



FKCE March 2018 Classes & Workshops

Friends, Guests, & Colleagues are Welcome – There are No Fees to Attend
No need to pre-register, just come in the door to class!

March Madness Food Drive at Woodland Community College

Benefiting the On-Campus Food Pantry – It's Needed. All Donations are Appreciated.
There is a barrel right down the hallway from the Foster Care Classroom in Building 100

Suicide Prevention Training – Wed, March 14th, 2018

Morning Class, 11:30 am to 1:00 pm

Location: Woodland Community College: Building 100, Room 109

QPR stands for Question, Persuade, and Refer – the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver can help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you are saying “yes” to saving the life of a friend, colleague, sibling or neighbor. Join us for this lifesaving training.

Seating is limited, please let me, Cherie, know if you plan to attend. Thank you.



Teen Circle & ILP Classes Target Gift Card is given to participating youth.

We start at 5:30 pm with pizza.

Friday Evening, March 9th, 2018 from 5:30 – 8:00 pm



Addiction's Hold, a Birth Mother's Journey to Recovery

Led by: Rebekah Couch, Member of the CA Child Welfare Counsel and Parenting Mentor

Location: Woodland Community College, 2300 E Gibson Road, Woodland, CA 95776, Room 101

Friday Evening Teen Circle – March 16th, 2018 from 5:30-7:30pm



Addiction's Hold: Family Craziess & Setting Protective Boundaries

Led by: Debra Wiegel, MFT & Guest Speaker

Location: Woodland Community College, 2300 E. Gibson Rd., Woodland, Bldg 100 Room 109

Parenting the Hurt Child - Saturday, March 17th, 2018

Morning & Afternoon Session, a light lunch will be served

Morning, 10:00 am to 1:00 pm

Loss, Grief & Shame & How they Intertwine

Afternoon 1:00 pm to 4:00 pm:

Looking at Development & the Stages of Trauma

Location: Woodland Community College: 2300 E. Gibson Rd, Woodland, CA 95776, # 109



Children entering foster care most often bring a tremendous amount of grief and loss with them into their new family. This loss not only includes their birth parents, extended family, home, pets, neighborhoods, schools, friends, treasured belongings, and in some cases, culture. Often, children cannot describe their feelings in words, and instead may use behaviors to express themselves. Reactions to grief and loss in children include anger, sadness, hyperactivity, changes in appetite, hoarding food, inappropriate emotional response, headaches, and difficulty making decisions, regressive behaviors, and clinginess.

Foster families, even the most prepared and supportive may see the children in their care go through early regression and/or a rough patch when they enter their teens and young adult years. In addition to the regular growing pains of puberty and adolescence, these children face issues that children living in their family of origin never face, including awkward questions about why they aren't living with their birth family, what brought them into care, and questioning their self-worth due to being adopted, their national or ethnic origin (if applicable), and much more. We will focus on Development, stages of trauma and rebuilding safety and trust through caring relationships – the rebuilding of attachment.



Nursery Tour & an Opportunity to Connect & Build Support Friday Morning, March 16th, 2018

11:30 am-12:30 pm

Location: 1701 Balsam Place, Davis, CA 95618 (corner of Temple and Balsam across from the park)

A chance to talk and meet with experienced caregivers.

The Nursery offers respite care for foster parents needing short-term care, such as during 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 Foster and Kinship/Relative Care Providers (our Resource Families) placed with a child through Child Protective Services. You are welcome to knock on the door and receive a tour.

Caregiver Support & Education

Recovery Happens: Teens, Drugs, Alcohol & Addiction

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

Wednesday Evening, March 21, 2018

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.

Training Seminar Weekend Character Under Construction

March 23, 24 & 25th – Friday Evening to Sunday at Noon

Weekend Location: Jesuit Retreat Facility in Applegate, CA.

For Foster/Kinship/Adoptive Families, School Age Children and Non-Minor Dependents.

Friday Evening 6:00 pm to Sunday afternoon at Noon.



- Reservations Required – Email or call Cherie
- There is No Fee to Attend

Helping children develop strong character allows a child to be a good family member, good friend, and good citizen. It is an important task. This family training weekend focuses on our strengths and our resilience, both as individuals and as families. Through discussion, therapeutic art and a character driven plan, we will leave with a greater sense of esteem, self-worth and pride. We hope that you consider joining us for an extraordinary relational- and fun - weekend.

Call or Email me, Cherie, to Reserve a Room

Friday night dinner: Burritos, rice, beans and chips in the lodge; dinner will be saved for late arrivals. All meals and bedding provided. Lodge/Dormitory style housing, great training, fun art & activities, and the food is excellent.

For Foster & Kinship Caregivers & their school age children. Teens and Non-Minor Dependents need to be cleared with Cherie



Foster & Kinship Care Education Program April 2018 Classes & Workshops

Resource Family Approval

LOCATION: Woodland Community College – In Building 100 – Room 101. NO PARKING PERMIT NEEDED AFTER 6:00 PM
Park only in **STUDENT DESIGNATED AREAS.**



Join us to learn more about Resource Families and our Pre-Approval classes that serve to prepare you to foster a child. Several foster/kinship/adoptive parents will share their experiences with fostering and what it has meant to them and their families. You will leave with many of your questions answered and demystify many common fallacies regarding the requirements for becoming a "Resource Family".

Orientation is Set for Monday Evening April 9th, 2018

1-4:00 pm or 6:30 to 9:30 pm at Woodland Community College, Building 100, Room 101.
Friends & Guests are Welcome

Class 1 Introduction to the Child Welfare Dependency & Probation Systems Tuesday April 10 th , 2018 6 to 9:00 pm	Class 2 Trauma Informed Care Grief, Loss, Abuse, Domestic Violence Thursday April 12 th , 2018 6 to 9:00 pm
Class 3 Health, Education, LGBTQIA, Laws Healthy Sexual Growth & Cultural Competence Tuesday April 17 th , 2018 6 to 9:00 pm	Class 4 Positive Parenting, Self Esteem & Creating a Safe Haven Thursday April 19 th , 2018 6 to 9:00 pm
Optional Class 5 Drugs, Addiction & a Birth Mother's Journey of Despair to Recovery & Reunification Tuesday April 24 th , 2018 6 to 9:00 pm	Optional Class 6 A Standard of Professional Parenting Visitation & Birth Parent Relationships Thursday April 26 th , 2018 6 to 9:00 pm



Commercial Sexual Exploitation of Children: CSEC Awareness & Identification

Location: Woodland Community College

2300 E Gibson Road, Building 100, Room 109

Please Park in Student Designated Areas (Permit will be provided for day classes)

Three opportunities to choose from

Monday Morning, April 16, 2018	10 am to 1:00 Noon	CSEC Awareness & Identification
Monday Evening, April 16, 2018	6 to 9:15 pm	CSEC Awareness & Identification
Tuesday Evening, April 17, 2018	6 to 9:15 pm	CSEC Awareness & Identification
Wed. Afternoon, April 18, 2018	4 to 6:00 pm	ILP Class: Traps of the Traffickers

Did you know that foster care is a pipeline for the Commercial Sexual Exploitation of Children? That a child not rescued from trafficking has an average life span of only 7 years? It is multi-billion-dollar global industry, involving over thousands of children in the United States. This training is designed for foster parents, relative caregivers, and group home staff as a first step in combatting the Commercial Sexual Exploitation of Children in California. We are working to raise awareness to the crisis at hand and increasing your ability to identify these exploited children. You will leave with:

- § Awareness about what is happening in our state to our children and where this is happening;
- § Understanding about why children in foster care are vulnerable and how they can be influenced by an exploiter;
- § Identification of the warning signs; the ability to spot red flags that indicate a child is being sexually exploited.

Join us as [Deena Graves](#), ABC, a National Speaker on the topic provides an overview of the epidemic and what is currently underway in California to build awareness and identification of the children pulled into the web of "human trafficking".

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