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Foster & Kinship Care
Education Program




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JANUARY 2023 CLASS SCHEDULE

Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Saturday
1			4	5	6	7
8	9	10 Harnessing Your Happiness Hormones	11	12 Trust-Based Relational Intervention (TBRI) for Teens	13	14
15	16	17	18 An Introduction to Autism	19 Helping Foster Youth Safely Navigate the Digital World	20	21 Positive & Adverse Childhood Experiences (PACES)
22	23	24 Child & Family Teams (CFT's): Helping Resource Parents Understand Them	25	26 Trauma and Its Impact on a Child's Brain Development & Behaviors	27	28 Help! My Kid Only Eats Cheese Puffs - How to Expand a Child's Palate
29	30 Foster Care Nuts & Bolts	31 Foster Care Nuts & Bolts	<u>Class times</u> *Unless noted otherwise in the class description <ul style="list-style-type: none"> • Weeknights 6:00 PM - 8:00 PM • Saturdays 9:00 AM - 11:00 AM 			

- 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)
Tuesday 1/10/23 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">Harnessing Your Happiness Hormones</p> <p>Over time, our hormone levels get affected by many factors in our lives. Stress has the worst impact on us and can negatively impact the four happiness hormones (Serotonin, Endorphins, Oxytocin and Dopamine) and one stress hormone (Cortisol). The class focuses on the individual and their hormone levels. Learn how stress affects you and the necessity for better and more consistent self-care.</p>	Nick Lawrence, M.A.
Thursday 1/12/23 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">Trust-Based Relational Intervention (TBRI) for Teens</p> <p>Developing a trusting relationship with any teenager can be a challenge. For teens with trauma histories, it's especially challenging for both the teens and their caregivers. TBRI for Teens shows remarkable results from the implementation of Trust-Based Parenting skills with youth ages 11-18. TBRI is a trust-based and research-grounded intervention to meet the complex needs of children who have suffered trauma during early childhood.</p>	Elena Sweet, MSW
Wednesday 1/18/23 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">An Introduction to Autism</p> <p>This class will provide participants with an overview of the symptoms of autism and the ways that autism falls on a spectrum. The class will review possible co-occurring mental health disorders that may go along with Autism Spectrum Disorder. The class will also highlight current research, diagnostic criteria, age of diagnosis, as well as targeted interventions. Information about local resources and agencies that specialize in supporting the ASD community will be provided.</p>	Bernadet Kaldani, LMFT & Andrea Barnett, LCSW
Thursday 1/19/23 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">Helping Foster Youth Safely Navigate the Digital World</p> <p>With technology and kids' culture changing constantly, it's not realistic for caregivers to try to know everything about the latest apps, games and social networks kids are using. What we can do, though, is teach them things that will keep them safe and on the right track through a lifetime in the digital world. This class will discuss the use of cell phones, social media and general internet use. Participants will learn strategies to keep foster children safe online through establishing expectations for appropriate internet usage, teaching youth how to prevent inappropriate contact and protect personal information.</p>	Alison French, M.A.

Date & Time	Location	Class	Instructor(s)
Saturday 1/21/23 9:00 AM - 11:00 AM Class Registration	Online Zoom	<p style="text-align: center;">Positive & Adverse Childhood Experiences (PACES)</p> <p>This class will explore the ways positive and adverse childhood experiences shape our lives, families, and communities. Participants will learn about the CDC-Kaiser ACE Study, neurobiology and the health effects of toxic stress, historical and generational trauma. The class will also explore how resilience reshapes our brains and futures.</p>	Holly Grace Currie, Registered ACSW
Tuesday 1/24/23 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">Child & Family Teams (CFT's): Helping Resource Parents Understand Them</p> <p>This class will help participants understand the purpose and process of a Child and Family Team (CFT) meeting. CFT's are used to determine how best to address the needs of a child in foster care and how to achieve positive outcomes of safety, permanency, and well-being for the child. Participants will learn their role, as well as others' roles, in a CFT, how to prepare in order to be an active participant in the meeting and learn under what circumstances they can request to have an additional CFT meeting.</p>	Jennie Chavez & Megan Belden, Resource Family Mentors
Thursday 1/26/23 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">Trauma and Its Impact on a Child's Brain Development & Behaviors</p> <p>This class will explore the impact that trauma has on the children in foster care. All children who enter foster care experience trauma to some degree. The class will examine how trauma impacts children's brain development, their behaviors, how they interact with the world, and what we can do to help them.</p>	Jerry Johnson, M.S.
Saturday 1/28/23 9:00 AM - 11:00 AM Class Registration	Online Zoom	<p style="text-align: center;">Help! My Kid Only Eats Cheese Puffs - How to Expand a Child's Palate</p> <p>Are you struggling with a picky eater? Did your foster child arrive with a limited diet? Would you like to learn how to introduce new, healthy food options to your family's meals and snacks? This class will help participants learn how to expand children's taste buds, how to introduce new foods, how to reduce power struggles over food, and how to have enjoyable family meals.</p>	Devan Costa-Cargill, B.A., BICM

Date & Time	Location	Class	Instructor(s)
<p>Offered: Monday 1/30/23 6:00 PM - 8:00 PM Or Offered: Tuesday 1/31/23 9:30 AM - 11:30 AM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>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>	<p>Nick Konner, FKCE Director</p>

Nick Konner (Program Director)
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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.