



Foster & Kinship Care Education Program

February 2018 Classes

Guests & Friends are Welcome – FREE – Be certain to note locations!

Thursday Evening Series at Woodland Community College, Building 100, Rm 101

February 8 & 22, 2018 – 6:30 to 9:30 pm

The February 15th workshop is cancelled so you can attend the ICWA & PIP training.

These classes are free & open to the public.

Culturally Competent Caregivers – Diversity is Beautiful

Facilitated by Debra Weigel, MFT, Antonio Acosta, Ralph Lopez, Former Foster Youth & Caregivers

As caregivers we are directed to be Culturally Competent – Two Feb. classes to discuss diversity.

Topics to be addressed:

- February 8th Culturally Competent Caregivers, Parenting LGBTQIA Youth
- February 22nd Discrimination, Prejudice & Acceptance

Successful resource families serve to meet the specific needs of children that come into their homes. In an increasingly global world, people are living more and more in families with a combination of cultures, ethnicities, gender identifications, and teens who perhaps are questioning their sexual orientation, gender and/or identity. As their caregivers, we are the individuals that need to support their development and provide stability. It is our responsibility to be "culturally competent", to have awareness to the issues our children face with peers, at school and out in the greater world at large. Daily, kids face a multitude of challenges that come from biases and stereotypes held by others.

A few of the questions we will address in this 2-part series:

- Do you know how to teach protective behaviors to your children?
- Do you know where or how to take care of your child's ethnic skin and hair?
- Do you know how to deal with an increasingly hostile school environment when your child is bullied and called sexual or racial slurs?
- Do you recognize when your child is not academically challenged because of bias? And what to do when you recognize it?

Both class nights we will have diverse guest speakers that can address firsthand the need for cultural competence. Join us!



Teen Circle Etiquette Workshop *Putting Your Best You Forward*

A sit-down dinner - we request somewhat dress-up attire for evening. For Youth & their Caregivers, Social Workers or CASA's Together

Friday Evening, Feb. 9th - 5:00 to 7:30 pm

Presented by, Kristina Wiley, DDS and Business Owner

- Location: **Linde Lane Tea Room**
- Address: **140 N Jackson - Dixon, CA - (707) 693-8327**

This is a great opportunity for caregivers, CASA or Social Worker's and their youth - foster, adopted, kinship or birth teen - to attend together for a field trip to Dixon and the Linde Lane Tea Room owned by Kristina Wiley, DDS. She has invited us to learn how she made her academic and career plan and the dream of owning both a thriving dental practice and amazingly beautiful tea room come true. We will hear how this came to be while having both an etiquette lesson and a delicious 5-course dinner. **Please let me know if you plan to attend.**

RSVP to Cherie @ (530) 574-1964 or cherie@yolofostercare.com



"Each of us shines in a different way, but this doesn't make our light less bright." – Albert Einstein



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February 2018 Classes

Taking a Foster Newborn or Infant into Placement

Tuesday Evening, Feb. 13th, 2018 from 6:30 to 9:30 pm

Woodland Community College, Building 100, Room 101.

Presented by, Jenna Shaw-Battista, Ph.D., R.N., N.P., C.N.M., F.A.C.N.M. Director for Master's Entry Program in Nursing and Associate Clinical Professor



All infants need nurturing and tender care. Caregivers do best when they are prepared and supported and know what to expect about the little person being entrusted to their arms. It is important to acknowledge the differences between bringing home a birth versus a foster baby, along with the "can" and "can not's". For instance, that you can't let a foster baby sleep with you or take them into your bath, and you have no legal say in medical decisions. Plus, you are faced with all sorts of pesky questions and how do you answer while maintaining confidentiality? This may be a new experience for the hospital staff and the caregiver and we want to make it just a bit easier. We will address who our babies are and bringing them home. You will be given an overview of diapering, bottle feeding, cleaning, sleeping, and developmental milestones, prenatal exposure to drugs and alcohol, plus knowing when to worry and when to relax. You will be given tips for swaddling, calming and infant massage, along with the importance of early screening and referral. Please join us for this 3-hour workshop that is strongly recommended for both experienced and not yet placed caregivers.

Resource Families – Foster and Kinship Parents - we are very lucky to have Dr. Jenna Shaw-Battista with us Tuesday evening to share her wealth of experience as a pediatric nurse and educator. If you are considering placement of an infant (a child under the age of two), or have a young child in your home the Resource Family Directives it states a requirement that you take an infant class lead by a medical practitioner. This is a fantastic opportunity and I truly hope you can attend this excellent and informative workshop. We will spend the first 15 minutes or so talking about how we can better support families accepting little ones and perhaps building a stronger mentoring program. I look forward to seeing you there. ~ Cherie

These classes are highly recommended for all caregivers who are considering placement of a newborn or young infant.

February 15 & 16th, 2018

Indian Child Welfare Act and Positive Indian Parenting



NICWA
NATIONAL INDIAN CHILD WELFARE ASSOCIATION

Workshops developed and presented by the National Indian Child Welfare Association in cooperation with Yocha Dehe Wintun Nation Community Fund

- **Location:** Yocha Dehe Wintun Nation Community Center - 18960 Puhkum Road, Co. Rd. 75, Brooks, CA
- **Time:** 10:00 am to 4:00 pm each day

Thursday, February 15th, 2018

10 am to Noon Introduction to Indian Child Welfare Act, the basics

1 to 4:00 pm ICWA's Technical Requirements – Application, noticing, jurisdiction, transfer, intervention, active efforts and placement preferences.

Friday, February 16th, 2018

10 am to 4:00 pm Positive Indian Parenting (PIP)

Traditional Indian parenting practices, including storytelling, cradleboard, harmony, lessons of nature, behavioral management and positive reinforcement. PIP also addresses the historic impact of boarding schools, forced assimilation and intergenerational trauma.

Lunch and refreshments are provided both days.

To RSVP call or email Vickie Gustafson at (530) 796-3400 or vgustafson@yochadehe-nsn.gov

These workshops are funded by a grant from Yocha Dehe Wintun Nation Community Fund under the Native Rights and Tribal Sovereignty Priority.

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February 2018 Classes

Nursery Tour for Yolo County Caregivers **An Opportunity to Meet & Talk with Experienced Staff – Children are Welcome** February 16th, 2018

Generally 10:30 am to Noon pm

Location: 1701 Balsam Place. Davis, CA 95618

The Yolo Crisis Nursery offers drop in day care for our Resource Families - foster parents and kinship caregivers - to help make life a bit easier for such things as a doctor's appointment or to attend a class. With availability, the Nursery can also be used for up-to 30 days for Child Care while a foster family is locating permanent child care options. Please take this opportunity to tour the Nursery, meet staff and to clarify the use and services offered for Yolo County Resource Families - Foster and Kinship Providers - who are placed with a child through Child Protective Services. Join us at the "tour" for a time to sit, have a cup of coffee and the opportunity to share fostering experiences.



Wednesday Evening, February 28th, 2018

Caregiver Support & Education

Recovery Happens: Teens, Drugs, Alcohol & Addiction

Presented by, Amy Rose, Program Director, Recovery Happens, Inc.

Location: Woodland Community College – Building 100, Room 101

Time: 5:30 to 7:30 pm

Food: Cherie will bring pizza and cookies

Addiction Is Not A Choice, It's A Disease. Together it Can be Beat.

Recovery Happens is an Outpatient Treatment Program for Adolescents and Young Adults struggling with Drug Abuse and Addiction. Amy Rose, Program Director, is joining us to share what is involved in their treatment program, the process and steps to recovery, and the caregiver's role in providing needed support and stable boundaries. Ms. Rose will share their approach which balances the traditional "chemical dependency" model with current developmental psychology and the emerging research from interpersonal neurobiology, affect dysregulation/regulation. This comprehensive view of addiction/mental health and development allows for a more multi-dimensional understanding of the issues being addressed which translates in to a more comprehensive treatment approach and empowering solutions for the client and their family.



Dates to Save

Friday Evening, May, 4th, 2018

Foster Parent Appreciation Dinner

Hosted by the Rebekah's of Davis at the Odd Fellow Hall, Davis, CA

Saturday, May 19th, 2018

Foster Family Picnic in Celebration of our Families and Children

Jack Slaven Park in Woodland
