

Foster & Kinship Care Education October 2020 Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pandillas: un sentido de pertenencia 6pm-8pm	2 Gangs 101 3pm-6pm	3
4	5 D-Rate Training 4p-8pm (1)	6 D-Rate Training 4p-8pm (2)	7 D-Rate Training 4p-8pm (3)	8 D-Rate Training 4p-8pm (4) Depresión en los niños 6pm-8pm	9	10 Self-Injurious Behaviors 10am-1pm
11	12	13 How Do Children Cope with Loss? 4:30pm-7:30pm	14	15 La verdad sobre las drogas 6pm-8pm	16 The Truth About Drugs 3pm-6pm	17
18	19	20 Preventing Allegations 4:30pm-7:30pm	21	22 Cómo prevenir acusaciones 6pm-8pm	23	24 Higher Education: Module 1 10am-1pm
25	26 Tarifa- D (1) 6pm-8pm	27 Tarifa- D (2) 6pm-8pm Raising Boys vs Girls 4:30pm-7:30pm	28 Tarifa- D (3) 6pm-8pm	29 Tarifa- D (4) 6pm-8pm Como enseñar actividad responsable en línea 6pm-8pm	30 Teaching Responsible Online Activity 4:30pm-7:30pm	31

IMPORTANT INFO :

ALL CLASSES QUALIFY FOR B, W, D, F RATE AND RFA RENEWAL HOURS

All classes are now online, via Zoom

You must register for all classes. Please use the registration survey or [Click Here](#). Questions? email lacc-fostercare@lacitycollege.edu or text (323) 639-0155.

Instrucciones en Español

Por favor LLAME ó TEXTÍE al (323) 639-0155 o mande un mensaje a lacc-fostercare@lacitycollege.edu para registrarse, deje su nombre y numero de celular.

Cont.

Todas la clases serán ofrecidas por internet usando la pagina **Zoom**. Se le brindara mas información cuando se registre.

Foster & Kinship Care Education November 2020 Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Body Image & Self-Esteem 4:30pm-7:30pm	4	5 Como control la emocion 6pm-8pm	6 Anger Management 3pm-6pm	7
8	9 F-Rate Training (1) 4pm-8pm	10 F-Rate Training (2) 4pm-8pm	11 Veteran's Day	12 F-Rate Training (3) 4pm-8pm Trauma 101 6pm-8pm	13 F-Rate Training (4) 4pm-8pm	14 How Trauma Affects the Brain, Behaviors & Learning 10am-1pm
15	16 Tarifa-F (1) 4pm-8pm	17 Tarifa-F (2) 4pm-8pm Identifying Risk Factors 4:30pm-7:30pm	18 Tarifa-F (1) 4pm-8pm	19 Tarifa-F (1) 4pm-8pm AB 12: Cuidando a los adultos jóvenes 6pm-8pm	20 Love Me the Way I am: LGBTQ+ In Foster Care 3pm-6pm	21 Higher Education: Module 2 10am-1pm
22	23	24 Bullying 4:30pm-7:30pm	25	26 Thanksgiving Holiday	27 Thanksgiving Holiday	28
29	30					

IMPORTANT INFO :

ALL CLASSES QUALIFY FOR B, W, D, F RATE AND RFA RENEWAL HOURS

All classes are now online, via Zoom
You must register for all classes. Please use the registration survey or [Click Here](#). Questions? email lacc-fostercare@lacitycollege.edu or text (323) 639-0155.

Instrucciones en Español
Por favor LLAME ó TEXTÍE al (323) 639-0155 o mande un mensaje a lacc-fostercare@lacitycollege.edu para registrarse, deje su nombre y numero de celular.

Cont.
Todas la clases serán ofrecidas por internet usando la pagina Zoom. Se le brindara mas información cuando se registre.

Foster & Kinship Care Education December 2020 Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Anger, Fear and Pain in Youth 4:30pm-7:30pm	2	3 Emancipación 6pm-8pm	4	5 Human Sexual Development 10am-1pm
6	7 D-Rate Training 4p-8pm (1)	8 D-Rate Training 4p-8pm (1)	9 D-Rate Training 4p-8pm (1)	10 D-Rate Training 4p-8pm (1) Desarrollar apegos saludables 6pm-8pm	11 Talking to Children About Adoption 4:30pm-7:30pm	12 Developing Healthy Attachments 10am-1pm
13	14 Tarida- D (1) 4pm-8pm	15 Tarida- D (2) 4pm-8pm Helping Teens Manage Intense Emotions 4:30pm-7:30pm	16 Tarida- D (3) 4pm-8pm	17 Tarida- D (4) 4pm-8pm Negociando las vacaciones 6pm-8pm	18 Holiday Blues 4:30pm-7:30pm	19
20	21 WINTER BREAK	22 WINTER BREAK	23 WINTER BREAK	24 WINTER BREAK	25 WINTER BREAK	26
27	28 WINTER BREAK	29 WINTER BREAK	30 WINTER BREAK	31 WINTER BREAK		

IMPORTANT INFO :

ALL CLASSES QUALIFY FOR B, W, D, F
RATE AND RFA RENEWAL HOURS

All classes are now online, via Zoom
You must register for all classes. Please use the registration survey or [Click Here](#). Questions? email lacc-fostercare@lacitycollege.edu or text (323) 639-0155.

Instrucciones en Español
Por favor LLAME ó TEXTÍE al (323) 639-0155 o mande un mensaje a lacc-fostercare@lacitycollege.edu para registrarse, deje su nombre y numero de celular.

Cont.
Todas las clases serán ofrecidas por internet usando la pagina Zoom. Se le brindara mas información cuando se registre.

LACC FKCE October- December Class Descriptions

Workshop Title	Date/Time	Trainer	Class Description
Gang Affiliation: A Sense of Belonging	October 2nd, 3pm-6pm	Rob Hanna	One basic human need is a sense of belonging and love. Many youth join gangs as they feel they belong to a group. In this class participants will understand some of the myths about gang affiliation; why so many foster youth join gangs; and identify common issues regarding foster youth and how their involvement in gangs impacts their lives.
Self-Injurious Behaviors	October 10th, 10am-1pm	Sharonda Barksdale	Class will talk about what Self-injurious behaviors are; what are some myths and facts about cutting and self-harm; signs and symptoms of a person who might be hurting themselves; and how to help children and youth that have some of these behaviors.
How do Children Cope with Loss?	October 13th, 4:30pm-7:30pm	Denetra Norwood	Loss and Grief involves several stages, and children cope with loss in many ways. This class focus on how children cope with loss, and how as resource parents we can help children in this process.
The Truth About Drugs	October 16th, 3pm-6pm	Rob Hanna	This class will analyze the effects of a variety of drugs on youth development and behavior.
Preventing Allegations	October 20th, 4:30pm-7:30pm	Denetra Norwood	This class will describe how to manage false allegations. It will also describe what to do if this happens and how to prevent allegations.
Turning Dreams into Degrees: Higher Education Module 1	October 24th, 10am-1pm	Sharonda Barksdale	For caregivers with youth in middle school or in the early high school grades, college can seem so far into the future that it can take secondary importance to more immediate concerns. Caregivers will learn the significance of early college exploration and preparation and key steps that they can take to help youth turn their dreams into degrees
Raising Boys vs Girls	October 27th, 4:30pm-7:30pm	Rob Hanna	The differences between raising boys vs. girls; stages of development (physically, emotionally, socially). Peer pressure and self-esteem issues in teen girls and boys, etc.
Teaching Responsible Online Activity	October 30th, 4:30pm-7:30pm	Sharonda Barksdale	This workshop will address the importance of teaching responsible online activity. How to prevent bullying and harassment. We will talk about the most popular social media applications used by youth, and the risk of posting information online.
D-Rate Certification (not for renewal)	October 5, 6, 7 & 8, 4pm-8pm **YOU MUST ATTEND ALL FOUR CLASSES TO EARN D-RATE CERTIFICATION**	Sandra Smith	For Licensed Foster parents, relative caregivers, and legal guardians proving care for children who exhibit severe and persistent emotional and behavior problems. Information in counseling, psychotropic medication monitoring, special education child development and behavior management. D- rate introduction to child development focus is on understanding developmental changes and what is considered appropriate behaviors for each development stage

Body Image & Self-Esteem	November 3rd, 4:30pm-7:30pm	Denetra Norwood	Goal of class is for caregivers to have an understanding of body image and self-esteem in children and teens. Explained how body image and self-esteem are developed, identified factors that affect one's body image and self-esteem and discussed areas of risk for children and teens in foster care. We will discuss eating disorders and their relationship to body image and self-esteem.
Anger Management	November 6 th , 3pm-6pm	Rob Hanna	This workshop os to teach the Parents how to deal with their anger and also how to teach their youth to deal with their anger issues.
How Trauma Affects the Brain, Behaviors & Learning	November 14 th , 10am-1pm	Sharonda Barksdale	Trauma has severe consequences on human's brain. It can affect the way that someone responds to situations (behaviors) and learning as well. Class will talk about trauma, and the consequences on brain development.
Identifying Risk Factors	November 17 th , 4:30pm-7:30pm	Rob Hanna	Class will identify 9 risk factors that put our youth in unhealthy situations, and how we can help teens to stay alive and free from incarceration.
Love Me the Way I am: LGBTQ+ In Foster Care	November 20 th , 3pm-6pm	Rob Hanna	This class will focus on accepting children and youth the way they are; how to provide a safe home free of harassment and discrimination; and how to teach children to be respectful and accept and love each other.
Higher Education: Module 2	November 21 st , 10am-1pm	Sharonda Barksdale	The purpose of this module is to empower caregivers to discuss the value of higher education with their youth and provide ideas for how they can play an active role in supporting their youth to college. For caregivers with youth in high school college can seem so far into the future that it can take secondary importance to more immediate concerns. Caregivers will learn the significance of early college exploration and preparation and key steps that they can take to help youth turn their dreams into degrees
Bullying	November 24 th , 4:30pm-7:30pm	Denetra Norwood	What is bullying? How are kids getting bullied at home? school? online? Signs that your child might be being bullied. How to support, prevent, and educate children about bullying. Self-esteem issues will also be addressed at this workshop.
F-Rate Certification (not for renewal)	November 9, 10, 12, 13 4pm-8pm **YOU MUST ATTEND ALL FOUR CLASSES TO EARN F-RATE CERTIFICATION**	Sandra Smith	Training for current caregivers that care for children and youth with special health care needs. Class includes overview of practices, policy, and procedures involved in their placement. Definition of Bates Law, how F rate is determined, etc.

Anger, Fear and Pain in Youth	December 1st, 4:30pm-7:30pm	Rob Hanna	Youth in out-of-home care face issues that bring a great deal of anger, fear and pain. Class will explore what happens when youth don't deal with their emotions, and how we can help them to thrive. Caregivers will identify how destructive these emotions could be if we don't deal with them and help the youth to identify the reasons why they feel that way; and how they can express in a positive way their feelings.
Human Sexual Development	December 5th, 10am-1pm	Sharonda Barksdale	This workshop is to teach parents on the different stages of the development of human sexuality. What is normal and expected; as well as what are some behaviors that caregivers should pay attention to. We will go over Maslow's hierarchy of needs; as well as how to support a healthy development.
Talking to Children About Adoption	December 11 th , 4:30pm-7:30pm	Denetra Norwood	Many parents wonder how to initiate this conversation with their child. In this class, we will discuss about ways to have an open conversation with children –of any age- about adoption.
Developing Healthy Attachments	December 12th, 10am-1pm	Sharonda Barksdale	How do children and youth develop attachments? And how can we help them develop healthy attachments with others? Class will start by discussing what an attachment is, how it is created, and how can we modify unhealthy attachments. Reactive Attachment Disorders [RAD] will also be covered during this workshop.
Helping Teens Manage Intense Emotions	December 15 th , 4:30pm-7:30pm	Rob Hanna	During the teen years, youth go through many developmental changes. How can we help them to manage their emotions and understand the connections between feelings and behaviors?
Holiday Blues	December 18 th , 4:30pm-7:30pm	Denetra Norwood	This workshop is about the emotions one feels during the holiday season. Missing their loved ones and friends, remembering the good times and bad. Reminiscing with family and friends and seeing those who have touched our lives one point or another.
D-Rate Certification (not for renewal)	December 7, 8, 9, 10 4pm-8pm **YOU MUST ATTEND ALL FOUR CLASSES TO EARN D-RATE CERTIFICATION**	Sandra Smith	For Licensed Foster parents, relative caregivers, and legal guardians providing care for children who exhibit severe and persistent emotional and behavior problems. Information in counseling, psychotropic medication monitoring, special education child development and behavior management. D- rate introduction to child development focus is on understanding developmental changes and what is considered appropriate behaviors for each development stage

Clases en Español Octubre- Diciembre

Workshop Title	Date/Time	Maestra	Link para regístrese
Pandillas: un sentido de pertenencia	1 de Octubre, 6pm-8pm	Maricela Magaña	<p><u>Para registrarse haga clic aquí</u></p> <p>O</p> <p>copier y pegar en su navegador:</p> <p><u>https://forms.gle/kW6HvjeCD6YzThbJA</u></p>
Depresión en los niños	8 de Octubre, 6pm-8pm	Maricela Magaña	
La verdad sobre las drogas	15 de Octubre, 6pm-8pm	Maricela Magaña	
Cómo prevenir acusaciones	22 de Octubre, 6pm-8pm	Maricela Magaña	
Como enseñar actividad responsable en línea	29 de Octubre, 6pm-8pm	Maricela Magaña	
Certificado de Tarifa-D	26, 27, 28 & 29 de Octubre, 4pm-8pm **DEBE ASISTIR A LAS CUATRO CLASES PARA GANAR LA CERTIFICACIÓN DE TARIFA D **	Betty Lopez	

Como control la emociion	5 de Noviembre, 6pm-8pm	Maricela Magaña	<p><u>Para registrarse haga clic aquí</u></p> <p>O</p> <p>copier y pegar en su navegador: <u>https://forms.gle/kW6HvjeCD6YzThbJA</u></p>
Trauma 101	12 de Noviembre, 6pm-8pm	Maricela Magaña	
AB 12: Cuidando a los adultos jóvenes	19 de Noviembre, 6pm-8pm	Maricela Magaña	
Certificado de Tarifa-F	16, 17, 18, 19 de Noviembre, 4pm-8pm **DEBE ASISTIR A LAS CUATRO CLASES PARA GANAR LA CERTIFICACIÓN DE TARIFA F**	Betty Lopez	
Emancipación	3 de Diciembre, 6pm-8pm	Maricela Magaña	<p><u>Para registrarse haga clic aquí</u></p> <p>O</p> <p>copier y pegar en su navegador: <u>https://forms.gle/kW6HvjeCD6YzThbJA</u></p>
Desarrollar apegos saludables	10 de Diciembre, 6pm-8pm	Maricela Magaña	
Negociando las vacaciones	17 de Diciembre, 6pm-8pm	Maricela Magaña	
Certificado de Tarifa-D	14, 15, 16 & 17 de Diciembre, 4pm-8pm **DEBE ASISTIR A LAS CUATRO CLASES PARA GANAR LA CERTIFICACIÓN DE TARIDA D **	Betty Lopez	