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OCTOBER 2022 CLASS SCHEDULE

Sun	Mon	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
2	3	4	5 Understanding Anxiety	6 Helping Foster Youth Transition to Independence	7	8 Beyond Surviving: Supporting LGBTQIA+ Youth to Thrive
9	10	11 Parenting Children with Prenatal Drug Exposure	12	13 Commercial Sexual Exploitation of Children (CSEC): Risks and Impacts on Foster Youth	14	15
16	17	18	19 Building Children's Emotional Intelligence	20	21	22 Building Rapport Through Play
23	24	25 Why Do My Foster Kids Act This Way and What Can I Do About It?	26	27 Permanency Options for Children in Foster Care	28	29
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 10/5/22 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Understanding Anxiety</p> <p>This class will help participants better understand anxiety in children and teens. The class will look at signs and symptoms of anxiety, types of anxiety disorders, and offer suggestions on how to help children and teens manage or overcome their anxiety.</p>	<p>Bernadet Kaldani, LMFT & Andrea Barnett, LCSW</p>
<p>Thursday 10/6/22 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Helping Foster Youth Transition to Independence</p> <p>This class will help caregivers prepare the youth in their care for emancipation from the foster care system. We will discuss the key things youth need to know before leaving foster care and how caregivers can help youth transition to independence.</p>	<p>Nick Konner, FKCE Director</p>
<p>Saturday 10/8/22 9:00 AM - 11:00 AM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Beyond Surviving: Supporting LGBTQIA+ Youth to Thrive</p> <p>This class will provide caregivers essential information needed to best support Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual/Agender/Ally youth. Participants will learn key concepts about sexual orientation and gender identity, current terminology, and legal protections including the Foster Care Non-Discrimination Act. Participants will increase knowledge, improve awareness, and gain understanding of what it takes to promote thriving for LGBTQIA+ youth.</p>	<p>Holly Grace Currie, Registered ACSW</p>
<p>Tuesday 10/11/22 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>In-Person MJC East Campus 435 College Ave, Modesto Founders Hall, Room 172</p>	<p>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>	<p>Alison French, M.A.</p>

Date & Time	Location	Class	Instructor(s)
<p>Thursday 10/13/22 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>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>	<p>Debbie Johnson, CEO of Without Permission</p>
<p>Wednesday 10/19/22 6:00 PM - 8:00 PM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Building Children's Emotional Intelligence</p> <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.</p>	<p>Bernadet Kaldani, LMFT & Andrea Barnett, LCSW</p>
<p>Saturday 10/22/22 9:00 AM - 11:00 AM</p> <p>Class Registration</p>	<p>Online Zoom</p>	<p>Building Rapport Through Play</p> <p>Play is essential to development because it contributes to the cognitive, physical, social, and emotional well-being of children and youth. Play also offers an ideal opportunity for caregivers to engage fully with their children. This class will teach how to build relationships with toddlers and children through play. Participants will learn why play is one of the most effective tools for building strong relationships with their children. The class will cover age-appropriate ideas, concepts and play skills as well as how to build opportunities for children to have choice and control.</p>	<p>Devan Costa-Cargill, B.A.,BICM</p>

Date & Time	Location	Class	Instructor(s)
Tuesday 10/25/22 6:00 PM - 8:00 PM Class Registration	Online Zoom	<p>Why Do My Foster Kids Act This Way and What Can I Do About It? 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.
Thursday 10/27/22 6:00 PM - 8:00 PM Class Registration	In-Person MJC East Campus Founders Hall, Room 172 435 College Ave, Modesto	<p>Permanency Options for Children in Foster Care This class will help caregivers of children in foster care understand the different permanency options available for the children in their care. It will help caregivers better understand the differences between adoption, guardianship, and planned permanent living arrangement. It will also provide information and answer questions about the specifics of adopting children through the foster care system.</p>	Sheryl Dickson, M.A.

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.