



Foster & Kinship Care Education Program

Spring Schedule – January to June 2012

Call us if you have any questions at:

323.953.4000 ext. 2335

www.lacitycollege.edu/services/fostercare



January, 2012

The Foster and Kinship Care Education (FKCE) Program at Los Angeles City College wants to wish you a HAPPY NEW YEAR!

As we begin a new year we want you to know that we are still committed to meeting your educational needs by providing classes that will help you continue developing your skills as a resource parent. This semester we will have some important events and workshops that we encourage all of you to attend! Each month, we will have a resource day where you can get information related to a specific topic. This event will occur the **2nd Wednesday of each month**. In addition, we will be having some Saturday events in the months of March, April, and May. In March we will have a special all day college event for foster and kinship caregivers and their high school teens. In April we will be having an event about Bullying and Dating Teen Violence; and in the month of June we will have an all day event regarding AB12 (the new “extended foster care” bill).

Keep in mind that you do not need to register for the renewal classes. You are welcome to attend those classes anytime! **We offer renewal classes for rates B, D, and F every Monday morning; every Tuesday night; and some Saturdays.** I encourage all of you to attend the series that we will have in the months of May and June. One that will help you work with children that have experienced trauma, and another one that will help you improve your parenting skills. For Spanish Speaking Relative Caregivers, we also have a special **Kinship Educational Group** that meets every Tuesday night from 6-8pm. (Please refer to the attached schedule for specific class dates)

This semester we continue offering Pre-Service D and F rate training classes, and the Whole Family Foster Home Training for those caregivers that provide care for dependent teen parents. If you are interested in attending any of these pre-service training classes, call us to register.

At LACC we also offer the initial 33-hour training (PS-MAPP Program) to become a resource parent. If you are interested in becoming a resource parent with the county, please call 1-888-811-1121 to register for an orientation, and then attend the PS-MAPP training.

Last, but not least, I want to thank you for all the hard work and love that you invest in our future. If you have any questions, please call me at 323.953.4000 ext 2335 or email me at alvarezjf@lacitycollege.edu

Thanks,

Juan F Alvarez
Program Director





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Spring Schedule – January to June 2012



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323.953.4000 ext. 2335

www.lacitycollege.edu/services/fostercare

January

Stress Reduction

Tips on how to reduce stress and taking care of ourselves as resource parents.

Instructor: Lyonell Henson
Date: **Tuesday**, January 17
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Building Self-Esteem & Character In Your Children

As resource parents we can use different ways to increase self-esteem among our children, as well as helping build their character.

Instructor: Juan F Alvarez
Date: **Monday**, January 23
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

F-Rate Pre-Service (For caregivers taking this training for the first time! *NO renewal hours)

16 hours of Training provided for Foster Parents, Relative Caregivers and Legal Guardians that are or will be providing care **for children with special medical needs**. **You must call and register!** *You must attend all 4 days to receive certificate.

Time: 5:30pm – 9:30pm

Location: True Fellowship Baptist Church

Monday, January 23
Monday, January 30
Monday, February 6
Monday, February 13

Healthy Relationships & Boundaries in Teen

Dating

This class will help give you some ideas on how to teach to your teens about healthy relationships and creating boundaries when it comes down to dating.

Instructor: Elnora Chambers
Date: **Tuesday**, January 24
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Preventing Childhood Obesity

Class will focus on healthy meals, and other things that we can do to prevent obesity.

Instructor: Denetra Norwood
Date: **Monday**, January 30
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Developmental Delays in Children in Foster Care

Overview of developmental milestones, and how to work with children that have not reached a particular milestone by a certain age.

Instructor: Elnora Chambers
Date: **Tuesday**, January 31
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

February

Raising Boys

Focus on their social, personal, intellectual, and emotional characteristics.

Instructor: Lyonell Henson
Date: **Monday**, February 6
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Working with Birth Parents - Visitations

How to have successful visitations, and working in alliance with the birth parent.

Instructor: Elnora Chambers
Date: **Tuesday**, February 7
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Raising Girls

Focus on their social, personal, intellectual, and emotional characteristics.

Instructor: Elnora Chambers
Date: **Monday**, February 13
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

NO CLASS ON TUESDAY, FEBRUARY 14

NO CLASS ON MONDAY, FEBRUARY 20 (HOLIDAY)

The Out-Of-Sync Child

Social integration issues will be covered in this class.

Instructor: Elnora Chambers
Date: **Tuesday**, February 21
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Mental Illnesses among youth

What are some of the mental illnesses that our youth have?

Instructor: TaWanna Smith
Date: **Monday**, February 27
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Navigating the School with your Special Needs Child

We will talk about how to receive help and support from the school for your child. IEPs will also be covered.

Instructor: Denetra Norwood
Date: **Tuesday**, February 28
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

March

D-Rate Pre-Service (For caregivers taking this training for the first time! *NO renewal hours)

16 hours of Training provided for Foster Parents, Relative Caregivers and Legal Guardians that are or will be providing care **for children who exhibit severe and persistent emotional and behavioral challenges**. You must call and register! *You must attend all 4 days to receive certificate
Time: 5:30pm – 9:30pm

Location: True Fellowship Baptist Church

Monday, March 5
Wednesday, March 7
Monday, March 12
Monday, March 14

Concurrent Planning and Adoption

What is concurrent planning? Adoption, Legal Guardianship, and Reunification issues will be covered.

Instructor: Juan F Alvarez
Date: **Monday**, March 5
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F

Understanding Feelings

Feelings and Behaviors will be discussed in this class.

Instructor: Elnora Chambers
Date: **Tuesday**, March 6
Time: 6-9pm
Location: True Fellowship Baptist Church

Renewal Rates: B,D,F,W

SATURDAY, MARCH 10: ALL DAY COLLEGE EVENT FOR CAREGIVERS AND THEIR HIGH SCHOOL

YOUTH

This event will focus on preparing High School youth to access higher education. Two workshops will be offered for caregivers, while youth will be attending other workshops and activities.

This All-Day Event will be on campus at Los Angeles City College. Please RSVP for this event.

For more information call the office.

The 5 Critical Needs of a Child

A child has 5 critical needs: To feel Safe, Respected, Important, Accepted, and Included.

Instructor: Elnora Chambers
Date: **Monday**, March 12
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F

Avoiding Allegations by Knowing Regulations

Allegations against Resource Parents might happen. How to avoid them? What to do when there is a false allegation against you?

Instructor: Lyonell Henson
Date: **Tuesday**, March 13
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Signs and Symptoms of Drug Abuse in Teens

What are some signs that your child might be using drugs? Discussion of current popular drugs, and its effects.

Instructor: Denetra Norwood
Date: **Monday**, March 19
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F

The Challenge of Working with Adolescents

Working with adolescents could be quite a challenge. Class will focus on managing behaviors.

Instructor: Denetra Norwood
Date: **Tuesday**, March 20
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Understanding Children's Sexual Behavior

What is normal, and what is not?

Instructor: TaWanna Smith
Date: **Monday**, March 26
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F

What to do with your Defiant Child?

Class about managing behaviors in children.

Instructor: Lyonell Henson
Date: **Tuesday**, March 27
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

April

Post-Traumatic Stress Disorder (PTSD)

What is it? How to identify if a child is suffering from PTSD?

Instructor: Lyonell Henson
Date: **Monday**, April 2
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Developmental Milestones

What should I look for regarding physical, cognitive, and emotional development in our children?

Instructor: Elnora Chambers
Date: **Tuesday**, April 3
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Whole Family Foster Home Training (W-Rate) Pre-Service (For caregivers taking this training for the first time! *NO renewal hours)

16 hours of Training provided for Foster Parents, Relative Caregivers and Legal Guardians that are or will be providing care for minor dependent parents and their children.

You must call and register! *You must attend all 4 days to receive certificate

Time: 5:30pm – 9:30pm

Location: True Fellowship Baptist Church

Monday, April 2
Wednesday, April 4
Monday, April 9
Wednesday, April 11

Three Common Disorders Among Our Children: ADHD, Oppositional Defiant Disorder, Bipolar Disorder

Discussion on these three common disorders, including causes, treatment, and how to work better with children that have one of these disorders.

Instructor: Elnora Chambers
Date: **Monday**, April 9
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Sudden Infant Death Syndrome (SIDS)

How to prevent SIDS.

Instructor: Lyonell Henson
Date: **Tuesday**, April 10
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

SATURDAY, APRIL 14: Bullying and Dating Teen

Violence

Instructor: Denetra Norwood / Juan F Alvarez
Date: **Saturday**, April 14
Time: 9am-12pm / 12:30-3:30pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Transitions...

How to deal with emotional adjustment of detaching yourself from a child. Also, how to help a child to transition into adoption or reunification.

Instructor: Denetra Norwood
Date: **Monday**, April 16
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F

Understanding the Impact of Early Traumatic Experiences

Understanding the impact that a traumatic event can have in the development of a child.

Instructor: Juan F Alvarez
Date: **Tuesday**, April 17
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Raising Relatives

Implications of raising a relative. How to offer support to the child and the family.

Instructor: Juan F Alvarez
Date: **Monday**, April 23
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F

Talking to Children About Moving Along

When a child needs to be placed at another foster home. How to prepare the child for this transition.

Instructor: Elnora Chambers
Date: **Tuesday**, April 24
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

You Name It, We Will Talk About It

Bring your questions or concerns and we will talk about them during this class. (Behavior, Anger Management, Discipline, Child Development, Illnesses, etc.)

Instructor: Denetra Norwood
Date: **Monday**, April 30
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F

May

F-Rate Pre-Service (For caregivers taking this training for the first time! *NO renewal hours)

16 hours of Training provided for Foster Parents, Relative Caregivers and Legal Guardians that are or will be providing care **for children with special medical needs**. **You must call and register!** *You must attend all 2 days to receive certificate.

Time: 9:00am – 5:00pm

Location: True Fellowship Baptist Church

Saturday, May 5

Saturday, May 12

Active Parenting of Teens (4-part series)

This training will focus on how to be active parents of teens. Topics will include: Communication and relationship skills; Conflict resolution; Redirecting misbehaviors; Teen eating disorders; Drugs, sexuality, and Violence; Preventing teen pregnancy; etc.

We strongly suggest you to attend all 4 meetings.

Instructor: Elnora Chambers (Part I and III) / Lyonell

Henson (Part II and IV)
Dates: **Tuesday**, May 1 (Part I)
Tuesday, May 8 (Part II)
Tuesday, May 15 (Part III)
Tuesday, May 22 (Part IV)
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Reactive Attachment Disorder (RAD)

Attachment issues will be covered.

Instructor: Juan F Alvarez
Date: **Monday**, May 7
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Lesbian, Gay, Bisexual, and Transgender Issues in Foster Care

LGBT issues will be covered. Topic will include: LGBT 101, how to work with LGBT children, Accessing Resources.

Instructor: Juan F Alvarez / Guest Speaker
Date: **Monday**, May 14
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

SATURDAY, MAY 19: All About AB12

Come and learn all about this new bill known as "extended foster care."

Instructor: Elnora Chambers
Date: **Saturday**, May 19
Time: 9am-3:00pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

We Are All Different!

Cultural awareness and diversity class.

Instructor: Denetra Norwood
Date: **Monday**, May 21
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

NO CLASS ON MONDAY, MAY 28 (HOLIDAY)

Dealing with Adversity

How to deal with adversity?

Instructor: Denetra Norwood
Date: **Tuesday**, May 29
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

June

D-Rate Pre-Service (For caregivers taking this training for the first time! *NO renewal hours)

16 hours of Training provided for Foster Parents, Relative Caregivers and Legal Guardians that are or will be providing care **for children who exhibit severe and persistent emotional and behavioral challenges**. You must call and register! *You must attend all 2 days to receive certificate

Time: 9:00am – 5:00pm

Location: True Fellowship Baptist Church

Saturday, June 2

Saturday, June 9

Caring For Children Who Have Experienced Trauma (3-part series)

This training will focus on how to work with children who have experienced trauma. Topics will include: Trauma 101; Understanding feelings and behaviors; Self-caring; etc.

We strongly suggest you to attend all 3 meetings.

Instructor: TaWanna Smith
Dates: **Monday**, June 4 (Part I)
Monday, June 11 (Part II)
Monday, June 18 (Part III)

Time: 9am-12pm

Location: True Fellowship Baptist Church

Renewal Rates: B,D,F,W

All About Discipline

Positive vs. Negative Discipline

Instructor: Elnora Chambers
Date: **Tuesday**, June 5
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Emancipation

How to prepare youth for emancipation.

Instructor: Lyonell Henson
Date: **Tuesday**, June 12
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Life Books

How to create a life book? Understanding the importance of preserving history.

Instructor: Elnora Chambers
Date: **Tuesday**, June 19
Time: 6-9pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

Helping Children Deal with Anger

Anger management issues will be covered.

Instructor: Denetra Norwood
Date: **Monday**, June 25
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

** Summer is Here!

What to do this summer to keep our children safe?

Instructor: Denetra Norwood
Date: **Wednesday, June 27 ****
Time: 9am-12pm
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W

We will be having our advisory meeting and potluck summer celebration at the end of this class (12pm-2pm).



Participants with verifiable disabilities who require alternate formats of this publication and resources should contact the FKCE program director. The college will provide information in alternate text formats upon request in the timeliest manner possible. If accommodations are needed due to a disability please provide the program with at least two weeks notice.

Other Important Events

- **2ND WEDNESDAY OF EACH MONTH, COME FOR A "RESOURCE DAY"**

Time: 9am-11am
Location: True Fellowship Baptist Church
Renewal Rates: B,D,F,W
Dates:
Wednesday, January 11 = Legal Issues
Wednesday, February 8 = Regional Center
Wednesday, March 14 = Health
Wednesday, April 11 = STDs Prevention
Wednesday, May 9 = Special Education
Wednesday, June 13 = Kinship Issues

- **EVERY TUESDAY NIGHT, COME FOR AN EDUCATIONAL GROUP FOR RELATIVE CAREGIVERS (IN SPANISH)**

Every Tuesday night this educational support group for Spanish speaking relative caregivers meets to discuss different topics.
Time: 6pm-8pm
Location: Christ Presbyterian Church of Hollywood
4011 Clinton Street
Los Angeles, CA 90004
(Entrance on Madison off Melrose)

Renewal Rates: B,D,F,W

Call 818-264-0880 for more Information

- **ADVISORY MEETINGS:**

Come to the advisory meeting to get recent information regarding FKCE issues, as well as to discuss how the program is going!
Time: 9am-11am
Location: True Fellowship Baptist Church
Date: Thursday, January 26, 2012

- **SUMMER CELEBRATION & ADVISORY MEETING: Potluck Lunch, and Games for Caregivers**

Time: 12pm-2pm
Location: True Fellowship Baptist Church
Date: Wednesday, June 27, 2012

(Please RSVP for this event during the months of May and early June)

FAQs

- ***How many hours do I need to attend to renew my B, F, D, or W rate?***

Yearly, you need:

B rate: 12 hours

F rate: 12 hours

D rate: 18 hours

W rate: 4 hours

Notice that if you have either F or D rate, you no longer need to take the extra 12 hours for the renewal of the B rate

- ***Do you provide child care during classes?***

Unfortunately, we do not provide child care. Be aware that due to the sensitive topics that we will be covering during class, children are not permitted to attend classes.

- ***What is the difference between Pre-Service and In-Service classes?***

Pre-Service are those trainings that you would need to take for the first time in order to get that rate. We offer a 16-hour training for the D rate, and F rate as well. This time we are also offering the certification for the W-homes.

In-Service refers to the renewal classes. You are free to attend all these classes.

- ***I am not a Resource Parent; can I still come to class?***

Classes are open to anyone in the community; you do not need to be a resource parent to attend. You also do not need to register for the renewal classes. We only ask you to register for the Pre-Service training classes.

- ***Do I need to pay anything for these classes?***

No. Classes are **FREE**.

- ***When do I receive my certificate for the classes that I take?***

At the end of each class you will receive your certificate that states: name of the class, number of hours, and rate. For the Pre-Service classes, the last day of the class you will receive your certificate.

- ***I am interested in becoming a Resource Parent, what do I need to do?***

The first step to become a Resource Parent in order to foster or adopt a child is to call **1-888-811-1121** to register and attend an orientation.

After completion of orientation, you will need to take a 33 hour training (PS-MAPP). We offer that training also at LACC.

- ***Do you offer classes in Spanish at LACC?***

At this point we only offer the D Rate Certification training. We also have a weekly educational group for kinship caregivers.

Note: Please keep in mind that class topics, and/or presenters may change without notice

Our FKCE Office is located at

Los Angeles City College

855 N Vermont Ave / SSV Room 127C

Los Angeles, CA 90029

Juan F Alvarez, Program Director

(323) 953-4000 ext. 2335

All these Classes and Meetings are held at (unless otherwise noted):

True Fellowship Baptist Church

3959 S. Brighton Ave

Los Angeles, CA 90062

(1 block West of Normandie Ave off M.L.King Blvd)

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