



FKCE Jan 2019 Classes

Friends, Guests, & Colleagues are Welcome
Classes are Free and Open to the Public

- No Parking Permits are required after 6:00 pm each evening; \$2 Permit Needed if during the day;
- Please Park in Student Designated Areas



Wednesday Evening RFA Orientation

Two Saturday's to Complete RFA 12 Hour Series

Orientation is Wednesday Evening, Jan. 9th, 2019

Time: 6:30 to 9:30 pm

Location: Woodland Community College, 2300 E. Gibson Road, Woodland
Building 100, Room 109

12 Hr. RFA Series Continues Saturdays

Dates: January 12th and January 19th, 2019

Time: Morning Class is 10:00 am – 1:00 pm and Afternoon Class is 1 - 4:00 pm
January RFA Classes are in English Only

Location: Woodland Community College, 2300 E. Gibson Road, Woodland
Building 100, Room 109

*For All Caregivers: Licensed Foster Parents & Resource Families – Foster & Kinship
Post Approval Classes – Required Topics Addressed*

Attachment, Regulation & Competency Reflections

4-Part Thursday Evenings: Annie E. Casey ARC Reflections Training Program

Dates: **Thursday Evenings, January 10, 17, 24 & 31st, 2019** (each class builds upon the other; attend all or just one)

Time: **6:30 to 8:30 pm**

Location: **At the College: 2300 E. Gibson Rd., Woodland - Room 109**

Required topics to be addressed:

- Trauma Informed Care & Attachment
- Crisis Intervention
- Behavioral Management
- Administration of Psychotropic Medication
- Supporting Children & Non-Minor Dependent Children in School
- Effects of Drug & Alcohol Abuse & Domestic Violence on Children & Young Adults

This is an Annie E. Casey “reflective” parenting series particularly designed for foster, kinship, and adoptive parents raising children who have experienced early adversity and trauma. Classes build upon the resilience of children, teens and young adults, providing parents understanding and avenues to successfully help and manage challenging behaviors, school and developmental issues, providing guidance that is understandable and appropriate from a framework of trauma informed parenting.

Jan. 10 th , 2019	Session 1	Understanding Trauma and Trauma Responses
	Session 2	Behavior Makes Sense: Safety & Finding Control
Jan. 17 th	Session 3	Put On Your Oxygen Mask: The Impact of Drugs, Alcohol & Domestic Violence
	Session 4	Behavior Management: Cultivate Connection & Building Bridges
Jan. 24 th	Session 5	Mirror, Mirror: Become a Trauma Detective
	Session 6	Building a Parenting Plan: Respond, Don't React - Crisis Intervention
Jan. 31 st	Session 7	Who Are You? School, Fitting In & Finding Self
	Session 8	Endings & Beginnings: School, Transitions & Psychotropic Medications

Pediatric, Child, and Adult CPR & First Aid Red Cross Instructors Antonio Acosta & Mike Smith



Saturday, January 19th, 2019 – RSVP Required – Please Email Cherie

Only a few seats open - Taking Wait List Names only - Limited to 15 participants – 2 Yr. Red Cross Certification Issued

CPR starts at 9:00 am sharp & First Aid at Noon - Generally 3:30 or 4:00 pm

Location: Woodland Community College – 25 N. Gibson Road, Building 100, Room 101

Lunch: We appreciate your bringing a food item to share.

Caregiver Forum – Addressing Current Issues



Date: Date, Time, Topic & Location to be Announced

Time: 5:30 to 7:00 pm

Location:



Teen Circle - Transitional Age Youth Classes

Designed for Youth 14 ½ to 18 & Non-Minor Dependents 18 to 21 Years Old

Caregivers and Group Home Staff are Welcome to Join Us and Fully Participate

Connect to College Success: a 3-Part Series

January 9th, February 6th, & March 13th, 2019

Time: 3:30 to 5:30 pm

Location: Woodland Community College, Building 700, Room 727



This is a wonderful opportunity for youth touched by foster care and caregivers trusted to help guide them forward to learn about financial aid, Chaffee Grant and a broad introduction to College Student Service Programs. Staff and students will share various programs, including Counseling, Financial Aid, Educational Opportunity Programs, CARES, Guardian Scholars, and Tutoring, plus a campus tour. Importantly we will have shared experiences provided by several Non-Minor Dependents and Guardian Scholars that have successfully walked the path through higher education.

Relationships: Making & Keeping Friends

Friday Evening, Jan 18th, 2019 from 5:30 to 7:30 pm

Location: At the College: 2300 E. Gibson Rd., Woodland, Room 101



Relationships: The Good, Bad & the Ugly, a Conversation on Domestic Violence

Friday Evening, Jan 25th, 2019 from 5:30 to 7:30 pm

Location: At the College: 2300 E. Gibson Rd., Woodland, Room 101

People have different ideas of what they want from relationships. Some want a causal friendship, others romance, maybe only sex, or perhaps just someone to talk and be close with. It can take time to find a good friend or a significant partner. To complicate matters often there is pressure from friends and family about relationships. With many forces at hand, it's challenging to figure out who you are and what you want in relationships. An even bigger problem may be that you get involved with someone who hurts and breaches your trust; violating your personal standards. Where do you turn and how do you get away? Domestic Violence happens when a relationship has issues of control and fear. We want you to leave knowing the elements of a healthy relationship and signs of when it is becoming unhealthy and it's time to walk away.

