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MARCH 2023 CLASS SCHEDULE

Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Saturday
Please check the class description for location - online or in-person. <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 			1 Suicide Awareness	2 Early Childhood Development	3	4 Memory Books: Saving Memories for Youth in Care
5	6	7 You Can't Build on Broken: Helping Children of Trauma Succeed	8 How to Talk to Kids About Foster Care and Adoption	9	10	11 Signs of Development Delay and Activities to Promote Developmental Growth
12	13 Foster Care Nuts & Bolts (See description for class times)	14	15	16 Supporting Foster Youth in Therapy	17 	18
19	20	21	22	23	24	25
26	27	28 The Impact of Attachment Styles in Foster Care & Adoption	29 Transforming the Intense Child Workshop	30	31	

- 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 3/1/23 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>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>	<p>Bernadet Kaldani, LMFT & Andrea Barnett, LCSW</p>
<p>Thursday 3/2/23 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Early Childhood Development</p> <p>This class will educate caregivers on the five areas of development (physical/gross motor, fine motor, social/emotional, cognitive, and language) in infants, toddlers and preschoolers. The class will also help caregivers learn how to support their child's development in each developmental area in order to help the child become well-rounded and healthy.</p>	<p>Elena Sweet, MSW</p>
<p>Saturday 3/4/23 9:00 AM - 12:00 PM</p> <p>Class Registration</p>	<p>In-Person MJC East Campus 435 College Ave, Modesto Founders Hall, Room 172</p>	<p>Memory Books: Saving Memories for Youth in Care</p> <p>This class will teach caregivers about Memories Books – what they are, how to make them and why they are important for children in foster care. Jotting down memories, taking snapshots, and saving mementos in a special box or album can mean the world to a child who spends time in foster care. Participants will learn how their creativity and a few minutes each week can create a safe place for children to document their past and create new memories. You will have an opportunity to start a memory book or box in class, please bring photos or other items for the project.</p>	<p>Devan Costa-Cargill, B.A., BICM</p>
<p>Tuesday 3/7/23 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>You Can't Build on Broken: Helping Children of Trauma Succeed</p> <p>This class will take a strengths-based approach to helping foster children who have experienced trauma be successful. Participants will learn how to approach foster children with empathy and understanding in order to focus on and enhance children's strengths rather than their difficulties and struggles.</p>	<p>Jerry Johnson, M.S.</p>

Date & Time	Location	Class	Instructor(s)
<p>Wednesday 3/8/23 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>How to Talk to Kids About Foster Care and Adoption</p> <p>This class will provide caregivers with the tools to talk to children of different ages about foster care and adoption. It is important for caregivers to know how to help children at different developmental levels understand foster care and/or adoption and to know how to answer questions that children might have. Participants will learn how to use books, movies, and other tools for talking to children about foster care and adoption.</p>	<p>Sheryl Dickson, M.A.</p>
<p>Saturday 3/11/23 9:00 AM - 11:00 AM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Signs of Development Delay and Activities to Promote Developmental Growth</p> <p>This class will support participants in their understanding of developmental milestones as a spectrum of typical. Resources will be provided to families on what to expect during different developmental stages and what to do if there are concerns about delays. We will also discuss how to incorporate developmentally appropriate activities into routines and additional strategies to support children in meeting their developmental goals.</p>	<p>Gisele Flores, M.A., MJC Child Development Professor</p>
<p>Monday 3/13/23</p> <p>Offered: 9:30 AM - 11:30 AM Or 6:00 PM - 8:00 PM</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 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>	<p>Nick Konner, FKCE Director</p>

Date & Time	Location	Class	Instructor(s)
Thursday 3/16/23 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">Supporting Foster Youth in Therapy</p> This class will focus on helping caregivers understand their role in the therapeutic process for the children and teens in their care. Caregivers will learn not only how best to support youth in therapy but how to communicate with therapists, what questions they can ask, and what information therapists can provide them.	Alison French, M.A.
Tuesday 3/28/23 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">The Impact of Attachment Styles in Foster Care & Adoption</p> This class will examine attachment styles - how people do or don't connect to others. The class will look at how we get our attachment styles and how that impacts our relationships with the children in our care. Helping children heal comes through our relationships with them and our attachment styles impact that healing process.	Jerry Johnson, M.S.
Wednesdays *3/29/23, 4/5/23 & 4/12/23 6:00 PM - 8:00 PM *This is a three-session class; attendance of all sessions is required to receive a certificate of completion Class Registration	Online Zoom	<p style="text-align: center;">Transforming the Intense Child Workshop</p> In this 3-part series, participants will be able to experience and practice the foundational concepts of the Nurtured Heart Approach®. Each class will build upon the other, increasing your skills in energizing the positive and bringing transformative changes within your family/relationships. The Nurtured Heart Approach® (NHA) began as an approach to be used with intense children who had difficult behaviors and is now used worldwide with much success in home, school, and agency settings. NHA focuses on building Inner Wealth™ which leads to improved behaviors and relationships.	Viviana Barajas, Nurtured Heart Approach Advanced Certified Trainer

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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.