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Foster & Kinship Care Education Program



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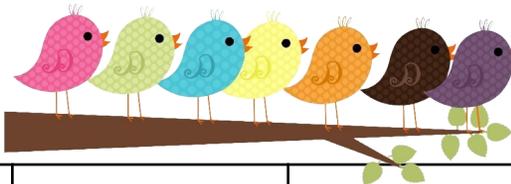


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APRIL 2023 CLASS SCHEDULE

| Sun | Mon | Tuesday | Wednesday | Thursday | Fri | Saturday |
|---|--|--|---|---|-----|---|
| <p><u>Class times</u> *Unless noted otherwise in the class description</p> <ul style="list-style-type: none"> • Weeknights 6:00 PM - 8:00 PM • Saturdays 9:00 AM - 11:00 AM | | | | | | <p>1 Turning Dreams into Degrees: Supporting Foster Youth through Early College Awareness and Preparation</p> |
| 2 | 3 | 4 Suicide Awareness | 5 | 6 Why Do My Foster Kids Act This Way & What Can I Do About It? | 7 | 8 |
| 9 | 10 Foster Care Nuts & Bolts | 11 Parenting Children with Prenatal Drug Exposure | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 Personality Disorder or Nervous System Overload | 19 Special Education & IEP Advocacy | 20 | 21 | 22 Turning Dreams into Degrees : Supporting Successful Transitions from High School to College |
| 23 | 24 | 25 Supporting Language Development | 26 Parenting After Adoption | 27 | 28 | 29 |
| 30 | <ul style="list-style-type: none"> • Registration is required for all online classes and recommended for in-person classes. Deadline to register is 24 hours before the start of class: FKCE Class Registration • Class schedule is subject to change. If any changes to the schedule occur an email will be sent out. • Participants must attend the entire class to receive a certificate of attendance. Credit for partial hours is not offered. | | | | | |



| Date & Time | Location | Class | Instructor(s) |
|--|----------------|--|-------------------------------|
| Saturday 4/1/23 9:00 AM - 12:00 PM Class Registration | Online Zoom | <p style="text-align: center;">Turning Dreams into Degrees: Supporting Foster Youth through Early College Awareness and Preparation</p> <p>This class provides information about how to best support youth in grades 6-10. The class will empower caregivers to discuss the value of higher education with the youth in their care and provide ideas for how they can play an active role in supporting these foster youth to college. Caregivers will learn the significance of early college exploration, preparation, and key steps that they can take to help youth turn their dreams into degrees.</p> | Elena Sweet, MSW |
| Tuesday 4/4/23 6:00 PM - 8:00 PM Class Registration | Online Zoom | <p style="text-align: center;">Suicide Awareness</p> <p>This class will explore identifying and understanding red flags of suicide, the language of how to talk to youth surrounding suicidal ideation and knowing how to help. The class will help participants understand the negative stigma attached to suicide and will review the statistics and the impacts of suicide in the United States focusing specifically on children and youth in foster care. Local and national resources will be provided.</p> | Andrea Barnett, LCSW |
| Thursday 4/6/23 6:00 PM - 8:00 PM Class Registration | Online Zoom | <p style="text-align: center;">Why Do My Foster Kids Act This Way and What Can I Do About It?</p> <p>This class addresses trauma's sources and its impact on the brain and behavior. It will examine sensory processing issues and different attachment styles and how they impact foster children and the adults caring for them. Participants will also learn 14 things that can be done to create a felt safety environment in the resource home.</p> | Jerry Johnson, M.S. |
| Monday 4/10/23 Offered: 9:30 AM - 11:30 AM Or 6:00 PM - 8:00 PM Class Registration | Online Zoom | <p style="text-align: center;">Foster Care Nuts & Bolts</p> <p><i>This class is only available for resource parents who live in or are approved through Stanislaus County.</i></p> <p>The purpose of the training is to provide newer resource parents with information to enhance their parenting skills and provide resources and support to navigate the foster care system. The class will help resource parents understand and review the basics of foster care. Discussion will include the rights and responsibilities of resource parents, understanding the court process, visitations, working with biological parents and review of other important information from the resource family pre-approval classes.</p> | Nick Konner, FKCE Director |

| Date & Time | Location | Class | Instructor(s) |
|---|----------------|---|--|
| Tuesday 4/11/23 6:00 PM - 8:00 PM Class Registration | Online Zoom | <p style="text-align: center;">Parenting Children with Prenatal Drug Exposure</p> <p>This class will look at the long-term effects of prenatal drug exposure on children. Discussion will focus on behaviors, parenting techniques, and what caregivers can expect, as well as realistic goals and treatment approaches.</p> | Alison French, M.A. |
| Tuesday 4/18/23 6:00 PM - 8:00 PM Class Registration | Online Zoom | <p style="text-align: center;">Personality Disorder or Nervous System Overload</p> <p>Why do so many foster and adopted youth get diagnosed with personality disorders? Perhaps their behaviors are misunderstood; our nervous systems can get stuck in "fight or flight" which can make behaviors seem strange and out of place. In this class participants will learn how to recognize the state of their own nervous system and will be better able to help themselves, the children they care for, and others come back to center and begin to change their nervous system responses to many usually stressful situations.</p> | Nick Lawrence, M.A. |
| Wednesday 4/19/23 6:00 PM - 8:00 PM Class Registration | Online Zoom | <p style="text-align: center;">Special Education & IEP Advocacy</p> <p>This training will highlight the topic of Special Education and focus on ways that foster parents and relatives can support their children through the educational system accommodations and supports program. Topics will include children having access to specialized services unique to their needs. Special Education services such as Student Study Teams (SST), 504 plans, Individual Education Plan (IEP) and how to navigate and understand these services will be presented.</p> | Bernadet Kaldani, LMFT & Andrea Barnett, LCSW |
| Saturday 4/22/23 9:00 AM - 12:00 PM Class Registration | Online Zoom | <p style="text-align: center;">Turning Dreams into Degrees: Supporting Successful Transitions from High School to College</p> <p>This class provides information about how to best support youth in grades 11-12. The class will help caregivers to understand how to support the youth in their care to make a smooth transition from high school to college. Caregivers will learn about the benefits of college and the different pathways available to better support foster youth in making a plan. Caregivers will also learn about the key steps youth must take in their junior and senior year of high school, and the supports and resources that exist to help youth along the way.</p> | Elena Sweet, MSW |

| Date & Time | Location | Class | Instructor(s) |
|---|----------------|---|------------------------------------|
| Tuesday 4/25/23 6:00 PM - 8:00 PM Class Registration | Online Zoom | <p style="text-align: center;">Supporting Language Development for Infants & Toddlers</p> <p>This class will help participants learn the basics of the behavioral model and how it relates to language development. Participants will gain insight on the techniques that evoke the most language. A variety of techniques will be taught helping participants see immediate results with their children. The class will also learn 5 basic signs to help start infants on their way to communicating their basic needs.</p> | Devan Costa-Cargill, B.A., BICM |
| Wednesday 4/26/23 6:00 PM - 8:00 PM Class Registration | Online Zoom | <p style="text-align: center;">Parenting After Adoption: Things to Consider When Adopting from Foster Care</p> <p>This class will help participants, who are considering adoption through foster care, prepare for life after finalization. The class will cover various topics such as how to talk to kids about adoption, how to parent children with trauma histories, how to be an advocate for your adopted child, being a transracial family, and how to negotiate possible relationships with biological parents/families after adoption.</p> | Nick Konner, FKCE Director |

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California Community Colleges around the State are offering classes in foster and kinship care education through specially funded programs created by the California Legislature and the Governor. Modesto Junior College is offering classes listed on this flier free of charge.