Citrus College Foster/Kinship Education and Resource Programs
Supporting Local Foster/Kinship Families and Communities

Schedule of Classes
July 2016 to October 2016

“Celebrating 30 Years of Lending a Hand to Help Others”

Foster and Kinship Care Education (FKCE) and Permanence & Safety: Model Approach to Partnerships In Parenting (PS-MAPP) Programs
Servicing the Citrus, Mt. San Antonio and Chaffey Community College Districts

All Classes Are Free
Greetings to Our Foster & Kinship Community,

Summer is upon us, the days are bright and warm (let us hope the days do not get too unbearably hot). We can be optimistic about this year’s summer weather and anticipate great hiking or picnic days or even a bike ride or walk to enjoy with the children in your care.

If you were able to plant a vegetable garden this spring, I hope you can delight in the fruits of your labor in the summer and the fall months to come. Create lifelong loving memories with the children in your care by having them join in the harvesting of your vegetable garden. Sharing these moments will provide a priceless gift of memories that will be with them forever, giving children the tools to have a successful life begins with the gift of positive memories.

Our foster care team wishes you a joyous Fourth of July and a fun filled Labor Day. We hope you are planning some magnificent fun in the months to come for the children in your care. Here at Citrus College, we are holding a number of events; Mapfest and Birth to Five are two. Please visit our website for specific details. Thank you for giving the youth in your care the tools and opportunities to reach their wildest dreams.

In closing, our staff thanks you for helping us stay Green; your willingness to accept the Schedule of Classes by email is greatly appreciated.

Honoered to be of Service,

Lil E. Sass, M.A.
Program Coordinator
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Foster & Kinship Care Education
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Glendora, CA 91741
Phone: (626) 857-4028 / Fax (626) 857-4146
Website: www.citruscollege.edu/fkce
E-mail: fkce@citruscollege.edu

Our office is located in the Integrated Success Center (IC), formerly the Child Development Center-Infant Center, please refer to the map on page 93.
If you are no longer a foster parent or care provider and wish to be removed from our list, please call our office at your earliest convenience.

PLEASE PRE-REGISTER FOR ALL CLASSES

In order to provide you with quality training and professional services, we require that all participants adhere to the following guidelines: PROVIDE A VALID CALIFORNIA IDENTIFICATION TO OBTAIN YOUR CERTIFIED TRAINING HOURS CERTIFICATE FROM THE TRAINER.

The following frequently asked questions may be helpful to you:

Do I have to pre-register in order to attend a class?
Yes. There is no way for us to contact you regarding class changes or cancellations if you do not pre-register.

How do I register for a class?
You may register by doing one of the following:
• Call the Foster and Kinship Care Education (FKCE) office at (626) 857-4028 between the hours of 9 a.m. and 5 p.m. M-Th and between 9 a.m. and 4 p.m. on Fridays. (Please speak and spell clearly). We observe all national holidays.
• Fax lists of 3 or more participants to (626) 857-4146.
• Email your registration to fkce@citruscollege.edu.
• The FKCE office will only return calls if there is a question regarding your registration. Otherwise, clearly providing all of the required information on our voicemail will suffice.

What information do I need to provide in order to register?
• Your full name, complete address and telephone number with area code
• All class locations, dates and times
• Your email address

Can I get documentation to certify that I have taken classes?
Yes. The Foster and Kinship Care Education (FKCE) office can provide a certificate of transcript of all foster care classes you have taken. Call the office at (626) 857-4028 to request your transcript. A valid California I.D. and the last four digits of your social security number need to be presented by you to pick up your transcript.

Is there a fee to attend classes?
No. Our training sessions are free and are open to anyone in the community. Foster/Kinship parents have priority enrollment.

I am not a foster parent or relative caregiver. Can I still attend classes?
Yes. Although our target audience is foster parents and relative caregivers, our classes are open to everyone in the community including social workers, group home staff, family and friends.

Can I bring my children to the class with me?
No. Children are not permitted to attend most of our classes due to topics of a sensitive nature and liability purposes. Refer to the class description for permission to bring children or youth to classes.

What if I can't make it to a class after I have registered?
No problem! Just call our office to cancel your seat in order to offer it to someone else who may be waiting for a space.

What if a class gets cancelled or moved? How will I know?
Our office will make every effort to contact you with any cancellations and/or changes. This is why it is important to pre-register and provide your contact information when doing so. Class cancellations Monday through Friday after 3:30 p.m. will not provide us time to reach you by phone. Please note that notices will be posted at the training sites to the best of our ability regarding unforeseen cancellations. Class will be cancelled if only one participant is registered.

How can I get more information on classes and the program?
Each facilitator and trainer can provide you with more information about our upcoming classes. You may also visit us online at http://www.citruscollege.edu/fkce.

Due to increased printing costs, our class schedules are being sent to all participants via email. Please call or visit our office for questions on the catalogs.
If you call ahead, we will provide a parking pass, (626)857-4028.
Reglas de Matriculación

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

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

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

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

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

Debo de registrarme de antemano para poder presentarme a clase?
Sí. Cuando uno no se registra, no hay manera de poder comunicarles algún cambio a la clase, tal como el horario o el local, o en caso de que la clase se cancele.

Como me registro para una clase?
Escoja entre las siguientes formas de registración:
• Llame a la oficina de educación, Foster and Kinship Care al (626)857-4028 de lunes a jueves entre las horas de 9 a.m. — 5 p.m. o los viernes de 9 a.m. — 4 p.m. Si le contesta la grabadora, por favor hable despacio y claramente. 
• Envíe una lista con por lo menos 3 participantes vía fax al (626)857-4146
• Envíe un correo electrónico con su registración al fkce@citruscollege.edu
• La oficina le llamará por teléfono si hay alguna duda o pregunta acerca de su registración. De otro modo, por favor proveámos los siguientes datos al registrarse:

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

Puedo obtener documentación para comprobar que he tomado clases?
Sí. La oficina de educación Foster and Kinship Care puede proveerle un certificado de transcripción que documenta todas las clases que ha tomado. Nada más necesita llamar la oficina con tiempo al (626) 857-4028 para solicitar su documento. Al recoger su transcripción debe presentar su identificación y su numero social.

Hay algún costo para poder atender las clases?
No. Todos nuestros entrenamientos son gratuitos y abiertos a cualquier persona en nuestras comunidades.

No soy padre de crianza ni proveedor de cuidado. Aun puedo atender las clases?
Sí. Aunque nuestro enfoque principal sea más con padres de crianza o proveedores de cuidado, las clases son para todas personas de la comunidad y pueden serle de beneficio a varios miembros de la comunidad, tal como trabajadores social, empleados de casa-hogares, miembros de familia y amistades.

Puedo traer mis hijos a las clases?
No. Debido al contenido sensitivo de las clases, y también por cuestiones de responsabilidad legal, niños NO son permitidos en clase.

Que tal que no pueda atender una clase después de haberme registrado?
No hay problema! Pero por favor llámenos para cancelar y poder ofrecerle su espacio a alguien que esté en la lista de espera.

Como me daré cuenta cuando una clase se cancela o la mueven de local?
Nuestra oficina hará todo lo posible para contactarle para informarle de cualquier cambio o cancelación. Por eso es de suma importancia que se registre antes y que provee todos sus datos. Clases que se cancelan después de las 4 p.m. no nos da suficiente tiempo para notificarlas. En casos cuando las clases se cancelan inesperadamente, habrá un anuncio en la puerta del local. La clase será cancelar si sólo un participante está inscrito.

Como puedo obtener más información acerca de las clases o del programa?
Cada facilitador o entrenador le puede proveer con más información acerca de nuevas clases. También puede visitarnos en la red de internet al http://www.citruscollege.edu/fkce.

Debido al aumento de los costes de impresión, nuestros horarios de clase están siendo enviados a todos los participantes por correo electrónico. Por favor, llame o visite la oficina para preguntas sobre los catálogos. Si se llama antes de visitar, proporcionaremos un pase de estacionamiento, (626)-857-4028.
Foster/ Kinship Education and Resources

July-October 2016 EVENTS

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

~~ July ~~
Please call the FKCE office (626) 857-4028 for upcoming events.

~~ August ~~
MAPfest-DCFS-AB-12 Youth
Friday, August 5, 2016

~~ September ~~
Annual Birth to 5 Seminars
Citrus College TBA
Saturday, September 17, 2016

~~ October ~~
Domestic Violence Awareness Month
Citrus College Campus Mall Event
Date and time TBA

ONE HUNDRED YEARS FROM NOW

One hundred years from now
It will not matter,
What kind of car I drove,
What kind of house I lived in,
How much I had in the bank
Nor what my clothes looked like
One hundred years from now
It will not matter,
What kind of school I attended,
What kind of typewriter I used,
How large or small my church,
But the world may be...
A little better because...
I was important in the life of a child
Citrus College Foster/Kinship Education and Resources, in collaboration with the Department of Children and Family Services (DCFS,) is proud to announce our plan to incorporate specialized training workshops designed especially for you!

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

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

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

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

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

As these children prepare for another transition, together we can promote healthy relationships and bonding while being the best role models in their lives. Their placement in your home may be their last chance of hope! Thank you for opening your hearts and your homes.
Human Sexuality Development (B Rate)
Wednesday, July 27, 2016
9:30 a.m. - 11:30 a.m.
Participants will explore the human sexuality development. We will discuss the differences between sexuality and gender, feminine and masculine, why we are different, and what makes us the same.

Grief and Loss: Multiple Placements and Multiple Losses (B or D Rate)
Wednesday, August 24, 2016
9:30 a.m. - 11:30 a.m.
Most of our children have experienced multiple losses. How does this affect their behavior? How does helping children with their grief affect me as their caregiver? Participants will have an opportunity to explore these questions. Each stage of the grief process will also be examined. Participants will learn how to identify where a child is in the grief process based on the child’s behavior. Methods will be provided for supporting the child through each stage of the process.

Reactive Attachment Disorder: What is it and What Do I Do? (B or D Rate)
Wednesday, September 28, 2016
9:30 a.m. - 11:30 a.m.
When we consider the fact that many of our children have been severely neglected and abused, had multiple placements, and have limited coping skills, it becomes clear as to why it is so difficult for them to form healthy attachments. What could possibly be the benefit in establishing a close relationship to anyone if the previous adults in their life could not be trusted, or if a child is constantly moved to a new home? Participants will examine the challenges children face in attaching to others and identify specific techniques for building healthy connections with their children.

Recognition and Treatment of Eating Disorders (B or D Rate)
Wednesday, October 26, 2016
9:30 a.m. - 11:30 a.m.
This class describes characteristics, consequences, myths and misconceptions about eating disorders. Participants identify the diagnostic criteria for Anorexia Nervosa, Bulimia Nervosa, and eating disorders NOS. Participants will assess factors and treatment goals and approaches for eating disorders.

Nothing dies more quickly, than a new idea in a closed mind.
Ontario
Helping Hands Kinship Support Services * 316 East E Street * Ontario 91762
Presenter: Elaine Jankins

Angry, Hostile and Defensive Teens (B or D Rate)
Tuesday, July 26, 2016
10:00 a.m. - 12:30 p.m.
This course assists foster parents in developing skills to understand and cope with the challenges of defiant children. Through group discussion, learn to recognize, define, and articulate behavior surrounding defiance and why children behave in this way.

Modeling Positive Behavior (B or D Rate)
Tuesday, August 23, 2016
10:00 a.m. - 12:30 p.m.
This class discusses how to address negative behavior with positive reinforcement and modeling. Participants share how they deal with positive reinforcement and techniques to redirect foster youth’s energy and behavior in a positive way. Participants identify three methods of positive reinforcement.

Teaching Basic Life Skills to Foster Youth (B Rate)
Tuesday, September 27, 2016
10:00 a.m. - 12:30 p.m.
Teaching youth life skills can be a challenge at times, especially with all the things families balance these days. This class assists foster parents in learning practical ways to teach and incorporate life skills building into their daily interactions with the youth placed in their home.

Surviving the Holidays (B, D or F Rate)
Tuesday, October 25, 2016
10:00 a.m. - 12:30 p.m.
This class will address how stress can play a big role on how children in foster care handle the holidays. Participants will gain a clear understanding of how they can identify and recognize stress and how it impacts children’s behavior and medical issues to a much greater degree during the holiday season.
Brain Development (B or D Rate)
Thursday, July 28, 2016
10:00 a.m. - 12:00 p.m.
Participants will develop an understanding of what activities and other things care providers need to provide in order to encourage proper brain development. Participants will gain a basic understanding of how stress affects the brain and what they can do to aid the children in their care.

Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD) in Children (B or D Rate)
Thursday, August 25, 2016
10:00 a.m. - 12:00 p.m.
This workshop describes ODD and CD in adolescents and children. Participants learn what ODD and CD is, what causes it, the effects, who gets it, and what happens as these children grow up and release aggression on adults and pets. Participants also explore treatment options and behavior modification that can be used at home and school. Participants leave this class with a clear understanding of Oppositional Defiant Disorder and Conduct Disorder.

Recognizing Distress In Our Children (B, D or F Rate)
Thursday, October 27, 2016
10:00 a.m. - 12:00 p.m.
What makes our children act out? Are they being rebellious, disrespectful, disobedient, defiant, and manipulative? What could possibly be fueling their behavior? Participants will have an opportunity to explore how stress and distress affect children and their behavior. Participants will learn to recognize distress in their children and provide appropriate support to them.

Grandparents As Parents and Other Relatives Raising Children (B, D or F Rate)
Thursday, September 22, 2016
10:00 a.m. - 12:00 p.m.
Second-time parenting can be pretty grim sometimes. Caregivers often face troubled children, uncooperative parents and a bureaucracy that may not understand their new role or support their new needs. This workshop will provide the caregiver with hope as well as information that will help them effectively navigate through the various systems that have now become a part of their daily lives. Relative caregivers will discuss step by step what to do when children first arrive at their homes, as well as define formal and informal placements. They will learn how to sort through the legal maze, obtain financial resources and how to develop good record keeping skills. Caregivers will also examine and develop a basic understanding of the Child Protection and Dependency System, and will be able to recognize some of the signs when special services are indicated along with how and to whom to make a formal request. Finally, caregivers will be able to articulate the path of the IEP process and special education services.
Kinship Orientation and Traditions of Caring for Family and Friend Caregivers
A training series comparable to KEPS (Kinship, Education, and Preparation & Support) offered to care providers of LA County. A three-hour orientation (Kinship Orientation) is required prior to participating in the training module. This 24-hour relative caregiver educational support group training module (Tradition of Caring) focuses on these key topics:

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

Glendora
Spanish Classes ~ Clases en Español
DCFS Spanish Kinship Support Group
DCFS Glendora * 725 S. Grand Ave., Room 1361, Glendora 91740
Presentator: Maria Dolores Alvidrez

Preparándose Para Las Vacaciones
(B Rate)
Martes, Julio 26, 2016
9:30 a.m. - 12:30 p.m.
Muchos jóvenes han sufrido abusos y promesas incumplidas durante las temporadas de vacaciones en el pasado. La posibilidad de ver a miembros de la familia ofrece una amplia variedad de sentimientos como alegría, ansiedad, enojo y tristeza. Aprender cómo ayudar a su niño y usted sobrevivir las vacaciones juntos.

Ninos Y Nutricion: Lo Que Necesitamos Saber
(B, D, F or W Rate)
Martes, Agosto 09, 2016
9:30 a.m. - 12:30 p.m.
Participantes aprenden formas para involucrar a los niños en la selección y preparación de alimentos saludables. Los participantes aprenden como hacer selecciones saludables basadas en la pirámide de alimentos; como la televisión influye lo que comen; como evaluar los alimentos y juguetes que consumen los niños; lo que debe buscar en las etiquetas de nutrición; y cómo los padres y cuidadores utilizan alimentos como método de control de comportamiento.
Glendora
Spanish Classes – Clases en Español
DCFS Spanish Kinship Support Group
DCFS Glendora * 725 S. Grand Ave., Room 1361, Glendora 91740
Presentador: Maria Dolores Alvidrez

El Niño Rompecabezas (B or D Rate)
Martes, Septiembre 13, 2016
9:30 a.m. - 12:30 p.m.
Cada adulto que interaccione con los niños en cuidado sustituto debe entender los principios de desarrollo infantil promedio esperables “normales” y el impacto menudo devastador de negligencia y abuso físico y sexual sobre el bienestar de los niños. Los niños que han sufrido la tragedia del abuso y negligencia y abuso sexual tienen piezas fragmentadas.

Conectando a los Niños a las Relaciones Perdurales (B, D or F Rate)
Martes, Octubre 11, 2016
9:30 a.m. - 12:30 p.m.
Este taller le ayudará a los participantes a comprender el papel del cuidador en la permanencia, la opciones legales disponibles para los cuidadores familiares, los niños, y de que los servicios de responsabilidad es hacer planes permanentes para los niños bajo su custodia. Los Participantes podrán identificar los retos de los cuidadores familiares en sesión permanente las necesidades y tipos de relaciones jurídicas de los cuidadores familiares.

West Covina
Spanish Classes – Clases en Español
DCFS Spanish Kinship Support Group
Kinship Resource Center-South* 421 S. Glendora Ave., Suite #100, West Covina 91790
Presentador: Maria Dolores Alvidrez

Reconociendo Mis Regalos (B or D Rate)
Jueves, Julio 28, 2016
9:00 a.m. - 12:00 p.m.
¿No sería bueno saber lo que es nuestro regalo especial o talento? ¿Cómo sabré? Bueno quizás no tengo regalos después de todo.
Cada uno de nosotros tenemos un regalo, incluso nuestros niños. Podría ser difícil de encontrar los, pero los beneficios valen la pena buscarlos. Cuando tenemos la oportunidad de tener éxito en algo, hombre qué un impulso a nuestra autoestima. Así que vamos a explorar los regalos de nuestros hijos y de nuestros, por lo que podemos compartir con el mundo. Los participantes podrán más fácilmente identificar los talentos de sus hijos y ayudarlos a mejorar sus regalos.

El Niño Desafiado por El Apego (B or D Rate)
Jueves, Agosto 11, 2016
9:00 a.m. - 12:00 p.m.
Cuando consideramos el hecho de que muchos de nuestros niños han sido severamente descuidados y abusados, tuvo varias ubicaciones y tienen limitadas habilidades de confrontación, llega a estar claro en cuanto a porqué es difícil para ellos formar y mantener saludables relaciones. ¿Cuál podría ser el beneficio en el establecimiento de una relación cercana con nadie si no se puede confiar en los adultos en sus vidas anteriores, o si un niño se mueve constantemente a un nuevo hogar? Los participantes tendrán la oportunidad de explorar los desafíos que enfrentan los niños en asociar a los otros y cómo puede promover el apego.
Jóvenes y la ley: Actividad de pandillas (B Rate)
Jueves, Septiembre 08, 2016
9:00 a.m. - 12:00 p.m.
Esta clase dará a los participantes una visión general de la ley y cómo se manejan los casos juveniles por aplicación de la ley. Esta clase también dará a los participantes una mirada a los problemas de las pandillas y enseñara a los padres cómo pueden impedir a sus hijos de afiliarse a una pandilla. Los participantes aprenderán cómo trabajar con agentes de policía y de la libertad condicional en relación con la juventud y las leyes. Los participantes saldrán con un claro entendimiento de los derechos de su joven y las consecuencias que provienen si un joven se envuelve en una pandilla, incluyendo el impacto que tendrá sobre su futuro.

Los Cinco Lenguajes Del Amor (B, D, or F Rate)
Jueves, Octubre 13, 2016
9:00 a.m.-12:00 p.m.
¿Qué idioma habla su joven y les dice que ellos son atesorados? ¿Cómo puedes aprender a hablar los cinco idiomas para mantener sus amor tanques llenos? En este entrenamiento, vamos a utilizar el trabajo del Dr. Gary Chapman; los participantes del seminario descubren los cinco diferentes lenguajes del amor. Adquirirán información para aplicar al lenguaje de amor primario como secundario de un individuo. No sólo se recibirán sus mensajes, llenará su joven con la confianza que los atesoran. Aprender a discernir lo que significa cuando oyes los cinco lenguajes del amor, por qué es importante aprender sobre su manera de amar, descubren cuáles son sus lenguajes a través de comunica los. También invertirás lo que significa tener un tANque de amor lleno y estudia la manera de expresar un lenguaje de amor en una variedad de diversos dialectos y formas.
Comprensión de los Derechos Educativos de su Hijo  
(B, D or F Rate)  
Miércoles, Julio 06, 2016  
9:00 a.m. - 1:00 p.m.  
Esta clase discutirá las leyes educativas y qué asistencia educativa y programas estudiantiles son elegibles para. Los participantes completarán la clase con un claro entendimiento de las leyes que están en el lugar que se ocupan de los derechos de los estudiantes con problemas médicos o mentales y cómo acceder a los servicios para ellos.  
**Presenter:** Lelia Montiel, L.M.F.T.

¡No Más Víctimas! Vencer Victimización (B, D or F Rate)  
Miércoles, Julio 13, 2016  
9:00 a.m. - 12:00 p.m.  
Los participantes verán un video dirigiéndose a varias situaciones que hacen que la juventud caiga en víctima de la vitalidad negativa. Ver y examinar cómo puede ayudar empoderarse a verbalizar sus sentimientos y tomar medidas para romper el ciclo de sus agresores.  
**Presenter:** Lelia Montiel, L.M.F.T.

Quieres Decir Que Tengo Problemas Personales (B or D Rate)  
Viernes, Julio 15, 2016  
6:00 p.m. - 9:00 p.m.  
Muchos se convierten en padres adoptivos y emplean como miembros del personal de tratamiento residencial por razones muy nobles. Pero a veces, nuestro deseo de cuidar a otros niños puede ser alimentado por problemas no resueltos de nuestro pasado. ¿Cómo afecta esto a nuestra interacción con nuestros hijos? ¿Esto a veces causa reacciones? Los participantes exploran estas cuestiones y reconocen las soluciones.  
**Presenter:** Lucy Razo, M.S.

Reconocimiento Mis Regalos (B or D Rate)  
Sábado, Julio 16, 2016  
9:00 a.m. - 12:00 p.m.  
¿No sería bueno saber lo que es nuestro regalo especial o talento? ¿Cómo sabré? Bueno quizás no tengo regalos después de todo. Cada uno de nosotros tenemos un regalo, incluso nuestros niños. Podría ser difícil de encontrar los, pero los beneficios valen la pena buscarlos. Cuando tenemos la oportunidad de tener éxito en algo, hombre qué un impulso a nuestra autoestima. Así que vamos a explorar los regalos de nuestros hijos y de nosotros, por lo que podemos compartir con el mundo. Los participantes podrán más fácilmente identificar los talentos de sus hijos y ayudarlos a mejorar sus regalos.  
**Presenter:** Lucy Razo, M.S.

Acoso Escolar (B, D or F Rate)  
Miércoles, Julio 20, 2016  
9:00 a.m. - 12:00 p.m.  
Participantes van a examinar las causas comunes de acoso escolar, van a aprender a identificar cuando su hijo esta siendo acoso, y las intervenciones que pueden usar para ayudar a su hijo.  
**Presenter:** Lelia Montiel, L.M.F.T.

Comprensión De Los Derechos Educativos De Su Hijo  
(B, D or F Rate)  
Viernes, Julio 22, 2016  
9:00 a.m. - 12:00 p.m.  
Esta clase discutirá las leyes educativas y qué asistencia educativa y programas estudiantiles son elegibles para. Los participantes completarán la clase con un claro entendimiento de las leyes que están en el lugar que se ocupan de los derechos de los estudiantes con problemas médicos o mentales y cómo acceder a los servicios para ellos.  
**Presenter:** Lelia Montiel, L.M.F.T.
**Español/Covina**

**Preparándose Para Las Vacaciones (B Rate)**  
**Miércoles, Julio 27, 2016**  
9:00 a.m. - 12:00 p.m.  
Muchos jóvenes han sufrido abusos y promesas incumplidas durante las temporadas de vacaciones en el pasado. La posibilidad de ver a miembros de la familia ofrece una amplia variedad de sentimientos como alegría, ansiedad, enojo y tristeza. Aprender cómo ayudar a su niño y usted sobrevivir las vacaciones juntos.  
**Presenter:** Lelia Montiel, L.M.F.T.

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**ADHD/ADD: ¿Por Qué Mi Hijo No Puedo Prestar Atención**  
**(B, D o F Rate)**  
**Lunes, Agosto 1, 2016**  
9:00 a.m. - 12:00 p.m.  
La mayor parte de niños aprenden moviéndose, mencionando y construyendo cosas. Ellos aprenden activando sus cuerpos crecientes con el medio ambiente. Tener que sentarse quieto por largos períodos puede abrumar a un niño ADHD/ADD. Interfiere con sus formas naturales de aprendizaje. Los cuidadores discutirán y desarrollar un plan junto a los maestros sobre cómo trabajar con su niño ADHD/ADD.  
**Presenter:** Lelia Montiel, L.M.F.T.

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**Adolescencia! El Requisito Previo A La Edad Adulta (B, D, F o W Rate)**  
**Miércoles, Agosto 3, 2016**  
9:00 a.m. - 12:00 p.m.  
Los cuidadores comprenderán las varias facetas del periodo de transición adolescente entre la niñez y la adultez (físico, psico-social, mental). Los cuidadores aprenderán a reconocer algunos de la tensión "normal" que pueden existir dentro de la casa y explorar maneras de manejar estos temas. Los cuidadores discutirán las habilidades de vida necesarias para transicionar la adolescencia a la edad adulta.  
**Presenter:** Lelia Montiel, L.M.F.T.

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**Entendiendo La Orientación Sexual E Identidad De Género (B, D o F Rate)**  
**Viernes, Agosto 5, 2016**  
9:00 a.m. - 12:00 p.m.  
Los participantes exploran las teorías de la orientación sexual, discutirán la diferencia entre la orientación sexual y comportamiento sexual, identidad de género y expresión de género. También se discutirán las etapas del proceso de exponerse su identidad y mucho más.  
**Presenter:** Lelia Montiel, L.M.F.T.

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**Los Adolescentes: El Drama Es Parte De Su Vida (B, D or F Rate)**  
**Viernes, Agosto 5, 2016**  
6:00 p.m. - 9:00 p.m.  
Esta clase discute lo que motiva a los adolescentes a actuar de tal manera: impulsivo, escandalosa o dramático. Los cuidadores discuten cómo lidiar con cuestiones delicadas, desarrollar su autoestima y comunicarse más efectivamente.  
**Presenter:** Lucy Razo, M.S.

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**Convertirse En Miembro Del Equipo**  
**(B, D o F Rate)**  
**Sábado, Agosto 6, 2016**  
9:00 a.m. - 12:00 p.m.  
El enfoque de “equipo” es lo que se necesita para fomentar un resultado exitoso en la colocación, comportamiento y vida general de los jóvenes. Aprender a manejar una relación “positiva” con su trabajador social, terapeuta, los padres adoptivos y familias biológicas.  
**Presenter:** Lucy Razo, M.S.
Disciplina (B, D or F Rate)
Domingo, Agosto 7, 2016
8:30 a.m. - 3:00 p.m.
El disciplinar a los niños es un reto que los padres tienen, especialmente cuando estos niños están bajo nuestro cuidado y las reglas que seguir. En esta clase hablaremos de técnicas de disciplina para todas las edades, especialmente para adolescentes.
**Presenter:** Claudia V. Reyes-Olivares, M.A.

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El Niño Desafiado Por El Apego
(B or D Rate)
Lunes, Agosto 8, 2016
9:00 a.m. - 12:00 p.m.
Cuando consideramos el hecho de que muchos de nuestros niños han sido severamente descuidados y abusados, tuvo varias ubicaciones y tienen limitadas habilidades de confrontación, llega a estar claro en cuanto a por qué es difícil para ellos formar y mantener saludables relaciones. ¿Cuál podría ser el beneficio en el establecimiento de una relación cercana con nadie si no se puede confiar en los adultos en sus vidas anteriores, o si un niño se mueve constantemente a un nuevo hogar? Los participantes tendrán la oportunidad de explorar los desafíos que enfrentan los niños en asociar a los otros y cómo puede promover el apego.
**Presenter:** Lelia Montiel, L.M.F.T.

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Diversidad Cultural (B or D Rate)
Miércoles, Agosto 10, 2016
9:00 a.m. - 12:00 p.m.
En esta clase, los padres aprenderán la relación entre cultura y una imagen positiva.
**Presenter:** Lelia Montiel, L.M.F.T.

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Pandillas: Que Importancia Son Para Nuestros Hijos? (B, D, or F Rate)
Viernes, Agosto 12, 2016
9:00 a.m. - 12:00 p.m.
Las pandillas las son una de las influencias más violentas que afectan nuestras escuelas y niños hoy. Porque las pandillas juntan a nuestros hijos? Que les ofrecen a nuestros hijos? Como puede yo averiguar si mi hijo tiene que ver con una pandilla? Esta clase proporciona instrumentos a participantes en la ayuda de su niño a alejarse de las pandillas. Ayudará participantes a buscar la ayuda apropiada.
**Presenter:** Lelia Montiel, L.M.F.T.

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Los Cinco Lenguajes Del Amor
(B, D, or F Rate)
Domingo, Agosto 14, 2016
8:30 a.m. - 3:00 p.m.
¿Qué idioma habla su joven y les dice que ellos son atesorados? ¿Cómo puedes aprender a hablar los cinco idiomas para mantener sus amor tanques llenos? En este entrenamiento, vamos a utilizar el trabajo del Dr. Gary Chapman; los participantes del seminario descubren los cinco diferentes lenguajes del amor. Adquirirán información para aplicar el lenguaje de amor primario como secundario de un individuo. No sólo se recibirán sus mensajes, llenará su joven con la confianza que los atesoran. Aprender a discernir lo que significa cuando oyes los cinco lenguajes del amor, por qué es importante aprender sobre su manera de amar, descubren cuáles son sus lenguajes y cómo comunicarlos. También investigue lo que significa tener un tanque de amor llene y estudia la manera de expresar un lenguaje de amor en una variedad de diversos dialectos y formas.
**Presenter:** Claudia V. Reyes-Olivares, M.A.
### Expectativas Colocación De Los Trabajadores De Los Cuidadores (B o D Rate)
**Lunes, Agosto 15, 2016**
9:00 a.m. - 12:00 p.m.
Este curso será definir las responsabilidades de los cuidadores e identificar cuestiones claves niños y trabajadores sociales familiares a lo largo de la espera de estado de los cuidadores la atención diaria a sus menores. Los participantes examinarán temas tales como los estándares mínimos de ropa y garantizar que los menores cuentan con una suficiente y edad adecuado suministro de ropa. Serán capaces de describir las reglas y regulaciones con respecto a los bienes personales de los menores de edad y discutir proporcionando que los mandato 7 siete días avanzan aviso por escrito como se especifica en las reglas estatales para eliminar a un niño.
**Presenter:** Lelia Montiel, L.M.F.T.

### Depresión Y Suicidio (B o D Rate)
**Viernes, Agosto 19, 2016**
9:00 a.m. - 12:00 p.m.
Esta clase ayudará a identificar señales de advertencia en jóvenes suicidar así como explicar el alcance y la magnitud del problema. Los participantes aprenderán a reconocer a la juventud, quiénes son ‘el alto riesgo’ así como identificar los elementos necesarios para tasar el suicidio.
**Presenter:** Lelia Montiel, L.M.F.T.

### Qué Esperar: Jóvenes Que La Transición De Hogares A FFAs (B, D o F Rate)
**Miércoles, Agosto 17, 2016**
9:00 a.m. - 12:00 p.m.
Esta clase enseña a los cuidadores elementos clave para desarrollar una relación con su juventud. Los participantes examinan el proceso de esta transición y aprenan técnicas para tener los documentos necesarios en orden. Los participantes también identifican comportamientos comunes mostradas por los jóvenes que entran a la transición de hogares a grupo para fomentar el cuidado y también discutirán cómo estos comportamientos impactan la transición.
**Presenter:** Lelia Montiel, L.M.F.T.

### Enriqueciendo El Auto-Estima Del Niño (B, D o F Rate)
**Lunes, Agosto 22, 2016**
9:00 a.m. - 12:00 p.m.
Hablaremos de cómo la auto-estima tiene que ver con cómo el niño se siente y piensa sobre sí mismo. A medida de que los niños crecen forman opiniones sobre ellos mismos a través de las palabras y las lecciones de los demás. Los padres entenderán las necesidades durante el desarrollo del niño y podrán brindarle en entorno afectuoso y comprensivo y así moldear la imagen que el niño tiene de sí mismo de manera positiva.
**Presenter:** Lelia Montiel, L.M.F.T.

### Familias y Escuelas Trabajando Culturalmente (B, D o F Rate)
**Miércoles, Agosto 24, 2016**
9:00 a.m. - 12:00 p.m.
Este curso describe varias técnicas que los cuidadores necesitarán ser consciente sobre las familias y escuelas trabajando culturalmente. Los participantes identificarán y definirán diversas técnicas interactivas para ayudar a los jóvenes a entender el enfoque de la escuela.
**Presenter:** Lelia Montiel, L.M.F.T.
Padres Encarcelados (B, D or F Rate)
Viernes, Agosto 26, 2016
9:00 a.m. - 12:00 p.m.
¿Qué sucede cuando los padres de un niño están encarcelados? ¿Tengo que llevar al niño a visitar a los padres en la cárcel? ¿Qué desafíos añadidos serán presentados para el niño y para mi, especialmente si la persona que estamos visitando es mi hijo o hija? ¿Qué recursos están disponibles para ayudar a los niños y familias? Los participantes tendrán la oportunidad de explorar estos temas y discutir soluciones. Los participantes también serán proveídos de información de apoyo y recursos disponibles para ellos.
Presentar: Lelia Montiel, L.M.F.T.

Los ABCs De La Intimidación
(B or D Rate)
Lunes, Agosto 29, 2016
9:00 a.m. - 12:00 p.m.
Los participantes tendrán la capacidad de examinar las causas y efectos de la intimidación, técnicas de prevención y programas disponibles, detección de intimidación (víctima y victimario) las opciones de tratamiento e intimidación de alrededores de cuestiones legal ética.
Presentar: Lelia Montiel, L.M.F.T.

Jóvenes Y La Ley: Actividad De Pandillas (B or D Rate)
Miércoles, Agosto 31, 2016
9:00 a.m. - 12:00 p.m.
Esta clase dará a los participantes una visión general de la ley y cómo se manejan los casos juveniles por aplicación de la ley. Esta clase también dará a los participantes una mirada a los problemas de las pandillas y enseñará a los padres cómo pueden impedir a sus hijos de afiliarse a una pandilla. Los participantes aprenderán cómo trabajar con agentes de policía y de la libertad condicio-

Envejecido por el sistema
(B, D or F Rate)
Viernes, Septiembre 2, 2016
9:00 a.m. - 12:00 p.m.
¿Ahora qué? ¿ Que resulta a nuestra juventud que envejecen del sistema? ¿ Que desalos están delante para ellos? ¿ Quien es responsable de las opciones que nuestra juventud hace? En esta clase aprenderemos sobre historias verdaderas y experimentamos a nuestra juventud son afrontados con. Mucha juventud seguirá siendo dependiente de su medicación psicotrópico. Como hacen el acceso los recursos necesarios.
Presentar: Lelia Montiel, L.M.F.T.

Comprensión De Los Derechos Educativos De Su Hijo
(B, D or F Rate)
Sábado, Septiembre 3, 2016
8:30 a.m. - 3:00 p.m.
Esta clase discutirá las leyes educativas y qué asistencia educativa y programas estudiantiles son elegibles para. Los participantes completarán la clase con un claro entendimiento de las leyes que están en el lugar que se ocupan de los derechos de los estudiantes con problemas médicos o mentales y cómo acceder a los servicios para ellos.
Presentar: Claudia V. Reyes-Olivares, M.A.

Ningun dia es tan malo que no se puede solucionar con una siesta.
Los Efectos Del Abuso Infantil En Niños Y Jóvenes (B, D or F Rate)
Viernes, Septiembre 09, 2016
9:00 a.m. - 12:00 p.m.
¿Cuál es pederastia? ¿Cuántos tipos de abuso hay? Ensálmelenos para aprender los indicadores, las muestras y los síntomas y donde divulgar pederastia si usted reconoce abuso de alguna clase.
Presenter: Lelia Montiel, L.M.F.T.

Control Sobre El Comportamiento: Niñez Temprana (B Rate)
Miércoles, Septiembre 14, 2016
9:00 a.m. - 12:00 p.m.
Hablaremos acerca de los retos, consistencia, tiempo y paciencia, amor y lógica dentro del cuidado del niño.
Presenter: Lelia Montiel, L.M.F.T.

El Accesorio Ayuda Al Nino (B, D or F Rate)
Sábado, Septiembre 17, 2016
9:00 a.m. - 12:00 p.m.
Examinar la importancia de las relaciones saludables vinculación y apego como pertenece a nuestros hijos adoptivos. Explorar la negatividad, el estrés y las frustraciones que nuestros hijos adoptivos tienen que superar al ocuparse de sus problemas de autoestima. Identificar pasos sanos a la construcción de apego con sus hijos.
Presenter: Lucy Razo, M.S.

Comprension De Su Nino (B or W Rate)
Miércoles, Septiembre 28, 2016
9:00 a.m. - 12:00 p.m.
Este curso hablará sobre la importancia de la coherencia y el apego en la infancia. Aprender a disfrutar de “los terribles dos”. Los participantes serán capaces de identificar el desarrollo de la etapa de vida de las edades de dos a tres, verbalizar tres tareas de desarrollo para este grupo de edad, comprender la importancia del apego e identificar al menos 2 actividades que ellos pueden participar con su niño, en un esfuerzo para aumentar la felicidad del niño.
Presenter: Lelia Montiel, L.M.F.T.

Re-Eforzando Patrones De Buen Comportamiento: Pre-Adolescentes (B Rate)
Sábado, Octubre 1, 2016
9:00 a.m. - 12:00 p.m.
Se hablara de las diferentes vías de conexión: la escuela, compañeros, amistades, internet, medios de comunicación, oportunidades de aprendizaje significantes, y el compromiso consigo mismo para el éxito.
Presenter: Lucy Razo, M.S.

Modelado De Comportamiento Positivo (B or D Rate)
Domingo, Octubre 2, 2016
8:30 a.m. - 3:00 p.m.
Esta clase describe cómo tratar el comportamiento negativo con refuerzo positivo y modelado. Los participantes compartirán cómo tratan con refuerzo positivo y técnicas para redirigir la energía de la juventud y el comportamiento de una manera positiva. Los participantes identifican tres métodos de refuerzo positivo.
Presenter: Claudia V. Reyes-Olivares, M.A.
Comportamientos Agresivos y Enjados (B or D Rate)
Lunes, Octubre 3, 2016
9:00 a.m. - 12:00 p.m.
Como cuidadores, somos responsables de ayudar a nuestros jóvenes a aprender a controlar sus acciones y comportamientos agresivos. Esta clase proporciona a los cuidadores con un mejor entendimiento y comprensión de los comportamientos de los niños cuando muestran sus emociones. Los participantes discutirán comportamientos infantiles y comprenden cómo aprenden los niños sentimientos positivos y negativos acerca de cómo ellos han sobrevivido ‘el sistema’ así como examinan aprendieron conductas mientras en cuidado de crianza.

Presenter: Lelia Montiel, L.M.F.T.

Adolescentes Enojados, Hostiles Y Defensivos (B or D Rate)
Viernes, Octubre 7, 2016
9:00 a.m. - 12:00 p.m.
Este curso ayudará a los padres de crianza en el desarrollo de habilidades para comprender y afrontar los retos de niños desafiantes. A través de la discusión de grupo, aprender a reconocer, definir y articular el comportamiento que rodean el desafío y por qué los niños se comportan de esta manera.

Presenter: Lelia Montiel, L.M.F.T.

Practicas Disciplinarias Alcanzando Las Necesidades De Los Niños En Cuidado (B or D Rate)
Lunes, Octubre 10, 2016
9:00 a.m. - 12:00 p.m.
Esta clase le ayudará a los cuidadores entender que los comportamientos de los niños en su cuidado y descubren métodos de administrar esos comportamientos y acceder a los servicios disponibles. Los participantes entenderán cómo esos comportamientos están relacionados con sus necesidades y conductas infantiles.

Presenter: Lelia Montiel, L.M.F.T.

Disciplina Efectiva (B, D or F Rate)
Miércoles, Octubre 12, 2016
9:00 a.m. - 12:00 p.m.
La disciplina efectiva requiere tres componentes esenciales: 1) una relación positiva entre los padres y los niños en el apoyo, cariñosos. 2) el uso de las estrategias positivas del refuerzo de aumentar deseos comportamientos, y 3) quitando el refuerzo o aplicando el castigo para reducir o para eliminar comportamientos indeseados. Todos los componentes deben funcionar bien para que la disciplina sea acertada.

Presenter: Lelia Montiel, L.M.F.T.

Mantener A Los Ninos A Salvo (B or D Rate)
Viernes, Octubre 14, 2016
9:00 a.m. - 12:00 p.m.
Diariamente, nuestros hijos se enfrentan a amenazas de violencia. Las escuelas ya no son un refugio seguro para los niños, pero en cambio se han convertido en un escenario de violencia y amenazas. Esta sesión asistir a los participantes a ayudar a los niños a aprender acerca de la violencia, autoprotección y los conceptos fundamentales de empoderamiento. Participantes podrán identificar situaciones con potencial peligrosas y preparar a los jóvenes que se protegen o encuentren ayuda.

Presenter: Lelia Montiel, L.M.F.T.
Covina
Spanish Classes ~ Clases en Español
Adoption Guidance Support Services* 969 South Village Oaks Drive, Suite #203, Covina 91724
Cuarto localizado en el Segundo piso

La Persona En El Espejo (B, D or F Rate)
Sábado, Octubre 15, 2016
9:00 a.m. - 12:00 p.m.
En esta clase los participantes tendrán una mirada en profundidad a sus historias personales y sus transiciones a convertirse en fomentar el padres/cuidadores. Los participantes explorarán, examinarán e identificaran sus fortalezas y necesidades como padres y cuidadores adoptivos. Se discutirán sucesos y experiencias que influyen en sus decisiones para convertirse en los cuidadores. Clase se centrará en tres elementos clave del cuidado como “La salida, la entrada y la existencia.”
Presenter: Lucy Razo, M.S.

Modelado De Comportamiento Positivo (B or D Rate)
Viernes, Octubre 28, 2016
6:00 p.m. - 9:00 p.m.
Esta clase describe cómo tratar el comportamiento negativo con refuerzo positivo y modelado. Los participantes compartirán cómo tratan con refuerzo positivo y técnicas para redirigir la energía de la juventud y el comportamiento de una manera positiva. Los participantes identifican tres métodos de refuerzo positivo.
Presenter: Claudia V. Reyes-Olivares, M.A.

Patrones De Comportamiento Positivo: Anos Escolares (B Rate)
Domingo, Octubre 23, 2016
8:30 a.m. - 3:00 p.m.
Hablaremos acerca de la dependencia e independencia del niño, responsabilidad, opciones y decisiones, los diferentes estilos de crianza dentro del amor y lógica en la educación del niño.
Presenter: Claudia V. Reyes-Olivares, M.A.

Losa niños no te recordaran por las cosas materiales que usted proporciona, sino por la sensacion que son preciados.
Los Efectos Del Abuso Infantil En Niños y Jóvenes (B, D o F Rate)
Sábado, Julio 16, 2016
10:00 a.m. - 3:00 p.m.
¿Cuál es pederastia? ¿Cuántos tipos de abuso hay? Enséñenlos para aprender los indicadores, las muestras y los síntomas y donde divulgar pederastia si usted reconoce abuso de alguna clase.

Enseñando Habilidades Sociales (B, D o F Rate)
Sábado, Agosto 13, 2016
10:00 a.m. - 3:00 p.m.
¿Por qué es importante enseñar habilidades sociales a la juventud? Los cuidadores deben tener un concepto claro de lo que constituye el comportamiento social y habilidades sociales. Los cuidadores se identificarán porque un joven se involucre en una determinada conducta o actividad en una situación dada para tener algún efecto en su entorno. Es importante enseñar y discutir con los jóvenes cómo integrar su comportamiento con otros en un ambiente positivo.

Abuso Sexual Y Físico (B o D Rate)
Sábado, Septiembre 17, 2016
10:00 a.m. - 3:00 p.m.
Esta clase ayudará a los participantes explorar, discutir y examinar los diferentes tipos de abuso. Se identifican las distinciones entre violación, incesto y abuso sexual. Los padres adoptivos reconocerán signos de abuso y cómo lidiar con situaciones difíciles que puedan surgir.

Disciplina Efectiva (B, D o F Rate)
Sábado, Octubre 8, 2016
10:00 a.m. - 3:00 p.m.
La disciplina efectiva requiere tres componentes esenciales: 1) una relación positiva entre los padres y los niños en el apoyo, cariñosos. 2) el uso de las estrategias positivas del refuerzo para aumentar deseo comportamientos, y 3) quitando el refuerzo o aplicando el castigo para reducir o para eliminar comportamientos indeseados. Todos los componentes deben funcionar bien para que la disciplina sea acertada.
Enseñando Habilidades Sociales (B, D or F Rate)
Jueves, Julio 28, 2016
3:30 p.m. - 6:30 p.m.
¿Por qué es importante enseñar habilidades sociales a la juventud? Los cuidadores deben tener un concepto claro de lo que constituye el comportamiento social y habilidades sociales. Los cuidadores se identificarán porque un joven se involucra en una determinada conducta o actividad en una situación dada para tener algún efecto en su entorno. Es importante enseñar y discutir con los jóvenes cómo integrar su comportamiento con otros en un ambiente positivo.

Manipulación En La Relación Del Niño De Padres (B, D or F Rate)
Jueves, Agosto 25, 2016
3:30 p.m. - 6:30 p.m.
Esta clase incluye una discusión de temas de dinámica y control de la alimentación familiares entre padres e hijos. Esta clase ayudará a los participantes a reconocer las tácticas de manipulación utilizadas por adultos y niños. Temas cubrirá las intervenciones que los participantes pueden utilizar para rabietas, ataques y amenazas.

Los ABCs De La Intimidación (B or D Rate)
Jueves, Septiembre 22, 2016
3:30 p.m. - 6:30 p.m.
Los participantes tendrán la capacidad de examinar las causas y efectos de la intimidación, técnicas de prevención y programas disponibles, detección de intimidación (víctima y victimario) las opciones de tratamiento e intimidación de alrededores de cuestiones legal ética.

Depresión Y Suicidio (D Rate)
Jueves, Octubre 27, 2016
3:30 p.m. - 6:30 p.m.
Esta clase ayudará a identificar señales de advertencia en jóvenes suicidar así como explicar el alcance y la magnitud del problema. Los participantes aprenderán a reconocer a la juventud, quienes son 'el alto riesgo' así como identificar los elementos necesarios para tasar el suicidio.

¡Adopción! ¿Que Es? (B, D or F Rate)
Martes, Julio 12, 2016
9:00 a.m. - 12:00 p.m.
Cuando nuestros niños crecen, ellos pueden preguntar sobre su familia biológica. Los padres de crianza deberán estar listos y preparados para este día. Los padres aprenderán como trabajar con el sistema de adopción y los recursos que están disponibles para asistirlos.

Abuelos Que Son Padres (B, D or F Rate)
Martes, Julio 19, 2016
9:00 a.m. - 12:00 p.m.
Disculiremos como los abuelos desempeñan un papel muy importante en el cuidado de sus hijos. Hay muchas razones por las que los abuelos están criando a sus nietos, a pegos, encarcelamiento, muerte, abandono las listas son sin fin y todos tenemos nuestros propias historias.
Como Mantener Los Records De Los Niños (B, D or F Rate)
Martes, Julio 26, 2016
9:00 a.m. - 12:00 p.m.
Mantener los expedientes de los niños en su cuidado es vital. Sobre la terminación de esta clase usted podrá tener un sistema útil en la custodia de la información de las juventudes.

Comprensión De Los Derechos Educativos De Su Hijo (B, D or F Rate)
Martes, Agosto 9, 2016
9:00 a.m. - 12:00 p.m.
Esta clase discutirá las leyes educativas y qué asistencia educativa y programas estudiantiles son elegibles para. Los participantes completarán la clase con un claro entendimiento de las leyes que están en el lugar que se ocupan de los derechos de los estudiantes con problemas médicos o mentales y cómo acceder a los servicios para ellos.

Disciplina Efectiva (B, D or F Rate)
Martes, Agosto 16, 2016
9:00 a.m. - 12:00 p.m.
La disciplina efectiva requiere tres componentes esenciales: 1) una relación positiva entre los padres y los niños en el apoyo, cariñosos. 2) el uso de las estrategias positivas del refuerzo de aumentar deseos comportamientos, y 3) quitando el refuerzo o aplicando el castigo para reducir o para eliminar comportamientos indeseados. Todos los componentes deben funcionar bien para que la disciplina sea acertada.

El Niño Rompecabezas (B or D Rate)
Martes, Agosto 23, 2016
9:00 a.m. - 12:00 p.m.
Cada adulto que interactúa con los niños en cuidado sustituto debe entender los principios de desarrollo infantil promedio esperables “normales” y el impacto menudo devastadoras de negligencia y abuso físico y sexual sobre el bienestar de los niños. Los niños que han sufrido la tragedia del abuso y negligencia y abuso sexual tienen piezas fragmentadas.

Crianza De Niños: ¿Porque? (B, D or F Rate)
Martes, Agosto 30, 2016
9:00 a.m. - 12:00 p.m.
Porque ingresan nuestros niños al sistema? Muchos ingresan al sistema de crianza temporal en grupo de dos o más hermanos que necesitan ser colocados juntos. Algunos tienen necesidades emocionales o de comportamiento, e desarrollo, o problemas en las escuelas. Muchos necesitan atención especial médica. Algunos infantes han sido expuestos a drogas.

Enseñando Habilidades Sociales (B, D or F Rate)
Martes, Septiembre 6, 2016
9:00 a.m. - 12:00 p.m.
¿Por qué es importante enseñar habilidades sociales a la juventud? Los cuidadores deben tener un concepto claro de lo que constituye el comportamiento social y habilidades sociales. Los cuidadores se identificarán porque un joven se involucra en una determinada conducta o actividad en una situación dada para tener algún efecto en su entorno. Es importante enseñar y discutir con los jóvenes cómo integrar su comportamiento con otros en un ambiente positivo.
Crecimiento Y Desarrollo Del Niños de Siete: Edades y Etapas De 0-6 Anos (B Rate)
Martes, Septiembre 13, 2016
9:00 a.m. - 12:00 p.m.
Hablaremos tocante al desarrollo del niño(a) en lo físico, emocional, cognitivo, familia y relaciones, y formación de carácter.

Crecimiento Y Desarrollo Del Niño: Edades y Etapas de 7-10 anos (B Rate)
Martes, Septiembre 20, 2016
9:00 a.m. - 12:00 p.m.
Se hablará acerca del desarrollo del niño(a) en lo físico, emocional, cognitivo, familia y relaciones, y formación de carácter.

Cómo Disciplina Tiempo
Construyendo Relaciones (B, D, or W Rate)
Martes, Septiembre 27, 2016
9:00 a.m. - 12:00 p.m.
Esta clase hablará sobre cómo implementar la comunicación efectiva con los niños. Vamos a discutir maneras creativas de jóvenes disciplina manteniendo relaciones positivas.

Diferentes Tipos De Disciplina (B, D or F Rate)
Martes, Octubre 11, 2016
9:00 a.m. - 12:00 p.m.
Diversos tipos de la disciplina esta clase discutirán la diferencia entre la disciplina y el castigo, el efecto indirecto de los niños del castigo corporal y de la ayuda para moderar sus comportamientos.

El Accesorio Ayuda Al Niño (B, D or F Rate)
Martes, Octubre 18, 2016
9:00 a.m. - 12:00 p.m.
Examinar la importancia de las relaciones saludables vinculación y apego como pertenece a nuestros hijos adoptivos. Explorar la negatividad, el estrés y las frustraciones que nuestros hijos adoptivos tienen que superar al ocuparse de sus problemas de autoestima. Identificar pasos sanos a la construcción de apego con sus hijos.

Entendiendo La Orientación Sexual E Identidad De Género (B, D or F Rate)
Martes, Octubre 25, 2016
9:00 a.m. - 12:00 p.m.
Los participantes exploran las teorías de la orientación sexual, discutirán la diferencia entre la orientación sexual y comportamiento sexual, identidad de género y expresión de género. También se discutirán las etapas del proceso de exponerse su identidad y mucho más.
“There’s A Volcano in My Tummy”  
Anger Management (B or D Rate)  
Tuesday, July 12, 2016  
6:00 p.m. - 9:00 p.m.  
In this class, caregivers learn creative ways to help children deal with anger issues. Participants discuss and learn creative discipline.

Teens and Drug Use (B or D Rate)  
Thursday, July 14, 2016  
6:00 p.m. - 9:00 p.m.  
Many of the children who enter the foster care system come from families with a history of drug use. Are these children at greater risk for drug use? What are the signs of drug use and/or addiction? What are the drugs of choice for teens? When is it time to seek treatment for my teen? Participants will explore these and other questions and will be provided with resources for assistance and drug treatment.

A Blend of Different Roots: Cultural Awareness and Sensitivity (B Rate)  
Tuesday, July 19, 2016  
6:00 p.m. - 9:00 p.m.  
This course discusses the various cultures and ethnicities we deal with on a daily basis and how to be sensitive when working with them. Discussion focuses on cultural norms, foods, mannerisms, customs, heritage roots and genetic blends from parents of different origins. It is important that caregivers are able to recognize that most multi racial individuals want to embrace and celebrate all of their ethnicities.

Meeting Developmental Needs: Attachment (B Rate)  
Thursday, July 21, 2016  
6:00 p.m. - 9:00 p.m.  
In this class, participants will understand how abused and neglected children have difficulties attaching and trusting others.

How to Become A Better Foster Parent (B or D Rate)  
Tuesday, August 2, 2016  
6:00 p.m. - 9:00 p.m.  
This class provides foster parents a chance to reflect on the parenting techniques they use. Participants share experiences that have proven effective in dealing with challenging situations. We discuss the support available in the community and how to better communicate with our youth. Through a process of articulation and self-examination, we will better understand what makes us good foster parents.

Developmental Needs and “Loss” (B Rate)  
Thursday, August 4, 2016  
6:00 p.m. - 9:00 p.m.  
Participants will understand how abused and neglected children need to overcome their losses.

Smile, it is the key that fits the lock of everybody’s heart.
How to Use Discipline Effectively (B, D or F Rate)
Tuesday, August 9, 2016
6:00 p.m. - 9:00 p.m.
Join us to learn ways to effectively discipline your child. At the end of this workshop, participants will be able to identify their general parenting style, recall two positive results achieved by using discipline to teach instead of to punish, identify the stage of development that their foster child(ren) is/are in, articulate their role in their children’s lives, and list several interventions aimed at increasing reciprocal respect between child and caregiver.

Mandated Reporter (B, D or F Rate)
Thursday, August 11, 2016
6:00 p.m. - 9:00 p.m.
This class covers mandated reporting and the responsibilities that go along with it. Participants will have a clear understanding of what their role and responsibility is in regard to mandated reporting.

Cultural Diversity (B Rate)
Tuesday, August 16, 2016
6:00 p.m. - 9:00 p.m.
In this class, participants will understand the connection between culture and positive self esteem.

Psychotropic Medications (B, D or F Rate)
Thursday, August 18, 2016
6:00 p.m. - 9:00 p.m.
Why do our children have to take psychotropic medication? Will they cause children to become addicted to illegal drugs? Do the medicines really work and are they necessary? Participants examine the various psychotropic medications, receive information on how the medications work, recognize the side effects of medications, and explore treatment options. The requirements for the use of psychotropic medications is also discussed.

Recognizing Signs of Addiction in Teens (B, D or F Rate)
Tuesday, August 23, 2016
6:00 p.m. - 9:00 p.m.
This class focuses on identifying behaviors that indicate substance abuse. Participants learn to identify, discuss and manage recovery with teens. This class includes discussion of neurological damage and brain actions involved with substance abuse.

Preparing for School (B or D Rate)
Thursday, August 25, 2016
6:00 p.m. - 9:00 p.m.
This class informs foster parents of the steps to take to prepare for the new school year.

Getting Involved in Your Child’s Education (B or D Rate)
Tuesday, September 13, 2016
6:00 p.m. - 9:00 p.m.
Through the course of this class, participants examine the importance of getting involved with their child’s education, especially when their children have learning disabilities and/or emotional and behavioral issues. They identify the barriers, recognize the steps needed to be effective and learn how to receive early intervention through the school as it pertains to their child’s educational goals.
**Obligations to the Courts**  
(B, D or F Rate)  
**Thursday, September 15, 2016**  
6:00 p.m. - 9:00 p.m.

It is the court’s obligation to protect and advocate for the youth. Caregivers learn what the court’s role is when the youth that they care for are involved in a case. There are many reasons why a foster youth may have an open case with the courts. It is important that caregivers become familiar with their youth’s case. This way, caregivers will be able to provide help and access proper services. Participants identify whether the courts have appointed surrogates, CASA workers or fines to youth, and learn how to guide youth and advocate for support services and encourage the child to express their emotional needs and feelings in a positive way to authority figures.

**Preparing for Independence (B Rate)**  
**Tuesday, September 20, 2016**  
6:00 p.m. - 9:00 p.m.

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

**Overview of Bullying: What Is it? Part 1 (B, D or F Rate)**  
**Thursday, September 22, 2016**  
6:00 p.m. - 9:00 p.m.

This class is part one of a two part series that will cover bullying and bullying tactics commonly used. We will also talk about how targets are selected and the difference between bullying and harassment. Come and learn how to help your child not be a victim. Participants will be able to identify bullying tactics and how to prevent their kids from becoming victims.

**Teaching Children and Youth Accountability (B Rate)**  
**Tuesday, September 27, 2016**  
6:00 p.m. - 9:00 p.m.

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

**Tantrums and Encouraging Responsible Behavior (B, D or F Rate)**  
**Tuesday, October 4, 2016**  
6:00 p.m. - 9:00 p.m.

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

**Eating Disorders (B or D Rate)**  
**Tuesday, October 4, 2016**  
6:00 p.m. - 9:00 p.m.

Participants will discuss and analyze common eating disorders among children. Participants develop strategies to deal with children who have eating disorders, and will learn of resources available in the community.
Bullying (B, D or F Rate)
Thursday, October 6, 2016
6:00 p.m. - 9:00 p.m.
Participants examine the common causes of bullying, learn to identify when their child is being bullied, and interventions they can use to help their child.

Child Development At A Glance (B, D or F Rate)
Tuesday, October 11, 2016
6:00 p.m. - 9:00 p.m.
This session will review child development during the first year of life, toddler years and pre-school years. Caregivers will learn that they are essential in helping children accomplish their developmental milestones and improve their ability to successfully parent children to reach important goals.

Connecting Children to Lifelong Relationships (B, D or F Rate)
Thursday, October 13, 2016
6:00 p.m. - 9:00 p.m.
This workshop will help participants understand the role of the caregiver on the permanency team, the legal options available to kinship caregivers, and that children’s services’ responsibility is to make permanent plans for children in its custody. Participants will identify the challenges of kinship caregivers in meeting permanency needs and types of legal relationships for kinship caregivers.

Developing A Self Control Plan (B, D or F Rate)
Tuesday, October 18, 2016
6:00 p.m. - 9:00 p.m.
Self-control or self-discipline is an important element of one’s personality. One who does not have a disciplined and controlled approach to life can never succeed in this world of heavy competition. Developing self-control requires patient understanding of the current psychological situation of the self. This class describes alternative skills for parents and youth to use in developing a self-control plan. Participants learn how to understand their youth with a self-control plan in place.

Dealing with Aggressive Youth (B, D or F Rate)
Thursday, October 20, 2016
6:00 p.m. - 9:00 p.m.
It is important that we understand aggressive behavior in children and youth in order to reduce it. Aggressive adolescents usually lack the social skills required to solve problems appropriately, such as the ability to express their feelings or take responsibility for their own actions. Fortunately, early intervention and treatment can significantly reduce the risk of harmful outcomes. In this class, participants discuss the difficult subject of dealing with aggressive youth. We explore how to cope with hostile situations. In a workshop setting, we share our best and worst cases with each other and together, we will come up with a plan of action.
ADHD/ ADD: Why Can’t My Child Pay Attention? (B, D or F Rate)
Friday, July 8, 2016
6:00 p.m. - 9:00 p.m.
Most children learn by moving, touching and building things. They learn by engaging their growing bodies with the environment. Having to sit still for long periods can overwhelm a child that is ADHD/ADD. It interferes with their natural ways of learning. Caregivers will discuss and develop a plan together with teachers on how to work with their ADHD/ADD child.
**Presenter:** Lucy Razo, M.S.

Do You Know About SARB?
Attendance Issues in School (D or F Rate)
Saturday, July 9, 2016
9:00 a.m. - 12:00 p.m.
School Attendance Review Board (SARB) is composed of representatives from various youth-serving agencies, who help truant or non-compliant students and their parents or guardians solve school attendance and behavior problems. This course describes various techniques caregivers need to be aware of in order to navigate the educational system, which will help with the SARB process. Participants identify various interactive techniques to help foster youth recognize the challenges that have led them into exhibiting negative behaviors. This course also teaches foster caregivers to advocate for their foster youth once the SARB process has begun. Participants role play throughout the group discussion and will recognize some of their youth’s abilities and talents.
**Presenter:** Lucy Razo, M.S.

Recognizing the Signs of Substance Abuse (B or D Rate)
Sunday, July 17, 2016
10:00 a.m. - 3:30 p.m.
What are the signs of substance abuse? How can we better understand how to assist our foster youth with these addictive behaviors? In this class, we explore recreational versus addictive substance abuse. We also discuss self-medicating and why youth choose to use drugs. This class teaches parents to recognize the signs of substance abuse and teaches caregivers to help their youth recognize the dangers that are involved with drugs. Caregivers will learn how to talk to youth about drugs and programs available for them. At the end of this class, participants will be able to describe, identify and recognize common signs of substance abuse in teens.
**Presenter:** Rod Recendez, B.A.

Substance Use and Abuse in Foster Care (B, D or F Rate)
Friday, July 22, 2016
6:00 p.m. - 9:00 p.m.
This class will discuss the reality of issues that many of our foster youth come into our care having already experienced, including drug addiction, alcohol abuse, and the behaviors that can be related to those activities. Through discussion, participants will examine how today's children have adopted drug and alcohol as a coping device for dealing with life's tough situations. This course will provide participants with tools to address these issues.
**Presenter:** Lucy Razo, M.S.

“Each day of our lives we make deposits in the memory banks of our children.”
Recognizing the Signs and Symptoms of Fetal Alcohol Syndrome (B or F Rate)
Saturday, July 23, 2016
9:00 a.m. - 12:00 p.m.
In this class we will define and discuss the cause, effect, intervention and treatment available for this devastating diagnosis. We will look at the causes and outcomes of a disease that is 100% preventable.
**Presenter:** Lucy Razo, M.S.

Popular Media (B or D Rate)
Friday, August 19, 2016
6:00 p.m. - 9:00 p.m.
Participants explore how media influences so many components of our youth’s lives. We will discuss some of the recent trends of media outlets, such as magic, advertisement, video games, reality TV, etc. Learn of the ways which media both positively and negatively affect the everyday lives of our foster youth.
**Presenter:** Lucy Razo, M.S.

Grief and Loss (B, D or F Rate)
Sunday, August 21, 2016
10:00 a.m. - 3:30 p.m.
Many children in foster care suffer from grief and loss. Join us for an insight on how you can support the children in your care who are faced with these circumstances. Caregivers discuss why kids grieve in foster care and identify techniques to help children overcome their losses.
**Presenter:** Rod Recendez, B.A.

“IT’s A Jungle Out There!” The Dangers and Challenges Teenagers Face (B or D Rate)
Friday, August 26, 2016
6:00 p.m. - 9:00 p.m.
Due to the high technological age, today’s media exposes our youth to both criminal and deviant behaviors that present our youth to potentially dangerous social situations. In this class, parents will be introduced to some of the ‘hot topics’ our teens are facing daily, and not talking to us about. Parents will examine social and personal issues regarding teenagers including body mutilation, sexual activity, gender preference, drug experimentation and use, gangs, interpersonal relationships, and much more. Parents will learn how to articulate their concerns in a non-threatening way with their youth to keep communication open on these issues.
**Presenter:** Lucy Razo, M.S.

Adolescents and the Law: Choices and Consequences (B or D Rate)
Saturday, August 27, 2016
9:00 a.m. - 12:00 p.m.
This class will supply information about the basic principles of law in a clear, straightforward language. Participants will learn about the due process of law, school rules, the law and truancy, assault and battery, shoplifting, alcohol/controlled substance and forgery. Caregivers will understand their children’s rights when dealing with law enforcement and the court system.
**Presenter:** Lucy Razo, M.S.

LGBTQ (B, D or F Rate)
Sunday, August 28, 2016
10:00 a.m. - 3:30 p.m.
This course will provide caregivers a chance to examine their pre-conceived ideas of sexuality and sexual orientation. Hear from foster children who identify themselves as gay, lesbian, bi-sexual and transgender. Hear what you can do to affirm the lives of all children living in the foster care system. Participants will be able to define basic gay, lesbian, bisexual and transgender terms, articulate the difference between both sexual identity and gender identity and the difference between sexual orientation and sexual behavior, and describe the main protections of AB 458.
**Presenter:** Rod Recendez, B.A.
Domestic Violence and Its Effects on Children (B, D, F or W Rate)  
Wednesday, September 7, 2016  
9:00 a.m. - 12:00 p.m.  
This course explores the emotional and behavioral issues faced by children coming from backgrounds or homes of domestic violence. Participants will examine how violent events impact children’s lives forever.  
**Presenter:** Lelia Montiel, L.M.F.T.

Bullying in Schools: What Every Parent Must Know (B or D Rate)  
Friday, September 9, 2016  
6:00 p.m. - 9:00 p.m.  
What are the signs and symptoms of bullying? How can you tell if your child is being bullied, or is a bully? Why has bullying behavior and violence in the schools been on the increase? We will take a look at these issues and much more. Participants will be able to identify the symptoms of being bullied, articulate the importance of intervention, and discuss possible implications of the issue if it goes ignored.  
**Presenter:** Lucy Razo, M.S.

How Are Allegations Prevented? (B, D or F Rate)  
Sunday, September 11, 2016  
10:00 a.m. - 3:30 p.m.  
Caregivers will become educated on staying in compliance with community care licensing and DCFS regulations. Participants will be able to identify the personal rights of the youth that they care for. This workshop also includes discussion on how to prevent personal rights violations, allegations and investigations while caring for foster youth.  
**Presenter:** Rod Recendez, B.A.

Children In Crisis Who Have Parents in Prison (B or D Rate)  
Friday, September 16, 2016  
6:00 p.m. - 9:00 p.m.  
This course will discuss and list the various losses and challenges children who have parents in prison face. Caregivers will be able to identify resources to their foster youth.  
**Presenter:** Lucy Razo, M.S.

Developmental Issues and Foster Youth (B, D or F Rate)  
Saturday, September 24, 2016  
9:00 a.m. - 12:00 p.m.  
Participants of this class will examine why many foster youth are presenting with developmental disabilities when they have emotional or behavioral problems, or are medically fragile. Discussion on why this is manifesting will be defined, recognized, and identified. Participants will learn how to address these challenges and how to better assist and work with our youth who have developmental disabilities.  
**Presenter:** Lucy Razo, M.S.

Gangs and Family Violence (B Rate)  
Sunday, September 25, 2016  
10:00 a.m. - 3:30 p.m.  
Gangs, domestic violence, child abuse—all of these are rampant in our communities. How do we cope? This class discusses family violence, the history of gangs, and the interventions that can be made. Participants will be able to describe the many forms of violence and will discuss the losses associated with gangs and violence.

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Be the light others can come to with their ideas, visions and dreams.
Substance Abused Infants  
(F or W Rate)  
**Wednesday, October 5, 2016**  
9:00 a.m. - 12:00 p.m.

This workshop will address the issues and challenges faced by caregivers who care for substance exposed infants. The health and medical needs of infants who have been prenatally exposed to drugs can be overwhelming and serious. This workshop will address the medical, developmental issues, key parenting issues and working with professionals. At the end of this class, parents will understand the effects of prenatal substance abuse on infants, recognize medical issues, identify strategies for parenting irritable, deregulated and lethargic infants and understand how to work with professionals and the birth parents of the child.  
**Presenter:** Lelia Montiel, L.M.F.T.

Preparing Youth for College Part 1  
(B, D or F Rate)  
**Friday, October 7, 2016**  
6:00 p.m. - 9:00 p.m.

This class will describe the steps necessary in getting youth ready for college from the admission process to financial aid to residential campus life. What do I do first? When do I fill out a FAFSA and apply for special programs? How do I know what services to enroll in? Participants will be able to help their youth in enrolling at a college, connect with campus advisors, and apply for financial aid via FAFSA.  
**Presenter:** Lucy Razo, M.S.

Teens and Sex: How Times Have Changed (B, D or F Rate)  
**Sunday, October 9, 2016**  
10:00 a.m. - 3:30 p.m.

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

**Presenter:** Rod Recendez, B.A.

Preparing Youth for College Part 2  
(B, D or F Rate)  
**Friday, October 14, 2016**  
6:00 p.m. - 9:00 p.m.

This class will continue to discuss college admission, completing applications, developing personal statements and finding appropriate housing. Participants will be able to assist their foster youth in enrolling in campus programs and identify specific campus resources available to foster youth.  
**Presenter:** Lucy Razo, M.S.

How the Internet Can Affect Foster Families (B Rate)  
**Sunday, October 16, 2016**  
10:00 a.m. - 3:30 p.m.

Communication and positive reinforcement is essential for parents and guardians when helping their children avoid the dangers that exist on the Internet. This workshop will help provide online and offline learning activities for parents to facilitate discussions with their children and teens about Internet safety.  
**Presenter:** Rod Recendez, B.A.

Poor Preparation Leads to Poor Performance: Preparing Your Child for School (B Rate)  
**Friday, October 21, 2016**  
6:00 p.m. - 9:00 p.m.

Starting school or going back to school after summer vacations can be difficult for children. Participants learn ways to make smooth school transitions and adjustments. Participants will develop ways to make going to school exciting for children, how to make homework time fun and will learn how to take the fear out of attending parent-teacher conferences.  
**Presenter:** Lucy Razo, M.S.
Depression and Other Mood Disorders (B, D or F Rate)
Thursday, July 21, 2016
9:30 a.m. - 11:30 a.m.
This class will examine various mood disorders including depression. Participants will leave the class being able to articulate the difference between sadness and clinical depression, list at least three symptoms of depression in children and adolescents, identify two benefits as well as two risks of prescriptions as treatment options, and discuss the role of therapy in treatment.

Coping and Understanding Mental Illness (B or D Rate)
Thursday, August 18, 2016
9:30 a.m. - 11:30 a.m.
Mental illness includes depression, manic disorder anxiety disorders, panic disorders, hyperactive attention disorder, obsessive compulsive disorder, bi-polar disorder, and schizophrenia. This class discusses some of the definitions, symptoms and behaviors associated with these diagnoses. Participants examine some of the stigmas plaguing mental health illness. Together, we dispel some of the taboos surrounding mental illness and identify some of the medications that are used to treat these disorders.

Building Positive Relationships With Birth Parents (B Rate)
Thursday, September 15, 2016
9:30 a.m. - 11:30 a.m.
Have you ever been nervous or unsure about how to build a relationship with birth parents? This training will allow caregivers to examine their feelings toward birth parents while gaining knowledge of how to build positive relationships with the birth families. This training takes participants through the different stages of grief that birth parents often experience once children are removed from their care.

7 Steps of Effective Discipline (B, D or F Rate)
Thursday, October 20, 2016
9:30 a.m. - 11:30 a.m.
This course will provide participants with specific directions on how to properly discipline children and get results. Discussion will include examples for toddlers, adolescents and teens.
Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD) in Children (B or D Rate)
Saturday, July 16, 2016
9:00 a.m. - 1:00 p.m. * LB 102
This workshop describes ODD and CD in adolescents and children. Participants learn what ODD and CD is, what causes it, the effects, who gets it, and what happens as these children grow up and release aggression on adults and pets. Participants also explore treatment options and behavior modification that can be used at home and school. Participants leave this class with a clear understanding of Oppositional Defiant Disorder and Conduct Disorder.

Presenter: Calvin Witcher

Teaching Children and Youth Accountability (B Rate)
Saturday, July 23, 2016
9:00 a.m. - 1:00 p.m. * LB 102
In today’s world, so many children and youth lack responsibility and accountability and it is up to those involved in their lives to change that. With a creative, interactive activity, participants engage in a fun way to learn about accountability and responsibility and how to incorporate that into the family dynamic. Caregivers are encouraged to attend along with their foster youth.

Presenter: Elaine Jankins

Post Traumatic Stress Disorder and Foster Youth (B, D or F Rate)
Saturday, July 30, 2016
9:00 a.m. - 1:00 p.m. * LB 107
This class examines the mental and emotional symptoms, causes and medications related to post traumatic stress disorder (PTSD). Participants begin to understand how this disorder impacts our youth’s mood swings and how to better assist youth as they learn to cope with this disorder. Participants will also identify several sources of support and community resources to assist them and the youth they are fostering.

Presenter: Calvin Witcher

Recognizing the Signs of Substance Abuse (B or D Rate)
Saturday, July 30, 2016
9:00 a.m. - 12:00 p.m. * LB 102
What are the signs of substance abuse? How can we better understand how to assist our foster youth with these addictive behaviors? In this class, we explore recreational versus addictive substance abuse. We also discuss self-medicating and why youth choose to use drugs. This class teaches parents to recognize the signs of substance abuse and teaches caregivers to help their youth recognize the dangers that are involved with drugs. Caregivers will learn how to talk to youth about drugs and programs available for them. At the end of this class, participants will be able to describe, identify and recognize common signs of substance abuse in teens.

Presenter: Joe Walker, Retired LAPD

“But I Thought Therapy was for Crazy Folks!” (B, D or F Rate)
Saturday, August 6, 2016
9:00 a.m. - 1:00 p.m. * LB 107
There are many stigmas associated with mental health therapy. In this class participants will learn what therapy is, how to develop and maintain a good, healthy relationship with their child’s therapist, and how to help their children to feel comfortable about therapy. Instructor will discuss how therapy can be used to help discover the underlying issues that impact the behaviors of children. Participants will gain insight regarding confidentiality, release of information, and different therapy methods used with infants, adolescents, and teens.

Presenter: Elaine Jankins
Bullying in Schools: What Every Parent Must Know (B or D Rate)  
Saturday, August 6, 2016  
9:00 a.m. - 1:00 p.m.  * LB 102  
What are the signs and symptoms of bullying? How can you tell if your child is being bullied, or is a bully? Why has bullying behavior and violence in the schools been on the increase? We will take a look at these issues and much more. Participants will be able to identify the symptoms of being bullied, articulate the importance of intervention, and discuss possible implications of the issue if it goes ignored.  
**Presenter:** Calvin Witcher

Teen Sexuality (B Rate)  
Saturday, August 13, 2016  
9:00 a.m. - 1:00 p.m.  * LB 101  
Are we all simply sexual beings? Maybe, but how am I sure that my teens are not placing themselves at risk? Participants will have an opportunity to discuss their greatest fears about their teens and sex. They will also explore any possible reluctance on their part to openly discussing sexual issues with their teens. Tools will be provided to aid in discussing sex and sexuality with teens.  
**Presenter:** Calvin Witcher

Teen Alcohol Abuse (B or D Rate)  
Saturday, August 13, 2016  
9:00 a.m. - 12:00 p.m.  * LB 101  
This class discusses the common reasons that teens will abuse alcohol and the dangers of teen alcohol use. Participants will discuss and identify the common signs of teen alcohol use as well as the dangers of alcohol abuse.  
**Presenter:** Joe Walker, Retired LAPD

Tantrums and Encouraging Responsible Behavior (B, D or F Rate)  
Saturday, August 20, 2016  
9:00 a.m. - 1:00 p.m.  * LB 102  
Some children throw tantrums while others never do. Children throw tantrums as a way of expressing anger and frustration. If the behavior is dealt with incorrectly, the child may learn to use tantrums to manipulate people and to gain attention. In dealing with tantrums, the ultimate goal is to teach the child acceptable ways of expressing anger. Caregivers will learn how to acknowledge the child’s frustration, and help the child put their feelings into words.  
**Presenter:** Calvin Witcher

Aggressive and Angry Behavior (B or D Rate)  
Saturday, August 27, 2016  
9:00 a.m. - 1:00 p.m.  * LB 107  
As caregivers, we are responsible for helping our youth learn how to manage their aggressive behaviors and actions. This class provides caregivers with a better understanding and comprehension of children's behaviors when they show their emotions. Participants will discuss children's behavior and understand how children learn both positive and negative feelings about how they have survived ‘the system’ as well as examine learned behaviors while in foster care.  
**Presenter:** Calvin Witcher

Recognizing Distress In Our Children (B, D or F Rate)  
Saturday, September 3, 2016  
9:00 a.m. - 1:00 p.m.  * LB 102  
What makes our children act out? Are they being rebellious, disrespectful, disobedient, defiant, and manipulative? What could possibly be fueling their behavior? Participants will have an opportunity to explore how stress and distress affect children and their behavior. Participants will learn to recognize distress in their children and provide appropriate support to them.  
**Presenter:** Calvin Witcher
Preparing Emancipating Teens for Transitional Housing (B Rate)
Saturday, September 10, 2016
9:00 a.m. - 1:00 p.m. * LB 104
Preparing to transition out of foster care can be a scary time for youth in the system. This time can be filled with questions of what to expect or how to prepare to transition into a housing program. This workshop helps caregivers understand what transitional housing programs expect and what youth should know prior to transitioning into a specific program. Join us to learn more about the transitional housing programs, DCFS policies, and services available to youth emancipating from the foster care system.
Presenter: Elaine Jankins

Foster Care Q and A (B, D or F Rate)
Saturday, September 10, 2016
9:00 a.m. - 1:00 p.m. * LB 101
This class will provide an open forum for foster care providers to ask questions, share experiences, and learn from one another. Participants will achieve a better awareness that they are not the only ones going through the challenges that foster caregivers are faced with.
Presenter: Calvin Witcher

Exploring Developmentally Appropriate Behaviors (B or D Rate)
Saturday, September 17, 2016
9:00 a.m. - 1:00 p.m. * LB 102
Different developmental models are presented to determine what are appropriate behaviors and thoughts for specific age groups. Participants learn why preschoolers like to bark like a dog or why teens believe they are invincible. Participants identify stages that children may have difficulty with and how to assist the child in mastering each stage of development. Participants learn when it is appropriate to have professional interventions versus treatment at home.
Presenter: Calvin Witcher

Human Trafficking (B, D or F Rate)
Saturday, September 17, 2016
9:00 a.m. - 12:00 p.m. * LB 107
Participants will engage in a discussion regarding helping caregivers understand and explain to children the dangers of being stolen, and how to take safeguarding measures. This training takes a look at what happens when children are stolen, kidnapped or sold. Learn what steps can be taken to avoid this from happening to you. Note: Some disturbing material will be viewed and discussed.
Presenter: Joe Walker, Retired LAPD

Cultural Diversity (B Rate)
Saturday, September 24, 2016
9:00 a.m. - 1:00 p.m. * LB 107
In this class, participants will understand the connection between culture and positive self esteem.
Presenter: Elaine Jankins

Moral Development and Responsible Acts (B, D, F or W Rate)
Saturday, September 24, 2016
9:00 a.m. - 1:00 p.m. * LB 104
Developing a sense of right and wrong comes from caregivers who help instill some moral compass in their lives. Teaching a sense of responsibility in our youth is equally important. Come learn ways to teach this to our youth.
Presenter: Calvin Witcher

Why not go out on a limb, that’s where all the fruit is!
Mental Health-First Aid  
(B or D Rate)  
Saturday, October 1, 2016  
9:00 a.m. - 1:00 p.m. * LB 104  
Training to educate non-mental health providers to recognize the signs of how to respond to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until crisis is resolved.  
**Presenter:** Calvin Witcher

Meeting Developmental Needs: Attachment (B Rate)  
Saturday, October 8, 2016  
9:00 a.m. - 1:00 p.m. * LB 102  
In this class, participants will understand how abused and neglected children have difficulties attaching and trusting others.  
**Presenter:** Calvin Witcher

Expressing Anger Constructively (B or D Rate)  
Sunday, October 9, 2016  
9:00 a.m. - 1:00 p.m. * LB 104  
This class discusses specific behaviors in response to angering situations. Care providers identify and describe calmness, feeling vocabulary, awareness, and early warning signs and other anger control strategies. Caregivers can assist their child in stopping undesirable anger behaviors and recognize the need for self control. They will identify some lasting and effective coping skills and tools that will enable their child to be successful.  
**Presenter:** Elaine Jankins

Internet Safety (B, D or F Rate)  
Saturday, October 15, 2016  
9:00 a.m. - 1:00 p.m. * LB 104  
Participants learn simple ways to monitor their child’s Internet use and help keep them safe from child pornography and child exploitation. This is a “must” class for anyone with children and teens using the Internet on a regular basis.  
**Presenter:** Calvin Witcher

Dealing with the Holiday Blues (B Rate)  
Saturday, October 22, 2016  
9:00 a.m. - 12:00 p.m. * LB 104  
This class will discuss the issues relevant to preparing for the holiday blues. What do you do when a social worker says “no visitation” and the children want to go home for the holidays? This class will focus on the grieving that is triggered during holidays and visitations around this time of year. At the end of this workshop, participants will be able to list helpful tips and strategies to help children during the holidays.  
**Presenter:** Joe Walker

Managing the Angry and Aggressive Moments in Life (B, D or F Rate)  
Saturday, October 22, 2016  
9:00 a.m. - 1:00 p.m. * LB 102  
This class will discuss anger management techniques. Participants will have the opportunity to examine their relationship with anger, identify positive and negative/maladaptive coping skills and their implications. Participants will understand the importance of modeling appropriate anger management skills, and will be able to list potential outcomes of unresolved anger, especially with children who are medically fragile and/or have emotional and behavioral issues.  
**Presenter:** Calvin Witcher
Transitioning Youth to Independence (B, D, F or W Rate)
Tuesday, July 12, 2016
9:00 a.m. - 1:00 p.m.
Caregivers will discuss what resources are available to prepare youth for adulthood such as furthering their education and developing career goals.

Helping Youth Set Boundaries and Limits (B, D or F Rate)
Tuesday, August 9, 2016
9:00 a.m. - 1:00 p.m.
In this class we will learn the importance of setting boundaries and limits for our children who have come from unstable and inconsistent backgrounds and environments.

Parenting of Teens! What We Need to Know (B, D or F Rate)
Tuesday, September 13, 2016
9:00 a.m. - 1:00 p.m.
How many times do you find yourself saying, “I don’t understand why my teen is acting this way! I just don’t get them!”? Teens can be complex at times; it’s part of their growing up. Families play a very important role when it comes to helping their children survive the dangerous teen years. Building positive relationships with your teens increases your ability to influence them to make good decisions, also known as “Active Parenting.” Caregivers will identify skills needed to effectively help their youth manage and solve many of their issues.

Developing Tools to Effectively Deal with Crisis (B, D or F Rate)
Tuesday, October 18, 2016
9:00 a.m. - 1:00 p.m.
Have you ever been overwhelmed? Stressed out beyond your normal functioning capacity? Have you suffered panic attacks—when your heart races, it’s hard to breathe, and you think you’re going to die. Have you suffered a trauma? Been abused? Has someone close to you died? Are your foster children out of control? Have you lost a pet? Are you under tremendous financial burden? If so, you know firsthand, when life becomes difficult it’s easy to simply give up. What if you were a child going through all of the above and more? This workshop will provide information and strategies to teach your child basic crisis management tools that will help them to manage their stress.

Life is a book and you are its author. You determine its plot and pace—only you—turn its pages.
Adolescent Girls: Drama is Part of Their Life (B, D or F Rate)
Monday, July 11, 2016
6:00 p.m. - 9:00 p.m.
This class discusses what motivates teen girls to act the way they do: impulsive, outrageous, or dramatic. Caregivers discuss how to deal with sensitive issues, build self-esteem, and communicate more effectively.
Presenter: Elaine Jankins

Substance Use and Abuse in Foster Care (B, D or F Rate)
Wednesday, July 13, 2016
6:00 p.m. - 9:00 p.m.
This class will discuss the reality of issues that many of our foster youth come into our care having already experienced, including drug addiction, alcohol abuse, and the behaviors that can be related to those activities. Through discussion, participants will examine how today’s children have adopted drug and alcohol as a coping device for dealing with life’s tough situations. This course will provide participants with tools to address these issues.
Presenter: Lori Switanowski, M.F.T.

Raising Boys vs. Raising Girls (B Rate)
Monday, July 25, 2016
6:00 p.m. - 9:00 p.m.
Males and females are born with different gifts. Learn how to raise children to be their best and how to get both genders to cherish and appreciate their differences. Recognize how boys and girls differ biologically, emotionally, psychologically and physiologically. Learn the differences and similarities of parenting each gender and how to respond sensitively when they suffer setbacks. Participants leave the class with an understanding of the challenges and opportunities that both genders face as well as techniques to help them develop strengths to resist peer-group demands. Participants are equipped with the tools to manage boys’ and girls’ behavior in a way that preserves and promotes self-esteem.
Presenter: Patrice Brown, M.Ed., P.P.S.

Attention Deficit Hyperactivity Disorder Part 1 (B, D or F Rate)
Wednesday, July 27, 2016
6:00 p.m. - 9:00 p.m.
Part one of a two-part series. What is it? Does my child really have it? What can be done about it? Part one of this class looks at ADHD and how this disorder has been looked at in the past. It also examines the symptoms of ADHD that are highly similar to the symptoms of CBD, AD, and PPD. Learn why it is important for clinicians and parents to be able to tell the difference between when their children may have ADHD, when they have other disorders instead, or when they may have more than one of these disorders at the same time. Participants examine information with regard to the symptoms, brain chemistry, treatment interventions and possible medication issues.
Presenter: Lori Switanowski, M.F.T.

Becoming A Change Agent (B Rate)
Monday, August 1, 2016
6:00 p.m. - 9:00 p.m.
This seminar will provide mentors with vital information on strategies and innovative methods on how to help kids experience changes in their lives. Practical skills will be offered so that participants can learn what to do and what not to do when your “Dragon Slayers (in waiting)” react. This workshop will also teach participants how to “read” kids’ personality types so that you can determine the best approach to take with them. The “Strategies of Change” will be examined and the skills of how to deal with those changes investigated.
Presenter: Patrice Brown, M.Ed., P.P.S.
La Verne
David & Margaret Home * 1350 Third Street * La Verne  91750
Class is in the multi-story, white building at the end of the long driveway in the third floor boardroom.

Attention Deficit Hyperactivity Disorder Part 2 (B, D or F Rate)
Wednesday, August 10, 2016
6:00 p.m. - 9:00 p.m.
Part two of a two-part series. Participants continue to examine ADHD, including symptoms, brain chemistry, treatment interventions and possible medication issues.

Presenter: Lori Switanowski, M.F.T.

Teaching Kids the Power of Being Street Wise (B Rate)
Monday, August 15, 2016
6:00 p.m. - 9:00 p.m.
The US Department of Justice estimates that one in four girls and one in seven boys will be molested by the age of 18. Personal safety is now one of the single greatest concerns of children between the ages of seven and seventeen. This workshop will introduce the skills that parents need to impart to their children, so that their children will learn the necessary skills and basic safety techniques they will need to know in order for them to learn how to protect themselves in today's society. Participants will explore the challenges that the kids of today are facing, as well as become aware of the warning signs of child abuse.

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

Teen Violence and Dating (B or D Rate)
Wednesday, August 17, 2016
6:00 p.m. - 9:00 p.m.
This workshop will help you better understand the “reasons” people stay in negative and often violent relationships. We will explore various situations that leave their victims in harm or in some cases cause death due to their violent relationships.

Presenter: Elaine Jankins

Grandparents As Parents and Other Relatives Raising Children (B, D or F Rate)
Monday, August 22, 2016
6:00 p.m. - 9:00 p.m.
Second-time parenting can be pretty grim sometimes. Caregivers often face troubled children, uncooperative parents and a bureaucracy that may not understand their new role or support their new needs. This workshop will provide the caregiver with hope as well as information that will help them effectively navigate through the various systems that have now become a part of their daily lives. Relative caregivers will discuss step by step what to do when children first arrive at their homes, as well as define formal and informal placements. They will learn how to sort through the legal maze, obtain financial resources and how to develop good record keeping skills. Caregivers will also examine and develop a basic understanding of the Child Protection and Dependency System, and will be able to recognize some of the signs when special services are indicated along with how and to whom to make a formal request. Finally, caregivers will be able to articulate the path of the IEP process and special education services.

Presenter: Elaine Jankins

Surviving the Toddler Years (B or W Rate)
Wednesday, August 24, 2016
6:00 p.m. - 9:00 p.m.
Participants learn the different stages of development from birth to 24 months. Participants learn how to calm outbursts within seconds, which research shows will stop 60% of tantrums before they start and helps to build loving and respectful relationships with young children that will last a lifetime.

Presenter: Lori Switanowski, M.F.T.
The Psychology of Birth Order
(B, D or F Rate)
Monday, August 29, 2016
6:00 p.m. - 9:00 p.m.
When properly understood, birth order is invaluable for understanding yourself and the people in your life. It enables an individual to communicate, to establish rapport and to confront problems effectively. Furthermore, birth order helps explain the rational, emotional and psychological challenges all individuals face. Birth order placement may help you know what to expect of others and how to get the responses you want. Caregivers will explore the personality types commonly associated with birth order and how to best understand others with different personality types.

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

Positive Decision Making Skills
(B or D Rate)
Monday, September 12, 2016
6:00 p.m. - 9:00 p.m.
Because life involves many choices and decisions--and making the best choices consistently is the key to success it follows that good decision makers are usually successful people. Decision-making skills give guidelines and help to focus goals. In this workshop, participants explore how decision making skills help and individual resist pressures (peer or self) and new ways of doing things. Examine the decision making process and how it is connected to universal laws, principles of the harvest, and the goal-setting process.

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

Child Development: The Early Years
(B, D, F or W Rate)
Wednesday, September 7, 2016
6:00 p.m. - 9:00 p.m.
This class is one of a series of classes exploring the process of development from before birth to adulthood. Discussion begins with the impact of a nurturing environment on the developing fetus, newborns and young children to five years of age. Participants will explore the effects of child development when caring for children with emotional or behavioral issues, as well as children who are medically fragile.

Presenter: Lori Switanowski, M.F.T.

Foster Care to Adoption: Life Long Issues (B, D or F Rate)
Wednesday, September 14, 2016
6:00 p.m. - 9:00 p.m.
Foster Care & Adoption is a lifelong, inter-generational process which unites the triad of birth families, adoptees, and adoptive families forever. Adoption, especially of adolescents, can lead to both great joy and tremendous pain. Recognizing the core issues in adoption is one intervention that can assist triad members and professionals working in adoption better to understand each other and the residual effects of the adoption experience. This workshop will help caregivers to understand and provide positive interventions when challenging matters arise at home.

Presenter: Elaine Jankins

Only you can be yourself. No one else is qualified for the job.
Dealing with Aggressive Youth (B, D or F Rate)
Monday, September 19, 2016
6:00 p.m. - 9:00 p.m.
It is important that we understand aggressive behavior in children and youth in order to reduce it. Aggressive adolescents usually lack the social skills required to solve problems appropriately, such as the ability to express their feelings or take responsibility for their own actions. Fortunately, early intervention and treatment can significantly reduce the risk of harmful outcomes. In this class, participants discuss the difficult subject of dealing with aggressive youth. We explore how to cope with hostile situations. In a workshop setting, we share our best and worst cases with each other and together, we will come up with a plan of action.
Presenter: Elaine Jankins

Dealing with Bi-Polar Disorder (B or D Rate)
Wednesday, September 21, 2016
6:00 p.m. - 9:00 p.m.
Participants will be able to define, describe and discuss the mental health disorder of someone diagnosed with bi-polar. This disorder is one of many mental health disorders that affect our foster youth. We will discuss the things to look for as well as the ways to determine the type of help needed for the appropriate treatment.
Presenter: Lori Switanowski, M.F.T.

Parenting Pre-Teens, Teens & Adolescents (B Rate)
Monday, September 26, 2016
6:00 p.m. - 9:00 p.m.
When it comes to communicating with adolescents, you may feel like your speaking to someone from another planet! Although teens have their moods, they are funny, interesting, caring, committed and loving. Learn what you can do to make sure your adolescent’s passage toward adulthood is as easy as possible. Enhance your ability to better help your teenager to navigate the turbulent waters of this exciting time of their lives. Explore easy ways to discipline, guide and prepare your teen for adulthood responsibilities.
Presenter: Patrice Brown, M.Ed., P.P.S.

Mastering the Monsters: Bullying, Aggressive Behaviors, and Other Mean, Violent Acts (B or D Rate)
Monday, October 3, 2016
6:00 p.m. - 9:00 p.m.
As caregivers, we have the responsibility and accountability to teach our youth how to create a safe environment for themselves. This workshop will concentrate on helping youth build respect for the rights of others and develop a sense of responsibility for one’s own actions. Participants will examine ways to alert teachers and children to the differences between normal peer teasing and bullying situations; will learn ways to help anyone in the home or school to understand the dynamics and act effectively when children are bullying or being bullied; and will discover how to empower children to teach others how to treat them and solve problems.
Presenter: Patrice Brown, M.Ed., P.P.S.

There is no greater joy or greater reward than to make a fundamental difference in someone’s life.
Childhood Schizophrenia  
(B, D or F Rate)  
Wednesday, October 5, 2016  
6:00 p.m. - 9:00 p.m.  
This class takes a close look at schizophrenia. Participants discuss the symptoms and behaviors of this mental illness as well as the options available for those dealing with this personality disorder.  
**Presenter:** Lori Switanowski, M.F.T.

How Do We Raise Emotionally Healthy Kids? (B, D or F Rate)  
Monday, October 3, 2016  
6:30 p.m. - 9:30 p.m.  
Emotions influence every part of our lives. They monitor our needs, wants, feelings, and help us understand ourselves and others. They help us define our values. The ability to help our kids develop healthy emotions is directly related to our own ability to model healthy emotions. Many of the kids we work with may have unresolved issues that interrupt their emotional maturing. Younger children may seem to be on an emotional rollercoaster at times. One minute they’re happy with excitement, and the next minute they appear to be frustrated. In this class, caregivers discuss parents’ emotional responses to their children. We identify and understand our emotional habits. Caregivers can help youth evaluate their thinking by using more objective and rational criteria. They can also help youth learn how to balance different mental and emotional messages they receive from their minds so they will make better decisions.  
**Presenter:** Wanda M. Cooper, M.A.

Human Trafficking (B, D or F Rate)  
Wednesday, October 12, 2016  
6:00 p.m. - 9:00 p.m.  
Participants will engage in a discussion regarding helping caregivers understand and explain to children the dangers of being stolen, and how to take safeguarding measures. This training takes a look at what happens when children are stolen, kidnapped or sold. Learn what steps can be taken to avoid this from happening to you. Note: Some disturbing material will be viewed and discussed.  
**Presenter:** Elaine Jankins

Life By Design: Teaching Youth to Set Goals and Priorities (B or D Rate)  
Monday, October 17, 2016  
6:00 p.m. - 9:00 p.m.  
The ability to set goals and make plans for the accomplishment of those goals is the master skill of success. Learning to set goals is the single most important skill that someone can learn and perfect. In this workshop, participants identify archetypal roles and discover how these roles are connected to values and abilities, clarify their values, and determine ways to identify and focus on special talents and discover what they are uniquely qualified to do.  
**Presenter:** Patrice Brown, M.Ed., P.P.S.

Building Communication Through Play (B, D, F or W Rate)  
Wednesday, October 19, 2016  
6:00 p.m. - 9:00 p.m.  
Bring your children and your favorite board game and enjoy a fun-filled evening. You will learn first hand how you can guide communication with your child through play time.  
**Presenter:** Lori Switanowski, M.F.T.
La Verne
David & Margaret Home * 1350 Third Street * La Verne 91750
Class is in the multi-story, white building at the end of the long driveway in the third floor boardroom.

Fetal Alcohol Syndrome Spectrum Disorder (FAS) (B, D or F Rate)
Monday, October 24, 2016
6:00 p.m. - 9:00 p.m.
This class discusses the causes, effects, intervention, and treatment available for the children diagnosed with this disease. Participants discuss some of the symptoms associated with the syndrome.
**Presenter:** Elaine Jankins

Developing Capable Kids: Raising Self-Reliant Kids in a Self-Indulgent World (B, D, F or W Rate)
Monday, October 31, 2016
6:00 p.m. - 9:00 p.m.
This workshop based on the work of H. Stephen Glenn and Jane Nelson, introduces participants to up-to-date information that offers inspiring and workable ideas for developing a trusting relationship with children, as well as the skills to implement the necessary discipline to help your child to become a responsible, productive citizen that gives back to society (Parents and teens are welcome).
**Presenter:** Patrice Brown, M.Ed., P.P.S.

Minds are like parachutes—they only function when open.
Adolescents and the Law: Choices and Consequences (B or D Rate)
Monday, October 3, 2016
6:30 p.m. - 9:30 p.m.
This class will supply information about the basic principles of law in a clear, straightforward language. Participants will learn about the due process of law, school rules, the law and truancy, assault and battery, shoplifting, alcohol/controlled substance and forgery. Caregivers will understand their children’s rights when dealing with law enforcement and the court system.
Presenter: Joe Walker, Retired LAPD

Conflict Resolution (B or D Rate)
Tuesday, July 26, 2016
10:00 a.m. - 12:00 p.m.
This class provides caregivers with insight on how to assist the children in their care to solving problems and conflicts in their lives. Discussion will include conflict resolution strategies for children with emotional or behavioral issues.

Bullying Behaviors (B, D or F Rate)
Tuesday, August 23, 2016
10:00 a.m. - 12:00 p.m.
This class examines the causes and effects of bullying. Learn how to prevent your child from being the bully and/or the victim of a bully. Legal and ethical issues so the child in your care does not fall prey to this behavior will be presented.

Identifying Triggers: Why? When? Who? What? (B, D or F Rate)
Tuesday, October 25, 2016
10:00 a.m. - 12:00 p.m.
There are behavioral indicators that serve as a red flag for potential at-risk youth. A variety of social and economic factors can contribute to violent and aggressive behavior by children at home, in school, and in the community. Managing anger is something everyone needs to do in a healthy and productive manner. This class presents information that addresses emotional issues for foster parents to learn to manage anger in a positive manner. Participants learn what a trigger is and why our foster children have such a hard time coping with situations that set them off. We discuss techniques to learn how to understand what works and what doesn’t.
Caring for Children with Dual Diagnoses (B, D or F Rate)
Friday, July 8, 2016
5:30 p.m. - 8:30 p.m.
This workshop will provide information for participants that care for children that have a “dual diagnosis.” Navigating through different systems of care and support can be overwhelming. Join us to learn how to work with the school systems, County Social Services, state and government agencies, the Department of Mental Health and the California Regional Center systems. Participants will gain knowledge about caring for “dually diagnosed” children and accessing services as well as working as a team player so that children will be able to obtain the services they need to be successful.

Child Abuse Prevention: Eternal Scars (B, D or F Rate)
Friday, August 5, 2016
5:30 p.m. - 8:30 p.m.
Child Abuse has long lasting effects on the victim. Discuss the cycle of violence and the signs and symptoms of child abuse. Look at how the abused child will have long lasting effects from the abuse incurred. Define and discuss the differences between physical, sexual, and emotional Abuse.

Dependency Court (B, D or F Rate)
Friday, September 9, 2016
5:30 p.m. - 8:30 p.m.
In this class, participants discuss and examine the dependency court system step-by-step from initial removal to either reunification or permanent plan. Participants learn how to navigate through the dependency system. The call, pick-up, petition, hearings and permanency planning will all be covered in this session.

Healing Provided By Play (B, D or F Rate)
Friday, October 14, 2016
5:30 p.m. - 8:30 p.m.
Children communicate through play. What better way for them to be assisted in the healing process? Participants will have an opportunity to participate in play activities and will be provided with tools and techniques to use in developing and supporting their relationship with their children. Participants will leave this class being able to show children how to express feelings through play.

I have found that if you love life, life will love you back.
1, 2, 3, Magic! Effective Discipline (B, D or F Rate)
Monday, July 11, 2016
6:00 p.m. - 9:00 p.m.
When disciplining our children, what works best for one child may not work for another. This class provides instruction on how to provide age-appropriate and developmentally appropriate, effective discipline for each child. Participants will examine how to develop a sensitive way of disciplining children in an effective manner.
Presenter: Karen Cash, L.C.S.W.

Building Healthy Relationships (B or D Rate)
Tuesday, July 12, 2016
6:00 p.m. - 9:00 p.m.
What are the keys to building healthy relationships? Who served as a model of a healthy relationship for us? Many children do not have a clear picture of what a healthy relationship is or know where to begin in creating them. How can we best teach this skill to our children? Participants will have an opportunity to explore their personal relationships. They will also identify methods for teaching their children the skills necessary to create and maintain healthy relationships.
Presenter: Claudia V. Reyes-Olivares, M.A.

Autism Spectrum Disorder (B, D or F Rate)
Wednesday, July 13, 2016
6:00 p.m. - 9:00 p.m.
Participants will be able to identify the signs and symptoms of Autism Spectrum Disorders, including Autism, Asperger’s Disorder, Rett Syndrome, and Childhood Degenerative Disorder. Participants will discuss issues in diagnosing, screening and treating these disorders, including medication and alternative treatment approaches.
Presenter: Karen Cash, L.C.S.W.

Becoming A Change Agent (B Rate)
Thursday, July 14, 2016
6:00 p.m. - 9:00 p.m.
This seminar will provide mentors with vital information on strategies and innovative methods on how to help kids experience changes in their lives. Practical skills will be offered so that participants can learn what to do and what not to do when your “Dragon Slayers (in waiting)” react. This workshop will also teach participants how to “read” kids’ personality types so that you can determine the best approach to take with them. The “Strategies of Change” will be examined and the skills of how to deal with those changes investigated.
Presenter: Patrice Brown, M.Ed., P.P.S.

Attachment Helps the Child (B, D or F Rate)
Friday, July 15, 2016
9:00 a.m. - 12:00 p.m.
Examine the importance of healthy bonding relationships and attachment as it pertains to our foster children. Explore the negativity, stress and frustrations our foster children have to overcome when dealing with their issues of self-worth. Identify healthy steps to building attachment with your children.
Presenter: Asia Williamson, M.S.W.

Anger Management 101 (B or D Rate)
Saturday, July 16, 2016
8:30 a.m. - 5:00 p.m.
This workshop provides caregivers with the skills to recognize anger. Participants learn how to help their children stop, calm down, think before they act, consider other’s feelings and find solutions. Participants will leave with a clear understanding of how to help their youth deal with their feelings in a positive manner.
Presenter: Claudia V. Reyes-Olivares, M.A.
Becoming a Team Player  
(B, D or F Rate)  
**Sunday, July 17, 2016**  
9:00 a.m. - 4:30 p.m.  
The “team player” approach is what is needed to foster a successful outcome in the placement, behavior and overall lives of foster youth. Learn how to manage a “positive” relationship with your social worker, therapist, foster parents and biological families.  
**Presenter:** Richard Haghani, M.A.

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Child Development: The Middle Years  
(B, D or F Rate)  
**Monday, July 18, 2016**  
6:00 p.m. - 9:00 p.m.  
This class is one of a series of classes exploring the process of development from before birth to adulthood. The early years will be briefly reviewed. We will discuss the impact of a nurturing environment on 6-12 year olds. Participants will explore the effects of child development when caring for children with emotional or behavioral issues, as well as children who are medically fragile.  
**Presenter:** Richard Haghani, M.A.

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Helping Children Deal with Their Upsets (B, D or F Rate)  
**Tuesday, July 19, 2016**  
6:00 p.m. - 9:00 p.m.  
Participants will learn what causes their children’s upsets and how to manage children’s emotional upsets with different breathing techniques. Participants will also learn the different brain states that children are in when they are upset and how our response as caregivers to children’s emotional upsets can cause more upsets.  
**Presenter:** Claudia V. Reyes-Olivares, M.A.

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Bullying and Peer Pressure Part 1  
(B, D or F Rate)  
**Wednesday, July 20, 2016**  
6:00 p.m. - 9:00 p.m.  
Part one of a two-part series. The goal of this workshop is to increase awareness of the prevalence of bullying in youth and adolescents, raise the level of empathy for those that are bullied, increase sense of accountability to prevent bullying, introduce positive strategies to deal with bullying and harassment behaviors, and to foster a culture of tolerance and respect for others.  
**Presenter:** Karen Cash, L.C.S.W.

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Kingdomality (B Rate)  
**Thursday, July 21, 2016**  
6:00 p.m. - 9:00 p.m.  
Kingdomality is a revolutionary, effective and entertaining way for an individual to master their environment (especially the work environment) and manage the people who travel within their realm. Using a medieval kingdom as a metaphor for an environment (either home, school, or work), Kingdomality provides an engaging and useful tool for analyzing and improving an individual’s personal environment. Participants will identify types of personality roles that are in the Kingdomality system, determine strengths and weaknesses of the personality roles, and understand that no one personality role is best suited.  
**Presenter:** Patrice Brown, M.Ed., P.P.S.

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Letting Go of the Pain (B or D Rate)  
**Friday, July 22, 2016**  
6:00 p.m. - 9:00 p.m.  
This class discusses grief and loss. Participants learn the difference phases of grief and loss that affect foster youth. Participants identify at least three phases of grief and loss, recognize how grief can lead to acting out, and gain resources on how to cope with this issue.  
**Presenter:** Claudia V. Reyes-Olivares, M.A.
Aggressive and Angry Behavior (B or D Rate)
Saturday, July 23, 2016
8:30 a.m. - 1:30 p.m.
As caregivers, we are responsible for helping our youth learn how to manage their aggressive behaviors and actions. This class provides caregivers with a better understanding and comprehension of children’s behaviors when they show their emotions. Participants will discuss children’s behavior and understand how children learn both positive and negative feelings about how they have survived ‘the system’ as well as examine learned behaviors while in foster care.
Presenter: Asia Williamson, M.S.W.

Multiple Placements, Multiple Problems (B, D or F Rate)
Sunday, July 24, 2016
9:00 a.m. - 4:30 p.m.
Explore the effects of children’s behaviors and emotions based on frequent moves from placement to placement. This class informs caregivers of how the cycle of abuse continues from abusive natural families into the foster care system. Children are moved from placement to placement due to behaviors learned in their families of origin and sometimes from foster families. Symptoms of these disorders result in multiple placements and emotional trauma. Learn of treatments to assist children affected by these disorders.
Presenter: Richard Haghani, M.A.

Child Development At A Glance (B, D or F Rate)
Monday, July 25, 2016
6:00 p.m. - 9:00 p.m.
This session will review child development during the first year of life, toddler years and pre-school years. Caregivers will learn that they are essential in helping children accomplish their developmental milestones and improve their ability to successfully parent children to reach important goals.
Presenter: Richard Haghani, M.A.

Domestic Violence and Its Effects on Children (B, D, F or W Rate)
Tuesday, July 26, 2016
6:00 p.m. - 9:00 p.m.
This course explores the emotional and behavioral issues faced by children coming from backgrounds or homes of domestic violence. Participants will examine how violent events impact children’s lives forever (Parents and teens welcome).
Presenter: Karen Cash, L.C.S.W.

LGBTQ (B Rate)
Wednesday, July 27, 2016
6:00 p.m. - 9:00 p.m.
This course will provide caregivers a chance to examine their pre-conceived ideas of sexuality and sexual orientation. Hear from foster children who identify themselves as gay, lesbian, bi-sexual and transgender. Hear what you can do to affirm the lives of all children living in the foster care system. Participants will be able to define basic gay, lesbian, bi-sexual and transgender terms, articulate the difference between both sexual identity and gender identity and the difference between sexual orientation and sexual behavior, and describe the main protections of AB 458.
Presenter: Karen Cash, L.C.S.W.

Motivating “At-Risk” Youth (B, D or F Rate)
Thursday, July 28, 2016
6:00 p.m. - 9:00 p.m.
Many children in foster and kinship care can appear lazy and unwilling to plan for their futures, although this is not always the case. Learn ways to help motivate the youth in your care and show them ways to stay focused on their goals.
Presenter: Patrice Brown, M.Ed., P.P.S.
Oxytocin, the Cuddle Hormone
(B or D Rate)
Friday, July 29, 2016
6:00 p.m. - 9:00 p.m.
What is oxytocin? How does it affect us? What does it have to do with one’s ability to connect with friends, family members, and our mates? Can oxytocin help the children I am raising to trust and love in a healthy way? Join us as we explore the impact that oxytocin has on all of us, and our ability to form relationships and manage stress. Participants gain an understanding of the importance of oxytocin and how it aids each of us in forming healthy relationships and effectively managing stress.
Presenter: Claudia V. Reyes-Olivares, M.A.

Multiple Intelligences (B Rate)
Saturday, July 30, 2016
8:30 a.m. - 5:00 p.m.
How many ways are there to be intelligent? This workshop is based on Howard Gardner’s theory that we each have different intelligences (there could be as many as 10-12) that we draw from when we learn, play and work; sometimes we use one kind of intelligence more than another. Gardner’s studies indicate that the intelligences can be increased by providing the right conditions to promote development and by removing obstacles that hinder development. Participants will identify how each learning style processes and filters information, distinguish the personal, internal learning processes that direct behavior, and will effectively recognize the multiple intelligences and the benefits that each intelligence brings to the global society.
Presenter: Patrice Brown, M.Ed., P.P.S.

Parenting 101: How and When to Discipline (B, D or F Rate)
Sunday, July 31, 2016
9:00 a.m. - 4:00 p.m.
This class defines the term discipline and helps caregivers understand how to identify what type of parenting style works best with each particular type of child. Participants will review various appropriate parenting and discipline techniques used for young and old foster youth.
Presenter: Claudia V. Reyes-Olivares, M.A.

Child Development: The Adolescent Years (B, D or F Rate)
Monday, August 1, 2016
6:00 p.m. - 9:00 p.m.
This class is one of a series of classes exploring the process of development from before birth to adulthood. The early years and pre-adolescence will be reviewed briefly, followed by a discussion on the impact of a nurturing environment for children 13-18 years old. Participants will explore the effects of child development when caring for children with emotional or behavioral issues, as well as children who are medically fragile.
Presenter: Richard Haghani, M.A.

Caring for Children with Dual Diagnoses (B, D or F Rate)
Tuesday, August 2, 2016
6:00 p.m. - 9:00 p.m.
This workshop will provide information for participants that care for children that have a “dual diagnosis.” Navigating through different systems of care and support can be overwhelming. Join us to learn how to work with the school systems, County Social Services, state and government agencies, the Department of Mental Health and the California Regional Center systems. Participants will gain knowledge about caring for “dually diagnosed” children and accessing services as well as working as a team player so that children will be able to obtain the services they need to be successful.
Presenter: Claudia V. Reyes-Olivares, M.A.
Foster Parent Involvement Should Be Encouraged in Their Youth’s Education (B or D Rate)
Wednesday, August 3, 2016
6:00 p.m. - 9:00 p.m.
This course describes various techniques that caregivers need to be aware of about their youth. Participants identify various interactive techniques to help foster youth recognize their talents and abilities throughout group discussion. Participants will role play these techniques to help youth recognize their talent. Caregivers recognize warning signs of academic challenges displayed by their youth. They will identify school resources available for their youth.
**Presenter:** Claudia V. Reyes-Olivares, M.A.

Positive Decision Making Skills
(B or D Rate)
Thursday, August 4, 2016
6:00 p.m. - 9:00 p.m.
Because life involves many choices and decisions--and making the best choices consistently is the key to success--it follows that good decision makers are usually successful people. Decision-making skills give guidelines and help to focus goals. In this workshop, participants explore how decision making skills help and individual resist pressures (peer or self) and new ways of doing things. Examine the decision making process and how it is connected to universal laws, principles of the harvest, and the goal-setting process.
**Presenter:** Patrice Brown, M.Ed., P.P.S.

AB-12: Overview of What It is All About (B Rate)
Friday, August 5, 2016
6:00 p.m. - 9:00 p.m.
This AB-12 class will provide the key requirements for the non-Minor Dependent (NMD); the care giver will be able to prepare and discuss options under the new law with the youth in their care. This class will benefit caregivers with youth 15 years and older, as well as themselves, to prepare for extended foster care.
**Presenter:** Asia Williamson, M.S.W.

Learning Styles Workshop: What Are Your True Colors? (B, D or F Rate)
Saturday, August 6, 2016
8:30 a.m. - 5:00 p.m.
Are you smart with books, in art, with your body, with people, or “on the street”? Are you a gold, green, blue, or orange learning style? Are you right brained or left brained? What is your strongest multiple intelligence and what is your weakest? Participants will examine how the entire physiology of the human body is involved in the learning process, and will evaluate their own learning styles in order to answer these questions and more.
**Presenter:** Patrice Brown, M.Ed., P.P.S.

Communication–Helping Your Child Through Early Adolescence
(B, D or F Rate)
Sunday, August 7, 2016
9:00 a.m. - 4:30 p.m.
How can I communicate better with my child? Young adolescents often aren’t great communicators, particularly with their parents and other adults who love them. They sometimes feel they can talk with anyone better than they can with their parents. They tend to be private. They don’t necessarily want to tell you what they did at school today. Caregivers will learn that it’s easiest to communicate with a young teen if you established this habit at the beginning of their placement. To communicate with your child, you need to make yourself available.
**Presenter:** Richard Haghani, M.A.
Building Positive Relationships with Birth Parents (B Rate)
Tuesday, August 9, 2016
6:00 p.m. - 9:00 p.m.
Have you ever been nervous or unsure about how to build a relationship with birth parents? This training will allow caregivers to examine their feelings toward birth parents while gaining knowledge of how to build positive relationships with the birth families. This training takes participants through the different stages of grief that birth parents often experience once children are removed from their care.

Presenter: Claudia V. Reyes-Olivares, M.A.

Surviving the Toddler Years (B or W Rate)
Thursday, August 11, 2016
6:00 p.m. - 9:00 p.m.
Participants learn the different stages of development from birth to 24 months. Participants learn how to calm outbursts within seconds, which research shows will stop 60% of tantrums before they start and helps to build loving and respectful relationships with young children that will last a lifetime.

Presenter: Claudia V. Reyes-Olivares, M.A.

Bullying (B, D or F Rate)
Friday, August 12, 2016
6:00 p.m. - 9:00 p.m.
Participants examine the common causes of bullying, learn to identify when their child is being bullied, and interventions they can use to help their child.

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

Behavior Management with Teens (B, D or F Rate)
Saturday, August 13, 2016
8:30 a.m. - 5:00 p.m.
Caregivers will be provided with non-confrontational negotiating approaches to reduce power struggles with teens who have behavioral issues. A list of definitions explaining ILP service categories will be examined. Caregivers will also be given completed examples of ILP participation logs.

Presenter: Claudia V. Reyes-Olivares, M.A.

Teen Violence and Dating (B or D Rate)
Sunday, August 14, 2016
9:00 a.m. - 4:00 p.m.
This workshop will help you better understand the “reasons” people stay in negative and often violent relationships. We will explore various situations that leave their victims in harm or in some cases cause death due to their violent relationships.

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

Child Development: The Early Years (B, D, F or W Rate)
Monday, August 15, 2016
6:00 p.m. - 9:00 p.m.
This class is one of a series of classes exploring the process of development from before birth to adulthood. Discussion begins with the impact of a nurturing environment on the developing fetus, newborns and young children to five years of age. Participants will explore the effects of child development when caring for children with emotional or behavioral issues, as well as children who are medically fragile (Parents and teens welcome).

Presenter: Richard Haghani, M.A.
Tantrums and Encouraging Responsible Behavior  
(B, D or F Rate)  
Tuesday, August 16, 2016  
6:00 p.m. - 9:00 p.m.  
Some children throw tantrums while others never do. Children throw tantrums as a way of expressing anger and frustration. If the behavior is dealt with incorrectly, the child may learn to use tantrums to manipulate people and to gain attention. In dealing with tantrums, the ultimate goal is to teach the child acceptable ways of expressing anger. Caregivers will learn how to acknowledge the child’s frustration, and help the child put their feelings into words.  
Presenter: Claudia V. Reyes-Olivares, M.A.

Different Types of Discipline  
(B, D or F Rate)  
Friday, August 19, 2016  
9:00 a.m. - 12:00 p.m.  
This class will discuss the difference between discipline and punishment, the indirect effect of corporal punishment and help children to moderate their behaviors. Participants will leave the class able to identify multiple techniques to discipline their children effectively.  
Presenter: Patrice Brown, M.Ed., P.P.S.

Depression and Suicide (D Rate)  
Saturday, August 20, 2016  
9:00 a.m. - 2:00 p.m.  
This class will help identify suicidal youth warning signs as well as explain the scope and magnitude of the problem. Participants will learn to recognize youth who are “high risk” as well as identify the elements for assessing suicide.  
Presenter: Karen Cash, L.C.S.W.

Behavior Management: Reducing Risky Behavior (B or D Rate)  
Sunday, August 21, 2016  
9:00 a.m. - 4:30 p.m.  
Children express their feelings in the way they behave. Look at the underlying causes of behaviors and what type of response is best for the child. Participants will better understand the source of children’s feelings which can lead to risky behaviors and learn more effective interventions.  
Presenter: Richard Haghani, M.A.
Grief and Loss: Multiple Placements and Multiple Losses (B or D Rate)  
Monday, August 22, 2016  
6:00 p.m. - 9:00 p.m.  
Most of our children have experienced multiple losses. How does this affect their behavior? How does helping children with their grief affect me as their caregiver? Participants will have an opportunity to explore these questions. Each stage of the grief process will also be examined. Participants will learn how to identify where a child is in the grief process based on the child’s behavior. Methods will be provided for supporting the child through each stage of the process.  
**Presenter:** Richard Haghani, M.A.

Children Who Self Abuse (B, D or F Rate)  
Tuesday, August 23, 2016  
6:00 p.m. - 9:00 p.m.  
There are many behaviors that foster and adopted children display which baffle caregivers, teachers, and parents alike. This class provides caregivers with an understanding of why children hurt themselves and gives insight into self abuse. Learning effective coping skills/tools will enable children to lead more successful lives.  
**Presenter:** Claudia V. Reyes-Olivares, M.A.

Fetal Alcohol Syndrome Spectrum Disorder (FAS) (B, D or F Rate)  
Wednesday, August 24, 2016  
6:00 p.m. - 9:00 p.m.  
This class discusses the causes, effects, intervention, and treatment available for the children diagnosed with this disease. Participants discuss some of the symptoms associated with the syndrome.  
**Presenter:** Karen Cash, L.C.S.W.

Raising Boys vs. Raising Girls (B Rate)  
Thursday, August 25, 2016  
6:00 p.m. - 9:00 p.m.  
Males and females are born with different gifts. Learn how to raise children to be their best and how to get both genders to cherish and appreciate their differences. Recognize how boys and girls differ biologically, emotionally, psychologically and physiologically. Learn the differences and similarities of parenting each gender and how to respond sensitively when they suffer setbacks. Participants leave the class with an understanding of the challenges and opportunities that both genders face as well as techniques to help them develop strengths to resist peer-group demands. Participants are equipped with the tools to manage boys’ and girls’ behavior in a way that preserves and promotes self-esteem.  
**Presenter:** Patrice Brown, M.Ed., P.P.S.

Effective Listening and Communication Skills (B or D Rate)  
Friday, August 26, 2016  
6:00 p.m. - 9:00 p.m.  
Poor communication habits are frustrating, toxic, and dangerous. Chores and homework go undone, important feelings don’t get recognized, and safety rules are not learned. This class will help caregivers learn techniques that will both enhance and teach listening and communication skills for themselves and their children. They will learn to recognize why some children are poor listeners, how to express their feelings and how to help children communicate more effectively. They will be able to identify positive communication skills and describe negative listening behaviors.  
**Presenter:** Claudia V. Reyes-Olivares, M.A.
Lying, Cheating, Stealing and Hoarding Food (B, D or F Rate)
Saturday, August 27, 2016
8:30 a.m. - 1:30 p.m.
This class provides information on why children lie, steal and hoard food. Strategies for support and resources are discussed.
Presenter: Asia Williamson, M.S.W.

Gang Affiliation: A Sense of Belonging (B, D or F Rate)
Sunday, August 28, 2016
9:00 a.m. - 4:00 p.m.
Gangs have been around for over fifty years! Why do they still have such appeal to our foster youth? Participants learn how to understand some of the myths about gang affiliations and why so many of our foster youth want to belong. Participants identify common issues regarding foster youth and how their involvement in gangs impacts their lives.
Presenter: Karen Cash, L.C.S.W.

Childhood Schizophrenia (B, D or F Rate)
Monday, August 29, 2016
6:00 p.m. - 9:00 p.m.
This class takes a close look at schizophrenia. Participants discuss the symptoms and behaviors of this mental illness as well as the options available for those dealing with this personality disorder.
Presenter: Karen Cash, L.C.S.W.

Dealing with Aggressive Youth (B, D or F Rate)
Tuesday, August 30, 2016
6:00 p.m. - 9:00 p.m.
It is important that we understand aggressive behavior in children and youth in order to reduce it. Aggressive adolescents usually lack the social skills required to solve problems appropriately, such as the ability to express their feelings or take responsibility for their own actions. Fortunately, early intervention and treatment can significantly reduce the risk of harmful outcomes. In this class, participants discuss the difficult subject of dealing with aggressive youth. We explore how to cope with hostile situations. In a workshop setting, we share our best and worst cases with each other and together, we will come up with a plan of action.
Presenter: Claudia V. Reyes-Olivares, M.A.

No More Victims! Overcoming Victimization (B, D, F or W Rate)
Wednesday, August 31, 2016
6:00 p.m. - 9:00 p.m.
Participants view a video addressing several situations that cause youth to fall prey to negative victimization. See and examine how you can help become empowered to verbalize their feelings and take action to break the cycle of their abusers.
Presenter: Karen Cash, L.C.S.W.

Cultural Diversity (B Rate)
Friday, September 2, 2016
6:00 p.m. - 9:00 p.m.
In this class, participants will understand the connection between culture and positive self esteem.
Presenter: Claudia V. Reyes-Olivares, M.A.

Recognizing Signs of Addiction in Teens (B, D or F Rate)
Sunday, September 3, 2017
9:00 a.m. - 2:00 p.m.
This class focuses on identifying behaviors that indicate substance abuse. Participants learn to identify, discuss and manage recovery with teens. This class includes discussion of neurological damage and brain actions involved with substance abuse.
Presenter: Karen Cash, L.C.S.W.
Keeping Children Safe (B or D Rate)
Sunday, September 4, 2016
9:00 a.m. - 4:00 p.m.
On a daily basis, our children are faced with potential threats of violence. Schools are no longer a safe haven for children, but instead have become a setting that lends itself to many violent and often life threatening issues. This session will assist participants with helping children learn about crime violence, self protection and the fundamental concepts of empowerment. Participants will be able to identify potentially dangerous situations and prepare their youth to protect themselves or find help.

Presenter: Claudia V. Reyes-Olivares, M.A.

Loving Memories: Developing Life Books for Your Foster Child
(B, D or F Rate)
Tuesday, September 6, 2016
6:00 p.m. - 9:00 p.m.
This class is designed to assist caregivers in their understanding of how the lives of children can become fragmented due to separation and multiple moves. Caregivers will discuss how developing life books can provide a chronology of the child’s life that can help them to understand and remember things about their past. Caregivers will actively explore the process of creating a life book that can be replicated and used with present and future children placed in their homes. All materials for this workshop will be provided. Each participant will be able to recognize the importance of providing a chronology of their child’s life by developing individual life books, develop techniques to help children share their history with others, examine and subsequently articulate the importance of self esteem and identify formation in children, and will be able to describe how children learn to separate reality from fantasy or magical thinking.

Presenter: Claudia V. Reyes-Olivares, M.A.

Mandated Reporter (B, D or F Rate)
Thursday, September 7, 2016
6:00 p.m. - 9:00 p.m.
This class covers mandated reporting and the responsibilities that go along with it. Participants will have a clear understanding of what their role and responsibility is in regard to mandated reporting.

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

Life By Design: Teaching Youth to Set Goals and Priorities (B or D Rate)
Thursday, September 8, 2016
6:00 p.m. - 9:00 p.m.
The ability to set goals and make plans for the accomplishment of those goals is the master skill of success. Learning to set goals is the single most important skill that someone can learn and perfect. In this workshop, participants identify archetypal roles and discover how these roles are connected to values and abilities, clarify their values, and determine ways to identify and focus on special talents and discover what they are uniquely qualified to do.

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

Post Traumatic Stress Disorder and Foster Youth (B, D or F Rate)
Friday, September 9, 2016
6:00 p.m. - 9:00 p.m.
This class examines the mental and emotional symptoms, causes and medications related to post traumatic stress disorder (PTSD). Participants begin to understand how this disorder impacts our youth’s mood swings and how to better assist youth as they learn to cope with this disorder. Participants will also identify several sources of support and community resources to assist them and the youth they are fostering.

Presenter: Asia Williamson, M.S.W.
Character Before Color: Sensitivity and Diversity Awareness  
(B, D or F Rate)  
Saturday, September 10, 2016  
8:30 a.m. - 5:00 p.m.  
This presentation was created to enlighten appreciation and understanding of ethnic groups that share the global universe. This workshop will enhance the importance of human worth, dignity and character development while simultaneously combating ignorance and diversity. The “Character Before Color” workshop was designed to investigate and affect change in the understanding of prejudice, racism, stereotypes, discrimination, and conflict management skills. Through dialogue and interactive experiences, mutual respect and appreciation will develop, resulting in understanding, tolerance and acceptance of a global, multiethnic community. Participants will be able to recognize commonalities in the global universe, as well as support understanding and acceptance of human diversity, thus learning to value diversity as a strength instead of fearing it as an opponent.  
Presenter: Patrice Brown, M.Ed., P.P.S.

Preventing Allegations (B or D Rate)  
Monday, September 12, 2016  
6:00 p.m. - 9:00 p.m.  
This class will focus on the safety and well-being are the main tasks of parenting. Care providers must understand licensing regulations to maintain children’s personal to maintain children’s personal rights and their responsibilities as foster parents.  
Presenter: Richard Haghani, M.A.

Getting Involved in Your Child’s Education (B or D Rate)  
Tuesday, September 13, 2016  
6:00 p.m. - 9:00 p.m.  
Through the course of this class, participants examine the importance of getting involved with their child’s education, especially when their children have learning disabilities and/or emotional and behavioral issues. They identify the barriers, recognize the steps needed to be effective and learn how to receive early intervention through the school as it pertains to their child’s educational goals.  
Presenter: Claudia V. Reyes-Olivares, M.A.

Placement Workers Expectations of Caregivers (B, D or F Rate)  
Sunday, September 11, 2016  
9:00 a.m. - 4:30 p.m.  
This course will define caregivers responsibilities and identify key issues children and family social workers throughout the state expect of caregivers providing the day-to-day care for their minors. Participants will examine topics such as the minimum clothing standards and ensuring that minors are provided with a sufficient and age appropriate clothing supply. They will be able to describe rules and regulations regarding minors personal property, and discuss providing the mandated seven (7) calendar days advance written notice as specified in state regulations to remove a child.  
Presenter: Richard Haghani, M.A.

Meeting Developmental Needs: Attachment (B Rate)  
Thursday, September 14, 2017  
6:00 p.m. - 9:00 p.m.  
In this class, participants will understand how abused and neglected children have difficulties attaching and trusting others.  
Presenter: Karen Cash, L.C.S.W.
**Encouragement (B, D or F Rate)**  
**Monday, September 18, 2017**  
*6:00 p.m. - 9:00 p.m.*  
This class will provide assistance to caregivers to help children learn composure techniques that will assist children in regulating their own upsets and ways to teach children how to relax their bodies when dealing with frustration. Participants will be provided with the tools to teach composure to children when they are dealing with frustration.  
**Presenter:** Karen Cash, L.C.S.W.

**Brain Development (B or D Rate)**  
**Thursday, September 21, 2017**  
*6:00 p.m. - 9:00 p.m.*  
Participants will develop an understanding of what activities and other things care providers need to provide in order to encourage proper brain development. Participants will gain a basic understanding of how stress affects the brain and what they can do to aid the children in their care.  
**Presenter:** Karen Cash, L.C.S.W.

**Supporting Healthy Development and Managing Loss (B or D Rate)**  
**Monday, September 19, 2016**  
*6:00 p.m. - 9:00 p.m.*  
This workshop provides information and support in two areas of child growth and development. The discussion will focus on how the child’s life experiences, including separation, grief, loss, and trauma can impact growth and development. Caregivers will identify the challenges of providing guidance and discipline to children in their care, understand the effects of separation and loss on feelings and behaviors, and will develop techniques to help children and youth cope with these feelings.  
**Presenter:** Richard Haghani, M.A.

**Developing Capable Kids: Raising Self-Reliant Kids in a Self-Indulgent World (B, D, F or W Rate)**  
**Thursday, September 22, 2016**  
*6:00 p.m. - 9:00 p.m.*  
This workshop based on the work of H. Stephen Glenn and Jane Nelson, introduces participants to up-to-date information that offers inspiring and workable ideas for developing a trusting relationship with children, as well as the skills to implement the necessary discipline to help your child to become a responsible, productive citizen that gives back to society.  
**Presenter:** Patrice Brown, M.Ed., P.P.S.

**Disciplining Difficult Children (B or D Rate)**  
**Tuesday, September 20, 2016**  
*6:00 p.m. - 9:00 p.m.*  
This class will teach different techniques in how to deal with children that exhibit Anger Outbursts, ODD and other negative and unacceptable behaviors. You will learn specific techniques to use when working with these difficult behaviors.  
**Presenter:** Claudia V. Reyes-Olivares, M.A.

**Helping Children Build Self Esteem (B, D, F or W Rate)**  
**Friday, September 23, 2016**  
*6:00 p.m. - 9:00 p.m.*  
Self esteem is an important part of who we are. This workshop will help provide caregivers with an understanding of what self-esteem is, how to recognize signs of healthy or unhealthy self-esteem in a child or youth, and what to do about it.  
**Presenter:** Claudia V. Reyes-Olivares, M.A.
Legal Issues Caregivers May Face (B Rate)
Monday, September 25, 2017
9:00 a.m. - 3:00 p.m.
This seminar is designed to give caregivers basic information about some of the laws that apply to youth, which can safeguard them at school, at play, and while working part time. Participants will learn their rights and responsibilities to assist them in answering their children’s questions about the law. Topics include: school and school rules, Internet safety, kids, cars and traffic laws, drugs, graffiti and other acts of vandalism, juvenile court, police encounters, stealing, truancy, and other relevant information.
Presenter: Richard Haghani, M.A.

Recognizing Signs of Addiction in Teens (B, D or F Rate)
Thursday, September 28, 2017
6:00 p.m. - 9:00 p.m.
This class focuses on identifying behaviors that indicate substance abuse. Participants learn to identify, discuss and manage recovery with teens. This class includes discussion of neurological damage and brain actions involved with substance abuse.
Presenter: Karen Cash, L.C.S.W.

Navigating Through the IEP Process (B, D or F Rate)
Tuesday, September 27, 2016
6:00 p.m. - 9:00 p.m.
What is an IEP? Does my child need one? How do I begin the process? What educational services can be provided for my child? What is required of school personnel? Participants have an opportunity to explore each of these issues as it pertains to the children in care, including those with emotional and/or behavior issues, as well as who are medically fragile. Participants will also discuss information regarding the laws related to special education services and how parents can access these services.
Presenter: Claudia V. Reyes-Olivares, M.A.
Family Dynamics: The Importance of Family Roles in Caregiving
(B, D, F or W Rate)
Thursday, September 29, 2016
6:00 p.m. - 9:00 p.m.
In many families, members-especially children-develop certain roles that help them to cope with underlying problems. When family dynamics becomes dysfunctional, these roles seem to become more pronounced. This workshop concentrates on expanding the caregiver’s knowledge of coping methods and strategies. Youth need to develop healthy techniques as they learn the skills to deal with a variety of situations. Participants will detect the differences between healthy and dysfunctional family systems, determine what roles are and how they are manifested in youth, and encourage youth to learn how to use their role as a strength.
Presenter: Patrice Brown, M.Ed., P.P.S.

Managing the Angry and Aggressive Moments in Life (B, D or F Rate)
Friday, September 30, 2016
6:00 p.m. - 9:00 p.m.
This class will discuss anger management techniques. Participants will have the opportunity to examine their relationship with anger, identify positive and negative/maladaptive coping skills and their implications. Participants will understand the importance of modeling appropriate anger management skills, and will be able to list potential outcomes of unresolved anger, especially with children who are medically fragile and/or have emotional and behavioral issues.
Presenter: Claudia V. Reyes-Olivares, M.A.

Mastering the Monsters: Bullying, Aggressive Behaviors, and Other Mean, Violent Acts (B or D Rate)
Saturday, October 1, 2016
8:30 a.m. - 5:00 p.m.
As caregivers, we have the responsibility and accountability to teach our youth how to create a safe environment for themselves. This workshop will concentrate on helping youth build respect for the rights of others and develop a sense of responsibility for one's own actions. Participants will examine ways to alert teachers and children to the differences between normal peer teasing and bullying situations, will learn ways to help anyone in the home or school to understand the dynamics and act effectively when children are bullying or being bullied, and will discover how to empower children to teach others how to treat them and solve problems.
Presenter: Patrice Brown, M.Ed., P.P.S.

Overview of Bullying: What Is it?
Part 1 (B, D or F Rate)
Sunday, October 2, 2016
9:00 a.m. - 2:00 p.m.
This class is part one of a two part series that will cover bullying and bullying tactics commonly used. We will also talk about how targets are selected and the difference between bullying and harassment. Come and learn how to help your child not be a victim. Participants will be able to identify bullying tactics and how to prevent their kids from becoming victims.
Presenter: Karen Cash, L.C.S.W.
Fostering Connections: Understanding AB-12
(B, D or F Rate)
Monday, October 3, 2016
6:00 p.m. - 9:00 p.m.
This guided open forum was created for caregivers to learn about AB-12 Fostering Connections. Participants will examine what AB-12 is, how it will affect their foster youth and what they need to do in order to keep the support their youth needs to stay in place through age 21. Handouts and resources will be provided to give participants the tools they need to understand this new legislation.

Presenter: Richard Haghani, M.A.

Mean Girls: Mean Chicks, Sidekicks and Dirty Tricks (D or F Rate)
Tuesday, October 4, 2016
8:30 a.m. - 5:00 p.m.
“Mean Girls” is a workshop that investigates the nature of Relational Aggression that is very evident among girls. Recent research reveals that girls typically use social forms of aggression which tend to be more indirect and covert, but nevertheless, have proven to be as hurtful as the bullying behaviors of boys. Participants explore differences between talking, teasing and gossiping. Investigate the definition of Relational Aggression and examine the different types. Understand the methods and motivators girls employing the techniques of RA. Develop skills and activities to help girls learn to “power up” appropriately.

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

Substance Use and Abuse in Foster Care (B, D or F Rate)
Wednesday, October 5, 2016
6:00 p.m. - 9:00 p.m.
This class will discuss the reality of issues that many of our foster youth come into our care having already experienced, including drug addiction, alcohol abuse, and the behaviors that can be related to those activities. Through discussion, participants will examine how today’s children have adopted drug and alcohol as a coping device for dealing with life’s tough situations. This course will provide participants with tools to address these issues.

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

Anger Management for Youth (B or D Rate)
Thursday, October 6, 2016
6:00 p.m. - 9:00 p.m.
Boy, my teen goes from calm to boiling hot in 0.5 seconds! Not being able to manage anger and frustration can create many problems for our children. Participants will explore the underlying feelings of the emotion of anger. Tools will also be provided to aid caregivers in managing their anger and modeling these skills for their children. Specific information will also be provided for helping young children and teens manage their anger.

Presenter: Donna Distelrath, B.S.

Manipulation In the Parent-Child Relationship (B, D or F Rate)
Friday, October 7, 2016
6:00 p.m. - 9:00 p.m.
This class will include a discussion of family dynamics and power/control issues between parents/caregivers and children. This class will help participants to recognize manipulation tactics used by both adults and children. Topics will cover interventions that participants can use for tantrums, outbursts and threats.

Presenter: Claudia V. Reyes-Olivares, M.A.
Emotional Health Issues of Foster Youth (B, D or F Rate)
Saturday, October 8, 2016
8:30 a.m. - 5:00 p.m.
This class will identify behavioral, emotional, and mental health issues common in the foster youth population. Participants will have a better understanding of some of the factors relating to these issues, and why so many children act out as a result. This class will also address why so many of these issues go undetected. We will examine causes and effects, medications and treatments, as well as the support and education available in the community for caregivers.
Presenter: Donna Distelrath, B.S.

How the Internet Can Affect Foster Families (B Rate)
Sunday, October 9, 2016
9:00 a.m. - 4:00 p.m.
Communication and positive reinforcement is essential for parents and guardians when helping their children avoid the dangers that exist on the Internet. This workshop will help provide online and offline learning activities for parents to facilitate discussions with their children and teens about Internet safety.
Presenter: Donna Distelrath, B.S.

Childhood Stress (B, D or F Rate)
Monday, October 10, 2016
6:00 p.m. - 9:00 p.m.
Participants will learn both the positive and negative aspects of experiencing stress and how to appropriately support the development of the skills and strength necessary to avoid negative stress.
Presenter: Richard Haghani, M.A.

Media Literacy Education: How to Raise Media Savvy Kids (B or D Rate)
Tuesday, October 11, 2016
6:00 p.m. - 9:00 p.m.
We live in a media-saturated culture that bombards us constantly with a stream of messages presented as news, information, advertising, and entertainment. Media messages aimed at youth are specifically and expertly making an influence on their thoughts, ideas and behaviors. In this workshop, participants discover that media literacy is the ability to sift through and analyze the messages that inform, entertain, and sell to us every day.
Presenter: Patrice Brown, M.Ed., P.P.S.

More 1, 2, 3 Magic! Social Skills and Independence (B, D or F Rate)
Wednesday, October 12, 2016
6:00 p.m. - 9:00 p.m.
This class teaches specific techniques to encourage more compliant behavior. Learn what to do after 1, 2, 3 Magic! Part 1.
Presenter: Karen Cash, L.C.S.W.

Teen Alcohol Abuse (B or D Rate)
Thursday, October 13, 2016
6:00 p.m. - 9:00 p.m.
This class discusses the common reasons that teens will abuse alcohol and the dangers of teen alcohol use. Participants will discuss and identify the common signs of teen alcohol use as well as the dangers of alcohol abuse.
Presenter: Donna Distelrath, B.S.
Challenging Behaviors (B or D Rate)
Friday, October 14, 2016
6:00 p.m. - 9:00 p.m.
Many of our children have been subjected to abuse, neglect, and domestic violence. Does this cause them to act out? Does this explain why children hoard food, lie, are physically and verbally aggressive, have difficulty managing their daily hygiene needs, are defiant, and tend to cause embarrassment in public places? These issues will be addressed and participants will leave with the tools for managing these behaviors.

Presenter: Asia Williamson, M.S.W.

How To Use Discipline Effectively (B or D Rate)
Monday, October 17, 2016
6:00 p.m. - 9:00 p.m.
Participants will list the different ways in which parents can make discipline fun and interesting for their children. Participants will be able to define which discipline works on each age level. Participants will also discuss what reasonable consequences are as well as share ideas and stories of successful discipline techniques with the group.

Presenter: Richard Haghani, M.A.

A Blend of Different Roots: Cultural Awareness and Sensitivity (B Rate)
Tuesday, October 18, 2016
6:00 p.m. - 9:00 p.m.
This course discusses the various cultures and ethnicities we deal with on a daily basis and how to be sensitive when working with them. Discussion focuses on cultural norms, foods, mannerisms, customs, heritage roots and genetic blends from parents of different origins. It is important that caregivers are able to recognize that most multi racial individuals want to embrace and celebrate all of their ethnicities.

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

Teens and Violent Relationships (B, D or F Rate)
Wednesday, October 19, 2016
6:00 p.m. - 9:00 p.m.
In this class, participants will explore why teens remain in negative relationships that often turn violent or cause death. We will take a look at the reasons some people stay in relationships, even when they know they shouldn’t.

Presenter: Karen Cash, L.C.S.W.
Dealing with Children’s Emotions (B or D Rate)
Thursday, October 20, 2016
6:00 p.m. - 9:00 p.m.
Participants discuss and understand children’s behaviors. Children learn both positive and negative feelings about how they have survived “the system.”
Presenter: Donna Distelrath, B.S.

Preventing Child Abuse and Neglect (B or D Rate)
Friday, October 21, 2016
6:00 p.m. - 9:00 p.m.
Caregivers will discuss actions which prevent eminent danger or risk of serious harm to children and will identify resources and best ways to prevent further abuse by developing skills to meet the emotional, physical, and developmental needs of children.
Presenter: Claudia V. Reyes-Olivares, M.A.

Grief and Loss (B, D or F Rate)
Saturday, October 22, 2016
8:30 a.m. - 2:00 p.m.
Many children in foster care suffer from grief and loss. Join us for an insight on how you can support the children in your care who are faced with these circumstances. Caregivers discuss why kids grieve in foster care and identify techniques to help children overcome their losses.
Presenter: Asia Williamson, M.S.W.

Depression and Suicide: A Growing Epidemic (B, D or F Rate)
Sunday, October 23, 2016
9:00 a.m. - 4:00 p.m.
Many of our children in the system view their lives as unimportant. Many suffer from depression and see their lives as dismal and without relief. Learn how to face these issues and deal with the child’s feelings of hopelessness in appropriate ways.
Presenter: Karen Cash, L.C.S.W.

Helping Children Deal with Stress (B or D Rate)
Monday, October 24, 2016
6:00 p.m. - 9:00 p.m.
In this class participants will learn what happens when children are stressed out and how it affects overall health. Learn the signs and symptoms of a child that is dealing with stress and learn composure techniques that will help children cope and manage stress.
Presenter: Donna Distelrath, B.S.

Preparing for the Holidays (B Rate)
Tuesday, October 25, 2016
6:00 p.m. - 9:00 p.m.
Many youth have experienced abuse and broken promises during holiday seasons in the past. The possibility of seeing family members brings a wide variety of feelings including joy, anxiety, anger and sadness. Learn how to help your child and yourself survive the holidays together.
Presenter: Claudia V. Reyes-Olivares, M.A.

Eating Disorders: Dying to be Thin (B or D Rate)
Wednesday, October 26, 2016
6:00 p.m. - 9:00 p.m.
Discover how leading eating disorder specialists are making dramatic advances in the diagnosis and treatment of anorexia and bulimia, two lethal diseases. Look at what drives women and girls into America’s body obsession. We will define the terms anorexia and bulimia as well as some signs and symptoms of this disease.
Presenter: Karen Cash, L.C.S.W.
Exploring Developmentally Appropriate Behaviors (B or D Rate)
Sunday, October 30, 2016
9:00 a.m. - 4:30 p.m.
Different developmental models are presented to determine what are appropriate behaviors and thoughts for specific age groups. Participants learn why preschoolers like to bark like a dog or why teens believe they are invincible. Participants identify stages that children may have difficulty with and how to assist the child in mastering each stage of development. Participants learn when it is appropriate to have professional interventions versus treatment at home.

Presenter: Richard Haghani, M.A.

Medication: Issues and Answers (B, D or F Rate)
Friday, October 28, 2016
6:00 p.m. - 9:00 p.m.
Participants will discuss medication regulations based on Title XXII. Confused about all of the rules and procedures for licensing and county in regards to children on medication? Learn what the actual rules are and how to comply with them.

Presenter: Asia Williamson, M.S.W.

Supporting Healthy Development and Managing Loss (B or D Rate)
Saturday, October 29, 2016
8:30 a.m. - 5:00 p.m.
This workshop provides information and support in two areas of child growth and development. The discussion will focus on how the child’s life experiences, including separation, grief, loss, and trauma can impact growth and development. Caregivers will identify the challenges of providing guidance and discipline to children in their care, understand the effects of separation and loss on feelings and behaviors, and will develop techniques to help children and youth cope with these feelings.

Presenter: Claudia V. Reyes-Olivares, M.A.
Domestic Violence and Its Effects on Children (B, D, F or W Rate)
Sunday, September 18, 2016
9:00 a.m. - 1:00 p.m.
This course explores the emotional and behavioral issues faced by children coming from backgrounds or homes of domestic violence. Participants will examine how violent events impact children’s lives forever.

Promise me, you’ll always remember, you’re braver than you believe, stronger than you seem and smarter than you think.

Human Trafficking 101 (B or D Rate)
Sunday, October 23, 2016
9:00 a.m. - 1:00 p.m.
Participants will engage in a discussion regarding helping caregivers understand and explain to children the dangers of being stolen, and how to take safeguarding measures. This training takes a look at what happens when children are stolen, kidnapped or sold. Learn what steps can be taken to avoid this from happening to you. Note: Some disturbing material will be viewed and discussed.
Building Healthy Relationships
(B or D Rate)
Tuesday, July 26, 2016
9:30 a.m. - 12:30 p.m.
What are the keys to building healthy relationships? Who served as a model of a healthy relationship for us? Many children do not have a clear picture of what a healthy relationship is or know where to begin in creating them. How can we best teach this skill to our children? Participants will have an opportunity to explore their personal relationships. They will also identify methods for teaching their children the skills necessary to create and maintain healthy relationships.

Childhood Schizophrenia
(B, D or F Rate)
Tuesday, August 23, 2016
9:30 a.m. - 12:30 p.m.
This class takes a close look at schizophrenia. Participants discuss the symptoms and behaviors of this mental illness as well as the options available for those dealing with this personality disorder.

Different Types of Discipline
(B, D or F Rate)
Tuesday, September 27, 2016
9:30 a.m. - 12:30 p.m.
This class will discuss the difference between discipline and punishment, the indirect effect of corporal punishment and help children to moderate their behaviors. Participants will leave the class able to identify multiple techniques to discipline their children effectively.

No More Victims! Overcoming Victimization (B, D, F or W Rate)
Tuesday, October 25, 2016
9:30 a.m. - 12:30 p.m.
Participants view a video addressing several situations that cause youth to fall prey to negative victimization. See and examine how you can help become empowered to verbalize their feelings and take action to break the cycle of their abusers.
Bi-Polar Disorder in Children and Adolescents (B, D or F Rate)
Tuesday, July 26, 2016
5:30 p.m. - 8:30 p.m.
This course discusses the prevalence of bipolar disorder in children and adolescents. Participants learn to identify the symptoms and signs of bipolar depression in children. Participants also learn about the pharmacological and psychotherapeutic treatments used in children and adolescents with bipolar disorder as well as treatments that can be used at home.

Connecting Children to Lifelong Relationships (B, D or F Rate)
Tuesday, August 23, 2016
5:30 p.m. - 8:30 p.m.
This workshop will help participants understand the role of the caregiver on the permanency team, the legal options available to kinship caregivers, and that children’s services’ responsibility is to make permanent plans for children in its custody. Participants will identify the challenges of kinship caregivers in meeting permanency needs and types of legal relationships for kinship caregivers.

Do You Know About SARB?
Attendance Issues in School (B, D or F Rate)
Tuesday, September 27, 2016
5:30 p.m. - 8:30 p.m.
School Attendance Review Board (SARB) is composed of representatives from various youth-serving agencies, who help truant or non-compliant students and their parents or guardians solve school attendance and behavior problems. This course describes various techniques caregivers need to be aware of in order to navigate the educational system, which will help with the SARB process. Participants identify various interactive techniques to help foster youth recognize the challenges that have led them into exhibiting negative behaviors. This course also teaches foster caregivers to advocate for their foster youth once the SARB process has begun. Participants role play throughout the group discussion and will recognize some of their youth’s abilities and talents.

Setting Consequences and Following Through (B or D Rate)
Tuesday, October 25, 2016
5:30 p.m. - 8:30 p.m.
In this class participants will learn how to establish appropriate consequences for children in their care, learn different techniques of how to follow through with set consequences and help children with understanding consequences.

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Promise me, you’ll always remember, you’re braver than you believe, stronger that you seem smarter than you think!
Winnie the Pooh
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CPR/First Aid

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

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

**Presenter:** Alex Vracin, M.S.W.
American Red Cross Instructor

**Saturday, August 13, 2016**
**Time:** 8:30-3:00 p.m.
**Location:** Citrus College, LB 104, 1000 West Foothill Boulevard, Glendora, CA 91741

**Saturday, October 15, 2017**
**Time:** 8:30-3:00 p.m.
**Location:** Citrus College, LB 102, 1000 West Foothill Boulevard, Glendora, CA 91741

**American Red Cross Requirements:**
- Participate in all skill sessions and scenarios
- Demonstrate competency in all required areas
- Correctly answer 80% of the questions in each section of the final written examination

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

Each class will break for a 30-minute lunch.

All participants are encouraged to bring a sack lunch.

**Changes as of July 1, 2011:**
- There is a optional book fee payable to the instructor. (Check with instructor)
- Books can also be downloaded for free at redcrossla.org
- You will have the option of either receiving an 8 ½ x 11 certificate or a wallet card. CPR/First Aid wallet cards will no longer be mailed out by Citrus College FKCE staff.
- Sorry, no checks, CASH ONLY, and exact change please.

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

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**SAVE A LIFE**
Swimming in the pool or at the beach are not the only areas to be concerned about regarding water safety. Many children have been victims of bathtub and Jacuzzi drownings. This class is held annually in the summer and is highly recommend for caregivers who partake in any water activities.

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

**Offered in Early Summer**

**Location:** Citrus College, LB 107  
1000 W. Foothill Blvd., Glendora 91741  
**Presenter:** Alex Vracin, M.S.W.  
American Red Cross Instructor

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**California Child Care: Pediatric CPR/First Aid**

**Description:** This first aid and adult, child and infant CPR course will give individuals the knowledge and skills necessary to recognize, treat, and respond appropriately to a given situation. Participants will learn about bleeding, burns, breathing emergencies, and a variety of situations where they need to respond efficiently and quickly until advanced medical personnel arrive and take over.

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

**Location:** Citrus College, LB 107  
1000 W. Foothill Blvd., Glendora 91741  
**Presenter:** Alex Vracin, M.S.W.  
American Red Cross Instructor

**Saturday, September 10, 2016**  
8:30 a.m. - 3:00 p.m.
Los Angeles County Care Rates

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

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

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

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<th>Pre-Service Hours</th>
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<td>D-Rate 16</td>
<td>D-Rate 18</td>
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<td>F-Rate 16</td>
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<td>W-Rate 16</td>
<td>W-Rate 4</td>
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**F-Rate**
Foster parents must have at least two years of experience as a foster parent and must be referred by the DCFS social worker in order to qualify for the training. Each foster parent will be certified by the DCFS Medical Placement Unit to complete the 16-hour F Rate Pre-Service Training program. Upon completing the training, they will be eligible to receive the F-Rate incentive to cover the extraordinary costs incurred while providing services to the children in their care. DCFS approval must be obtained before new or additional children with special medical conditions can be placed in their foster homes.

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

Condado De Los Angeles Precioso De Cuidado

**Tarifa B**: La tarifa “B” se refiere al cuidado de crianza básico.

**Tarifa D**: La tarifa “D” es para padres con niños que tienen problemas de comportamiento emocionales severos y persistentes. Los padres deben haber sido certificados como padres de crianza por los menos dos años o haber sido requerido por DCFS a tomar este entrenamiento en orden de ser considerado para la certificación de tarifa D. El Departamento de la Salud Mental (DMH) evalúa a niños para clasificación de tarifa D. Los padres de crianza deben ser referidos por un trabajador/a social del DCFS para poder atender el entrenamiento. 16 horas de entrenamiento del programa de la tarifa D son necesarias para calificar y poder recibir el bono monetario para cubrir los costos que generan los cuidados de los niños.

**Tarifa F**: La tarifa “F” se refiere a niños que tienen enfermedades frágiles. Estos niños han sido clasificados como severamente enfermos. Los padres deben haber tenido por lo menos dos años de experiencia como padre de crianza y deben ser referidos por un trabajador social del DCFS para poder calificar para este entrenamiento. Cada padre de crianza será certificado por el centro médico de colocación del DCFS para completar el entrenamiento de 16 horas para la tarifa F. Después de haber completado el entrenamiento, serán elegibles de recibir el bono monetario para cubrir los costos generados al proveerles servicios a los niños en su cuidado. Aprobación del DCFS debe ser obtenido antes que niños nuevos o adicionales con condiciones medicas especiales puedan ser colocados en su hogar de crianza.

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

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<th>Horas de entrenamiento para certificación:</th>
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<tr>
<td>Tarifa D: 16</td>
</tr>
<tr>
<td>Tarifa F: 16</td>
</tr>
<tr>
<td>Tarifa W: 16</td>
</tr>
</tbody>
</table>

<table>
<thead>
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<th>Horas necesarias (anualmente) para mantener certificación:</th>
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<tr>
<td>Tarifa F: 12</td>
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<td>Tarifa W: 4</td>
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D-Rate Pre-Service Training - (16 Hours)

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

Saturday, July 23, 2016 and Saturday, July 30, 2016
8:30 a.m. - 5:00 p.m.
Location: Citrus College, LB 108
1000 West Foothill Blvd., Glendora 91741
Presenter: Gwen Washington, L.C.S.W.

Saturday, August 20, 2016 and Saturday, August 27, 2016
9:00 a.m. - 5:30 p.m.
Location: Citrus College, LB 108
1000 West Foothill Blvd., Glendora 91741
Presenter: Karen Dixon, M.S.

Saturday, October 8, 2016-
Saturday, October 15, 2016
9:00 a.m. - 5:30 p.m.
Location: Citrus College, LB 108
1000 West Foothill Blvd., Glendora 91741
Presenter: Gwen Washington, L.C.S.W.

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

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

Friday, September 23, 2016 and Saturday, September 24, 2016
9:00 a.m. - 5:30 p.m.
Location: Immanuel Praise Fellowship
9592 7th Street, Rancho Cucamonga 91730
Presenter: Karen Dixon, M.S.

Saturday, October 22, 2016 and Saturday, October 29, 2016
8:30 a.m. - 5:00 p.m.
Location: Citrus College, LB 107
1000 West Foothill Blvd., Glendora 91741
Presenter: Pamela Jeanette Edwards, M.S.
Whole Family Foster Homes (WFFH) & Shared Responsibility Plans (SRP) (Specialized Training for Caregivers Working with Teen Parents / SB 500)

“To Enrich Lives through Effective and Caring Service”

Los Angeles County Department of Children and Family Services

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

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

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

How?
- 16 hours of readiness training
- Annual continuing education

What are the Benefits?
- New higher Infant Supplement rate and new SRP rate for WFFH’s
- Assisting teen parents with development of parenting and life skills
- Fostering independence
- Training and support

SB 500 Pre-Service Training (W Rate)
Friday, September 30 and Friday, October 7, 2016 * 9:00 a.m. - 5:30 p.m.
A Whole Family Foster Home provides care for a teen parent and his/her non-dependent child. The caregiver is specifically recruited and trained to assist the teen parent in developing the skills necessary to provide a safe, stable and permanent home. This class will train caregivers in providing a foster home to teen parents and their infants, and to assist the teen parent in developing the skills necessary to provide a safe, stable and permanent home for their child. Participants will learn how to develop a shared responsibility plan (SRP) with the teen parent and social worker, which outlines the duties, rights and responsibilities of teen parents and caregivers with respect to the child. Participants will also be able to identify supportive services to be offered to the teen parent by the caregiver and social worker.

Location: Citrus College, Room TBA
1000 West Foothill Boulevard, Glendora, 91741

Presenter: Karen Dixon, M.S.
Hogares de familia Entesa (WFFH) y Plan de Responsabilidad Compartido (SRP)

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

“Para Enriquecer Vidas con Servicio Eficaz y que Cuida”

Departamento de Niños y Servicios Familiares del Condado de Los Ángeles

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

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

Quién Califica para este Programa?
• Foster care providers
• Proveedores de Cuidado
• Parientes de Cuidado
• Tutores legal – No Relacionados
• Miembros Familiares Extendidos - No Relacionados

Como?
• 16 horas de entrenamiento
• Educación anual continua

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

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

“We never know the love of the parent until we become parents ourselves.”
Henry Ward Beecher
PS-MAPP (33 Hour Training)
Permanence and Safety – Model Approach to Partnerships in Parenting

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

Kenneth Rios, B.S.
Database Management
PS-MAPP English

Omar Maldonado, B.S.
PS-MAPP Spanish

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

PRI DE Training ~ (Hours Pending)
Parent Resources for Information Development & Education for San Bernardino (West End)

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

Please call San Bernardino, CFS at (800) 722-4477 for more information.
No Cook Play Dough

Save money on store bought Play Dough and show your kids how crafty they can be! With only a few pantry staples, you can make your own play dough.

**Supplies**
2 Cups All-Purpose Flour
1 Cup Salt
1 Tbsp. Vegetable Oil
1 Cup Water
Food Coloring

**Directions**
- Mix flour and salt together.
- Add the oil.
- Mix the food coloring with the water.
- Slowly add the water to the flour/salt/oil mixture until it is soft and pliable. You might find that you don’t need the entire cup of water.
- Mix, mix and mix. It is best with clean hands. It will come together less sticky.
- Store in airtight container in the refrigerator.

Kid’s Korner - Recipes that Rock!
Banana Crisps

**Ingredients**
- 1 Unripe banana
- Oil
- Salt-
- Frying pan

**Directions**
- Peel and slice your unripe banana.
- Salt or season the banana slices as you wish.
- Spread oil in heated frying pan and add banana slices.
- Let them crisp on one side before flipping them over the get golden brown on the other side.
- Place the slices on a paper towel to drain the oil.
- When they are cool, enjoy your crispy banana pieces!
“Shaken Baby Syndrome”  
“Never Shake a Baby . . . EVER!”

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

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

- Death
- Cerebral Palsy
- Severe Motor Dysfunction
- Communication Impairment
- Dyslexia
- Attention Deficit Disorder
- Intellectual Disabilities

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

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

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

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

Helpful Resources:

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

1-800-4A-CHILD
Peligros por sacudir a un bebé

Los bebés y los niños pequeños, hasta la edad de cinco años, son susceptibles a trauma en la cabeza porque los músculos del cuello son débiles y no siempre pueden sostener el tamaño de su cabeza. El movimiento por una sacudida repentina ocasiona trauma al frágil cerebro del bebé y puede causar la muerte, parálisis, daño cerebral, ataques cegueras, retraso mental, dislexia, trastorno de deficiencia de atención, y/o disfunción motora severa.

Señales que es posible que un bebé haya sido sacudido

- Irritabilidad extrema
- Rigidez
- Ataques
- Letargia
- Vómito
- Coma
- Dificultad para respirar
- Dilatación de las pupilas
- Puntos de sangre en los ojos

Si sospecha que su niño ha sido sacudido, busque inmediatamente cuidado médico apropiado. Atención médica inmediata puede salvar la vida de su niño.

Maneras de calmar al bebé

El llanto sin parar es el motivo más común por el cual alguien sacude a un bebé. El llorar es normal para los bebés. Los bebés simplemente lloran mucho y saber esto hace más fácil seguir los siguientes consejos:

- Primero, asegúrese de que el panal del bebé esté bien, él bebé no tenga hambre, calor ni frío.
- Ponga al bebé con los brazos hacia abajo en una cobija ligera y cómoda y envuélvalo bien.
- Abrace as su bebé de manera que su piel y la suya esté en contacto directo.
- Haga un ruido para callar que se más fuerte que el llanto del bebé.
- Arrullee o camine con el bebé porque a los bebes les gusta el movimiento como las sillas mecedoras y el caminar. A los bebes les fascina los pequeños movimientos.
- Anime a su bebé para que usted lo amamante o para que le dé el chupón.
- Para consejos adicionales, hable con su doctor

Cómo evitar la frustración cuando cuida a un bebé que está llorando

Suavemente coloque al bebé en un lugar seguro, tal como una cuna, bocarriba y salga de la habitacion. Calmese, relájese respire profundo, cuente hasta 10, luego hasta 20 6 30, antes de regresar a la habitacion. Pídale a un amigo o pariente responsable que se haga cargo por un rato. Encuentre una forma para relajarse, escuche musica suave, o recuestese. Para recibir apoyo, llame a la línea de emergencia las 24 horas al 1-866-243- BABY (1-866-243-2229)

1-877 BABY SAF • 1-877-222-9723
ABUSE HOTLINE
Child Protection Hotline, 1-800-540-4000

ADOPTION
Foster Care & Adoptions Assistance Hotline, 1-(800) 697-4444
This service provides individual, group and/or family therapy, mentors and support groups. We strive to assist families, both children and adults, in making lifetime commitments to each other. Clients receive help with adoption, parenting an adoptive child, behavioral problems, and the adoption process for those hesitant about adoption, support services before, during, and after adoptive placement, and support for adopting sibling groups. Referrals are made by your social worker. Adoptions finalized over six months should contact the Post Adoption Services Unit at 800-735-4984. Services are limited to L.A. County and the child must be less than 18 years of age. A Medi-Cal card is required for therapy services.

ADVOCACY GROUPS

TASK (Team of Special Advocates for Special Kids)
Toll Free in CA (866) 828-8275 or Email: task@task.ca.org
100 W. Cerritos Avenue, Anaheim, (714) 533-8275
Agency is staffed by parents of special needs children who are trained to assist parents of children who are disabled or “at risk” by providing workshops on advocacy training, due process rights, Individual Education Plan (IEP), transition, and more. Questions may be answered by phone regarding special education laws.

COLLEGE INFORMATION FOR FOSTER YOUTH
Financial Aid/ Foster Youth Liaisons; these individuals assist foster youth with FASFA.

- Cerritos Community College, Cerritos
  Juan Mercado, jmercado@cerritos.edu, (562) 860-2451 x2390
  Silvia Vera, svera@cerritos.edu, (562) 860-2451 x3225

- Chaffey Community College, Rancho Cucamonga
  Lorena Valencia, lorena.valencia@chaffey.edu, (909) 652-6148

- Citrus College, Glendora
  Carol Thomas, cthomas@citruscollege.edu, (626) 914-8591

- East Los Angeles College, Monterey Park
  Lindy Fong, fonglw@elac.edu, (323) 780-6738

- Mount San Antonio College, Walnut, CA
  Wendy Campos-Lozano, wlozano@mt.sac.edu, (909) 594-5611 x5356

- Pasadena City College, Pasadena
  Theresa Reed, treed@pasadena.edu, (626) 585-3037

- Rio Hondo College, Whittier
  Sandy Sierra, ssierra@riohondo.edu, (562) 463-3371

- Riverside Community College, Riverside
  Jana Gray, jana.gray@rcc.edu, (951) 222-8713

- San Bernardino Valley College, San Bernardino
  Sam Trejo, strejo@sbccd.cc.ca.us, (909) 384-8670
COUNTY/ STATE OFFICES

**DCFS Hotline**
(888) 811-1121

**DCFS Kinship Care Services**
(626) 430-3200

**Department of Mental Health**
1-800-854-7771
505 South Virgil Avenue, Los Angeles CA 90020
Services for children and adults with a mental health diagnosis, or for assessment and medical follow-up.

**Foster Care Ombudsman**
744 “P” Street, MS8-13-25, Sacramento, CA 95814
(877) 846-1602 (Toll Free)
www.fosteryouthhelp.ca.gov
The Foster Care Ombudsman is here to help youth with problems or questions.

CRISIS CENTERS

**Bienstar Services**
Pomona, (909) 397-7660
180 E. Mission Boulevard, Pomona, CA 91766
Bienstar serves the Latino/Latina gay, bisexual, transgender, and straight community. It offers education, prevention, and support for outreach. HIV counseling, mentorship for probation youth, mental health counseling, social and cultural events are also offered.

**California Youth Crisis Line, 1-800-843-5200**
A project of the California Child, Youth and Family Coalition. Crisis counseling is available 24 hours with information and referrals for youth and families.

**Project Sister Family Services**
P.O. Box 1369 * Pomona, CA 91769
(909) 626-HELP (4357) or (626) 966-4155 (Both are confidential 24-hour hotlines)
www.projectsisiter.org
PSFS is the local rape crisis center providing counseling and a wide variety of prevention education classes, support groups, resources, information, and referrals. Volunteer opportunities are also available.

**Suicide Hotline**
(310) 391-1253

DOMESTIC VIOLENCE (Dating, Family, etc.)

**Domestic Violence Services Since 1978, Helpline: 626-967-0658**

**YWCA-San Gabriel Valley, WINGs Domestic Violence Services**
P.O. Box 1464, West Covina CA 91793
Office: (626) 915-5191, Fax: (626) 858-5140, Web Address: www.ywca-wings.org
DRUGS AND ALCOHOL

The Alcoholism Center for Women (ACW), (213) 381-8500
1147 South Alvarado Street, Los Angeles, CA 90006
www.alcoholicscenterforwomen.org

Established in 1975, this agency is a six to nine month multi-faceted, non-profit organization providing residential outpatient and prevention services for over 100 girls and women a month. Referrals come through court-mandated, inpatient treatment orders, and are for homeless and addicted women, as well as well-to-do women who are unable to manage their addiction.

Out-participant services include:
- Two or three groups a day, four days per week
- Individual counseling and case management sessions
- Bilingual/bicultural Spanish speaking staff
- Court mandated clients attend certified parenting groups to enhance women’s nurturing skills (Prevention Program)
- L’BOC (Love Being a Woman of Consciousness) – Drug free alternative social activities
- Interactive, preventative, educational workshops to women 18 and over
- New Choices – A 10-week, four-day-a-week, alcohol/drug prevention program for women ages 12-19.
- RADAR (Reducing Alcohol Distribution to Adolescents by Retailers)

Please call us or visit our web site for more information.

EDUCATION/ CAREGIVER (FOSTER & KINSHIP)

Foster and Kinship Care Education Community College Resources

Barstow  Barstow Community College, Michelle Rivera, Director/FKCE Instructional Specialist
mrivera@barstow.edu  t: (760) 252-2411 x7276, f: (760) 252-6798

Compton  Compton Educational Center (El Camino Center), Pamela Godfrey, FKCE Instructional Specialist
pgodfrey@elcamino.edu  t: (310) 537-3808, f: (310) 900-1691

Cerritos  Cerritos College, Graciela Vasquez, Director/FKCE Instructional Specialist
gvasquez@cerritos.edu  t: (562) 860-2451 x2490

Culver City  West Los Angeles College, Maria Mancia, Director/FKCE Instructional Specialist
mancia@wlac.edu  t: (310) 287-4540, f: (310) 287-4249

Long Beach  Long Beach City College, Claudia Garcia, Manager/FKCE Instructional Specialist
cgarcia@lbcc.edu  t: (562) 938-3114, f: (562) 938-3120

Los Angeles  Los Angeles City College, Juan Alvarez, Director/FKCE Instructional Specialist
jalvarej@lacitycollege.edu  t: (323) 953-4000 x2335, f: (323) 953-4013

Los Angeles  Southwest College, Joni Collins, Director/FKCE Instructional Specialist
collinjb@lasc.edu  t: (323) 241-5288, f: (323) 820-9307

Los Angeles Trade-Tech College, Dione Washington, Director/FKCE Instructional Specialist
washinkd@lattc.edu  t: (213) 763-3665, f: (213) 763-5393

Monterey Park  East Los Angeles College, Belen Gabriel, Director/FKCE Instructional Specialist
belengabriel@yahoo.com  t: (323) 265-8963, f: (323) 415-5318

Pasadena  Pasadena City College, Theresa Reed, Director/FKCE Instructional Specialist
txreed@pasadena.edu  t: (626) 585-3037, f: (626) 585-3060

Riverside  Riverside Community College, Whitney Ortega, Director/FKCE Instructional Specialist
whitney.ortega@rcc.edu  t: (951) 222-8648, f: (951) 222-8769

San Bernardino  Valley College, Karen Dixon, Coordinator/FKCE Instructional Specialist
kdixon@sbcdd.cc.ca.us  t: (909) 384-8674, f: (909) 885-4758

Sylmar  Los Angeles Mission College, Maria Granados, FKCE Instructional Specialist
grantam@lamission.edu  t: (818) 364-7600 x7135, f: (818) 364-7807

Torrance  El Camino College, Alexis Estwick, Manager/FKCE Instructional Specialist
estwickassociates@sbcglobal.net  t: (310) 660-3593 x3585, f: (310) 769-4604
Whittier  Rio Hondo College, Deborah Lopez, Director/FKCE Instructional Specialist  dlopez@riohondo.edu  t: (562) 908-3435, f: (562) 463-4681

Wilmington  Los Angeles Harbor College, Juanita Naranjo, Director/FKCE Specialist  naranjj@lahc.edu  t: (310) 233-4446, f: (310) 233-4215

Woodland Hills  Los Angeles Pierce College, Cindy Chang, FKCE Instructional Specialist  changck@piercecollege.edu  t: (818) 710-2941, f: (818) 710-4299

EMOTIONAL BEHAVIORAL PROBLEMS, LEARNING DISABILITIES and MENTAL HEALTH (e.g. Counseling, County Assistance, etc.)

Catholic Big Brothers / Big Sisters, (800) 463-4066, (213) 251-9855
www.catholicbigbrothers.org, Email: info@catholicbigbrother.org
A non-denominational mentoring program, founded in 1925 for children ages 6 to 14, this program offers quality one-on-one time with children who have been separated from their parents for one reason or another. Children who suffer from low income, being branded, traumatized and/or neglected, are given the opportunity to spend a minimum of one hour per week with a mentor doing activities such as playing sports, getting help with homework, or just talking or having fun. This program offers community-based and site-based programs. Volunteers are needed on a continuous basis.

Mission Statement: “To transform lives through rewarding and enriching relationships between trained mentors and youth of all faiths and backgrounds throughout our community.”

Vision Statement: “To be the most innovative provider of mentoring related services to the largest number of youth, thereby enriching lives and preserving futures.”

Children’s Bureau, (626) 337-8811
14600 Ramona Boulevard, Baldwin Park, CA 91706
Located in front of the Metrolink on the corner of Ramona and Bogart, this agency provides mental health services to children and their families in both English and Spanish. Medi-Cal accepted from families with histories of child abuse and neglect.

Children Having Attention Deficit Disorder (C.H.A.D.D.), (800) 233-4050
C.H.A.D.D. provides information, support, and resources for families with the challenge of raising a child with attention deficit disorder. Monthly support group meetings are available at several locations.

County of San Bernardino, Department of Mental Health, Phone (800) 451-5633
850 E. Foothill Blvd., Rialto, CA 92376
Mental Health Services Act/Age Wise Clinic, Peer Counseling for Seniors
Department of Behavioral Health
Community Crisis Response Team
Teams are available 24 hours a day, 365 days per year, and serve the West Valley, 909-458-9628. Provides assistance to those who are experiencing a mental health related emergency, including:
- Mental health assessment
- Relapse prevention
- Intense follow up services
- On-site crisis intervention

Family Resource Center (Parent Connection)
(909) 214-2097
2076 Bonita Avenue, La Verne, CA 91750
Learning Disabilities Association for California (LDACA)
(626) 355-0240
www.ldaca.org
Providing information on advocacy, support, and resources to families with the challenges of raising a learning disabled child.

Masada Homes
8485 Tamarind Avenue, Fontana, CA 92335, (909) 428-2366
Providing services for foster youth in L.A. County including mental health, in-home therapy, psychiatric and psychological services, wrap around services, substance abuse groups, and counseling. (Se habla español). Medi-Cal accepted.

Parent’s Place Family Resource Center
1500 S. Hyacinth Avenue (Suite B) - West Covina CA 91791
Warm Line: (800) 422-2022  Office: (626) 919-1091  Fax: (626) 919-2784
Email: empower@parentsplacefrc.com
A resource center for families who have children with developmental delays, developmental disabilities, and learning disabilities. The center provides parent-to-parent support, resources, and information.

San Gabriel Children’s Center
(626) 859-2089
http://www.sangabrielchild.com
A multi-faceted mental health and residential agency that the Los Angeles Department of Children and Family Services awarded a wraparound contract in April 2006. Wraparound is a family-centered innovative intervention that works to ensure child safety and achieve permanence for children and families. It features a model that is community based and an intervention that focuses on child and family strengths and is intensive, comprehensive, and culturally appropriate. Our team consists of a facilitator, a child and family specialist, a parent partner, and therapist.

San Gabriel/ Pomona Regional Center
(909) 620-7722, www.sgprc.org
San Gabriel/Pomona Regional Center provides or coordinates services and support for individuals with developmental disabilities. They provide diagnosis and assessment of eligibility and help plan, access, coordinate, and monitor the services and support that are needed because of a developmental disability. There is no charge for the diagnosis and eligibility assessment.

The Girl Blue Project
(213) 387-2053, info@thegirlblueproject.org
This project was founded in June 2003 as a proactive move to re-educate, motivate, and empower teen girls, 14 to 18 years old, in Los Angeles County. This innovative, free and intensive program was designed to focus on the social and emotional problems of teen girls and how these issues affect their ability to learn and lead productive, fulfilling lives. We are committed to awakening the truest potential in young women by empowering them to embrace who they are and giving them the tools to create whom they choose to be.
FOSTER FAMILY AGENCIES

Ettie Lee Youth And Family Services
754 E. Arrow Highway, Suite #F, Covina, CA 91722, (626) 967-5082
Hours of Operation: Monday through Friday, 8:30 a.m. – 5:30 p.m.
Established in 1950, Ettie Lee Youth and Family Services is a nonprofit, child welfare agency that serves abused, neglected, abandoned, and emotionally disturbed youth and their families from Los Angeles, Orange, Riverside and San Bernardino counties. Its focus is to assist troubled youth who are in need of guidance and support to develop values and skills that will facilitate their success in life. Ettie Lee also provides valuable resource information for Foster Family Caregivers and Adoption Homes, as well as mental health services.

Futuro Infantil Hispano, FFA
2227 E. Garvey Ave North, West Covina, 91791
Hours of Operation: M-F- 8:30-5pm
626-339-1824
Futuro Infatil Hispano, Foster Family Agency Inc., is a foster family agency located in SPA 3 for the placement of foster children in treatment foster homes. We recruit and train foster parents to provide treatment foster care services to LA County DCFS, Orange County, Riverside and San Bernardino Counties. The foster children range in age from newborn through 21 years old (who would be the non-minor dependents) and at times we also care for teens moms and their children through what is now called “Whole Foster Family Home” (WFFH) program. In addition, we are in the process of being approved for ESC (Emergency Shelter Care) which are foster homes available to LA County DCFS for placements 24hours/7days a week. Lastly, the agency is pending its adoption license approval from Sacramento to do conduct domestic adoptions throughout the State of California.

Homes of Hope Foster Family Agency
1107 S. Glendora Ave., West Covina, CA 91790, Phone: 1-888-944-4673
Hours of Operation: 8:30 a.m.-5 p.m.
The Homes of Hope Foster Family Agency, a private non-profit home-finding agency, is licensed by the State of California Department of Social Services and has provided adoption and tutoring services to our foster children in Los Angeles County since 1994. This agency continues to expand to better meet the growing needs of Los Angeles County’s Department of Children and Family Services for caregivers and the children in their care.

FEDCAP
969 South Village Oaks Dr., Suite #203
Covina, Ca. 91724
626-858-3149
9 a.m.-5 p.m.
FEDCAP: Since 1935, Fedcap has been a pioneer in improving the lives of people with barriers through innovative approaches to education, workforce development, occupational health, and economic development. Today, we remain fiercely committed to our mission, to creating relevant, sustainable impact, and to improving the lives of those we serve. The last several years have been a time of extraordinary growth and expansion. We expanded Prep Now!™ to Los Angeles through a generous grant from the Conrad Hilton Foundation. Prep Now!™ is Fedcap’s one-of-a-kind national solution to creating a college going culture in foster homes, boosting college entry and graduation rates for the 26,000 youth transitioning from care each year.
McKinley Children’s Center Foster & Adoption Agency
Building Happier and Healthier Futures Since 1900
762 W. Cypress Street, San Dimas, CA 91773/www.mckinleycc.org
(877) 917-1211 Office Hours 8am-5pm
McKinley Children’s Center is a private, non-profit foster and adoption agency that has provided services to foster youth since 1900. McKinley brings a wide spectrum of healing, teaching and comforting skills to children who have been the victims of abuse, abandonment, neglect or other forms of trauma. McKinley specializes in providing infants, children, adolescents and young adults with the comfort; privacy and nurturing of a family home in which to heal their wounds of abuse and neglect. McKinley Children’s Center specially recruits, trains and certifies foster and adoptive families to provide hundreds of vulnerable children with a safe place to call home. McKinley Children’s Center provides all of its families with 24-hour emergency response, counseling, consultation, medical coverage, on-going training and financial reimbursement. Prospective applicants are welcome without regard to race, ethnicity, religion, sexual orientation or gender identity. McKinley Children’s Center has offices conveniently located in San Dimas, Riverside, Long Beach and Palmdale.

The David and Margaret Home
1350 Third Street, La Verne, CA 91711, (909) 593-0089
Since 1910, the David and Margaret Home has been a refuge for children in need. As social changes present new challenges, we refine our programs and services in order to meet our commitment to our clients and families. The foster family agency offers foster families comprehensive training and continuing support from agency staff. The program strives to create foster matches that fulfill each child’s needs and build on each family’s strengths. When appropriate, every effort is made to maintain contact with the birth family. The goal of the foster family agency is to provide both foster children and families with long-term, safe, nurturing relationships. If you are interested in becoming a foster family, please call (909) 593-0089.

The David and Margaret Bargain Boutique:
Store Hours: Tuesday - Saturday 9 a.m. - 5:30 p.m.
The Bargain Boutique is a shopping experience offering low prices benefiting the residents of The David and Margaret Home in La Verne and is also open to the public.

HEALTH RESOURCES
East Valley Community Health Center, Inc., www.evchc.org
West Covina Office: (626) 919-5724 (Ext. 2110 or 2113, 420 S. Glendora Avenue,
West Covina, CA 91790
Pomona Office: (909) 620-8088 (Ext. 3100), 680 Fairplex Drive, Pomona, CA 91768
Services include:
A health care home for all of your needs with experienced and dedicated doctors, dentists, and nurses.
Family Medicine: Pediatric care, diabetes, hypertension, and physicals for work, school and sports, immunizations, health and nutrition programs.
Women’s Health Care: Family planning, education and birth control, pregnancy tests, GYN exams, pap smears, prenatal care, case management, and mammograms for women over 40 years of age.
**STD Screening:** Diagnosis and treatment of sexually transmitted diseases (STD), HIV testing, referrals and counseling.

**Teen Clinic:** Available for both young men and women.

**Dental Services:** General services are provided at the West Covina location.

**Mental Health Services:** Individual, family and group counseling.

**Languages:** Se habla español and interpreters for most languages can be arranged at no additional cost.

**Appointments:** Morning, afternoon, evening, and Saturday appointments available for most services.

**Insurance:** We accept Medi-Cal, Medicare, Healthy Families, Healthy Kids and other health insurance coverage. Assistants are available to help you apply for some of these plans.

**Affordability:** We offer sliding fee discounts and free or low-cost services to those who qualify. Laboratory, medications, and x-rays are included with medical services.

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**INCARCERATION**

Families of the Incarcerated, (213) 438-4820, Ext. 24  
2049 S. Santa Fe Ave., Los Angeles, CA 90021  
Contact: Amalia Molina, E-mail: AAMolina@la-archdiocese.org,  
Website: www.familiesoftheincarcerated.com  
Families of the Incarcerated works to support families of inmates through giving them support and resources that might not otherwise be available.

Get On The Bus, www.getonthebus.us  
Uniting children with their mothers and fathers in prison.

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**INDEPENDENT LIVING RESOURCES**

Independent Living Program: http://www.ilponline.org/

Services Center for Independent Living, (800) 491-6722 or (909) 621-6722,  
TDD: (909) 445-0726  
Fax: (909) 445-0727  
107 Spring Street, Claremont, CA 91711, www.scillic.org  
SCIL’s mission is to advocate for inclusion and access to a barrier-free society. Our programs and services include advocacy, assistive technology, independent living skills training, peer counseling, systems change, and a youth program. If you have a disability and want assistance to be as independent as possible, please call your local Independent Living Coordinator (ILC).
**Kinship**

**Grandparents as Parents (GAP), Se Habla Espanol**
Website: www.grandparentsasparents.org  
(818) 264-0880  
Warmline: (562) 421-7991 or (310) 839-2548 or (818) 789-1177  
This non-profit organization serves grandparents and/or other relative caregivers faced with parenting all over again. Groups are very casual, small, non-threatening, and non-judgmental. We offer complete anonymity and a safe place to come, talk, cry, or listen. If you are dealing with guilt, isolation, domestic or child abuse, financial challenges, the law, school enrollment, special education, adoption, emotional ups and downs, or need resources, please give us a call. There is no cost to the participant. Various locations and resource partners are available to serve your needs.

**Los Angeles Universal Pre-School (LAUP)**
www.laup.net  
Los Angeles: (213) 416-1200  
888 S. Figueroa Street (Suite #800), Los Angeles, CA 90012

The Los Angeles Universal Preschool (LAUP) was created in 2004 with funding from First 5 LA. LAUP’s goal is to make voluntary, high-quality, preschool available to every four year old in LA County, regardless of family income. LAUP funds half-day preschool through a network of sites throughout L.A. County. Through the LAUP Foster/Relative Care Initiative, LAUP offers free enrollment to children in foster or relative care. It also offers training to increase the capacity of preschool providers to serve these children and their caregivers.

**Mental Health Services (MHS) Inc.**
Mental Health Services (MHS) Inc. Helping Hands Kinship Support  
Kinship Support Services lend a helping hand to relative caregivers and non-relative extended family members, also known as kin caregivers. Kinship Support Services offers these families the help and support they need to stay together as a family. Through kinship placements, families are maintained, and traditions are upheld. Children move less and experience fewer behavioral, educational, and/or health problems.

- Kinship Caregiver Support Groups meet every Tuesday, 10 a.m.-12 p.m.  
  316 East E Street, Ontario, CA 91762, Phone: (909) 986-9710  
- Kinship Caregiver Support Groups meet every Monday, 10 a.m.-12 p.m.  
  16519 Victor Street, Suite 404, Victorville, CA 92395, Phone: (760) 843-1177

**Support Group for Relative Caregivers (DCFS El Monte Office)**
4024 N. Durfee Ave.  
El Monte, CA 91732  
For information call Nancy at (626) 455-4660

**Support Group for Caregivers**
DCFS Kinship Support Division  
Meetings 4th Tuesday of every month from 10 a.m. – 12 p.m.  
No meetings July, August or December  
Department of Children and Family Services  
Palomares Senior Center  
499 East Arrow Highway  
Pomona, CA 91767  
Contact Cecelia Chang, CSW (626) 430-3220
Westside Kinship Support Services  
785 N. Arrowhead Ave, San Bernardino, CA 92401, Phone: (909) 889-5757

Spanish Kinship Support Group  
(DCFS Glendora Office)  
725 S. Grand Ave., Glendora, 91740  
Meetings fourth Tuesday of every month from 9:30 a.m.-12:30 p.m.  
Contact Martha Forbes  
SCSW Phone: (626) 430-3229

LEGAL GUIDANCE

Alliance for Children’s Rights, (213) 368-6010  
3333 Wilshire Boulevard #550, Los Angeles, CA 90010  
A non-profit agency providing legal representation to children on various legal issues including education, custody, out-of-home placement, and delinquency issues.

Protection & Advocacy, Inc., Hotline: (800) 776-5746,  
Los Angeles Office: (213) 427-8747  
Offers help and information regarding the protection of the legal, civil, and service rights of the disabled and/or mentally ill persons and their families.

Disability Rights California: (800) 776-5746  
Los Angeles Office: (213) 213-8000  
Offers help and information regarding the protection of the legal, civil, and service rights of disabled persons and their families.

MUSEUMS

California Science Center: Free daily, from 10 am to 5 pm. Call (323) 724-3623 or visit californiasciencecenter.org.

Kidspace Children’s Museum in Pasadena: Free the first Tuesday, 4-8 pm, year-round (except September). Go to the Physics Forest and learn about gravity, kinetic energy, wind power and more in this outdoor interactive experience. Call (626) 449-9144 or visit kidspacemuseum.org.

Historic Trains Exhibit at Pomona Fairplex: See the largest steam engine and the largest diesel locomotive in the country. Free on second Saturday, 10 am – 3 pm. Call (909) 623-0190 or visit fairplex.com.

Norton Simon Museum of Art in Pasadena: Free on the first Friday of the month, 6-9 pm. Call (626) 449-6840 or visit nortonsimon.org.

Pacific Asia Museum in Pasadena: Kids can listen to stories from the Silk Road, an ancient trade route from China to Europe. Children will enjoy hands-on crafts and snack on Asian snacks. Free on the first Saturday, open at 10:30 am. Call (626) 449-2742 or visit pacificasia museum.org.

POISON CONTROL

Poison Control, 800-544-4404
SHELTER (Shelter and Food)  
1736 Family Crisis Center  
2116 Arlington Avenue, Suite 200, Los Angeles 90018, (310) 379-3620  
With a nearly 100 percent success rate, this facility offers a FREE, six-bed, two-week shelter, providing food and shelter (a safe place to stay) in the South Bay for both male and female children, ages 10-17. Our services target children who have problems with their parents, problems with/at school, who are homeless, are runaways, or have been told to leave a home. Operating on a first come/first served basis with 24 hour intake services available, children staying here will receive individual, group/family, counseling, individualized treatment plans, life skills training, and 24 hour support. The goal is to help the child work things out at home. If no success is made, the shelter will assist in helping the child find alternative housing.

SUPPORT GROUPS

Inland Caregivers Resource Center  
1430 E. Cooley Dr. #124  
Colton, CA 92324  
(909) 514-1404  
(800) 675-6694  
www.inlandcaregivers.com  
This center assists families in Riverside, San Bernardino, Inyo and Mono counties with housing information and referral, counseling respite care, and support for caregivers.

Kinship Resource Center, South  
Kinship Care Providers Educational Support Group  
421 S. Glendora Ave., Suite 100  
West Covina, CA 91790  
1-888-MYGRAND or 1-888-694-7263  
Hours of Operation: M-F 8am-5pm

WOMEN, INFANTS and CHILDREN PROGRAMS

California WIC (Women, Infants and Children) Program, 1-888-WIC-WORKS (1-888-942-9675)  
www.wickworks.ca.gov  
WIC, the Women, Infants, and Children Program is a nutrition program that helps pregnant women, mothers with infants, infants and young children eat well, be active and stay healthy. WIC also offers families nutrition and health education, education support for breastfeeding babies and help in finding health care and other community services.
Important Contacts

Los Angeles County Department of Children and Family Services
1(213) 351-5507

San Bernardino Children and Family Services
1(909) 387-2020

Foster Care Adoptions
Los Angeles County – 1(888) 811-1121 (Talk Line)
San Bernardino County – 1(800) 722-4477

Foster Care Licensing
Los Angeles County – 1 (310) 665-1940
or 1 (310) 568-1807
San Bernardino County – 1(800) 722-4477

Help Me Grow (Resource Connections)
1(866) 476-9025

Library Cards for Foster Children:
Los Angeles County - www.COLAPUBLIB.org
1(626) 338-6235
San Bernardino County – www.SBPL.org 1(909) 381-8201

Foster Youth Educational Services
Los Angeles County – (626) 967-8852 x223 or x229
Outside Los Angeles County – John Keane (562) 922-6234

Email Contacts:
Sonia Muhammad – Muhammad_Sonya@lacoe.edu
Teresa Villasenor – Villasenor_Teresa@lacoe.edu

“There is always, always, always something to be thankful for.”
Safely Surrender Your Baby

WHERE?
AT ANY HOSPITAL OR
EMERGENCY ROOM

What is the “Safely Surrendered Baby” Law?
The Safely Surrendered Baby Law allows a parent or person with law-
ful custody to surrender a baby confidentially, without fear of arrest
or prosecution for child abandonment. This law allows for at least a
14-day cooling off period, which begins the day the child is voluntarily
surrendered. During this period, the person who surrendered the child
can return to the hospital to reclaim the child.

How Does it Work?
A parent who is unable or unwilling to care for an infant can legally and confidentially surrender
their baby within three days of birth. Babies may be surrendered to any public or private
hospital emergency room in California. A bracelet will be placed on the baby for identification and a
matching bracelet will be given to the parent. The bracelet will help identify the child if the parent
changes their mind during the cooling off period. A baby can be safely surrendered 24 hours a day,
seven days a week.

What Happens to the Baby?
Safely surrendered babies are given a medical exam and placed in a foster home or a
pre-adoptive home.

What Happens to the Parent?
Parents who safely surrender their baby may leave the hospital emergency room without fear of
arrest or prosecution for child abandonment. Their identity will remain confidential and they will
have the comfort of knowing their baby will remain in safe hands.

Who Can I Contact for More Information?
If you, or someone you know, wants to surrender a baby, please take the child to any hospital or
emergency room. Remember: No shame, No blame, No names...it’s the law. If you would like to
know more about the Safely Surrendered Baby Law, please visit their web site at

A mother’s love is one of the
most powerful things on earth.
Entregar Con Seguridad Su Bebé

La ley sobre cómo entregar a un bebé sin ningún peligro

¿Cómo Trabaja?
Esta ley establece un procedimiento para entregar voluntariamente a un bebé antes de que pasen 72 horas a partir de su nacimiento. Bajo esta ley, el padre/madre (o padres) puede entregar a su bebé sin ningún peligro y estará protegido de enjuiciamiento por abandono infantil. Esta ley hace más fácil para que un padre/madre entregue a su bebé que de otra manera lo abandonaría en un lugar inseguro.

¿Qué va pasar con mi bebé?
El bebé se quedará en el hospital por catorce días, le tomaran un examen médico, y luego se irá a un hogar adoptivo.

¿Puedo recoger mi bebe después de entregarlo?
Los padres de la criá tienen un mínimo de dos semanas para pensar en su decisión final. Si los padres desean recoger a su bebé deben ir al hospital donde nació y reclamar a su criá.

¿Qué pasa con los padres?
Padres que entregan a su bebé de manera segura pueden irse del cuarto de emergencia sin temor que las autoridades los detengan. Las identidades de los padres se quedarán confidencial y tendrán una consciencia clara porque su bebé esté en buenas manos.

Hay una opción.
No abandone a su bebe.

1-877-Baby Saf • 1-877-222-9723
### Training Hours Tracking Form

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**Total Hours _____**
Directions Maps
Irwindale, La Verne and Ontario

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

Helping Hands
316 E. E St.
Ontario, CA 91764

Maps are not to scale.
Directional Maps
Pomona and Rancho Cucamonga

POMONA:
Lincoln Ave Church,
1511 Lincoln Ave.,
Pomona, CA, 91767

Palomares Senior Center
499 East Arrow Highway
Pomona, 91767

Family Sports Center
9059 San Bernardino Road
Rancho Cucamonga, 91730

Maps are not to scale.
Directional Maps
Rancho Cucamonga, San Dimas, South El Monte and Walnut

Immanuel Praise Fellowship
9592 7th Street
Rancho Cucamonga, CA 91730

San Gabriel Valley Service Center, multi-purpose room
Kinship Care Providers Educational Support Group
1441 Santa Anita Ave.
South El Monte, CA 91733

Maps are not to scale.
Directional Maps
Walnut and West Covina

Maps are not to scale.
BECOME A FOSTER/ADOPTIVE PARENT

LOS ANGELES COUNTY

Our children need you to provide them with a loving home that will nurture, guide and support them.

Please call the San Bernardino County Department of Children's Services

1-800-722-4477

SAN BERNARDINO COUNTY

Share your Heart......Share your Home
Comparta Su Corazon......comparta Sue Hogar

Become a Resource Family-(Foster and/or Adoptive Parent)
SePadre de Crianza o Padre Adoptive

Call (Llamena)

1-888-811-1121
How to Really Love a Child

Be there. Say yes as often as possible.
Let them bang on pots and pans.
If they are unlovable, love yourself.
Realize how important it is to be a child.
Go to the movie theater in your pajamas.
Read books out loud with joy.
Invent pleasures together. Remember how really small they are.
Giggle a lot. Surprise them. Say no when necessary.
Teach feelings. Heal your own inner child. Learn about parenting.
Hug trees together. Make loving safe.
Bake a cake and eat it with no hands.
Go find elephants and kiss them.
Plan to build a rocket ship. Imagine yourself magic.
Make lots of forts with blankets. Let your angel fly.
Reveal your own dreams. Search out the positive.
Keep the gleam in your eye. Encourage silly.
Plant licorice in your garden. Open up. Stop yelling.
Express your love, a lot. Speak kindly. Paint their tennis shoes.
Handle with caring.
Children are miraculous.