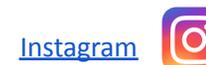




[FKCE Website](#)



FEBRUARY 2023 CLASS SCHEDULE

Sun	Mon	Tuesday	Wednesday	Thursday	Fri	Saturday
<u>Class times</u> *Unless noted otherwise in the class description ● Weeknights 6:00 PM - 8:00 PM ● Saturdays 9:00 AM - 11:00 AM			1 Understanding Grief & Loss in Foster Care	2 Adoptions Through Foster Care	3	4
5	6	7 Trauma-Informed Care	8	9 Empathy for Birth Parents	10	11 Early Childhood Attachment Styles
12	13	14 	15 Executive Functioning: Tips and Strategies to Help Kids Build Critical Life Skills	16 Foster Care Nuts & Bolts (See description for class times)	17	18
19	20	21 Teaching Kids Independence Through Visual Schedules	22 Depression in Teens	23	24	25 Commercial Sexual Exploitation of Children: Risks and Impacts on Foster Youth
26	27	28				

- 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)
<p>Wednesday 2/1/23 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Understanding Grief & Loss in Foster Care</p> <p>Many children enter foster care in a state of grief over a multitude of losses they have experienced in their lives. This class will define and discuss the elements of grief and loss for children and help caregivers learn ways to support children going through this process.</p>	<p>Bernadet Kaldani, LMFT & Andrea Barnett, LCSW</p>
<p>Thursday 2/2/23 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Adoptions Through Foster Care</p> <p>This class will provide information and answer questions about adopting children through the foster care system.</p>	<p>Sheryl Dickson, M.A.</p>
<p>Tuesday 2/7/23 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Trauma-Informed Care: How to Mend a Broken Heart, Including Your Own</p> <p>This class demonstrates the difference between a scary event and a trauma; how a trauma is formed, and how it relates to pre-set cortisol levels and the degree to which the person believed they might die. The class will use several activities to enter into an in-depth discussion of neuroscience, intro to the autonomic nervous system, the 5 Languages of Love and guided meditations to help mend the damage done from endured trauma(s).</p>	<p>Nick Lawrence, M.A.</p>
<p>Thursday 2/9/23 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Empathy for Birth Parents</p> <p>This class will highlight the importance of having empathy for birth parents. Through videos and interactive exercises participants will gain a better understanding of the experience for parents that have had their children removed and placed into foster care. Having empathy for birth parents helps resource parents better understand the relationship between foster children and their parents and it enables resource parents and birth parents to work effectively and respectfully together in the best interest of the foster children.</p>	<p>Jerry Johnson, M.S.</p>

Date & Time	Location	Class	Instructor(s)
Saturday 2/11/23 9:00 AM - 12:00 PM Class Registration	Online Zoom	<p style="text-align: center;">Early Childhood Attachment Styles</p> <p>This class will provide an introductory overview of attachment theory and will describe four early childhood attachment styles: secure, avoidant, anxious/ambivalent, and disorganized. Through short video demonstrations and facilitated discussion, attendees will learn the common causes and symptoms of attachment disorders as well as parenting tips and recommended activities for supporting attachment repair.</p>	Holly Grace Currie, Registered ACSW
Wednesday 2/15/23 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">Executive Functioning: Tips and Strategies to Help Kids Build Critical Life Skills</p> <p>This training will explore executive functioning and its impact on daily life skills, specifically when impacted by trauma and/or in conjunction with a learning disability. Simple yet effective interventions are outlined targeting development of skills such as: self-regulation, problem solving, decision making, and goal-directed behavior.</p>	Elena Sweet, MSW
Thursday 2/16/23 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 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
Tuesday 2/21/23 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">Teaching Kids Independence Through Visual Schedules</p> <p>Give children in your care the gift of independence through use of visual schedules, a picture agenda that will provide a visual cue to complete basic daily routines, chores, and more. Participants will learn how to create, use and implement simple visual schedules to assist young children through teens move more independently throughout their day.</p>	Devan Costa-Cargill, B.A., BICM

Date & Time	Location	Class	Instructor(s)
Wednesday 2/22/23 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">Depression in Teens</p> <p>This class will examine the symptoms, causes, risks, and incidence of depression as well as the types of treatments available. Discussion will also include warning signs and prevention of suicide.</p>	Alison French, M.A.
Saturday 2/25/23 9:00 AM - 11:00 AM Class Registration	Online Zoom	<p style="text-align: center;">Commercial Sexual Exploitation of Children (CSEC): Risks and Impacts on Foster Youth</p> <p>This class will provide participants with an overview of CSEC and the psychological and social dynamics that contribute to the ongoing maltreatment of children and victimization of young people by sex traffickers. The class will provide information on complex trauma, with a focus on the life events and contributing factors that often lead to the sexual exploitation of a child. Participants will learn about how children in foster care are particularly vulnerable to being sexually exploited. Care providers will be provided with tools to identify warning signs and indicators of CSEC involvement and learn how to identify and strengthen protective factors to prevent youth from involvement in CSEC. The class will also discuss harm reduction for building placement stability and safety as well as provide available community resources.</p> <p>*Not suitable for children/teens.</p>	Debbie Johnson, CEO of Without Permission

Nick Konner (Program Director)
 (209) 575-6688 fkce@yosemite.edu
[FKCE Website](#) [Facebook](#) [Instagram](#)



The more we know, the more they grow.

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.