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

Schedule of Classes
March 2016 to June 2016
“We are here to Lend a Hand”

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

We are in the midst of spring and will soon take pleasure in the fun activities of the summer season. Summer is the time of year when we are partial to the sun. We love to smell the flowers (if we do not suffer from allergies) and, with a bit of luck, plan some trips to the beach or picnics in the park. Summer provides a grand leeway to build wondrous memories. Do not forget the sunscreen!

I hope that you had an opportunity to plant a garden with the children in your care and that you are now enjoying the fruits of your labor. These memories will provide you and the children in your care with amazing relationship and living skills, which are priceless. I am confident that these children will, in turn, share with their children someday what you have taught them about parenting and taking time to have fun.

In April and June respectively we will be having our annual Kinship Training Institute and our Kinship & Youth Training Institute, all caregivers are welcomed. Please plan some fun outings for Armed Forces Day and Memorial Day in May and finally, yet importantly, in June for Flag Day.

The Foster/Kinship Education & Resource Programs Staff here at Citrus College and I would love to wish all of the Foster and Kinship parents a joyous Mother’s Day and Father’s Day.

In closing, our staff thanks you for helping us stay Green; your willingness to accept the Schedule of Classes via email has allowed us to keep our printing costs down.

Honored to be of service,

Lil E. Sass, M.A.
Program Coordinator
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Website: www.citruscollege.edu/fkce
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Our office is located in the Integrated Success Center (IC),
formerly the Child Development Center-Infant Center,
please refer to the map on page 80.
**Registration Guidelines**

If you are no longer a foster parent or care provider and wish to be removed from our list, please call our office at your earliest convenience.

PLEASE PRE-REGISTER FOR ALL CLASSES

In order to provide you with quality training and professional services, we require that all participants adhere to the following guidelines:

- **PROVIDE A VALID CALIFORNIA IDENTIFICATION TO OBTAIN YOUR CERTIFIED TRAINING HOURS CERTIFICATE FROM THE TRAINER.**

The following frequently asked questions may be helpful to you:

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

**How do I register for a class?**
You may register by doing one of the following:

- **Call the Foster and Kinship Care Education (FKCE) office at (626) 857-4028 between the hours of 9 a.m. and 5 p.m. M-Th and between 9 a.m. and 4 p.m. on Fridays. (Please speak and spell clearly). We observe all national holidays.**
- **Fax lists of 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 cost, we are mailing one class schedule per address. We cannot resend the class schedule if you did not receive one; you are welcome to come into the office and copy the pages you need. Please contact us and we will provide you with a parking pass.
Reglas de Matrícula

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 más 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 propvéanos 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 número 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 sensible 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 habermelo registrado?
No hay problema! Pero por favor llámalemos 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 provea todos sus datos. Clases que se cancelan después de las 4 p.m. no nos da suficiente tiempo para notificarles. En casos cuando las clases se cancelan inesperadamente, habrá un anuncio en la puerta del local. 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 costos de impresión, nos envía por correo un horario de clases por dirección. Nosotros no podemos enviar el horario de clases si no has recibido le acogen con satisfacción para entrar en la oficina y copiar las páginas que usted necesita. Por favor contáctenos y nosotros le proporcionar emos con un pase de estacionamiento.
Foster/ Kinship Education and Resources

MARCH-JUNE 2016 EVENTS

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

~~ March ~~
CSEC
Training at the following locations:
Glendora, Citrus College
Irwindale, Eggleston Family Services
Rancho Cucamonga, Family Sports Center
(Call our office at (626) 857-4028 for exact dates)

~~ April ~~
Kinship Training Institute
April 11, 2016

~~ June ~~
Your One and Only Life
Monday, June 13, 2016

~~ July ~~
MAPfest
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.
Foster Children and Sexualized Behavior (B or D Rate)
Wednesday, March 23, 2016
9:30 a.m. - 11:30 a.m.
This class will explore how foster children may exhibit sexualized behavior. Through discussion, participants will examine how abused children may display behaviors that can raise questions about their sexual behavior toward others. Participants will be able to recognize these behaviors and will gain knowledge of how to better address this situation.

The Impact of Moving on Foster Children (B, D or F Rate)
Wednesday, May 25, 2016
9:30 a.m. - 11:30 a.m.
Explore the impact on children removed from their homes experience and how their lives are interrupted. This class deals with the impact of multiple moves and the importance of providing a permanent structured home life for children.

The Art of Negotiation, Problem Solving and Influencing Others (B Rate)
Wednesday, April 27, 2016
9:30 a.m. - 11:30 a.m.
Why is working with my children always a battle? They don’t do their chores, homework, or get along with each other! When will the madness stop? Participants learn skills needed to negotiate, problem solve, and build cooperation in their home, without creating chaos. Participants have an opportunity to participate in a family/group meeting and develop real solutions to everyday frustrations with their children.

Smile, it is the key that fits the lock of everybody’s heart.
Seeing the Best in Children (B Rate)
Tuesday, March 22, 2016
10:00 a.m. - 12:30 p.m.
In this session participants will learn how to view children’s behavior differently, seeing the best in children. Seeing children’s positive intent in situations rather than negatively viewing children’s behavior will assist with overall cooperativeness.

“Don’t Waste My Time– The Important of Time Management”
(B or D Rate)
Tuesday, April 26, 2016
10:00 a.m. - 12:30 p.m.
People need a clear idea of how they are using their time and how to prioritize responsibilities and engagements. When working with foster youth, time management is essential. There are many scheduled appointments that come with caring for foster youth. There are a variety of time schedules that can fit different personalities. Caregivers recognize which one fits them best. They will learn to help their youth manage and prioritize their schedules.

Walk A Mile in Their Shoes: Abuse and Neglect on Children
(B or D Rate)
Tuesday, May 24, 2016
10:00 a.m. - 12:30 p.m.
Through a series of experiential exercises, participants will have an opportunity to discover first hand why abuse and neglect have such a profound effect on children. Clips from movies also be displayed to aid caregivers in understanding their children’s behavior.
South El Monte
San Gabriel Valley Service Center (DCFS Kinship Support Group)
1441 Santa Anita Avenue * South El Monte 91733
Presenter: Lucy Razo, M.S.

“But I Thought Therapy was for Crazy Folks!” (B, D or F Rate)
Thursday, March 24, 2016
10:00 a.m. - 12:00 p.m.
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.

Relative Caregiver “Loving Me”
Workshop (B, D or F Rate)
Thursday, April 28, 2016
10:00 a.m. - 12:00 p.m.
This fun workshop explores and strengthens the relative caregiver's personal development skills and adjustments. A basic understanding and fulfillment of personal needs will enhance the caregiver’s quality of care and daily interactions with the children in their homes. Caregivers will engage in multiple, hands-on learning activities that will challenge their self-knowledge and basic needs. At the end of this workshop, participants will be able to identify individual stress levels and learn how to relieve stress using effective fun and silly strategies. They will also experience expressions of music; discuss a plan for physical exercise and develop a progression exercise journal; examine the law of attraction; articulate applicable daily affirmations and develop realistic relaxation techniques.

Preparing Summer Activities
(B, D or F Rate)
Thursday, May 26, 2016
10:00 a.m. - 12:00 p.m.
Keeping children active and involved takes planning in advance. This workshop helps caregivers identify summer activities that help kids learn and grow.

West Covina
DCFS Kinship Support Group
Kinship Resource Center-South * 421 S. Glendora Ave., Suite 100 * West Covina  91790
Presenter: Elaine Jankins

Kinship Orientation & 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 (Traditions 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

Friday, March 18, 2016
9:30 a.m. - 12:30 p.m.
Friday, April 22, 2016
9:30 a.m. - 12:30 p.m.
Friday, May 20, 2016
9:30 a.m. - 12:30 p.m.
Diferentes Tipos de Disciplina  
(B, D or F Rate)  
Martes, Marzo 8, 2016  
9:30 a.m. - 12:30 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 Entendimiento y La Identificación de Trastornos Alimentarios  
(B, D, F or W Rate)  
Martes, Abril 12, 2016  
9:30 a.m. - 12:30 p.m.  
Los participantes en esta clase serán capaces de identificar y definir lo que constituye tras tornos alimentarios. Hablaremos de los tipos diferentes así como la importancia de influir en niños para comer sano y ejercicio en una base regular.

Comprensión Deterioro  
(B, D or F Rate)  
Martes, Mayo 10, 2016  
9:30 a.m. - 12:30 p.m.  
Deterioro afecta a personas de todas las edades y de todas las profesiones de los niños a los presidentes. Sin embargo, es más común en las profesiones de ayuda, esos trabajos donde la gente da constante ayudan a otras personas. Con los padres que fomentan o adoptan a niños con problemas de comportamiento están en alto riesgo de deterioro, este taller es muy informativo. Proporciona a los participantes con el conocimiento de los síntomas y las etapas de deterioro, de shacerse de deterioro y manejo del estrés al cuidar para fomentar, parentesco o de los niños adoptados.

Alegria es el sentimiento de la sonrisa interior.
Depresión y Suicidio (D Rate)
Jueves, Marzo 10, 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.

Varios Colocaciones y Multiples Problemas (B, D or F Rate)
Jueves, Abril 14, 2016
9:00 a.m. - 12:00 p.m.
Explorar los efectos de los comportamientos de los niños y las emociones basadas en frecuentes movimientos de colocación para la colocación. Esta clase informa a los cuidadores de cómo continúa el ciclo de abuso de familias abusivas naturales en el sistema de cuidado de crianza temporal. Los niños son trasladados de colocación para colocación debido a comportamientos aprendidos en sus familias de origen y a veces de las familias de acogida. Los síntomas de estos trastornos como resultado en múltiples ubicaciones y trauma emocional. Aprender de los tratamientos para ayudar a los niños afectados por estos trastornos.

Control del Enojo Para la Juventud (B or D Rate)
Jueves, Mayo 12, 2016
9:00 a.m. - 12:00 p.m.
Muchacho, mi hijo va de calma hasta el punto de ebullición en 0,5 segundos. No ser capaz de manejar el enojo y la frustración puede crear muchos problemas a nuestros hijos. Los participantes analizarán los sentimientos subyacentes de la emoción de la ira. Las herramientas también se proporcionará ayuda a los cuidadores a manejar su ira y modelar estas habilidades para sus hijos. Información específica también se proporciona para ayudar a los niños pequeños y los adolescentes controlar su ira.
¡No Más Víctimas! Vencer Victimización (B, D or F Rate)
Miercoles, Marzo 2, 2016
9:00 a.m. - 12:00 p.m.
Los participantes verán un vídeo 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, LMFT

Abuso Sexual y Físico (B or D Rate)
Lunes, Marzo 7, 2016
9:00 a.m. - 12:00 p.m.
Esta clase ayudara 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.
**Presenter:** Lelia Montiel, LMFT

¿Que Está Sucediendo Ante el Tribunal? (B, D or F Rate)
Miércoles, Marzo 9, 2016
9:00 a.m. - 12:00 p.m.
Los niños y adultos con quien trabajamos tarde que temprano se encontrarán frente el sistema judicial. Éste puede ser asustadizo o de intimidación para cualquier persona especial a los niños. Los padres de crianza aprenderán qué sucede ante el tribunal; quién trabaja allí, cuáles son las reglas, y cómo usted pudo estar implicado. Esta clase ayudará a cómo navegar el sistema judicial.
**Presenter:** Lelia Montiel, LMFT

Adolescentes Enojados, Hostiles y Defensivos (B or D Rate)
Jueves, Marzo 10, 2016
6:00 p.m. - 9:00 p.m.
Este curso ayudara 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:** George Razo, M.A.

Disciplina Efectiva (B, D or F Rate)
Domingo, Marzo 13, 2016
9:00 a.m. - 12:00 p.m.
Todos los padres y proveedores batallan algún momento u otro con cómo establecer orden al comportamiento del niño. Los padres aprenderán que el objetivo de la disciplina positiva es enseñar a los niños desarrollar un comportamiento seguro y socialmente responsable que formante el respeto por ellos mismos y el respeto por los sentimientos y la propiedad de los demás.
**Presenter:** Claudia V. Reyes-Olivares, M.A.

Buena Comunicación con la Familia (B, D or F Rate)
Lunes, Marzo 14, 2016
9:00 a.m. - 12:00 p.m.
Le digo a mis hijos lo que se espera de ellos, pero no lo entienden. ¿Por qué tengo que repetir constantemente las instrucciones a mis hijos? ¿Por qué nunca puedo resolver problemas? Sí, estos son desafiantes problemas para dirigir. Sin embargo, los participantes tendrán la oportunidad de discutir los desafíos que se enfrentan al comunicar sus expectativas. Permitirá identificar herramientas para ayudar a comunicarse de manera efectiva con miembros de la familia, así como métodos eficaces de escuchando.
**Presenter:** Lelia Montiel, LMFT
Cómo Disciplina Tiempo
Construyendo Relaciones
(B, D or W Rate)
Miércoles, Marzo 16, 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.
**Presenter:** Lelia Montiel, LMFT

AB-12: Vision General de lo que se Trata Todo (B Rate)
Viernes, Marzo 18, 2016
6:00 p.m. - 9:00 p.m.
La clase AB-12 va a proporcionar los requisitos clave para non-Minor Dependent (NMD) (dependientes que no son menores de edad); el cuidador va poder preparar y discutir opciones bajo la nueva ley con el adolescente en su cuidado. Esta clase beneficiar cuidadores con adolescentes de 15 anos y mas, tambien a ellos mismos, para preparar Foster care (Acogida) extendida.
**Presenter:** Claudia V. Reyes-Olivares, M.A.

Como Mantener los Records de los Ninos (B, D or F Rate)
Lunes, Marzo 21, 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.
**Presenter:** Lelia Montiel, LMFT

Cómo Prevenir y Manejar Las Quejas
(B, D or F Rate)
Miércoles, Marzo 23, 2016
9:00 a.m. - 12:00 p.m.
Los padres de crianza están expuestos a recibir quejas sobre sus hogares. En esta clase los padres de crianza y adoptivos aprenderán técnicas de como prevenir quejas sobre sus hogares y tambien a como manejarlas.
**Presenter:** Lelia Montiel, LMFT

Como Reportar el Abuso Infantil
(B or D Rate)
Lunes, Marzo 28, 2016
9:00 a.m. - 12:00 p.m.
Hablaremos sobre la forma de como reportar el abuso infantil según las reglas. Discutiremos como poder reconocer ciertos síntomas del abuso para poder reportarlo inmediatamente.
**Presenter:** Lelia Montiel, LMFT

Ayudar a Construir el Autoestima de los Niños (B, D, F or W Rate)
Domingo, Abril 3, 2016
9:00 a.m. - 12:00 p.m.
La autoestima es una parte importante de quienes somos. Este taller le ayudará a proporcionar cuidado de los niños de la comprensión de lo que la autoestima es, cómo reconocer las señales saludable o no; la autoestima de un niño o de los jóvenes, y qué hacer al respecto.
**Presenter:** Claudia V. Reyes-Olivares, M.A.
Conectando a los Niños a las Relaciones Perdurales
(B, D or F Rate)
Lunes, Abril 4, 2016
9:00 a.m. - 12:00 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.

Presenter: Lelia Montiel, LMFT

Crecimiento y Desarrollo del Niño:
Edades y Etapas de 11-13 anos
(B Rate)
Miércoles, Abril 6, 2016
9:00 a.m. - 12:00 p.m.
Hablaremos acerca del desarrollo del joven en lo físico, emocional y social, cognitivo, salud y riesgos, seguridad y disciplina.

Presenter: Lelia Montiel, LMFT

Desarrollando Instrumentos Efectivas Para Tratar con Crisis
(B, D or F Rate)
Lunes, Abril 11, 2016
9:00 a.m. - 12:00 p.m.
¿Ha sido abrumado? ¿Estresado más allá de su capacidad normal de funcionamiento? ¿Ha sufrido ataques de pánico--cuando su corazón palpita rápido y fuerte, es difícil respirar, y crees que vas a morir. ¿Ha sufrido un trauma? ¿Has sido abusado? ¿Ha muerto alguien cercano a usted? ¿Son sus hijos adoptivos fuera de control? ¿Has perdido una mascota? ¿Estás bajo la enorme carga financiera? Si así, conoce de primera mano, cuando la vida se vuelve difícil, resulta ser fácil simplemente renunciar. ¿Qué pasaría si fueras un niño viviendo todo esto y mucho más? Este taller proporcionará información y estrategias para enseñar a su hijo herramientas básicas de gestión de crisis que les ayudará a manejar su estrés.

Presenter: Lelia Montiel, LMFT

Acoso Escolar (B, D or F Rate)
Jueves, Abril 14, 2016
6:00 p.m. - 9:00 p.m.
Participantes van a examinar las causas comunes de acoso escolar, van a aprender a identificar cuando su hijo está siendo acostado, y las intervenciones que pueden usar para ayudar a su hijo.

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

Disciplina (B, D or F Rate)
Lunes, Abril 18, 2016
9:00 a.m. - 12:00 p.m.
Disciplina. El disciplinar a los niños es un reto que los padres tienen, especialmente cuando estos niños estan bajo nuestro cuidado y las reglas que seguir. En esta clase hablaremos de tecnicas de discipina para todas las edades, especialmente para adolescentes.

Presenter: Lelia Montiel, LMFT

Abuelos que son Padres
(B, D or F Rate)
Jueves, Abril 21, 2016
6:00 p.m. - 9:00 p.m.
Disculiremos como los abuelos dejen de un papel muy importante en el cuidado de sus hijos. Hay muchas razones por las que los abuelos estan criando a sus nietos, a peegos, encarcelamiento, muerte, abandono las liotas son sin fin y todos tenemos nuestras propias historias.

Presenter: George Razo, M.A.
Español/Covina

Dolor y Pérdida en Cuidado Adoptivo (B, D or F Rate)
Lunes, Abril 25, 2016
9:00 a.m. - 12:00 p.m.
Esta clase hablará y describirá el dolor y la pérdida, ya que esto puede afectar a ambos niños y cuidadores. Los síntomas de los trastornos que se asocian con dolor y pérdida y opciones de tratamiento para estos serán discutidos.
Presentador: Lelia Montiel, LMFT

El Control Del Enojo (F or W Rate)
Lunes, Mayo 2, 2016
9:00 a.m. - 12:00 p.m.
Parte 1 de un taller de dos partes. Niños de 7 años de edad pueden asistir con un cuidador. Este taller discutirá cómo los niños pueden manejar su enojo de manera positiva. Aprender a expresar el enojo adecuadamente puede ayudar a reducir enormemente su nivel de estrés. Únase a nosotros para descubrir técnicas útiles y evitar herir los sentimientos de los demás. Los participantes aprenderán a identificar los factores desencadenantes y las respuestas físicas y emocionales del enojo.
Presentador: Lelia Montiel, LMFT

El Entendimiento y La Identificación de Trastornos Alimentarios (B, D or F Rate)
Lunes, Mayo 9, 2016
9:00 a.m. - 12:00 p.m.
Los participantes en esta clase serán capaces de identificar y definir lo que constituye trastornos alimentarios. Hablaremos de los tipos diferentes así como la importancia de influir en niños para comer sano y ejercicio en una base regular.
Presentador: Lelia Montiel, LMFT

Covina
Spanish Classes ~ Clases en Español
Adoption Guidance Support Services* 969 South Village Oaks Drive, Suite #203, Covina 91724
Cuarto localizado en el Segundo piso

El Funcionamiento Como Equipo (B, D or F Rate)
Miércoles, Mayo 18, 2016
9:00 a.m. - 12:00 p.m.
En esta clase exploraremos no apenas qué trabaja pero ser miembros eficaces de un equipo protector a los niños en cuidado en el trabajo con F a F y el Decisión Tomadas en Equipo.
Presentador: Lelia Montiel, LMFT

El Impacto de los libros de vida (B, D or F Rate)
Viernes, Mayo 27, 2016
6:00 p.m. - 9:00 p.m.
Este entrenamiento ayuda a los cuidadores en la comprensión de la importancia de los libros de la vida. Los participantes aprenderan sobre los diferentes tipos y cómo crearlos consus hijos. Aprender a usarlos como una herramienta para tratar com el pasado y construir una imagen positiva para el futuro.
Presentador: Claudia V. Reyes-Olivares, M.A.
ADHD/ADD: ¿Por qué mi Hijo no Puedo Prestar Atención? (B, D or F Rate)
Sábado, Marzo 5, 2016
10:00 a.m. - 3:00 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 periodos puede abrumar a un niño ADHD/ADD. Interfiere con sus formas naturales de aprendizaje. Los cuidadores discutirá y desarrollar un plan junto a los maestros sobre cómo trabajar con su niño ADHD/ADD.

Violencia Domestica y los Efectos en Niños (B, D, F or W Rate)
Sábado, Abril 9, 2016
10:00 a.m. - 3:00 p.m.
Este curso explora los problemas emocionales y los comportamientos que enfrentan los niños que vienen de familias o casas de violencia doméstica. Los participantes examinarán cómo violentos eventos impactan las vidas de los niños para siempre.

El Funcionamiento Como Equipo (B, D or F Rate)
Sábado, Mayo 21, 2016
10:00 a.m. - 3:00 p.m.
En esta clase exploraremos no apenas qué trabaja pero ser miembros eficaces de un equipo protector a los niños en cuidado en el trabajo con F a F y el Decisión Tomadas en Equipo.
**AB-12: Vision General de lo que se Trata Todo (B Rate)**  
**Jueves, Marzo 24, 2016**  
**3:30 p.m. - 6:30 p.m.**

La clase AB-12 va a proporcionar los requisitos clave para non-Minor Dependent (NMD) (dependientes que no son menores de edad); el cuidador va poder preparar y discutir opciones bajo la nueva ley con el adolescente en su cuidado. Esta clase beneficiar cuidadores con adolescentes de 15 anos y mas, tambien a ellos mismos, para preparar Foster care (Acogida) extendida.

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**Disciplina Efectiva (B, D or F Rate)**  
**Jueves, Abril 28, 2016**  
**3:30 p.m. - 6:30 p.m.**

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

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**Violencia Domestica y los Efectos en Niños (B, D, F or W Rate)**  
**Jueves, Mayo 26, 2016**  
**3:30 p.m. - 6:30 p.m.**

Este curso explora los problemas emocionales y los comportamientos que enfrentan los niños que vienen de familias o casas de violencia doméstica. Los participantes examinarán cómo violentos eventos impactan las vidas de los niños para siempre.
**Rancho Cucamonga**  
Family Sports Center * 9059 San Bernardino Road * Rancho Cucamonga  91730  
Presentador: Claudia V. Reyes-Olivares, M.A.

**Construllendo Comunicacion a Traves del Juego (B, D, F or W Rate)**  
**Miércoles, Marzo 2, 2016**  
6:00 p.m. - 9:00 p.m.  
Traiga a su niños y su juego favorito para que disfruten de una noche llena de diversión. Va a aprender por primera mano como guiar comunicación con su hijo a traves del juego.

**Cómo Utilizar Efectivamente Disciplina (B or D Rate)**  
**Sábado, Abril 9, 2016**  
9:00 a.m. - 3:30 p.m.  
Los participantes harán una lista de las diferentes maneras en que los padres pueden hacer diversión disciplina e interesante para sus hijos. Los participantes serán capaces de definir qué disciplina trabaja en cada nivel de edad. Los participantes discutirán también qué consecuencias son razonables así como compartir ideas de historias de las técnicas de disciplina exitosa con el grupo.

**Abuso Sexual y Físico (B or D Rate)**  
**Viernes, Marzo 4, 2016**  
6:00 p.m. - 9:00 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.

**Entendiendo la Orientación Sexual: LGBTQ (B or D Rate)**  
**Sábado, Mayo 14, 2016**  
9:00 a.m. - 3:30 p.m.  
¿Qué significa exactamente GLBTQ? ¿Cómo pueden tener niños alguna idea sobre su orientación sexual: son sólo niños, correcto? Los participantes tendrán la oportunidad de explorar temas, preguntas y preocupaciones sobre lo que significa ser gay, lesbianas, bisexuales o transexuales, y cómo esto afecta a jóvenes en cuidado. Los participantes también discutirán cómo esto afecta sus roles como padres adoptivos.

**Control Sobre el Comportamiento: Niñez Temprana (B Rate)**  
**Sábado, Marzo 12, 2016**  
9:00 a.m. - 3:30 p.m.  
Hablaremos acerca de los retos, consistencia, tiempo y paciencia, amor y lógica dentro del cuidado del niño.
San Dimas
Spanish Classes ~ Clases en Español
McKinley’s Children’s Center * 763 W. Cypress Street, San Dimas 91773
Presentador: Julissa Castillo, M.S.

No hay cuidado de niños para las clases en este sitio.
Las clases se realizan en la cafetería de la escuela.

Violencia Domestica y los Efectos en Niños (B, D, F or W Rate)
Jueves, Marzo 10, 2016
6:00 p.m. - 9:00 p.m.
Este curso explora los problemas emocionales y los comportamientos que enfrentan los niños que vienen de familias o casas de violencia doméstica. Los participantes examinarán cómo violentos eventos impactan las vidas de los niños para siempre.

Depresión y Suicidio (D Rate)
Jueves, Abril 14, 2016
6:00 p.m. - 9:00 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.

Diversidad Cultural (B or D Rate)
Jueves, Mayo 12, 2016
6:00 p.m. - 9:00 p.m.
En esta clase, los padres aprenderán la relación entre cultura y una imagen positiva.
Working As A Team (B, D or F Rate)
Tuesday, March 1, 2016
6:00 p.m. - 9:00 p.m.
It is important to work well with professionals in order to provide the best possible placement for the children. This class provides information on how to get the team working together.

Siblings in the Foster Care System (B Rate)
Thursday, March 3, 2016
6:00 p.m. - 9:00 p.m.
Is there a strong bond? That is the question. Children placed in foster care and in adoptive homes face unique challenges when it comes to being part of a sibling group. This training discusses the policies DCFS uses in keeping siblings together or choosing to separate them. This class also identifies ways that foster parents can work with siblings in and out of their care to honor the sibling bond.

Substance Abused Infants (F or W Rate)
Tuesday, March 8, 2016
6:00 p.m. - 9:00 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, and 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.

The 411 on Due Process, Hearings, Complaints and School Issues (B, D or F Rate)
Thursday, March 10, 2016
6:00 p.m. - 9:00 p.m.
This workshop will educate caregivers about the differences between compliance, complaints, and due process hearings. Participants will learn techniques for navigating educational systems and accessing community resources. Caregivers will also identify educational services for their youth with special medical needs and how to access them.

Understanding Mental Illness as it Impacts Life (B or D Rate)
Tuesday, March 15, 2016
6:00 p.m. - 9:00 p.m.
Participants will be able to recognize and identify common characteristics of mental illness, and especially how it affects children who have emotional or behavioral issues or are medically fragile. Participants will examine and discuss how mental illness impacts the lives of the children in their care.

What to Know About the IEP (Individualized Education Plan) for a Foster Youth (B, D or F Rate)
Thursday, March 17, 2016
6:00 p.m. - 9:00 p.m.
Participants identify various techniques to help foster youth understand a school’s approach toward an individualized education plan for special needs students.
AB-12: Overview of What It is All About (B Rate)
Tuesday, March 22, 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 caregiver 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.

“Tear Soup” A Recipe for Healing After Loss (B or D Rate)
Thursday, March 24, 2016
6:00 p.m. - 9:00 p.m.
Children suffer many losses. In this class participants discuss the children’s book, “Tear Soup.” Participants learn how different ingredients can help with the grief and loss process and discuss how “Tear Soup” can bring comfort to help fill the void in lives that have been affected by loss and grief.

The Reality of Social Networking (B or D Rate)
Tuesday, March 29, 2016
6:00 p.m. - 9:00 p.m.
Through group discussions and handouts, participants will identify three social networks that youth frequent and why. The knowledge that participants gain in this class will better assist them to understanding why today’s youth are so involved with social networking, as well as both the positive and negative effects of this involvement.

Building Self Esteem In Children (D Rate)
Thursday, March 31, 2016
6:00 p.m. - 9:00 p.m.
Adults with challenging children will be guided through the dynamics that promote abusive, bullying behaviors. At the end of this workshop, participants will articulate several methods to build self esteem in children and will identify how to protect their children from becoming abusers, bullies, and/or victims.

Recognizing the Stages of Grief and Loss (B, D, F or W Rate)
Tuesday, April 5, 2016
6:00 p.m. - 9:00 p.m.
Losses occur frequently with children in the foster care system. We will look at the types and causes of loss, as well as the stages of grief they will move through.

Life’s Treasures: Lifebooks and Building Memories (B, D, F or W Rate)
Thursday, April 7, 2016
6:00 p.m. - 9:00 p.m.
The word “life book” is becoming more popular in the vocabulary of foster and adoptive parents. Life books were originally designed to help introduce prospective adoptive parents to children waiting to be adopted into their “forever family.” Life books are vitally important for both foster and adopted children because they are a means of telling the child’s life story in a concrete way. Some states are emphasizing and even requiring foster parents to develop life books for the foster children in their care. This class presents the process of creating a life book; understanding what a life book is; what a life book should include; and how a life book is developed. This training covers these topics to help you create appropriate and meaningful life books for your foster children.
Life After AB12: Implementation Strategies (B, D or F Rate)  
Tuesday, April 12, 2016  
6:00 p.m. - 9:00 p.m.  
AB 12 requires caregivers, social workers, and youth to work together in new and different ways in order to develop youth focused and youth centered programs that provide young adults (i.e. non-minor dependents or NMDs) with guidance and assistance. Participants will discuss state forms, the critical resources needed for NMDs, and will identify the relationships, problem-solving, personal responsibility, and skills building needed to transition into adulthood.

Conflict Resolution (B or D Rate)  
Thursday, April 14, 2016  
6:00 p.m. - 9:00 p.m.  
This class provides caregivers with insight on how to assist the children in their care with solving problems and conflicts in their lives. Discussion will include conflict resolution strategies for children with emotional or behavioral issues.

Personal Safety (B, D or F Rate)  
Tuesday, April 19, 2016  
6:00 p.m. - 9:00 p.m.  
All of us need to be aware and prepared for situations that may be potentially dangerous or injurious. There is a lot we can do to reduce our risk of becoming a victim of crime. Come and learn about what you can do to protect yourself, your family and your children from harm.

Peer Pressure and Self-Esteem (B Rate)  
Thursday, April 21, 2016  
6:00 p.m. - 9:00 p.m.  
Kids are faced with a lot today. They are easily influenced by friends, peers, clothing, music, physical appearance, and cliques. Raising children in today’s society provides many more challenges than when we adults were growing up. Participants will learn ways to strengthen communication with their children and ways to help them navigate peer pressure and strengthen their self esteem.

Recognition and Treatment of Eating Disorders (B or D Rate)  
Tuesday, April 26, 2016  
6:00 p.m. - 9:00 p.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.

Recognizing the Signs and Symptoms of Fetal Alcohol Syndrome (B or F Rate)  
Thursday, April 28, 2016  
6:00 p.m. - 9:00 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.
Working with the Foster Care Team (B Rate)  
Tuesday, May 3, 2016  
6:00 p.m. - 9:00 p.m.  
It is important to be able to work with professionals in order to provide the best possible placement for the children. Come to this class and learn how to work with others and be a team player.

Working with Traumatized Children (B, D or F Rate)  
Thursday, May 5, 2016  
6:00 p.m. - 9:00 p.m.  
This class helps caregivers understand the kind of events that lead to the trauma that all children live with. Participants will examine ways to help these children better deal with and express their emotions and feelings.

Teen Alcohol Abuse (B or D Rate)  
Tuesday, May 10, 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.

Teaching Youth to Be Their Own Advocates (B Rate)  
Thursday, May 12, 2016  
6:00 p.m. - 9:00 p.m.  
This class will provide caregivers with information on advocacy. They will gain an understanding on what this term means and how to teach their youth how to use this concept to better their lives. They will leave the class with a clear understanding of advocacy and why it is so important for children to learn to become their own advocates.

Understanding Burnout (B, D, F or W Rate)  
Tuesday, May 17, 2016  
6:00 p.m. - 9:00 p.m.  
Burnout affects people of all ages and from all walks of life from children to presidents. However, it is more common in the helping professions, those jobs where people give constant help to other people. With parents who foster or adopt children with behavioral issues being at such a high risk for burnout, this workshop is very informative. It provides participants with knowledge of symptoms and stages of burnout, getting rid of burnout and managing stress when caring for foster, kinship or adopted children.

Students with Emotional or Behavioral Disorders (B or D Rate)  
Thursday, May 19, 2016  
6:00 p.m. - 9:00 p.m.  
This class will give participants an opportunity to explore how emotional and behavioral disorders can impact a youth’s education. Students who have emotional and behavioral disorders may need intervention and guidance in order to be their most successful selves at school. This class will guide participants through techniques to assist youth during school hours, homework and study time, test taking, and social interaction with peers. Participants will gain a better understanding of how to help their youth improve their educational experience.
### Baldwin Park
Baldwin Park Family Service Center * 14305 Morgan Street, Baldwin Park 91706
Building is located directly behind the Community Center

Presentador: Rod Recendez, B.A.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sex, Alcohol, Drugs and Rock N’ Roll</strong></td>
<td>Tuesday, May 24, 2016</td>
<td>6:00 p.m. - 9:00 p.m.</td>
<td>This class will discuss the reality that many of our foster youth come into our care having already experienced: drug addiction, alcohol abuse, sex, and the behaviors related to these activities. Through discussion, participants will examine how today’s children, including those with emotional and behavioral issues or who are medically fragile, have adopted drugs, sex and alcohol as a coping device for dealing with life’s tough situations. This class will help caregivers educate their youth on preventions for “at-risk behaviors” that might lead to catching a disease or harming themselves. This course will provide participants with tools for addressing these issues.</td>
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<tr>
<td><strong>Teaching Social Skills</strong></td>
<td>Thursday, May 26, 2016</td>
<td>6:00 p.m. - 9:00 p.m.</td>
<td>Why is it important to teach social skills to youth? Caregivers must have a clear conception of what constitutes social behavior and social skills. Caregivers will identify why a youth engages in a particular behavior or activity in a given situation in order to have some effect on his or her surroundings. It is important to teach and discuss with the youth how to integrate their behavior with others in a positive environment.</td>
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<tr>
<td><strong>Understanding Children’s Behaviors</strong></td>
<td>Tuesday, May 31, 2016</td>
<td>6:00 p.m. - 9:00 p.m.</td>
<td>This class explores the potential causes, emotions, and behaviors that children who have been victims of infantile abuse develop. Participants will explore how to better assist caregivers in helping children with their emotions and behaviors from an understanding, non-punitive point of view.</td>
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Understanding Your Child’s Educational Rights (B, D or F Rate)
Friday, March 4, 2016
6:00 p.m. - 9:00 p.m.
This class will discuss educational laws and what educational assistance and programs students are eligible for. Participants will complete the class with a clear understanding of laws that are in place that address the rights of students with mental or medical issues and how to access these services.
Presenter: Lucy Razo, M.S.

Who Are the Children in Foster Care? (B, D or F Rate)
Sunday, March 6, 2016
10:00 a.m. - 3:30 p.m.
Participants discuss and identify the variety of situations affecting foster youth. Ethnic, cultural and familial values are examined to help participants recognize who our foster youth are and how to better meet their needs. Identify how our differences can make a stronger foundation for our children to learn, grow and thrive.
Presenter: Rod Recendez, B.A.

Stages of Development (B, D, F or W Rate)
Friday, March 11, 2016
6:00 p.m. - 9:00 p.m.
We will discuss the various milestones in the development of children. We will take a look at the developmental issues and how they relate to children in our care.
Presenter: Lucy Razo, M.S.

Understanding Foster Youth (B or D Rate)
Saturday, March 12, 2016
2:00 p.m. - 5:00 p.m.
Participants discuss, examine, identify, and recognize common experiences and characteristics of youth that are in the foster care system.
Presenter: George Razo, M.A.

Substance Abuse in Foster Care - The Impact on Children (B, D, F or W Rate)
Friday, March 18, 2016
6:00 p.m. - 9:00 p.m.
This workshop will discuss how substance abuse is usually a primary cause for family dysfunction and how this chaos affects children in care. Participants will identify signs of addiction such as denial, minimizing and compulsive behaviors that impact a child’s development. Participants will also discuss appropriate interventions for these signs and behaviors.
Presenter: Lucy Razo, M.S.

What is Bullying in School? (B or D Rate)
Sunday, March 20, 2016
10:00 a.m. - 3:30 p.m.
This course describes various techniques that caregivers need to be aware of regarding bullying in schools. Participants identify and define techniques to help their foster youth recognize what to do to stop or prevent bullying in the school setting. Participants also role-play in class in order to better assist their youth in recognizing signs of bullying.
Presenter: Rod Recendez, B.A.
Foster Children and Sexualized Behavior (B or D Rate)
Friday, April 1, 2016
6:00 p.m. - 9:00 p.m.
This class will explore how foster children may exhibit sexualized behavior. Through discussion, participants will examine how abused children may display behaviors that can raise questions about their sexual behavior toward others. Participants will be able to recognize these behaviors and will gain knowledge of how to better address this situation.
Presenter: Lucy Razo, M.S.

Obligations to the Courts (B, D or F Rate)
Friday, April 8, 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 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 the youth’s files and learn how to guide youth, advocate for support services, and encourage the child to express their emotional needs and feelings in a positive way to authority figures.
Presenter: Lucy Razo, M.S.

Understanding the Importance of Culture and Life Books (B or D Rate)
Saturday, April 9, 2016
2:00 p.m. - 5:00 p.m.
This class will discuss why life books are important to the healing process and what information should be included to keep a child’s culture alive. Caregivers will be able to identify the components of a life book and describe ways to maintain a child’s identity.
Presenter: George Razo, M.A.

Working with Attachment Disorders (B or D Rate)
Sunday, April 10, 2016
10:00 a.m. - 3:30 p.m.
This class explains basic concepts in attachment theory and attachment disorders. Participants learn to apply recommended practice parameters for treatment of attachment related disorders. This class also includes a discussion on safety and ethical issues involved in treatment planning and implementation.
Presenter: Rod Recendez, B.A.

Preparing for Post High School Education (B, D or F Rate)
Friday, April 15, 2016
6:00 p.m. - 9:00 p.m.
This class provides information to help youth examine and identify their needs and interests and recognize where their abilities best fit. Topics such as college entrance exams, ROP programs, financial aid options, and trade schools will be discussed. College, university, and community resources will be shared. Participants will learn of the post-high school graduate's needs for college admittance and recognize strategies for helping their child make career decisions.
Presenter: Lucy Razo, M.S.
Self-Sabotage and Foster Youth (B or D Rate)
Friday, April 22, 2016
6:00 p.m. - 9:00 p.m.
Self sabotage... What is it? How does it affect youth in the foster care system? This training will discuss and identify self-sabotaging behaviors displayed by youth while also addressing why these behaviors begin. Caregivers will learn ways to assist youth in recognizing these behaviors and empowering them to change.

Presenter: Lucy Razo, M.S.

The Art of Negotiation, Problem Solving and Influencing Others (B Rate)
Saturday, April 23, 2016
9:00 a.m. - 12:00 p.m.
Why is working with my children always a battle? They don’t do their chores, homework, or get along with each other! When will the madness stop? Participants learn skills needed to negotiate, problem solve, and build cooperation in their home, without creating chaos. Participants have an opportunity to participate in a family/group meeting and develop real solutions to everyday frustrations with their children.

Presenter: Lucy Razo, M.S.

Eating Disorders (B or D Rate)
Sunday, April 24, 2016
10:00 a.m. - 3:30 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.

Presenter: Rod Recendez, B.A.

Teens and Drug Use (B and D Rate)
Friday, April 29, 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.

Presenter: Lucy Razo, M.S.

The Attachment-Challenged Child (B or D Rate)
Saturday, April 30, 2016
9:00 a.m. - 12:00 p.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 difficult for them to form and maintain healthy attachments. What could possibly be the benefit in establishing a close relationship with anyone if the previous adults in their lives could not be trusted, or if a child is consistently moved to a new home? Participants will have the opportunity to explore the challenges that children face in attaching to others and how they can encourage attachment.

Presenter: Lucy Razo, M.S.
Understanding Sexual Orientation: LGBTQ (B or D Rate)
Sunday, May 1, 2016
10:00 a.m. - 3:30 p.m.
What does LGBTQ mean exactly? How do children have any idea about their sexual orientation: they’re only kids, right? Participants will have an opportunity to explore issues, questions, and concerns about what it means to be gay, lesbian, bi-sexual, or transgendered, and how this impacts youth in care. Participants will also discuss how this impacts their roles as foster parents.
Presenter: Rod Recendez, B.A.

Preparing for the Holidays (B Rate)
Wednesday, May 4, 2016
9:00 a.m. - 12:00 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: Lelia Montiel, LMFT

The Court Process and Placement Issues (B, D, F or W Rate)
Friday, May 6, 2016
6:00 p.m. - 9:00 p.m.
This seminar discusses the dependency process. An overview is presented of the sequence of hearings in dependency cases in order to help caregivers understand the factual and legal issues at each hearing and ultimately to promote increased and effective caregiver participation in the court process. Child placement issues focus upon the caregiver’s responsibility to ensure the best care and safety practices in their homes. Discussion centers around the role of DCFS, which includes home inspections, criminal convictions, child abuse/neglect reports, waivers and exemptions.
Presenter: Lucy Razo, M.S.

The Impact of Trauma on a Child’s Development (B, D or F Rate)
Saturday, May 7, 2016
2:00 p.m. - 5:00 p.m.
This workshop discusses the effects of maltreatment on children, the specific effects of the caregivers’ behaviors on children and strategies for helping children. Participants describe the impact of special factors such as abuse, neglect, domestic violence, and mental illness of a parent on a child’s development, and discuss how special developmental needs can be best met in kinship.
Presenter: George Razo, M.A.

Working with Sexual Identity Issues (B or D Rate)
Wednesday, May 11, 2016
9:00 a.m. - 12:00 p.m.
This workshop will discuss the issues facing youth who need our protection because of their sexual orientation. Many people have strong feelings regarding sexual orientation, but as caregivers we need to help our children feel safe and follow the law (AB458) which states that youth should not endure further abuse and harassment in foster care. Caregivers will understand how to provide the same safe and caring environment needed by all youth and will discuss ways to be more accepting of lesbian, gay, bi-sexual, and transgendered youth as a young person needing the same support and guidance as they develop as any child. Caregivers will be able to identify services and social activities that may help this child feel less isolated.
Presenter: Lelia Montiel, LMFT
Understanding Adolescent Suicide
(B, D or F Rate)
Friday, May 13, 2016
6:00 p.m. - 9:00 p.m.
This class will help participants identify suicidal youth warning signs and explain the scope and magnitude of the problem. Participants will learn to identify youth who are at “high-risk” and be able to list the symptoms for youth with suicidal feelings. Participants will be able to identify the elements for assessing suicide and practice using these tools in conversation.
Presenter: Lucy Razo, M.S.

What is FERPA? Navigating the School System Under FERPA
(B, D or F Rate)
Saturday, May 14, 2016
9:00 a.m. - 12:00 p.m.
This course describes various techniques that require an educational agency or institution to give a parent or guardian the opportunity to advocate for a youth. Participants will identify and define regulations that impact their foster youth under FERPA guidelines.
Presenter: Lucy Razo, M.S.

What is a Foster Home Complaint?
(B, D or F Rate)
Sunday, May 15, 2016
10:00 a.m. - 3:30 p.m.
This training will provide caregivers with state policies and procedures and step-by-step information on how investigations are handled. Information will include how law enforcement, DCFS workers and licensing investigators work together. Participants will be able to describe their actions more accurately and identify problems that must be reported to social workers immediately.
Presenter: Rod Recendez, B.A.

Surviving the Holidays
(B, D or F Rate)
Monday, May 16, 2016
9:00 a.m. - 12:00 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.
Presenter: Lelia Montiel, LMFT

What is Your Parenting Style?
(B, D, F or W Rate)
Wednesday, May 18, 2016
6:00 p.m. - 9:00 p.m.
Oftentimes caregivers respond to children’s needs based on their own upbringing, not always understanding that their attitudes, beliefs, thoughts and feelings have a powerful impact on a child’s development. Parents will discuss their parenting styles and effective strategies for managing the behavior of children and improving child-parent interactions.
Presenter: George Razo, M.A.

Understanding Childhood Autism
(D or F Rate)
Friday, May 20, 2016
6:00 p.m. - 9:00 p.m.
Autism is a neural development disorder characterized by impaired social interaction and communication and by restricted and repetitive behavior. These signs all begin before a child is three years old. This course will explore the signs and symptoms of autism, the causes of this disorder as we understand them, and available treatment options.
Presenter: Lucy Razo, M.S.
What is EBD? Emotional and Behavioral Disorders (B or D Rate)
Saturday, May 21, 2016
9:00 a.m. - 12:00 p.m.
A student’s behavior frequently varies across settings. Students needing specialized services for emotional or behavioral support may be considered for special education under the Emotional or Behavioral Disorders (EBD) category. This course will highlight the various emotional and behavioral disorders that caregivers need to be aware of in regard to their youth. Participants identify the resources available for the youth they care for. Participants take part in interactive techniques like effective behavior management, which includes clear rules and routines to help foster youth decrease negative behaviors related to their emotional and behavioral disorders.
Presenter: Lucy Razo, M.S.

Understanding the Stages of Grief and Loss (B, D or F Rate)
Sunday, May 22, 2016
10:00 a.m. - 3:30 p.m.
This class will discuss the stages of grief and loss associated with many of our foster youth. At the end of this workshop, participants will be able to identify typical losses associated with living in foster care and the common symptoms of grieving loss in childhood. Caregivers will also be able to describe appropriate interventions aimed at assisting their child in processing grief, and will have a clear understanding of the complexities of cumulative or complicated grief.
Presenter: Rod Recendez, B.A.

Preparing Summer Activities for Youth (B, D or F Rate)
Monday, May 23, 2016
9:00 a.m. - 12:00 p.m.
This course will share activities that are low cost or free events such as festivals, outings in the park, beaches and other public places for foster parents to take their youth. Foster parents will be able to gain a rich sense of what is in the community to explore with their youth.
Presenter: Lelia Montiel, LMFT

Eating Disorders (B or D Rate)
Wednesday, May 25, 2016
9:00 a.m. - 12:00 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.
Presenter: Lelia Montiel, LMFT

Understanding Your Toddler (B or W Rate)
Friday, May 27, 2016
6:00 p.m. - 9:00 p.m.
This course will discuss the importance of consistency and attachment in infancy. Learn how to enjoy “the terrible twos.” Participants will be able to identify life stage development from ages 2 to 3, verbalize three developmental tasks for this age group, understand the importance of attachment, and identify at least 2 activities that they can engage their toddler in, in an effort to increase the happiness of the child.
Presenter: Lucy Razo, M.S.
Violent Relationships and Adolescents (B, D or F Rate)
Saturday, May 28, 2016
9:00 a.m. - 12:00 p.m.
This class reviews many reasons why people stay in negative and often violent relationships. We explore situations that can leave victims in harm’s way, or in some cases, death. We discuss some of the traits of an abuser, as well as traits of victims. We also learn the signs of a potential negative relationship.
**Presenter:** Lucy Razo, M.S.

Understanding Sexual Orientation and Gender Identity (B, D or F Rate)
Thursday, March 17, 2016
9:30 a.m. - 11:30 a.m.
Participants will explore theories of sexual orientation, discuss the difference between sexual orientation and sexual behavior, gender identity, and gender expression. Stages of the coming out process of identity development will also be discussed and much more.

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Why Boundaries? (B, D or F Rate)
Thursday, April 21, 2016
9:30 a.m. - 11:30 a.m.
This course discusses boundaries, their importance and why we need to have them with all of our foster youth. A group discussion will be included in the workshop, and will explore some of the challenges, rewards and expectations of setting healthy boundaries with foster youth.

Parenting Styles: Do I Have One? (B, D, F or W Rate)
Thursday, May 19, 2016
9:30 a.m. - 11:30 a.m.
Yes, you already have a parenting style, but is it working for you? Your children may not know the name of it, but they have ways of working it to their advantage! Come have fun discovering your parenting style, and how you may get the cooperation and harmony you desire from your teen through your style of parenting. From this class, participants will be able to identify their parenting style, recognize their strengths and weaknesses, and practice how to “switch” from parenting methods that may not be working for them to more proactive approaches in parenting.
Life’s Treasures: Lifebooks and Building Memories (B, D, F or W Rate)
Saturday, March 12, 2016
9:00 a.m. - 12:00 p.m. * LB 102
The word “life book” is becoming more popular in the vocabulary of foster and adoptive parents. Life books were originally designed to help introduce prospective adoptive parents to children waiting to be adopted into their “forever family.” Life books are vitally important for both foster and adopted children because they are a means of telling the child’s life story in a concrete way. Some states are emphasizing and even requiring foster parents to develop life books for the foster children in their care. This class presents the process of creating a life book; understanding what a life book is; what a life book should include; and how a life book is developed. This training covers these topics to help you create appropriate and meaningful life books for your foster children.
Presenter: Elaine Jankins

“It’s a Jungle Out There!” The Dangers and Challenges Teenagers Face (B or D Rate)
Saturday, March 19, 2016
9:00 a.m. - 12:00 p.m. * LB 202
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: Joe Walker, Retired LAPD

Attachment Helps the Child (B, D or F Rate)
Saturday, March 26, 2016
9:00 a.m. - 1:00 p.m. * LB 107
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: Calvin Witcher

ASL: American Sign Language for Special Needs Children (B, D, F or W Rate)
Saturday, April 2, 2016
Saturday, April 9, 2016
Saturday, April 16, 2016
9 a.m. – 1 p.m. * LB 102
Caregivers will gain the knowledge and ability to communicate and teach American Sign Language to the children in their care who are hearing impaired, autistic, have learning disabilities, or Down syndrome.
Presenter: Helen L. Jenkins

California Child Care Preventative Health and Safety (B Rate)
Saturday, April 9, 2016
8:30 a.m. - 3:30 p.m. * LB 107
The purpose of the American Red Cross California Child Care Preventative Health and Safety Program is to teach individuals who work in child-care settings the knowledge and skills needed to keep children in their care safe and healthy. This is a one-time class for those who utilize day care centers for the children in their homes.
Presenter: Alex Vracin, American Red Cross Instructor
Understanding Sexual Orientation and Gender Identity - (B, D or F Rate)
Saturday, April 9, 2016
9:00 a.m. - 1:00 p.m. * LB 202
This class will discuss the issues facing youth who need our protection because of their sexual orientation. Many people have strong feelings regarding sexual orientation, but as caregivers we need to help the children feel safe and follow the law (AB458), which states that youth should not endure further abuse and harassment in foster care. Caregivers will understand how to provide the same safe and caring environment needed by all youth and will discuss ways to be more accepting of lesbian, gay, bi-sexual, and transgendered youth as a young person needing the same support and guidance as they develop as any child. Caregivers will be able to identify services and social activities that may help this child feel less isolated.

Presenter: Joe Walker, Retired LAPD

Eating Disorders (B or D Rate)
Saturday, April 16, 2016
9:00 a.m. - 12:00 p.m. * LB 101
Participants will discuss and analyze common eating disorders among children. Participants will develop strategies to deal with children who have eating disorders, and will learn of resources available in the community.

Presenter: Elaine Jankins

Bullying in Schools: What Every Parent Must Know (B or D Rate)
Saturday, April 23, 2016
9:00 a.m. - 12:00 p.m. * LB 101
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: Joe Walker, Retired LAPD

Can’t You Pay Attention? ADHD and Learning Disabilities (B or D Rate)
Saturday, April 30, 2016
9:00 a.m. - 1:00 p.m. * LB 107
This class will examine and define learning disabilities and the struggles and frustrations attached to them. Participants will be able to recognize signs and symptoms of ADD and ADHD, and gain a better understanding of how these diagnoses can help identify continued problems.

Presenter: Calvin Witcher

Working with Sexual Identity Issues (B, D or F Rate)
Saturday, May 7, 2016
9:00 a.m. - 1:00 p.m. * LB 102
This workshop will discuss the issues facing youth who need our protection because of their sexual orientation. Many people have strong feelings regarding sexual orientation, but as caregivers we need to help our children feel safe and follow the law (AB458), which states that youth should not endure further abuse and harassment in foster care. Caregivers will understand how to provide the same safe and caring environment needed by all youth and will discuss ways to be more accepting of lesbian, gay, bi-sexual, and transgendered youth as a young person needing the same support and guidance as they develop as any child. Caregivers will be able to identify services and social activities that may help this child feel less isolated.

Presenter: Calvin Witcher
## Glendora

**Citrus College**  
1000 W. Foothill Blvd.  
Glendora  91741  
All classes located on 1st floor of LB (Liberal Arts/Business) Building

### Working with Sexual Identity Issues  
*(B or D Rate)*  
**Saturday, May 7, 2016**  
9:00 a.m.-1:00 p.m.  
* LB 107  
Participants will explore theories of sexual orientation, discuss the difference between sexual orientation and sexual behavior, gender identity, and gender expression. Stages of the coming out process of identity development will also be discussed and much more.  
**Presenter:** Elaine Jankins  

### Dealing with Those Challenging Behaviors  
*(B, D or F Rate)*  
**Saturday, May 14, 2016**  
9:00 a.m. - 12:00 p.m.  
* LB 108  
Participants will discuss and explore behavior problems that are exhibited by children. This class will discuss some of their most common difficult behaviors such as lying, stealing, cursing, and tantrums. We will discuss these behaviors and how to limit them.  
**Presenter:** Elaine Jankins

### Attachment Helps the Child  
*(B, D or F Rate)*  
**Saturday, May 14, 2016**  
9:00 a.m. - 3:30 p.m.  
* LB 102  
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:** Lori Switanowski, M.F.T.

### Building Self Esteem In Children  
*(D Rate)*  
**Saturday, May 21, 2016**  
9:00 a.m. - 12:00 p.m.  
* LB 101  
Adults with challenging children will be guided through the dynamics that promote abusive, bullying behaviors. At the end of this workshop, participants will articulate several methods to build self esteem in children and will identify how to protect their children from becoming abusers, bullies, and/or victims.  
**Presenter:** Joe Walker, Retired LAPD

### Irwindale

**Eggleston Family Services**  
13001 Ramona Avenue (Suite E), Irwindale 91706  
**Presenter:** Gwen Washington, L.C.S.W.

### Recognizing the Stages of Grief and Loss  
*(B, D, F or W Rate)*  
**Tuesday, March 8, 2016**  
9:00 a.m. - 1:00 p.m.  
Losses occur frequently with children in the foster care system. We will look at the types and causes of loss, as well as the stages of grief they will move through.

### Foster Children and Sexualized Behavior  
*(B or D Rate)*  
**Tuesday, April 12, 2016**  
9:00 a.m. - 1:00 p.m.  
This class will explore how foster children may exhibit sexualized behavior. Through discussion, participants will examine how abused children may display behaviors that can raise questions about their sexual behavior toward others. Participants will be able to recognize these behaviors and will gain knowledge of how to better address this situation.
Irwindale
Eggleston Family Services * 13001 Ramona Avenue (Suite E), Irwindale 91706
Presenter: Gwen Washington, L.C.S.W.

Developing Coping Skills: Children In Crisis (B or D Rate)
Tuesday, May 10, 2016
9:00 a.m. - 1:00 p.m.
This class discusses how to decrease feelings of frustration, anxiety and depression. Participants explore techniques to help deal with children while they are in their crisis mode.

CSEC: Awareness and Identification (B and D Rate)
TBA
Commercial Sexual Exploitation of Children (CSEC): Care providers will be provided with tools to identify warning signs and indicators of CSEC involvement. Care providers will obtain the ability to recognize risks associated with children and youth in out-of-home placements; identify and strengthen protective factors to prevent youth from involvement in CSEC; and understand the core elements of CSEC awareness, identification, intervention and referral for assessment and treatment. Care providers will develop an understanding of CSEC’s needs from survivors’ perspectives.

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.

Adolescent Girls: Drama is Part of Their Life (B, D or F Rate)
Monday, March 7, 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: Patrice Brown, M.Ed., P.P.S.

Manipulation in the Parent-Child Relationship (B, D or F Rate)
Wednesday, March 9, 2016
5:30 p.m. - 8:30 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: Calvin Witcher

Understanding Mental Illness as it Impacts Life (B or D Rate)
Monday, March 14, 2016
6:00 p.m. - 9:00 p.m.
Participants will be able to recognize and identify common characteristics of mental illness, and especially how it affects children who have emotional or behavioral issues or who are medically fragile. Participants will examine and discuss how mental illness impacts the lives of the children in their care.
Presenter: Lori Switanowski, M.F.T.

The Impact of Moving on Foster Children (B, D or F Rate)
Wednesday, March 16, 2016
6:00 p.m. - 9:00 p.m.
Explore the impact on children removed from their homes experience and how their lives are interrupted. This class deals with the impact of multiple moves and the importance of providing a permanent structured home life for children.
Presenter: Elaine Jankins
Dealing with Those Challenging Behaviors (B, D or F Rate)
Monday, March 21, 2016
6:00 p.m. - 9:00 p.m.
Participants will discuss and explore behavior problems that are exhibited by children. This class will discuss some of the most common difficult behaviors such as lying, stealing, cursing, and tantrums. We will discuss these behaviors and how to limit them.
Presenter: Patrice Brown, M.Ed., P.P.S.

Panic Disorders, Separation Disorders and Agoraphobia in Children and Adolescents (B, D or F Rate)
Wednesday, March 23, 2016
5:30 p.m. - 8:30 p.m.
This class defines panic disorders, separation anxiety disorder, and agoraphobia. Caregivers gain knowledge of the signs and symptoms, causes, behavior interventions, treatment, and medications. Discussion during this class will provide information on what to expect and how to work with children and adolescents who are diagnosed with one of these disorders. Caregivers leave this class with a clear understanding of panic, separation anxiety and agoraphobia disorders.
Presenter: Calvin Witcher

The Court Process and Placement Issues (B, D or F or Rate)
Monday, March 28, 2016
6:00 p.m. - 9:00 p.m.
This seminar discusses the dependency process. An overview is presented of the sequence of hearings in dependency cases in order to help caregivers understand the factual and legal issues at each hearing and ultimately to promote increased and effective caregiver participation in the court process.

Child placement issues focus upon the caregiver’s responsibility to ensure the best care and safety practices in their homes. Discussion centers around the role of DCFS, which includes home inspections, criminal convictions, child abuse/neglect reports, waivers and exemptions.
Presenter: Lori Switanowski, M.F.T.

Peer Pressure and Self-Esteem (B Rate)
Wednesday, March 30, 2016
5:30 p.m. - 8:30 p.m.
Kids are faced with a lot today. They are easily influenced by friends, peers, clothing, music, physical appearance, and cliques. Raising children in today’s society provides many more challenges than when we adults were growing up. Participants will learn ways to strengthen communication with their children and ways to help them navigate peer pressure and strengthen their self esteem.
Presenter: Calvin Witcher

Playful Parenting (B or W Rate)
Monday, April 4, 2016
6:00 p.m. - 9:00 p.m.
The bond between parent and child is extremely important. Parents and their children often live in very different worlds. For kids, play is their job. Play helps a child to better understand the world. Children can try on adult roles and skills in a safe environment. Through play, children develop confidence. Caregivers will identify appropriate play techniques they can do with their children.
Presenter: Lori Switanowski, M.F.T.
The Cycle of Addiction (D Rate)
Wednesday, April 6, 2016
6:00 p.m. - 9:00 p.m.
There are many forms of addictions minors in care have witnessed or experienced themselves. This class will focus on how to identify some of the addictions minors in care may have and provide documentation on how to break the cycle of addiction. Participants will be provided with the knowledge that people with addiction are not cured, but will examine how addiction can be managed. Caregivers will learn to recognize addiction and how to identify services and support for youth.
**Presenter:** Elaine Jankins

Bullying: Why They Do It (B Rate)
Monday, April 11, 2016
6:00 p.m. - 9:00 p.m.
Foster parents will be able to articulate the definition of bullying and the effects it has on a child’s self esteem. They will be able to describe, identify, and recognize why kids display bullying behaviors and the disturbing reality of how it damages our foster youth and their peers when they are the bullies.
**Presenter:** Patrice Brown, M.Ed., P.P.S.

Angry, Hostile and Defensive Teens (B or D Rate)
Wednesday, April 13, 2016
5:30 p.m. - 8:30 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.
**Presenter:** Calvin Witcher

ODD, ADD and ADHD: What Do These Letters Mean and How Do I Handle Kids with Any of These Issues? (B or D Rate)
Monday, April 18, 2016
6:00 p.m. - 9:00 p.m.
What do these letters mean and what do you do when you get a youth that has any of these? This workshop develops new and effective means of working with youth who by definition will resist many of your best efforts, even when it is good for them. To work with these youths effectively also requires that we take care of ourselves in order to be emotionally healthy enough to weather the challenges their behavior brings. Participants discover what the letters ODD, ADD, and ADHD mean and the definition of each. Participants will also identify the signs and symptoms of ODD, ADD, and ADHD, determine the causes of these behavioral disorders and their subtypes, as well as recognize other disorders and/or problems that are associated within these behavioral patterns.
**Presenter:** Lori Switanowski, M.F.T.

Recognizing the Stages of Grief and Loss (B, D, F or W Rate)
Wednesday, April 20, 2016
6:00 p.m. - 9:00 p.m.
Losses occur frequently with children in the foster care system. We will look at the types and causes of loss, as well as the stages of grief they will move through.
**Presenter:** Elaine Jankins
What Kids Need to Succeed: The Asset Approach (B Rate)  
Monday, April 25, 2016  
6:00 p.m. - 9:00 p.m.  
Many factors influence why some young people have successes in life and others have a harder time. Research has identified 40 concrete, positive experiences and qualities called “developmental assets” that have a tremendous influence on the lives of young people. In this workshop, participants will learn how the 40 developmental assets help youth to make wise decisions, choose positive paths and grow up to become competent, caring and responsible adults who believe in giving back to the society as a whole.  
**Presenter:** Patrice Brown, M.Ed., P.P.S.

Culture and Self Esteem (B or D Rate)  
Wednesday, April 27, 2016  
5:30 p.m. - 8:30 p.m.  
Participants learn to recognize cultural differences between the children placed in our homes and ourselves. In today's society, our children are bombarded with negative stereotypes about different cultures. In this workshop, participants learn how a negative image of one's culture affects self-esteem. Learn how to raise a child’s self-esteem by teaching them pride in their culture.  
**Presenter:** Calvin Witcher

Understanding Children’s Behaviors (B or D Rate)  
Monday, May 2, 2016  
6:00 p.m. - 9:00 p.m.  
This class explores the potential causes, emotions, and behaviors that children develop who have been victims of infantile abuse. Participants will explore how to better assist caregivers in helping children with their emotions and behaviors from an understanding, non-punitive point of view.  
**Presenter:** Lori Switanowski, M.F.T.

Parenting 101: How and When to Discipline (B, D or F Rate)  
Wednesday, May 4, 2016  
6:00 p.m. - 9:00 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:** Elaine Jankins

Understanding the Stages of Grief and Loss (B, D or F Rate)  
Monday, May 9, 2016  
6:00 p.m. - 9:00 p.m.  
This class will discuss the stages of grief and loss associated with many of our foster youth. At the end of this workshop, participants will be able to identify typical losses associated with living in foster care and the common symptoms of grieving loss in childhood. Caregivers will also be able to describe appropriate interventions aimed at assisting their child in processing grief, and will have a clear understanding of the complexities of cumulative or complicated grief.  
**Presenter:** Patrice Brown, M.Ed., P.P.S.

Self-Sabotage and Foster Youth (B Rate)  
Wednesday, May 11, 2016  
5:30 p.m. - 8:30 p.m.  
Self-sabotage... What is it? How does it affect youth in the foster care system? This training will discuss and identify self-sabotaging behaviors displayed by youth, while also addressing why these behaviors begin. Caregivers will learn ways to assist youth in recognizing these behaviors and empowering them to change.  
**Presenter:** Lori Switanowski, M.F.T.
Preparing for Independence (B Rate)
Wednesday, May 18, 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.
**Presenter:** Elaine Jankins

Adolescence! The Prerequisite to Adulthood (B, D or F Rate)
Monday, May 23, 2016
6:00 p.m. - 9:00 p.m.
Caregivers will understand several facets of the adolescent transition period between childhood and adulthood: physical, psycho-social, and mental. Caregivers will learn to recognize some of the “normal” tension may exist within the home and explore ways to manage these issues. Caregivers will discuss the life skills needed for adolescents to transition into adulthood.
**Presenter:** Patrice Brown, M.Ed., P.P.S.

Simple Steps to Cope with Change (B, D or F Rate)
Wednesday, May 25, 2016
5:30 p.m. - 8:30 p.m.
This class provides easy to understand information on how to deal with everyday changes in order to minimize stress. Participants will examine interpreting change, plan coping mechanisms, learn how to be prepared for change and discuss how to deal with change responsibly.
**Presenter:** Calvin Witcher

At this very moment, you possess the power to do things you never imagined or dreamed possible. You can tap into your power just as soon as you truly believe you can.
Parenting of Teens! What We Need to Know (B, D or F Rate)
Monday, March 7, 2016
6:30 p.m. - 9:30 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.

**Presenter:** Lori Switanowski, M.F.T.

Parenting: What a Resource Parent Needs to Know When Working with Foster Youth (B, D or F Rate)
Monday, April 4, 2016
6:30 p.m. - 9:30 p.m.
Safe parenting is very important when working with foster youth. Many foster youth have experienced abuse and harsh discipline. Caregivers will identify safe and appropriate alternative parenting techniques when dealing with all youth’s challenging behaviors. Caregivers need to understand the current roles and regulations of fostering. This class helps caregivers follow the guidelines to reduce the chances of false allegations against them.

**Presenter:** Wanda M. Cooper, M.A.

Bullying: Why They Do It (B Rate)
Monday, May 2, 2016
6:30 p.m. - 9:30 p.m.
Foster parents will be able to articulate the definition of bullying and the effects it has on a child’s self esteem. They will be able to describe, identify, and recognize why kids display bullying behaviors and the disturbing reality of how it damages our foster youth and their peers when they are the bullies.

**Presenter:** Joe Walker, Retired LAPD

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.
Why Am I Afraid to Tell You Who I Am? Dealing with Cultural Diversity, Sensitivity, and Awareness (B Rate)
Tuesday, March 22, 2016
10:00 a.m. - 12:00 p.m.
Recognizing, accepting, and embracing all cultures is crucial, especially in foster care environments. This class focuses on culture and the important role it plays in the development of all children. Participants will develop creative ways to help children with cultural development.

Preventing Allegations (B or D Rate)
Tuesday, April 26, 2016
10:00 a.m. - 12:00 p.m.
This class will focus on the safety and well-being that are the main tasks of parenting. Care providers must understand licensing regulations to maintain children's personal rights and their responsibilities as foster parents.

Stages of Development (B, D and F Rate)
Tuesday, May 24, 2016
10:00 a.m. - 12:00 p.m.
We will discuss the various milestones in the development of children. We will take a look at the developmental issues and how they relate to children in our care.

The difference between TRY and Triumph is a little UMPh!

Pomona
Palomares Senior Center *(Department of Children & Family Services)*
499 East Arrow Highway * Pomona 91767
These classes are held the fourth Tuesday of every month
Presenter: Calvin Witcher
These classes are held the first Friday of each month. There will be no classes in June. Enjoy this time with your children.

Presenter: Wanda Cooper, M.A.

Preparation Emancipating Teens for Transitional Housing (B Rate)
Friday, March 4, 2016
5:30 p.m. - 8:30 p.m.
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.

Peer Pressure and Self-Esteem (B Rate)
Friday, April 1, 2016
5:30 p.m. - 8:30 p.m.
Kids are faced with a lot today. They are easily influenced by friends, peers, clothing, music, physical appearance, and cliques. Raising children in today’s society provides many more challenges than when we adults were growing up. Participants will learn ways to strengthen communication with their children and ways to help them navigate peer pressure and strengthen their self-esteem.

Angry, Hostile and Defensive Teens (B or D Rate)
Friday, May 6, 2016
5:30 p.m. - 8:30 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.

Every individual is a marvel of unknown and unrealized possibilities.
Teens and Violent Relationships (B, D and F Rate)
Tuesday, March 1, 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, LCSW

CSEC: Awareness and Identification (B and D Rate)
TBA
6:00 p.m. - 9:00 p.m.
Commercial Sexual Exploitation of Children (CSEC). Care providers will receive tools to identify warning signs and indicators of CSEC involvement. Care providers will obtain the ability to recognize risks associated with children and youth in out-of-home placements; identify and strengthen protective factors to prevent youth from involvement in CSEC; and understand the core elements of CSEC awareness, identification, intervention and referral for assessment and treatment. Care providers will develop an understanding of CSEC’s needs from survivors’ perspectives.
Presenter: Asia Williamson, M.S.W.

Angry, Hostile and Defensive Teens (B or D Rate)
Saturday, March 5, 2016
9:00 a.m. - 3:30 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.
Presenter: Donna Distelrath, B.S.

Good Communication within the Family (B, D or F Rate)
Sunday, March 6, 2016
9:00 a.m. - 4:30 p.m.
I tell my children what is expected of them, but they just don’t get it! Why do I have to constantly repeat instructions to my children? Why can’t I ever seem to get problems resolved? Yes, these are challenging issues to address. However, participants will have a chance to discuss that challenges they are facing when communicating their expectations. They will identify tools to aid in effectively communicating with family members, as well as effective listening methods.
Presenter: Donna Distelrath, B.S.

Foster Children and Sexualized Behavior (B or D Rate)
Monday, March 7, 2016
6:00 p.m. - 9:00 p.m.
This class will explore how foster children may exhibit sexualized behavior. Through discussion, participants will examine how abused children may display behaviors that can raise questions about their sexual behavior toward others. Participants will be able to recognize these behaviors and will gain knowledge of how to better address this situation.
Presenter: Donna Distelrath, B.S.

Understanding the Importance of Culture and Life Books (B or D Rate)
Tuesday, March 8, 2016
6:00 p.m. - 9:00 p.m.
This class will discuss why life books are important to the healing process and what information should be included to keep a child’s culture alive. Caregivers will be able to identify the components of a life book and describe ways to maintain a child’s identity.
Presenter: Patricia Old, M.A.
Caring for the Medically Fragile Child
(F Rate)
Wednesday, March 9, 2016
6:00 p.m. - 9:00 p.m.
Upon completion of this class, participants will be able to define and understand the medically fragile child.
**Presenter:** Karen Cash, LCSW

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Multiple Intelligences (B Rate)
Thursday, March 10, 2016
6:00 p.m. - 9:00 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.

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Brain Development (B or D Rate)
Friday, March 11, 2016
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:** Claudia V. Reyes-Olivares, M.A.

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Behavior Management with Teens
(D or F Rate)
Sunday, March 13, 2016
9:00 a.m. - 4:30 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:** Richard Haghani, M.A.

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Building Positive Relationships with Birth Parents (B Rate)
Monday, March 14, 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:** Richard Haghani, M.A.

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Children in Crisis Who Have Parents in Prison (B or D Rate)
Tuesday, March 15, 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 for their foster youth.
**Presenter:** Karen Cash, L.C.S.W.
Dealing with Children’s Emotions (B or D Rate)
Wednesday, March 16, 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.

Connecting Children to Lifelong Relationships (B, D or F Rate)
Thursday, March 17, 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.
Presenter: Claudia V. Reyes-Olivares, M.A.

Motivating “At-Risk” Youth (B, D or F Rate)
Saturday, March 19, 2016
8:30 a.m. - 3:00 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.

Homophobia and Sexist Bullying (B or D Rate)
Sunday, March 20, 2016
9:00 a.m. - 4:30 p.m.
This class explores the intersection of homophobia and sexist bullying. Through discussion, participants examine how today’s children have adopted sexist remarks in order to bully peers. This phenomenon is gaining younger and younger bullies. Participants learn how to recognize this problematic trend and how it also perpetuates homophobia.
Presenter: Karen Cash, L.C.S.W.

Coping and Understanding Mental Illness (B or D Rate)
Monday, March 21, 2016
6:00 p.m. - 9:00 p.m.
Mental illnesses include depression, manic disorders, 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 will dispel some of the taboos surrounding mental illness and identify some of the medications that are used to treat these disorders.
Presenter: Richard Haghani, M.A.

“Summer Holidays”- Let’s Make It Fun! (B Rate)
Tuesday, March 22, 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: Patricia Old, M.A.
Dealing with Cultural and Ethnic Issues of Transracial Children  
(B, D or F Rate)  
Wednesday, March 23, 2016  
6:00 p.m. - 9:00 p.m.  
This training discusses the cultural/racial identity development of biracial and multiracial children and the cultural/ethnic considerations that should be addressed prior to and as a result of the transracial adoption process. As a result of having attended and participated in this course, participants will be able to define the following terms: biracial, multiracial, cultural/racial identity, and transracial adoption. Participants will also be able to identify the do's and don'ts of transracial adoption; examine the importance of race/culture in the development of racial identity; identify and discuss 3 cultural concerns to address/consider prior to initiating a transracial adoption; identify at least two resources used to assist an adopted child in integrating into an adoptive family of a different cultural/racial background; identify at least 3 concerns of biracial/multiracial children with regard to cultural/racial identity; and identify at least 3 supports that can be put in place to help biracial/multiracial children develop a healthy biracial/multiracial identity.  
Presenter: Karen Cash, L.C.S.W.

Aging Out of the System  
(B, D or F Rate)  
Saturday, March 26, 2016  
9:00 a.m. - 3:30 p.m.  
This course explores the issues youth face as they get closer to emancipation and age out of the system. Children who reach 18 in the foster care system, without being adopted or having any family or mentor of their own, have a high rate of imprisonment, homelessness, alcohol and substance abuse. Caregivers will recognize services available to their youth such as college grants, transitional housing, medical services and independent living skills courses.  
Presenter: Asia Williamson, M.S.W.

Discipline Practices: Meeting the Needs of Children in Care  
(B or D Rate)  
Monday, March 28, 2016  
6:00 p.m. - 9:00 p.m.  
This class will help caregivers understand the behaviors of the children in their care and will discover methods of managing those behaviors and accessing available services. Participants will understand children's behaviors and how those behaviors are related to their needs.  
Presenter: Richard Haghani, M.A.

Getting Involved in Your Child’s Education (B or D Rate)  
Thursday, March 30, 2016  
6:00 p.m. - 9:00 p.m.  
Through the course of this class, participants will 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 will 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.

Keeping Children Safe (B or D Rate)  
Wednesday, March 30, 2016  
6:00 p.m. - 9:00 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.
Family Sports Center * 9059 San Bernardino Road * Rancho Cucamonga 91730

Internet Safety (B, D or F Rate)
Thursday, March 31, 2016
6:00 p.m. - 9:00 p.m.
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: Donna Distelrath, B.S.

Manipulation In the Parent-Child Relationship (B, D or F Rate)
Friday, April 1, 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.

Placement Workers’ Expectations of Caregivers (B,D,F)
Monday, April 4, 2016
6:00 p.m. - 9:00 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.

Siblings in the Foster Care System (B Rate)
Tuesday, April 5, 2016
6:00 p.m. - 9:00 p.m.
Is there a strong bond? That is the question. Children placed in foster care and in adoptive homes face unique challenges when it comes to being part of a sibling group. This training discusses the policies DCFS uses in keeping siblings together or choosing to separate them. This class also identifies ways that foster parents can work with siblings in and out of their care to honor the sibling bond.
Presenter: Patricia Old, M.A.

Incarcerated Parents (B, D or F Rate)
Wednesday, April 6, 2016
6:00 p.m. - 9:00 p.m.
What happens when a child’s parents are incarcerated? Do I have to take the child to visit the parents in jail? What added challenges will this present for the child and for me, especially if the person we are visiting is my son or daughter? What resources are available to assist children and families? Participants will have an opportunity to explore these issues and discuss solutions. Participants will also be provided with resources and support information.
Presenter: Karen Cash, L.C.S.W.

Becoming a Change Agent (B Rate)
Thursday, April 7, 2016
6:00 p.m. - 9:00 p.m.
This seminar will provide mentors with vital information, 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.
Modeling Positive Behavior (B,D,F)
Friday, April 8, 2016
6:00 p.m. - 9:00 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.
Presenter: Claudia V. Reyes-Olivares, M.A.

What is Bullying in School?
(B or D Rate)
Sunday, April 10, 2016
9:00 a.m. - 3:30 p.m.
This course describes various techniques that caregivers need to be aware of about bullying in schools. Participants identify and define techniques to help their foster youth recognize what to do to stop or prevent bullying in the school setting. Participants also role-play in class in order to better assist their youth in recognizing signs of bullying.
Presenter: Karen Cash, L.C.S.W.

How to Discipline While Building Relationships (B, D or D Rate)
Monday, April 11, 2016
6:00 p.m. - 9:00 p.m.
This class will discuss how to implement effective communication with children. We will discuss creative ways to discipline youth while maintaining positive relationships.
Presenter: Richard Haghani, M.A.

Substance Abused Infants
(F or W Rate)
Tuesday, April 12, 2016
6:00 p.m. - 9:00 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 and 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 child’s birth parents.
Presenter: Karen Cash, L.C.S.W.

CSEC: Awareness and Identification
(B and D Rate)
TBA
9:00 a.m. - 12:00 p.m.
Commercial Sexual Exploitation of Children (CSEC). Care providers will be receive with tools to identify warning signs and indicators of CSEC involvement. Care providers will obtain the ability to recognize risks associated with children and youth in out-of-home placements; identify and strengthen protective factors to prevent youth from involvement in CSEC; and understand the core elements of CSEC awareness, identification, intervention and referral for assessment and treatment. Care providers will develop an understanding of CSEC’s needs from survivors’ perspectives.
Kingdomality (B Rate)
Thursday, April 14, 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.

Identifying Triggers: Why? When? Who? What? (B, D or F Rate)
Saturday, April 16, 2016
9:00 a.m. - 3:30 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.

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

How to Report Child Abuse
(B or D Rate)
Sunday, April 17, 2016
9:00 a.m. - 4:30 p.m.
Participants will list the procedures on how to report child abuse. Participants will also identify some signs for parents and caregivers to recognize and discuss the resources available for help.

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

Understanding Bipolar Disorder
(B, D or F Rate)
Sunday, April 17, 2016
9:00 a.m. - 4:30 p.m.
This class provides caregivers with an overview of bipolar disorder. Participants learn the signs, symptoms, treatment modalities and possible psychotropic medication recommended for recognizing and treating bipolar disorder. We discuss resources available to caregivers and the children in their care.

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

Preventing Allegations (B or D Rate)
Monday, April 18, 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.
Foster Care to Adoption: Life Long Issues (B, D or F Rate)
Tuesday, April 19, 2016
6:00 p.m. - 9:00 p.m.
Foster care and adoption is a lifelong, inter-generational process that 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:** Patricia Old, M.A.

What is A Foster Home Complaint? (B, D or F Rate)
Wednesday, April 20, 2016
6:00 p.m. - 9:00 p.m.
This training will provide caregivers with state policies and procedures and step-by-step information on how investigations are handled. Information will include how law enforcement, DCFS workers and licensing investigators work together. Participants will be able to describe their actions more accurately and identify problems that must be reported to social workers immediately.
**Presenter:** Karen Cash, L.C.S.W.

The Importance of Family Roles in Caregiving (B, D or F Rate)
Thursday, April 21, 2016
6:00 p.m. - 9:00 p.m.
At the end of this workshop, the participant will be able to detect the differences between healthy and dysfunctional family systems. They will be able to determine what the different family roles are and how they are manifested in youth from dysfunctional family systems. Learn how to utilize coping mechanisms in dealing with the different role types, encourage differing roles types and teach them how to use their role as a strength.
**Presenter:** Patrice Brown, M.Ed., P.P.S.

Family Nights (B, D or F Rate)
Saturday, April 23, 2016
8:30 a.m. - 3:00 p.m.
This fun filled workshop provides information on how to develop family fun-filled evenings with your children. The importance of bonding and communication will be emphasized, and hands on activities will provide caregivers with a very busy workshop. Specific activities will be discussed for medically fragile children, as well as for children who have emotional or behavioral issues.
**Presenter:** Patrice Brown, M.Ed., P.P.S.

Grief and Loss: Multiple Placements and Multiple Losses (B or D Rate)
Sunday, April 24, 2016
9:00 a.m. - 4:30 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.
Substance Use and Abuse in Foster Care (B, D or F Rate)
Tuesday, April 26, 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 drugs 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.

Understanding Burnout (B, D, F or W Rate)
Wednesday, April 27, 2016
6:00 p.m. - 9:00 p.m.
Burnout affects people of all ages and from all walks of life from children to presidents. However, it is more common in the helping professions, those jobs where people give constant help to other people. With parents who foster or adopt children with behavioral issues being at such a high risk for burnout, this workshop is very informative. It provides participants with knowledge of symptoms and stages of burnout, getting rid of burnout and managing stress when caring for foster, kinship or adopted children.
Presenter: Claudia V. Reyes-Olivares, M.A.

Communication– Helping Your Child Through Early Adolescence (B, D or F Rate)
Saturday, April 30, 2016
8:30 a.m. - 5:00 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: Donna Distelrath, B.S.

Dealing with Aggressive Youth (B, D or F Rate)
Sunday, May 1, 2016
9:00 a.m. - 4:30 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: Donna Distelrath, B.S.
Update on New Regulations  
(B, D or F Rate)  
Monday, May 2, 2016  
6:00 p.m. - 9:00 p.m.  
This class focuses on key revisions to California Foster Family Home Regulations that impact foster care such as capacity determination, reasonable prudent parenting standards, Adam Walsh, and others. Participants discuss changes in regulations and how to apply these changes to their practice.  
**Presenter:** Richard Haghani, M.A.

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Working with Attachment Disorders  
(B or D Rate)  
Tuesday, May 3, 2016  
6:00 p.m. - 9:00 p.m.  
This class explains basic concepts in attachment theory and attachment disorders. Participants learn to apply recommended practice parameters for treatment of attachment related disorders. This class also includes a discussion on safety and ethical issues involved in treatment planning and implementation.  
**Presenter:** Karen Cash, L.C.S.W.

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Caring for Children with Dual Diagnoses (D or F Rate)  
Wednesday, May 4, 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 though 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:** Donna Distelrath, B.S.

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Setting Consequences and Following Through (B or D Rate)  
Thursday, May 5, 2016  
6:00 p.m. - 9:00 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.  
**Presenter:** Claudia V. Reyes-Olivares, M.A.

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“There’s a Volcano in My Tummy” Anger Management (B or D Rate)  
Friday, May 6, 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.  
**Presenter:** Claudia V. Reyes-Olivares, M.A.

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Media Literacy Education: How to Raise Media Savvy Kids (B or D Rate)  
Saturday, May 7, 2016  
8:30 a.m. - 3:00 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.
Understanding Sexual Orientation:
LGBTQ (B or D Rate)
Sunday, May 8, 2016
9:00 a.m. - 4:30 p.m.
What does LGBTQ mean exactly? How do children have any idea about their sexual orientation: they’re only kids, right? Participants will have an opportunity to explore issues, questions, and concerns about what it means to be gay, lesbian, bi-sexual, or transgendered, and how this impacts youth in care. Participants will also discuss how this impacts their roles as foster parents.
**Presenter:** Karen Cash, L.C.S.W.

Recognizing the Stages of Grief and Loss (B, D or F Rate)
Monday, May 9, 2016
6:00 p.m. - 9:00 p.m.
Losses occur frequently with children in the foster care system. We will look at the types and causes of loss, as well as the stages of grief they will move through.
**Presenter:** Richard Haghani, M.A.

Playful Parenting (B Rate)
Tuesday, May 10, 2016
6:00 p.m. - 9:00 p.m.
The bond between parent and child is extremely important. Parents and their children often live in very different worlds. For kids, play is their job. Play helps a child to better understand the world. Children can try on adult roles and skills in a safe environment. Through play, children develop confidence. Caregivers will identify appropriate play techniques they can do with their children.
**Presenter:** Patricia Old, M.A.

Youth and the Law: Gang Activity (B, D or F Rate)
Wednesday, May 11, 2016
6:00 p.m. - 9:00 p.m.
This class will give participants an overall view of the law and how a juvenile case is handled by law enforcement. This class will also give participants a look at the gang problem and teach parents how they can keep their kids from joining a gang. Participants will learn how to work with police officers and probation in regard to youth and laws. Participants will leave with a clear understanding of their youth’s rights and consequences if youth join a gang, including the impact it will have on their future.
**Presenter:** Karen Cash, L.C.S.W.

Communicating With At-Risk Youth (B or D Rate)
Thursday, May 12, 2016
6:00 p.m. - 9:00 p.m.
This workshop will help caregivers identify parenting styles that may be triggering negative reactions from youth in their care. Discussion will focus on techniques to improve communication and disciplinary actions that are more effective with children.
**Presenter:** Patrice Brown, M.Ed., P.P.S.

Child Development at a Glance (B, D or F Rate)
Friday, May 13, 2016
6:00 p.m. - 9:00 p.m.
This session will review child development during the first year of life, the 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:** Claudia V. Reyes-Olivares, M.A.
Conflict Resolution (B or D Rate)
Sunday, May 15, 2016
9:00 a.m. - 4:30 p.m.
This class provides caregivers with insight on how to assist the children in their care with solving problems and conflicts in their lives. Discussion will include conflict resolution strategies for children with emotional or behavioral issues.
**Presenter:** Claudia V. Reyes-Olivares, M.A.

Teen Alcohol Abuse (B or D Rate)
Monday, May 16, 2016
6:00 p.m. - 9:00 p.m.
This class discusses the common reasons teens 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:** Karen Cash, L.C.S.W.

Preventing Child Abuse and Neglect (B or D Rate)
Tuesday, May 17, 2016
6:00 p.m. - 9:00 p.m.
Caregivers will discuss actions that prevent imminent 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:** Karen Cash, L.C.S.W.

Helping Children Deal with Stress (B or D Rate)
Wednesday, May 18, 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.

Developing Coping Skills: Children in Crisis (B or D Rate)
Thursday, May 19, 2016
6:00 p.m. - 9:00 p.m.
This class discusses how to decrease feelings of frustration, anxiety and depression. Participants explore techniques to help deal with children while they are in their crisis mode.
**Presenter:** Claudia V. Reyes-Olivares, M.A.

Teaching Essential Life Skills to Children of All Ages (B, D or F Rate)
Friday, May 20, 2016
6:00 p.m. - 9:00 p.m.
This class allows care providers to integrate training into everyday family life that will help them teach their children skills such as: comparison shopping, budgeting, purchasing, housework, laundry, applications, computer skills, and more. Caregivers can assist the child with setting up savings accounts, job hunting, and scholarship applications. They will be able to help their child identify their strengths and weaknesses, create resource lists and evaluate independence readiness.
**Presenter:** Asia Williamson, M.S.W.

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We cannot direct the wind, but we can adjust the sails.
Learning About Students with Emotional or Behavioral Disorders at School (B or D Rate)
Saturday, May 21, 2016
9:00 a.m. - 3:30 p.m.
You may ask yourself, “Why does my child get in so much trouble at school? Is he/she a bad student? Does he/she do it on purpose?” Behavioral disorders become apparent when the student displays a repetitive pattern of disturbing behaviors that result in a negative impact on their peers. Displaying such disturbances can significantly affect impairments in academic and social functioning. In this workshop, participants will identify and establish clear expectations about appropriate behavior for their foster youth. They will discuss interventions needed to help youth succeed academically, especially in the classroom. Participants will be able to recognize resources available by school districts such as the IEP or special education classes. Participants will also learn to display appropriate behaviors that they can model to their youth when stressful situations occur in the school setting.
Presenter: Donna Distelrath, B.S.

What is a Foster Home Complaint? (B, D or F Rate)
Monday, May 23, 2016
6:00 p.m. - 9:00 p.m.
This training will provide caregivers with state policies and procedures and step-by-step information on how investigations are handled. Information will include how law enforcement, DCFS workers and licensing investigators work together. Participants will be able to describe their actions more accurately and identify problems that must be reported to social workers immediately.
Presenter: Richard Haghani, M.A.

Preparing Summer Activities (B, D, F or W Rate)
Tuesday, May 24, 2016
6:00 p.m. - 9:00 p.m.
Keeping children active and involved takes planning in advance. This workshop helps caregivers identify reasons for summer activities that help kids learn and grow.
Presenter: Patricia Old, M.A.

Self-Sabotage and Foster Youth (B Rate)
Wednesday, May 25, 2016
6:00 p.m. - 9:00 p.m.
Self sabotage… What is it? How does it affect youth in the foster care system? This training will discuss and identify self-sabotaging behaviors displayed by youth while also addressing why these behaviors begin. Caregivers will learn ways to assist youth in recognizing these behaviors and empowering them to change.
Presenter: Donna Distelrath, B.S.

“But I Thought Therapy Was for Crazy Folks!” (B, D or F Rate)
Sunday, May 22, 2016
9:00 a.m. - 4:30 p.m.
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. The instructor will discuss how therapy can be used to help discover the underlying issues that impact the children’s behaviors. Participants will gain insight regarding confidentiality, release of information, and different therapy methods used with infants, adolescents, and teens.
Presenter: Donna Distelrath, B.S.
Helping Youth Set Boundaries and Limits (B, D or F Rate)
Thursday, May 26, 2016
6:00 p.m. - 9:00 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.
Presenter: Patrice Brown, M.Ed., P.P.S.

Parenting Styles: Do I Have One? (B, D, F or W Rate)
Friday, May 27, 2016
9:00 a.m. - 12:00 p.m.
Yes, you already have a parenting style, but is it working for you? Your children may not know the name of it, but they have ways of working it to their advantage! Come have fun discovering your parenting style, and how you may get the cooperation and harmony you desire from your teen through your style of parenting. From this class, participants will be able to identify their parenting style, recognize their strengths and weaknesses, and practice how to “switch” from parenting methods that may not be working for them to more proactive approaches in parenting.
Presenter: Asia Williamson, M.S.W.

Walk a Mile in Their Shoes: Abuse and Neglect of Children (B or D Rate)
Saturday, May 28, 2016
8:30 a.m. - 5:00 p.m.
Through a series of experiential exercises, participants will have an opportunity to discover first hand why abuse and neglect have such a profound effect on children. Clips from movies will also be displayed to aid caregivers in understanding their children’s behavior.
Presenter: Richard Haghani, M.A.

Preparing for Independence (B Rate)
Sunday, May 29, 2016
9:00 a.m. - 4:30 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.
Presenter: Richard Haghani, M.A.

At this very moment, you possess the power to do things you never imagined or dreamed possible. You can tap into your power just as soon as you truly believe you can.
The Impact of Moving on Foster Children (B, D or F Rate)
Sunday, March 20, 2016
9:00 a.m. - 1:00 p.m.
Explore the impact on children removed from their homes experience and how their lives are interrupted. This class deals with the impact of multiple moves and the importance of providing a permanent structured home life for children.

Developing Coping Skills: Children In Crisis (B or D Rate)
Sunday, April 24, 2016
9:00 a.m. - 1:00 p.m.
This class discusses how to decrease feelings of frustration, anxiety and depression. Participants explore techniques to help deal with children while they are in their crisis mode.

The Importance of Documentation (B Rate)
Tuesday, April 26, 2016
9:30 a.m. - 12:30 p.m.
Record keeping can be one of the most important parts of being a foster parent. This class will help participants develop the skills needed for good documentation and provide examples of common documents. Participants will gain a better understanding of educational issues and documentation, and will also be given resources to assist in this ongoing process.

Adolescent Girls: Drama is Part of Their Life (B, D, F or W Rate)
Sunday, May 22, 2016
9:00 a.m. - 1:00 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.

Children in Crisis Who Have Parents in Prison (B or D Rate)
Tuesday, May 31, 2016
9:30 a.m. - 12:30 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.
Panic Disorders, Separation Disorders and Agoraphobia in Children and Adolescents (B, D or F Rate)
Tuesday, March 22, 2016
9:30 a.m. - 12:30 p.m.
This class defines panic disorders, separation anxiety disorder, and agoraphobia. Caregivers gain knowledge of signs and symptoms, causes, behavior interventions, treatment, and medications. Discussion during this class will provide information on what to expect and how to work with children and adolescents who are diagnosed with one of these disorders. Caregivers leave this class with a clear understanding of panic, separation anxiety and agoraphobia disorders.

Relative Caregiver “Loving Me” Workshop (B, D or F Rate)
Tuesday, March 22, 2016
5:30 p.m. - 8:30 p.m.
This fun workshop explores and strengthens the relative caregiver’s personal development skills and adjustments. A basic understanding and fulfillment of personal needs will enhance the caregiver’s quality of care and daily interactions with the children in their homes. Caregivers will engage in multiple, hands-on learning activities that will challenge their self-knowledge and basic needs. At the end of this workshop, participants will be able to identify individual stress levels and learn how to relieve stress using effective fun and silly stress strategies. They will also experience expressions of music; discuss a plan for physical exercise and develop a progression exercise journal; examine the law of attraction; articulate applicable daily affirmations; and develop realistic relaxation techniques. This three-hour class will culminate with a special “Loving Me” celebration.

Understanding Asthma 101 (F or W Rate)
Tuesday, April 26, 2016
5:30 p.m. - 8:30 p.m.
Think of someone—a child or an adult—racked by uncontrollable coughing. With a heaving, distended chest, neck muscles straining, and eyes showing alarm verging on panic, the person can only utter a few brief words between rasping, wheezing, frantic efforts to breathe. The purpose of this class is to provide caregivers with a better understanding of asthma and its effect on children. SB-500 Applicable.

Foster Children and Sexualized Behavior (B or D Rate)
Tuesday, May 31, 2016
5:30 p.m. - 8:30 p.m.
This class will explore how foster children may exhibit sexualized behavior. Through discussion, participants will examine how abused children may display behaviors that can raise questions about their sexual behavior toward others. Participants will be able to recognize these behaviors and will gain knowledge of how to better address this situation.
Water Safety Today

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.

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

**Saturday, June 4, 2016**
9:00 a.m. - 11:00 a.m.

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 call the FKCE office at (626) 857-4028 for the 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 202
1000 W. Foothill Blvd., Glendora 91741
**Presenter:** Alex Vracin, M.S.W.
American Red Cross Instructor

**Saturday, March 19, 2016**
8:30 a.m. - 3:00 p.m.

**Saturday, May 21, 2016**
8:30 a.m. - 3:00 p.m.
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>W-Rate 16</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 Precious 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 proveer servicios a los niños en su cuidado. Aprobación del DCFS debe ser obtenido antes que niños nuevos o adicionales con condiciones medicas especial es puedan ser colocados en su hogar de crianza.

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

Horas de entrenamiento para certificación:
Tarifa D: 16  Tarifa F: 16  Tarifa W: 16

Horas necesarias (anualmente) para mantener certificación:
Tarifa D: 18  Tarifa F: 12  Tarifa W: 4
D-Rate Pre-Service Training - (16 Hours)

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

Saturday, March 19, 2016 and Saturday, March 26, 2016
8:30 a.m. - 5:00 p.m.
Location: Citrus College, LB 108
1000 W. Foothill Blvd., Glendora 91741

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

Saturday, May 14, 2016 and Saturday, May 21, 2016
8:30 a.m. - 5:00 p.m.
Location: Citrus College, LB 107
1000 W. Foothill Blvd., Glendora 91741
Presenter: Gwen Washington, L.C.S.W.

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

This training is 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)

Saturday, April 23, 2016 and Saturday, April 30, 2016
8:30 a.m. - 5:00 p.m.
Location: Citrus College, LB 107
1000 W. Foothill Blvd., Glendora 91741
Presenter: Pamela Jeanette Edwards, M.S.

Saturday, March 12, 2016 and Saturday, March 19, 2016
8:30 a.m. - 5:00 p.m.
Location: Citrus College, LB 107
1000 W. Foothill Blvd., Glendora 91741
Presenter: Pamela Jeanette Edwards, M.S.

Friday, May 20, 2016 and Saturday, May 21, 2016
9:00 a.m. - 5:30 p.m.
Location: Immanuel Praise Fellowship
9592 7th Street, Rancho Cucamonga 91730
Presenter: Karen Dixon, 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, March 4 and Saturday, March 5 * 9:00 a.m.-5:30 p.m.
Friday, May 6, 2016 and Friday, May 13, 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: Adoption Guidance Support Services
969 S. Village Oaks Dr. Ste 203, Covina 91724

Presenter: Karen Dixon, M.S.
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 a padres adolescentes a desarrollar las técnicas necesarias para proveer un hogar seguro, estable y permanente.

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

Quien Califica para este Programa?
• 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

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

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

“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.

PRIDE Training ~ (27 Hour Training)
Parent Resources for Information Development & Education for San Bernardino (West End)

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

Please call San Bernardino, CFS at (800) 722-4477 for more information.
Kid's Korner - Recipes that Rock!

Yogurt Fruit Parfait

**Ingredients**
- ½ cup frozen mixed berries
- ½ tsp. sugar
- 1 cup non-fat, low-fat or regular plain Greek yogurt (unsweetened)
- 1 tsp. honey (or more if you prefer a sweeter yogurt parfait)
- 1/3 cup unsweetened granola, such as Trader Joe’s praline pecan granola.

**Prep Time:** 10 minutes

**Total Time:** 10 minutes

Yield: 2 servings

Kid’s Korner - Recipes that Rock!

Peaches and Cream Waffles

**Ingredients**
- 4 frozen whole grain waffles, preferably organic
- 1/3 cup peach yogurt (low-fat or non-fat is okay)
- 2 Tbsp. plain Greek yogurt (don’t substitute regular yogurt. Greek yogurt makes the topping thick)
- 1 fresh peach, peeled and sliced
- 2 Tbsp. pure maple syrup

**Prep time:** 5 minutes

**Cook Time:** 5 Minutes

**Total Time:** 10 minutes

**Yield:** 2 servings (2 sandwiches)
“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

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 ceguera, 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
- Vomito
- 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 pañal 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.
- Arrulle 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

Como evitar la frustracion cuando cuida a un bebe que esta 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 linea 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, loren.va@gmail.com, (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, txreede@ pasadena.edu, (626) 585-3037

- Rio Hondo College, Whittier
  Sandy Sierra, ssherra@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.projectsister.org
PSFS is the local rape crisis center providing counseling and a wide variety of prevention education classes, support groups, resources, information, and referrals. Volunteer opportunities are also available.

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.ywcawings.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.
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@catholicbigbrothers.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 AND KINSHIP CAREGIVERS ASSOCIATIONS

Sunshine Foster/Kinship Support Group
Meets at Best Western Inn Suites the first Monday of every month from 6 p.m. – 9 p.m.,
(323) 236-6504
Best Western Inn Suites, 3400 Shelby Street, Ontario, CA 91764
The Sunshine Foster/Kinship Support Group provides support, training, and resources for
parents and relative caregivers and their children who are involved in the foster care system.

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.

Hathaway-Sycamores Homes
2933 N. El Nido Drive
Altadena, CA 91001
Phone: (626) 243-9043
Foster Care & Adoption Services provide therapeutic placements for children in the foster care
system and adoptive families for special-needs children in Los Angeles County. One of the
primary goals of Hathaway-Sycamores is preparing children who have been removed from their
families to return home to an environment that has become safe and secure. If that is not
possible, the agency seeks to place children in a less restrictive, more home-like setting.
Hathaway-Sycamores Child and Family Services recruits, trains, certifies, supervises and
supports foster families who are willing to open their hearts and homes to these children.

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.

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.

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.

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 pacificasiamuseum.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](http://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](http://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.

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The Greatest Honor

It takes a special person;  
To be a mom or dad.  
The joy when a child is born  
Is enough to drive you mad!  
Now when a child’s adopted;  
His family gets to choose;  
The babe brought home to open arms,  
A situation he can’t lose.  
Moving on to foster parents,  
Whether young or old,  
They take children into their homes, And  
love them like their own,  
They teach the child new things,  
And how to trust again;  
They show children the world out there,  
Beyond the sorrow and pain.  
Foster parents have hearts of gold,  
And they often take the fall;  
For this they have the greatest honor,  
Appreciation, from us all.

Wendi Sturgeon
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.”
Safety Surrender Your Baby

WHERE?
AT ANY HOSPITAL OR EMERGENCY ROOM

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

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

What Happens to 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 http://www.dss.cahwnet.gov/cdssweb OR http://www.babysafe.ca.gov.

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

La ley sobre como 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 quedara en el hospital por catorce días, le tomaran un examen médico, y luego se ira a un hogar adoptivo.

¿Puedo recoger mi bebé después de entregarlo?
Los padres de la cría 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 cría.

¿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 este en buenas manos.

Hay una opción.

No abandone a su bebé.

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

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**Total Hours**
Directional Maps
Baldwin Park, Covina and Glendora

Family Service Center
14305 Morgan Street
Baldwin Park, 91706

Adoption Guidance Support Services
969 South Village Oaks Drive (Suite #203)
Covina, 91724

Ettie Lee Youth & Family Services
754 East Arrow Highway (Suite #F)
Covina, 91722

WIC Office
1012 North Citrus Avenue
Covina, 91722

Citrus College
1000 West Foothill Boulevard
Glendora, 91741

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

Maps are not to scale.
Directional Maps
Irwindale, La Verne and Ontario

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

Michigan Street
D Street
B Street
Wheeler Ave
Bonita Ave
Damien H. S.
Foothill Blvd

Ontario Airport Hilton Hotel & Conference Center
(Inland Valley Foster Parent Association—IVFPA)
700 North Haven Avenue
Ontario, 91764

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

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

POMONA:
Lincoln Ave Church,
1513 Lincoln Ave.,
Pomona, CA 91767

10 Freeway
San Bernardino Ave.
Indian Hill Blvd.
Mills Ave
Lincoln Ave

Pomona Valley Youth Employment Services
Tri-Valley Community Foster Parent Association
720 Park Ave.
Pomona, CA 91768

210 Fwy
51 Fwy
10 Fwy
Orange Grove Blvd
Alvarado St.
Park Ave.
Holt Ave.
Valley Youth Employment Services

Palomares Senior Center
499 East Arrow Highway
Pomona, 91767

210 Fwy
Foothill Blvd
Bonita Ave
Towe Ave
Orange Grove Ave
Gatey Ave
Arrow Hwy

Family Sports Center
9059 San Bernardino Road
Rancho Cucamonga, 91730

210 Fwy
San Bernardino Rd
Foothill Blvd
Hoyt Ave
Archibald Ave
Ramona Ave
Madison Ave

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

Walnut Senior Center
21215 La Puente Road
Walnut, 91789

La Puente Road
Spur Trail Ave
Grand Ave

60 Fwy

Valley Blvd

Kinship Resource Center South
421 S. Glendora Ave. Suite 100
West Covina, CA 91790

210 Fwy

Maps are not to scale.
Become a Foster/Adoptive Parent

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

Please call the San Bernardino County Department of Children's Services 1-800-722-4477

Share Your Heart . . . Share Your Home
Comparta Su Corazón . . . Comparta Su Hogar

Became a Resource Family (Foster and/or Adoptive Parent)

Sea Padre de Crianza o Padre Adoptive

Call (Llamena) 888-811-1121

Los Angeles County
For All That You Have Given Me

For all that you have given me,
I can return but love. For you
Bound up the wounds I did not see
And gave me hopes and passions new.
I can return but love for you,
Whose unmoved faith my heart did move,
And gave me hopes and passions new,
And loved me till I turned to love.
Whose unmoved faith did my heart move?
The mother of my heart, not blood,
Who loved me till I turned to love.
And I became the soul I would.
The mother of my heart, not blood,
Bound up the wounds I did not see.
And I became the soul I would
For all that you have given me.