will have a better understanding about laws regarding education and foster youth (Uninterrupted Scholars Act, AB 81, 167/216, 490, and 2060).

**How Grief and Loss Impact Foster Children (Victoria Stephan)**  
Thursday, June 25: 6 - 9 pm

**Description:** This class will discuss the types of losses children experience, the feelings these losses will elicit, and the behaviors children use to communicate losses and feelings. Methods and techniques for creating a welcoming and emotionally safe foster home will be explored which can lay the foundation for children’s healing process from the traumas they have experienced.
Creating a Nurturing Family - ’5 part Series’ (Susan Rigney)
Thursdays, February 19, March 19, April 16, May 21, and June 18: 6 - 9 pm

Description: Children are at their best when they feel secure within the structure of a non-violent, loving home. Using the lessons from the ’Nurturing Skills for Families’ workbook, this class will explore how to create a nurturing environment for your family. Topics will include: developing empathy, managing and communicating emotions, understanding discipline, and rewards and punishment. Please be prepared to attend all five sessions. Class size is limited so please register early! No walk-ins.

RIVERSIDE

Rubidoux High School Annex – Rm T 2
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

Title 22 Review for Foster Parents/Caregivers (Erica Frontino)
Friday, February 6: 9 am - Noon

Description: This course is designed to assist foster parents in complying with the regulations of Title 22. Participants will focus on current Title 22 updates, areas where common Title 22 violations are found, and the regulations regarding complaint investigation. The class will also address how to deal with a complaint on your home, reporting unusual incidents, and how to address and protect oneself and family against allegations.

Positive Discipline: Joint Problem Solving (Dan Crain)
Friday, March 13: 9 am - Noon

Description: When parents operate on the principle of mutual respect, they learn that parents and children have different issues and different feelings about the same subject (curfew, allowance, bed time, etc.). If parents attempt to force their way on or in contrast give in to their demands, any solution is short lived. Foster children’s bio parents are very good at forcing their way or giving in. The key here, in this third class in the four part Positive Discipline series, is to make sure parents and the child understand each other so that a resolution is possible.
Cultural Sensitivity Training (Falaya DeSilva)
Friday, April 10: 9 am - Noon

**Description:** This class looks at the diversity of today's culture and the various ethnicities, cultures, languages, religions, etc. that make up our current society. Often children who come into foster care are placed with families whose food, way of dress and speaking, religion, etc., may be vastly different from their birth families. It's important for caregivers to recognize and acknowledge this and take steps to ensure that the identity of children in their home is maintained.

Time In Rather Than Time Out (Dan Crain)
Friday, May 8: 9 am - Noon

**Description:** A common practice used by parents with misbehaving kids is called a Time Out. Kids are sent to their rooms or put somewhere, often out of sight of their parents. This can make children more resentful! Attachment Parenting suggests a more effective method called a Time In. In this approach, caregivers keep the child close rather than spend time alone in a time out. Participants are encouraged to attend this class to not only become more familiar with the Time In form of discipline but also the overall Attachment Parenting process.

Healthy Habits on a Budget (Jackie Phillips)
Friday, June 12: 9 am - Noon

**Description:** Is healthy eating achievable on a budget? Absolutely! This class will explore how caregivers can create a healthier lifestyle for themselves and children in their care without costing a mint. The five components of good health, how to encourage good nutrition by getting a ‘daily dose of color,’ healthy snacks for the family, and family activities to promote exercise are just some of the topics to be explored.

YWCA/Family Service Association
8172 Magnolia Ave., Riverside, 92504

Evening Classes

Understanding Loss and Behavior (Victoria Stephan)
Tuesday, Jan 20: 6 - 9 pm

**Description:** This class outlines the life losses experienced by children and families, especially those in an ‘at risk’ environment. Practical tools and exercises will provide caregivers with materials to assist children in understanding and coping with past and future losses.
**What Is an IEP? (Michelle Williams)**
Tuesday, February 17: 6 - 9 pm

**Description:** What is an IEP? How do I know if my child needs one? What do I have to do? Caregivers will have an opportunity to explore each of these issues as they pertain to the children in their care. Caregivers will also discuss information related to special education and how caregivers can access services within the school districts as well as the community.

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**Recognizing Autism Spectrum Disorder (Victoria Stephan)**
Tuesday, March 10: 6 - 9 pm

**Description:** Explore the elements of Autism, its historical perspective and effective methods of treatment currently provided through schools, counseling, and in the home.

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**Disaster Preparedness (Michaela Williams)**
Tuesday, March 24: 6 - 9 pm

**Description:** As a parent you can't control everything that happens, especially natural disasters! But what you can do is be as prepared as you can be for your family. This class will help you identify specific ways to always be ready, and how to get your entire family educated on what to do should something occur.

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**Adolescent Behavior (Victoria Stephan)**
Tuesday, April 14: 6 - 9 pm

**Description:** This class will explore the way trauma impacts brain development and the method of processing/mastering skills. Techniques for helping children particularly in the stages of adolescence with traumatic experiences will be discussed.

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**California Foster Youth Legislation (Marcella Tarpley)**
Tuesday, May 5: 6 - 9 pm

**Description:** Caregivers who attend this training will have a better understanding about laws regarding education and foster youth (Uninterrupted Scholars Act, AB 81, 167/216, 490, and 2060).

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**LGBTQ: Creating Safe Spaces (Tracy Inman)**
Tuesday, June 2: 6 - 9 pm

**Description:** This class will help foster parents and kinship caregivers better understand the decisions and struggles faced by Gay, Lesbian, Bi-Sexual, Transgender, and Questioning Youth and how caregivers can provide a safe and secure home. It is our responsibility to ensure that we can provide an environment where all kids can discover who they are, what their strengths are, and help them find their way in this world without fear.
Suicide Awareness and Prevention (Falaya De Silva)
Tuesday, June 16: 6 - 9 pm

Description: Children who have come from extremely chaotic families of origin and have been severely abused or neglected may be very depressed. This depression may lead to ‘suicidal thoughts’ and to suicide attempts. These kids have very poor self-images and are confused about who they are. Parents who have children that have poor self-image, isolate themselves from family members, and show a very depressed state should be very concerned since this behavior can result in suicide. Parents are encouraged to attend this class where depression and suicidal issues in children are discussed.

Louis Robidoux Library
5840 Mission Blvd., Riverside, 92509

Autism Spectrum Disorder (Dan Crain)
Saturday, February 7: 10 am - 1 pm

Description: A made for television film based on Temple Grandin’s life displayed well the social problems, self-isolation and ‘fitting in’ which people with Asperger’s Syndrome face. This class explores ALL aspects of Autism Spectrum Disorder, of which AS is a part. Children with this neurodevelopmental disorder display severe problems with people skills but can often compensate through unique intellectual high functioning, as did Temple Grandin. In this class participants explore the complex and complicated issues in Autism Spectrum Disorder.

Positive Discipline: Joint Problem Solving (Dan Crain)
Saturday, March 21: 10 am - 1 pm

Description: When parents operate on the principle of mutual respect, they learn that parents and children have different issues and different feelings about the same subject (curfew, allowance, bed time, etc.). If parents attempt to force their way on or in contrast give in to their demands, any solution is short lived. Foster children’s bio parents are very good at forcing their way or giving in. The key here, in this third class in the four-part Positive Discipline series, is to make sure parents and the child understand each other so that a resolution is possible.
Identifying Learning and Developmental Disabilities (Michelle Williams)
Saturday, April 18: 10 am - 1 pm

**Description:** Children with special needs face many intellectual, social, and emotional challenges. In many instances these needs are manifested through issues they have at school. This class will explore the most common types of special needs, type of assessments, and treatments and resources are available.

Caring for Children with Mental Health Needs (Falaya DeSilva)
Saturday, May 16: 10 am - 1 pm

**Description:** This class will provide a wide overview on the various aspects of care required for children with mental health needs including, awareness – what to do if you suspect your child has a mental health issue, assuring your child gets adequate care, how to work with child’s school, what to expect in therapy, psychotropic meds, how to maintain a healthy and safe home environment, how to get adequate support, etc.

Blame it on the Brain (Dan Crain)
Saturday, June 13: 10 am - 1 pm

**Description:** When a baby ‘soaks up’ what they see, hear and touch, it is said they are ‘sponges’. This process of learning goes even further in that children, as they grow, constantly learn from their environment. In addition, as children become young adults, their brain IS STILL LEARNING. This means that sometimes they make rash decisions, which can land them in precarious situations. Parents see in this class how a young person’s brain is constantly maturing and needs adult direction.
Weekday Morning Classes

Creating "Life Books" for Your Children (Cherie Friend)
Friday, January 30: 10 am - 1 pm

**Description:** In this class we will talk about how children in foster homes often have no one who remembers their history. Nobody knows the funny thing that happened when they lost their first tooth. In this class we will discuss how to create Life Books to help children build and maintain a record of their lives that they can take with them when they leave your home. We will each create a page of a book to experience how to make this happen. Help give your kids an emotionally healthy way to remember their milestones.

Understanding Children’s Temperaments (Cherie Friend)
Friday, February 27: 10 am - 1 pm

**Description:** Temperament influences how we relate to each other and to the environment. This class discusses the various temperament styles and provides caregivers with the tools to not only understand and accept the children in their care, but themselves as well.

Fostering Independence (Amber Lappin)
Friday, March 27: 10 am - 1 pm

**Description:** Studies show that the current generation is experiencing a big struggle with self-sufficiency. This workshop will discuss and explore ways to help children of all ages take on reasonable responsibilities, learn problem-solving skills, think critically, contribute to family environment, and self-advocate.

Self-Care for Care Providers (Marlene Victoriano)
Friday, April 24: 10 am - 1 pm

**Description:** This class will focus on the importance of the care provider assuring that their personal needs are being met, in effort to avoid burnout. Topics discussed include the importance of boundary setting, how to find and ask for help, support groups, things to reduce stress, etc.
Effects of Bullying (Amber Lappin)
Friday, May 29: 10 am - 1 pm

**Description:** Being bullied is a very difficult issue to deal with. It is a worldwide problem in our schools, at home, on our jobs. It is extremely difficult for children to even talk about it, that’s because most children are embarrassed, or are afraid to talk about it. In this workshop caregivers will learn the skills necessary to communicate openly, and discuss solutions and ways to help their child address these issues appropriately.

Adolescent Behavior (Victoria Stephan)
Friday, June 19: 10 am - 1 pm

**Description:** This class will explore the way trauma impacts brain development and the method of processing/mastering skills. Techniques for helping children particularly in the stages of adolescence with traumatic experiences will be discussed.

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**International Christian Adoptions**
41745 Rider Way, #2, Temecula, 92590
(Winchester Rd. exit, turn west, 1st left on Jefferson, right on Overland, right onto Commerce Center Dr…this becomes Rider Way. Site on the left.)

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**Evening Classes**

Helping Children Adapt to Change (Cherie Friend)
Wednesday, January 21: 6 - 9 pm

**Description:** Our kids’ lives are full of changes, many of which they have no control over. This class discusses ways to help the kids in your life learn to handle the inevitable changes that come their way.

California Foster Youth Legislation (Marcella Tarpley)
Wednesday, March 18: 6 - 9 pm

**Description:** Caregivers who attend this training will have a better understanding about laws regarding education and foster youth (Uninterrupted Scholars Act, AB 81, 167/216, 490, and 2060).
**Creating “Life Books” for Your Children (Cherie Friend)**
Wednesday, May 20: 6 - 9 pm

**Description:** In this class we will talk about how children in foster homes often have no one who remembers their history. Nobody knows the funny thing that happened when they lost their first tooth. In this class we will discuss how to create Life Books to help the children build and maintain a record of their lives that they can take with them when they leave your home. We will each create a page of a book to experience how to make this happen. Help give your kids an emotionally healthy way to remember their milestones.

**ABC Child Care Center**
40045 Village Rd., Temecula, 92591
(Winchester Rd. exit, go east, left on Margarita, left on Harveston, right on Village)

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**Saturday Classes**

**Trauma, Brain Development and Behavior (Victoria Stephan)**
Saturday, January 24: 9 am - Noon

**Description:** This class will explore the impact trauma has on child brain development and how this affects children's behavior at various ages and in various situations. Methods of re-directing behavior in ways that are understood and can be implemented by children who have experienced trauma will be presented.

**Self-Care for Care Providers (Falaya De Silva)**
Saturday, February 21: 9 am - Noon

**Description:** This class will focus on the importance of the care provider assuring that their personal needs are being met, in effort to avoid burn out. Topics discussed include the importance of boundary setting, how to find and ask for help, support groups, things to reduce stress, etc.

**Ending Tantrums, Arguing, and Whining: Creating a Peaceful Home Environment (Amber Lappin)**
Saturday, February 28: 9 am - Noon

**Description:** This workshop will review tactics for handling some of the most frustrating parenting issues. Strategies will be reviewed for addressing tantrums, arguing, and whining (and other hard-to-handle issues) to use with children of all ages.
Advocating for Children (Victoria Stephan)
Saturday, March 21: 9 am - Noon

Description: This class discussion will develop an understanding of elements to emotional stability in relation to learning. Identify challenges for foster children in every aspect of their lives. Learn techniques for developing a team approach mentality when working with schools, county social services, and other community resources so that you can become your child's biggest advocate.

Infant/ Toddler Loss and Behavior (Victoria Stephan)
Saturday, April 25: 9 am - Noon

Description: Learn the methods by which infants and toddlers respond to life losses, the manner in which they process and communicate their grief, and the long term impact when effective support is lacking.

Family Dynamics and Visitation (Victoria Stephan)
Saturday, May 16: 9 am - Noon

Description: This class will explore the challenges of parenting another person's child and coping with biological parent involvement in the child's life. Ways to develop techniques which allow for shared or 'co-parenting' between foster and biological parents when parental termination has not occurred will be discussed. A positive 'co-parenting' environment will benefit the child, foster respect for the biological parent, and reduce stress for the foster parent.

What IS an IEP? (Michelle Williams)
Saturday, June 20: 9 am - Noon

Description: What is an IEP? How do I know if my child needs one? What do I have to do? Caregivers will have an opportunity to explore each of these issues as it pertains to the children in their care. Caregivers will also discuss information related to special education and how caregivers can access services within the school districts as well as the community.
Abuso Infantil y Abandono (Jesse Victoriano)
Viernes, 20 de Febrero: 10 am a 1 pm

Descripción: La clase sobre el abuso infantil y el abandono se enfoca en entender el abuso físico y el abandono y el desarrollo de la empatía por los padres biológicos. También se hablará de cómo diferenciar entre el abuso y los accidentes comunes que los niños sufren, al igual de cómo reportar el abuso a las autoridades.

Padres que consideran las diferencias culturales (Jesse Victoriano)
Viernes, 6 de Marzo: 10 am a 1 pm

Descripción: Este curso examina el ser padres de crianza con niños de diferentes culturas:
- entendimiento cultural
- confusion cultural
- enfrentando prejuicios
- el racismo
- el abogar

Seguridad Infantil y Supervision (Jesse Victoriano)
Viernes, 10 de Abril: 10 am a 1 pm

Descripción: Esta clase habla de los problemas de seguridad que enfrentan los padres de crianza. También hablaremos de la importancia de informarse bien antes de recibir a un niño, el de cómo observar el comportamiento de los niños en el hogar, el desarrollar un plan de seguridad para dentro y fuera del hogar, el de cómo reportar incidentes inusuales y el cómo trabajar como parte del equipo que les provee cuidado.

Crecimiento y desarrollo del niño de 2-5 años de edad (Jesse Victoriano)
Viernes, 1 de Mayo: 10 am a 1 pm

Descripción: En esta clase repasaremos los aspectos del crecimiento del niño de 2-5 años de edad, incluyendo sus habilidades manipulativas, cognitivas, y sociales.

Nutrición Para Niños: Cocinando Con Niños (Jesse Victoriano)
Viernes, 5 de Junio: 10 am a 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 sus comidas y bocadillos.
Relaciones familiares: mejorando la comunicación (Jesse Victoriano)
Miércoles, 28 de Enero: 10 am a 1 pm

Descripción: Este curso se enfoca en ayudar a las parejas a desarrollar y utilizar las técnicas de comunicación como:
- Los cuatro patrones de una mala comunicación
- La técnica de ‘Darse un espacio’
- La técnica del ‘Hablante-Oyente’

Diagnostico del Desorden Alimenticio (Jesse Victoriano)
Miércoles, 18 de Febrero: 10 am a 1 pm

Descripción: Esta clase examina las causas comunes para el desorden alimenticio y los pasos que el padre de crianza puede tomar para promover los hábitos buenos de la nutrición. Se hablará sobre el cuidar de un niño con este desorden y la importancia de entender bien cuando buscar ayuda médica o ayuda profesional.

Como cuidar de aquel que es responsable por cuidar de los demás. (Jesse Victoriano)
Miércoles, 25 de Marzo: 10 am a 1 pm

Descripción: En esta clase nos enfocaremos en la importancia que tiene el cuidar de aquel que es responsable por cuidar a los demás. Es importante suplir las necesidades que tiene para una buena salud física, sicológica y emocional. En la clase hablaremos sobre cómo establecer límites saludables, como buscar y encontrar ayuda, como escoger y pertenecer a grupos de apoyo e identificaremos elementos que ayudan a reducir el estrés.

Padres que consideran las diferencias culturales (Jesse Victoriano)
Miércoles, 15 de Abril: 10 am a 1 pm

Descripción: Este curso examina el ser padres de crianza con niños de diferentes culturas:
- entendimiento cultural
- confusion cultural
- enfrentando prejuicios
- el racismo
- el abogar
El Desarrollo del Niño (Jesse Victoriano)  
Miércoles, 13 de Mayo: 10 am a 1 pm

**Descripción:** Este curso habla sobre el desarrollo del niño y:
- las etapas y los dominios del desarrollo
- señales peligrosas durante el desarrollo
- el impacto causado por abuso y abandono

Nutrición Para Niños: Cocinando Con Niños (Jesse Victoriano)  
Miércoles, 24 de Junio: 10 am a 1 pm

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

Español / Hemet

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

Padres que consideran las diferencias culturales (Jesse Victoriano)  
Jueves, 22 de Enero: 6 pm a 9 pm

**Descripción:** Este curso examina el ser padres de crianza con niños de diferentes culturas:
- entendimiento cultural
- confusión cultural
- enfrentando prejuicios
- el racismo
- el abogar

Crecimiento y desarrollo del niño de 2-5 años de edad (Jesse Victoriano)  
Jueves, 19 de Febrero: 6 pm a 9 pm

**Descripción:** En esta clase repasaremos los aspectos del crecimiento del niño de 2-5 años de edad, incluyendo sus habilidades manipulativas, cognitivas, y sociales.
Seguridad Infantil y Supervision (Jesse Victoriano)
Jueves, 19 de Marzo: 6 pm a 9 pm

Descripción: Esta clase habla de los problemas de seguridad que enfrentan los padres de crianza. También hablaremos de la importancia de informarse bien antes de recibir a un niño, el de cómo observar el comportamiento de los niños en el hogar, el desarrollar un plan de seguridad para dentro y fuera del hogar, el de cómo reportar incidentes inusuales y el cómo trabajar como parte del equipo que les provee cuidado.

Nutrición Para Niños: Cocinando Con Niños (Jesse Victoriano)
Jueves, 23 de Abril: 6 pm a 9 pm

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

Como cuidar de aquel que es responsable por cuidar de los demás. (Jesse Victoriano)
Jueves, 21 de Mayo: 6 pm a 9 pm

Descripción: En esta clase nos enfocaremos en la importancia que tiene el cuidar de aquel que es responsable por cuidar a los demás. Es importante suplir las necesidades que tiene para una buena salud física, sicológica y emocional. En la clase hablaremos sobre cómo establecer límites saludables, como buscar y encontrar ayuda, como escoger y pertenecer a grupos de apoyo e identificaremos elementos que ayudan a reducir el estrés.

Padres que consideran las diferencias culturales (Jesse Victoriano)
Jueves, 18 de Junio: 6 pm a 9 pm

Descripción: Este curso examina el ser padres de crianza con niños de diferentes culturas:
- entendimiento cultural
- confusion cultural
- enfrentando prejuicios
- el racismo
- el abogar
Padres que consideran las diferencias culturales (Jesse Victoriano)
Martes, 27 de Enero: 6 pm a 9 pm

Descripción: Este curso examina el ser padres de crianza con niños de diferentes culturas:
· entendimiento cultural
· confusión cultural
· enfrentando prejuicios
· el racismo
· el abogar

Diagnóstico del Desorden Alimenticio (Jesse Victoriano)
Martes, 10 de Febrero: 6 pm a 9 pm

Descripción: Esta clase examina las causas comunes para el desorden alimenticio y los pasos que el padre de crianza puede tomar para promover los hábitos buenos de la nutrición. Se hablará sobre el cuidar de un niño con este desorden y la importancia de entender bien cuando buscar ayuda médica o ayuda profesional

El Desarrollo del Niño (Jesse Victoriano)
Martes, 10 de Marzo: 6 pm a 9 pm

Descripción: Este curso habla sobre el desarrollo del niño y:
· las etapas y los dominios del desarrollo
· señales peligrosas durante el desarrollo
· el impacto causado por abuso y abandono

Nutrición Para Niños: Cocinando Con Niños (Jesse Victoriano)
Martes, 14 de Abril: 6 pm a 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 sus comidas y bocadillos.

Relaciones familiares: mejorando la comunicación (Jesse Victoriano)
Martes, 12 de Mayo: 6 pm a 9 pm

Descripción: Este curso se enfoca en ayudar a las parejas a desarrollar y utilizar las técnicas de comunicación como:
· Los cuatro patrones de una mala comunicación
· La técnica de ‘Darse un espacio’
· La técnica del ‘Hablante-Oyente’
Como cuidar de aquel que es responsable por cuidar de los demás. (Jesse Victoriano)
Martes, 9 de Junio: 6 pm a 9 pm

Descripción: En esta clase nos enfocaremos en la importancia que tiene el cuidar de aquel que es responsable por cuidar a los demás. Es importante suplir las necesidades que tiene para una buena salud física, sicológica y emocional. En la clase hablaremos sobre cómo establecer límites saludables, como buscar y encontrar ayuda, como escoger y pertenecer a grupos de apoyo e identificaremos elementos que ayudan a reducir el estrés.

ESPAÑOL / RIVERSIDE

Louis Robidoux Library
5840 Mission Blvd., Riverside, 92509

Sábado Clases

Seguridad Infantil y Supervision (Jesse Victoriano)
Sábado, 28 de Febrero: 10 am a 1 pm

Descripción: Esta clase habla de los problemas de seguridad que enfrentan los padres de crianza. También hablaremos de la importancia de informarse bien antes de recibir a un niño, el de cómo observar el comportamiento de los niños en el hogar, el desarrollar un plan de seguridad para dentro y fuera del hogar, el de cómo reportar incidentes inusuales y el cómo trabajar como parte del equipo que les provee cuidado.

El Desarrollo del Niño (Jesse Victoriano)
Sábado, 25 de Abril: 10 am a 1 pm

Descripción: Este curso habla sobre el desarrollo del niño y:
- las etapas y los dominios del desarrollo
- señales peligrosas durante el desarrollo
- el impacto causado por abuso y abandono

Nutrición Para Niños: Cocinando Con Niños (Jesse Victoriano)
Sábado, 27 de Junio: 10 am a 1 pm

Descripción: En esta clase nos enfocamos a la prevención, de obesidad en niños. Nos concentraremos en estrategias para envolver a los niños en planear sus comidas y bocadillos.
Life Changing Resources for Children & Youth

iFoster Can Get You the Stuff you Need!

Join iFoster to get the products, services and support you need.

100s of free & deeply discounted resources customized to meet the Community’s needs:
- K-12 & Post High education, Youth employment
- Health, dental, vision and pharmacy
- Recreational activities
- Clothing, food, household products
- Advisors, support groups, parenting help

Every resource and partner is vetted and negotiated by iFoster and rated by the Community so only the most helpful resources are provided through the online, self-service resource portal.

Examples of Resources:
- Laptops with Microsoft Windows and Office software for under $200 with free tech support (iFoster’s award-winning “1 Laptop” program)
- Free eye exams and eye glasses with VSP Sight for Students, available for students up to age 21
- Free and $40/year programs for grade-level improvement in reading comprehension with Reading Plus and iFoster investors
- Free career assessment for youth integrated into post-secondary readiness including SAT/ACT prep, school applications and scholarships with Career Cruising and iFoster investors
- Discounted cellular plans, free phones and iPhones for 1 penny with AT&T. Free cellphones and free capped cell plans for Foster Youth (18 to 24) with Sprint / Virgin & LifeLine
- Free haircuts through select Paul Mitchell salons

JOIN US!

Become an iFoster member, it is free.
To qualify you must be one of:
- Transition-age youth and former foster youth (ages 16 to 24)
- Foster or resource caregiver / family
- Kinship, relative or informal caregiver / family
- Foster or Kinship direct service agencies
- Former Foster/Kinship/Probation Youth serving agencies
- Federal, state or county child welfare agency
- Dependency and delinquency courts and legal
- Foster or Kinship support groups
- Other child welfare organization (i.e. advocacy)

Register at www.ifoster.org or call 1-855-936-7837 for more information.

Become a Member for Free! Register at www.ifoster.org
For more information or to partner with us, call 1-855-936-7837 (M-F 9-5:30pm PT)
iFoster is a 501(c)(3) non-profit, EIN 80-0627614
10049 Martis Valley Road, Unit C. Truckee CA 96161
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Total Hours Completed: ______________
The Riverside Community College District complies with all federal and state rules and regulations and does not discriminate on the basis of ethnic group identification, national origin, religion, age, sex, gender identity, gender expression, race, color, ancestry, genetic information, sexual orientation, physical or mental disability, or any characteristic listed or defined in Section 51H of the Government Code or any characteristic that is contained in the prohibition of hate crimes set forth in subdivision (1) of Section 4226 of the California Penal Code, or any other status protected by law. This holds true for all students who are interested in participating in education programs and/or extracurricular school activities. Limited English speaking skills will not be a barrier to admission or participation in any programs. Harassment of any employee or student with regard to ethnic group identification, national origin, religion, age, sex, gender identity, gender expression, race, color, ancestry, genetic information, sexual orientation, physical or mental disability, or any characteristic listed or defined in Section 51H of the Government Code or any characteristic that is contained in the prohibition of hate crimes set forth in subdivision (1) of Section 4226 of the California Penal Code, or any other status protected by law is strictly prohibited. Inquiries regarding compliance, and grievance procedures may be directed to the District's Title IX Officer, Section 504/ADA Coordinator, Georgina Villasenor, 450 E. Alexander Blvd, Riverside, CA 92501. (951) 232-1030.

Alternate formats for this material are available to individuals requiring disability accommodation. Please contact Whitney Ortega or the office of Diversity, Equity and Compliance at (951) 232-0909.

El Distrito del Colegio Comunitario de Riverside cumple con todas las leyes y regulaciones federales y estatales y no discrimina sobre la base de identificación étnica, raza, nacionalidad, religión, edad, sexo, identidad de género, expresión de género, raza, color, ascendencia, información genética, orientación sexual, discapacidad física o mental, o cualquier característica que se encuentre o se defina en la Sección 51H del Código de Gobierno o cualquier otra característica que se encuentre en la prohibición de los crímenes de odio establecidas en la Sección 4226 del Código Penal de California, o cualquier otra condición protegida por la ley. Esto es válido para todos los estudiantes que están interesados en participar en los programas de educación y/o actividades escolares extracurriculares. Habilidades limitadas de hablar inglés no serán una barrera para la admisión o participación en cualquier programa. El acceso de cualquier empleado o estudiante con respecto a la identificación étnica, raza, nacionalidad, religión, edad, sexo, identidad de género, expresión de género, raza, color, ascendencia, información genética, orientación sexual, discapacidad física o mental, o cualquier otra característica que se encuentre o se defina en la Sección 51H del Código de Gobierno o cualquier otra característica que se encuentre en la prohibición de los crímenes de odio establecidas en la Sección 4226 del Código Penal de California, o cualquier otra condición protegida por la ley, está estrictamente prohibido. Preguntas sobre el cumplimiento y/o procedimientos de quejas pueden ser dirigidas al Coordinador de Título IX Oficial / Sección 504/ADA del Distrito, la Sra. Georgina Villasenor, 450 E. Alexander Blvd, Riverside, CA 92501. (951) 232-1030.

Formatos alternativos para este material están disponibles para las personas que requieren acomodación por discapacidad. Por favor, póngase en contacto con Whitney Ortega en la oficina de la Diversidad, Equidad y Cumplimiento al (951) 232-0909.