



Resource Family Pre-Approval 12 Hr Series

These classes are required for Approval and are also open for Continuing Education.

- **Saturday October 6th, 2018**
RFA Class 1: An Introduction to Child Welfare & Probation
Time: 10:00 am to 1:00 pm
RFA Class 2: Child, Neglect & Trauma Informed Care
Time: 1:00 pm to 4:00 pm
 - **Saturday October 13th, 2018**
RFA Class 3: Health Education & School – Healthy Sexual Development / LGBTQ
Time: 10:00 am to 1:00 pm
RFA Class 4: Home as a Safe Haven & Positive Parenting
Time: 1:00 pm to 4:00 pm
 - **Monday November 5th, 2018**
An Orientation to the Resource Family Approval Process
Time: Either 1-4:00 pm or that evening 6:30 to 9:30 pm
- Series Continues Tuesday & Thursday Evenings**
RFA Classes 1-4 in both English & Spanish
Location: Woodland Community College, 2300 E. Gibson Road, Woodland - Room 101

Strategies for Breaking a Child's Maladaptive Behaviors

Led by Kate Messina, PhD

Friday Evening Oct. 12th, 2018 – 6 to 9:00 pm
& Saturday Oct. 13th – 10 am to 5:00 pm

Woodland Community College – Building 100 – Room 101
Parking Permits are Not required in STUDENT DESIGNATED AREAS after 6:00 pm.



During this 2-part series, Dr. Messina will provide a review of early brain development, look at temperament, and parenting techniques and strategies for breaking maladaptive behaviors. **WisdomPath Way Institute** provides skill-building for both parents and professionals which integrate neurodevelopmental wisdom with a contemporary perspective of child development. The WisdomPath Way model illuminates the relational interplay of the child's developing brain/mind and body and the parent's responsibility to teach and coach the child the skills of self-regulation and mood management, impulse control and frustration tolerance, the development of conscience, attachment and empathy, and social skill development.

Trauma and Regulation Series

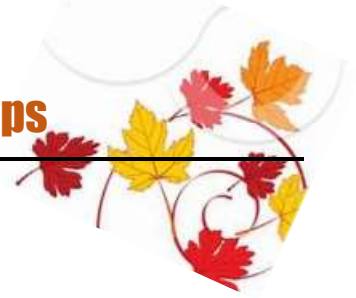
Thursday Evenings, October 18 & 25th - 6:30 to 8:30pm

Woodland Community College – Building 100 – Rm 101 Parking Permits are Not required in STUDENT DESIGNATED AREAS after 6:00 pm.

Thursday, October 18, 2018 - Trauma, the Brain, and Regulation Strategies will discuss the regions of the brain and how trauma affects them. Strategies for regulation will be discussed including different types of fidgets, brain breaks, and recreational activities such as yoga and animal care.

Thursday, October 25, 2018 – Trauma and Emotional Regulation: Teaching Kids about Feelings will discuss the complex interactions of emotions, regulation, triggers, and trauma. Learning how to identify physical signs of feelings, talking and learning about feelings at neutral times, and teaching coping skills to get kids back to their “thinking brain” will be discussed.





- Friday October 12** **Teen Circle**
Careers in Law Enforcement
Lead by, Woodland Police Officer, David Kruse
 Time: 5:30 pm to 8 pm - Location: At the College: 2300 E. Gibson Rd., Woodland, Room 101
- Friday, October 19** **ILP – Independent Living Program**
Getting a Job and Keeping It: Part 1
 Time: 5:30 pm to 8 pm
 Location: At the College: 2300 E. Gibson Rd., Woodland, Room 101
- Saturday, October 20** **ILP – Independent Living Program**
Getting a Job and Keeping It: Part 2
 Time: 10 pm to 3 pm
 Location: At the College: 2300 E. Gibson Rd., Woodland, Room 101
- Friday, October 26** **Teen Circle**
Career Opportunities: Meeting a Few Potential Bosses
 Time: 10 pm to 3pm -
 Location: At the College: 2300 E. Gibson Rd., Woodland, Room 101



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

Saturday, November 17, 2018 – RSVP Required – Email Cherie

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: Potluck and we appreciate your bringing a food item to share.



For All Caregivers: Licensed Foster Parents & Resource Families – Foster & Kinship

Annual FKCE Training - Post Approval Classes

Building Better Lives for the Children in Our Care

A 3-Part Wednesday Evening Series with Dr. Leah Hibel, UC Davis Professor and Yolo County Caregiver

Dates: Nov. 28, Dec. 5 & 12, 2018 - Wednesday Evenings

Time: 6:30 to 8:30 pm

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



Beyond being a Yolo County caregiver, Dr. Leah Hibel is an assistant professor in the Department of Human Ecology and specializes in mother-child relationships, trauma and physiological regulation. Dr. Hibel completed her Ph.D. in biobehavioral health with a minor in human development and family studies at Pennsylvania State University before joining the UC Davis faculty in 2013.

The focus of Dr. Hibel's research are implications of stressful family environments on mother-child relationships and on-going health and well-being. When parents can effectively regulate behavioral and physiological processes, their children internalize the interactions and can learn to control their own behavior and emotion. Conversely, family and community stressors often impact a mother's ability to act as her child's external regulator. Over the course of three evenings, Dr. Hibel will be cover the following topics:

- November 28: Helping Children Gain Self- Control & Regulation**
- December 5: Stressed Out Parents - Stressed Out Kids**
- December 12: Early Adversity and Mental Health Issues**

Caregiver Forum – Addressing Current Issues

Dates: November 21, 2018, Wednesday Evening (Topic to be Announced)

Time: 5:30 to 7:00 pm

Location: HHSA Office – 137 N. Cottonwood Street, Woodland



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