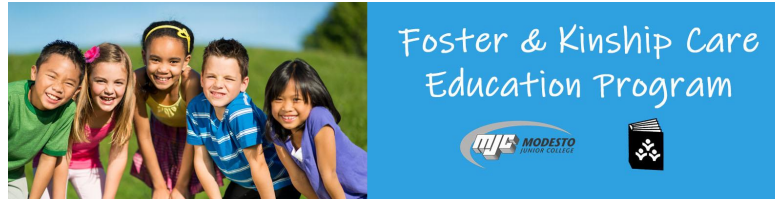




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NOVEMBER 2022 CLASS SCHEDULE

Sun	Mon	Tuesday	Wednesday	Thursday	Fri	Saturday
		1 Transforming the Intense Child Workshop	2 Emotional First Aid	3	4	5
6	7	8	9 The Whole Brain Parenting: The Magic Wand for High Functioning Relationships	10 Commercial Sexual Exploitation of Children: Risks and Impacts on Foster Youth	11	12
13	14	15	16	17 You Can't Build on Broken: Helping Children of Trauma Succeed	18	19 Attunement: The Healing Power of Relationships
20	21	22 Parenting After Adoption: Things to Consider When Adopting from Foster Care	23	24 	25	26
27	28	29 Effects of Domestic Violence on Children & Teens	30 Building Children's Emotional Intelligence	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 		

- 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>Tuesdays *11/1/22, 11/8/22 & 11/15/22 6:00 PM - 8:00 PM</p> <p>*This is a three-session class; attendance of all sessions is required to receive a certificate of completion</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Transforming the Intense Child Workshop</p> <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.</p>	<p>Viviana Barajas, Nurtured Heart Approach Advanced Certified Trainer</p>
<p>Wednesday 11/2/22 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Emotional First Aid</p> <p>This training will focus on defining stress and the impact that it has on the body. It will introduce Emotional Freedom Technique and the ways that this intervention can be utilized to decrease anxiety for participants and for the children in their care.</p>	<p>Bernadet Kaldani, LMFT & Andrea Barnett, LCSW</p>
<p>Wednesday 11/9/22 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>The Whole Brain Parenting: The Magic Wand for High Functioning Relationships</p> <p>This class is based on The Whole-Brain Child Workbook, by Daniel Siegel, M.D., and Tina Bryson, PhD. Emotional “flooding” is something that happens regularly for youth in care. It is also a frequent occurrence in caregivers, a form of PTSD, that happens as a result of compassion fatigue, exhaustion, and despair. Teaching caregivers how to see these floods as “signals” from their child's brain, instead of manipulative or intentional bad behavior is a heart-centered transformation for many people. Learning new ways to recognize signals and then create communication tools for individuals and families is a powerful, highly bonding experience that can positively impact self-esteem and self-efficacy in profound ways.</p>	<p>Nick Lawrence, M.A.</p>

Date & Time	Location	Class	Instructor(s)
Thursday 11/10/22 6:00 PM - 8:00 PM 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
Thursday 11/17/22 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">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>	Jerry Johnson, M.S.
Saturday 11/19/22 9:00 AM - 11:00 AM Class Registration	Online Zoom	<p style="text-align: center;">Attunement: The Healing Power of Relationships</p> <p>In this class, participants will take a deep dive into the nervous system and learn how self-regulation & co-regulation provide pathways to safety and connection for those who have experienced trauma.</p>	Holly Grace Currie, Registered ACSW
Tuesday 11/22/22 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

Date & Time	Location	Class	Instructor(s)
Tuesday 11/29/22 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">Effects of Domestic Violence on Children & Teens</p> This session will discuss the impact of domestic violence on children and teens. Exposure to domestic violence affects children physically, emotionally and behaviorally; the class will explore ways to help kids feel safer and to heal. Information about services provided by the Haven Women’s Center will also be presented.	Janette Garcia, Haven Women’s Center
Wednesday 11/30/22 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p style="text-align: center;">Building Children's Emotional Intelligence</p> Our ability to connect with others is a vital skill to teach children, particularly children who have experienced trauma. This class will examine attachment styles and learn ways to help children recognize emotion in others in order for them to have appropriate social interactions and build positive relationships.	Bernadet Kaldani, LMFT & Andrea Barnett, LCSW

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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.