



Grossmont College

FAKCE Workshop Schedule
September & October 2021
Serving San Diego County

Classes Offered online on Zoom in English and Spanish

Registration

Call 1-800-200-1222

www.fakce.org



Foster, Adoptive and Kinship Care Education Program (FAKCE)

Welcome

Greetings Resource Families!

Here is our newest training schedule of FAKCE workshops provided for foster and adoptive parents, relative caregivers and other interested child welfare professionals.

We are always working hard to make sure that we continue to provide education classes of the highest quality and now in compliance with San Diego County's Health Order, as safely as possible too! **All our classes are now being offered online through Zoom.** We have some wonderful new topics being offered, so make sure you catch them!

Please be sure to register for any class you decide to attend by calling us or registering online.

To register:

- Call 1-800-200-1222
- Online www.fakce.org

Classes are offered **FREE** of charge to all participants. All classes are subject to cancellation should we not receive sufficient pre-registrations, so please be sure to register to receive the most updated class information! In addition, to receive program and workshop updates, be sure to follow us on Facebook or join our list-serv to receive email updates.

Follow us:

 www.facebook.com/grossmontFAKCE

 www.twitter/_FAKCE

 www.tinyurl.com/fakceupdates

 www.instagram.com/grossmontFAKCE

Now that classes are on Zoom, participants must be registered to attend to receive credit. **NO EXCEPTIONS!** Please check out the guidelines on the following page for more information.

As always we are honored to be able to provide these workshops for caregivers. If you have any feedback, suggestions or questions, please do not hesitate to contact us at 1-800-200-1222 or email us at info@fakce.org. Thank you and we look forward to seeing you at the workshops!

Barbara Wojtach, Program Manager
Foster, Adoptive & Kinship Care Education Program
Grossmont College



Foster, Adoptive and Kinship Care Education Program (FAKCE)

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Bienvenidos

Saludos Familias de Recursos!

Bienvenidos a nuestra nueva edición de talleres educativos del Programa FAKCE para padres de recursos, adoptivos, parientes a cargo de familiares y otros profesionales interesados en el bienestar infantil.

Siempre estamos trabajando para asegurar que continuaremos ofreciéndole clases de educación de la más alta calidad para ustedes y ahora también en cumplimiento con la Orden de Salud del Condado de San Diego. **Todas nuestras clases ahora se ofrecen en línea a través de Zoom.** Tenemos algunos temas nuevos muy buenos, así que revíselos y regístrese!



Asegúrese de registrarse para cualquier clase a la que decida asistir llamándonos o registrándose en línea.

Para registrarse:

- **Llame 1-800-200-1222**
- **En-línea www.fakce.org**

Las clases se ofrecen GRATIS a todos los participantes. Todas las clases están sujetas a cancelación si no recibimos suficientes registraciones, ¡así que asegúrese de registrarse para recibir la información más actualizada! Además, para recibir actualizaciones de programas y talleres, asegúrese de seguirnos en Facebook o unirse a nuestro servidor de listas para recibir actualizaciones por correo electrónico.

Síguenos Aquí:

-  www.facebook.com/grossmontFAKCE
-  www.twitter/_FAKCE
-  www.tinyurl.com/fakceupdates
-  www.instagram.com/grossmontFAKCE

Ahora que las clases están en Zoom, es obligatorio que los participantes se registren para asistir a las clases y recibir crédito. **¡NO EXCEPCIONES!** Consulte las guías en la página siguiente para obtener más información.

Tenemos el honor de poder ofrecerles estos talleres. Si tiene comentarios, sugerencias o preguntas, no dude en comunicarse con nosotros al **1-800-200-1222** o envíenos un correo electrónico a **info@fakce.org**.

¡Gracias y esperamos verlos en los talleres!

Barbara Wojtach, Program Manager
Foster, Adoptive & Kinship Care Education Program
Grossmont College



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Zoom Participant Guidelines

Below are the participant requirements in order to receive credit/certification:

BEFORE THE TRAINING STARTS

Download the Zoom app to access the workshop on a device (computer or phone) that has a camera and microphone. Follow the link to download Zoom to your device: <https://zoom.us/download>

- *You do not need to sign up/register for a Zoom account to login to the training—you only need to download the app if you will be joining from a smartphone or tablet.*

REQUIREMENTS

- You must be available the entire duration of the designated training hours.
- You must be able to participate undisturbed, at a quiet location, where your face is visible via video and where you are able to type responses.
- Log-in on time. Admittance to the class will close 15 minutes after the start time.
- If you are absent from the virtual classroom for more than **10 minutes**, you will be dismissed from the training and will not receive credit/certification.

DURING THE CALL

- Everyone can see everything you are doing, so please be mindful of your surroundings. Please refrain from “lounging” or laying down while in class.
- Just as childcare is not provided for onsite FAKCE classes, please refrain from having your children, pets, other family members, or anyone who is not registered for the workshop in the virtual class with you. If childcare is an issue, please select a workshop time where you can participate undisturbed.
- Please do not multi-task while on the call. You must give your full attention to this important training.
- Please make sure you are at a stationary location.
- Do not participate in the class while you are driving.
- Do not participate in the class while you are walking, doing household chores, or any other activity where you are moving between locations.
- Active participation is required. If you have challenges with typing in the chat box, please have paper and pen ready so you can write your responses and show them on screen.

Class certificates will be emailed to participants as PDF's 2 weeks after the class.

Normas de Participantes Zoom

A continuación están los requisitos para que los participantes reciban crédito/certificación

ANTES DE INICIAR LA CLASE

Descargue la aplicación de Zoom para tener acceso a la clase por medio de su computadora o teléfono inteligente que tenga capacidades de cámara y micrófono. A continuación está el enlace para descargar la aplicación de Zoom hasta su computadora o teléfono: <https://zoom.us/download>

- *No es necesario registrarse para una cuenta de Zoom para iniciar la sesión- solo necesita la aplicación si se unirá a la clase de un teléfono inteligente o una tableta.*

REQUISITOS

- Debe estar disponible durante la totalidad de la clase.
- Debe tener la habilidad de participar imperturbable, en un lugar tranquilo, donde su rostro sea visible por medio de video y pueda escribir sus respuestas.
- Inicie la sesión a tiempo. Entrada a la clase cerrará **15 minutos** después de la hora de inicio.
- Si usted está ausente de la clase virtual por más de **10 minutos**, usted será despedido de la clase y no recibirá crédito o certificación.

DURANTE LA CLASE

- Todos podrán ver lo que hace durante la sesión, por favor tenga en cuenta lo que pasa a su alrededor. Por favor absténgase de acostarse durante la clase.
- Tal como no hay cuidado de niños durante las clases de FAKCE, por favor absténgase de tener a niños, animales o otros miembros de la familia que no se hayan registrado presente durante la clase. Si no tiene cuidado para sus niño/as, por favor participe en otra clase en la cual pueda participar sin distracciones.
- Por favor no haga tareas múltiples durante la clase. Debe prestar toda la atención durante la clase.
- Asegúrese de estar en una ubicación estacionaria.
- No participe mientras maneja.
- No participe mientras camina, mientras hace tareas domésticas o cualquier otra actividad en la cual deba moverse entre ubicaciones.
- La participación es un requisito. Si tiene problemas escribiendo mensajes en la ventana de chat, por favor tenga papel y una pluma a la mano para escribir sus respuesta y demostrarla en pantalla.

Los certificados de clase se enviarán por correo electrónico a los participantes en formato PDF dos semanas después de la clase.

Resource Family Information

Becoming a Resource Parent (formerly Foster Parent)

The first step to becoming a Resource Parent is to attend a Resource Parent Orientation. For more information or for the orientation schedule, please call:

1-877-792-KIDS (5437)

Tips (Trauma Informed Service)

TIPS is the 12 hour pre-service training program that is required prior to being approved as a Resource Parent by the County of San Diego. To register or for more information, please call **1-800-200-1222** or visit us online www.fakce.org.

Adoption

If you or someone wants to adopt a child from the County of San Diego, please call **1-877-423-6788. En Español llame al 619-585-5170.**

Kinship Care

If you are a relative caregiver such as grandparent or aunt, raising a relative's child, you are a kinship caregiver. If you or someone you know is raising a child either placed by the Juvenile Court or informally, call the YMCA Kinship Navigator Program to be connected to a support group or be assisted individually with community resources.

Please call 619-281-8313 X 10743.

* IMPORTANT UPDATE: RESPITE CARE NO LONGER THROUGH MAXIM COMPANION *

Effective April 1, 2020, respite services are now administered by the County of San Diego directly. Respite services can be accessed by contacting the CWS respite coordinator, **Peggy Ruefer 858-616-5867 or Natasha Garcia 858-614-9142.**

Caregiver Mentor Program funded by San Diego County

The Caregivers Mentor Program provides eligible Resource Parents a support system by connecting them to a mentor who can assist them to navigate difficult foster care issues. To be assigned a mentor, please call **1-800-200-1222.**

Perinatal Substance Abuse and HIV Infant Program

Also known as Options for Recovery (OFR), the Options Program recruits, trains, and supports resource families who would like to specialize in caring for children ages 0 to 60 months who are substance exposed and/or HIV positive. For more information, please call **the Options Coordinator Graciela Soto @ 858-650-5530 or email**

Graciela.Soto@sdcounty.ca.gov.

YMCA Emergency Child Care Bridge Program

If you are a caregiver to a child placed by the juvenile court, you may be eligible for assistance with locating and payment vouchers for child care. For additional information please inquire at childcarebridge@ymca.org.

Health and Dental Exams

Children in the California foster care system must receive health and dental exams, based on periodicity schedules known now as the AAP Bright Futures schedule. Please remember to take a Health Visit Report (04-343) to every appointment for a child in your care and have it completed and returned. The following are San Diego County CHDP Providers and dental community clinics to assist caregivers in identifying appropriate providers for services: County of San Diego CHDP Provider Directory **619-692-8808** and San Diego County Dental Community Clinics **619-692-8858.**

Frequently Asked Questions

Question	Answer
1. How do I become a Resource Parent with the County of San Diego?	<ul style="list-style-type: none"> Attend an Orientation. Call 877-792-KIDS (5437) for more information or visit www.SanDiegoFosterKids.com.
2. What training hours are required to become a Resource Parent?	<ul style="list-style-type: none"> 12-hour Pre-Service called TIPS (Trauma Informed Pre-Service) Call the 800-200-1222 to register
3. What training hours are required ongoing?	<ul style="list-style-type: none"> Each Approved Resource Parent must complete 8 hours of approved training per year. All training in this Pink Booklet qualifies as on-going training. If you take training from another source, you need to get that approved by your approval worker.
4. What extra adoption classes do I need?	<ul style="list-style-type: none"> Your Adoption Social Worker will tell you which of the Adoption Preparation classes you should complete. Then you call 800-200-1222 to register for those.
5. Who can come to these classes?	<ul style="list-style-type: none"> Prospective Resource Parents Licensed County Foster/Adoptive Parents Approved Resource Parents Foster Family Agency Foster Parents and Staff (EXCEPT First Aid/CPR) Kinship Caregivers (whether formal or informal) Social workers and other professionals who work with Resource Parents (EXCEPT First Aid/CPR) Respite caregivers who will be serving Resource Parents These classes are not intended for the general public or for birth parents.
6. How do I sign up for First Aid and CPR?	<ul style="list-style-type: none"> Call 1-800-200-1222 to register. First Aid/CPR classes are listed at the end of this Pink Booklet. Remember, these classes are only for those individuals listed in answer #5. All participants must be adults over the age of 18. Also remember that First Aid and CPR are licensing and approval requirements and do not count toward your annual training mandate.
7. Is there a fee for these classes?	<ul style="list-style-type: none"> No, there is never a fee for any of these classes for any participants. Classes are sponsored by the State of California, Federal Government and/or County of San Diego. However, classes are only for those under Item #5.
8. Can children come to these classes?	<ul style="list-style-type: none"> No, no one under 18 years of age can attend the classes due to lack of childcare, presentation of inappropriate content for children, and liability issues.

Kinship Support Groups Get Zoom Link: (619) 719-9179



KINSHIP SUPPORT GROUPS

Are you raising a grandchild or a family member's child? Get connected to other "KINSHIP" families just like you in your community. Support Groups provide emotional support, resources, and training to support you in raising the Kinship child in your care. Support groups will meet online through Zoom. For Zoom link, call **(619) 719-9179**.

*If you are new to a group, please contact Program Director Melissa Brooks at mbrooks@ymcasd.org or **619-719-9179** for the in-person location or virtual link for the group nearest you.

Region	Day	Time	Address
North Inland RSVP w/ Melissa (619) 719-9179	Monday	5:30PM- 7:30PM	Palomar Family YMCA 1050 N. Broadway, Escondido, CA 92026 Meets on Zoom
South RSVP w/ Melissa (619) 719-9179	Tuesday	5:30PM- 7:30PM	Oceanview Church 2460 Palm Avenue, San Diego, CA 92154 Meets on Zoom
Central RSVP w/ Melissa (619) 719-9179	Wednesday	5:30PM- 7:30PM	Joan Kroc Center Corps Edu Center Building F 6845 University Avenue, San Diego, CA 92115 Meets on Zoom
South *Spanish* RSVP w/ Melissa (619) 719-9179	Thursday	12:00PM- 2:00PM	Oceanview Church 2460 Palm Avenue, San Diego, Ca 92154 Meets on Zoom
Central *Spanish* RSVP w/ Melissa (619) 719-9179	Thursday	5:30PM- 7:30PM	Copley Price Family YMCA 4300 El Cajon Boulevard San Diego, CA 92105 Meets on Zoom
East RSVP w/ Melissa (619) 719-9179	Thursday	5:30PM- 7:30PM	McGrath Family YMCA 12006 Campo Road, Spring Valley, CA 91978 Meets on Zoom

For more information call YMCA Kinship 619-281-8313 X 10743,
EMAIL US: kinshipyfs@ymca.org WEBSITE: <http://www.yfs.ymca.org>
Funded in part by the County of San Diego

Resource Parent Support Groups

Registration Required: 1-800-200-1222 | www.fakce.org

The Resource Parent Support Group Workshops are sponsored by the California Community Colleges - Foster, Adoptive and Kinship Care Education Program at Grossmont College. Support Groups are also partially funded by the **County of San Diego Health & Human Services Agency**. Below you will find a brief description of what will be covered in each workshop.

BINTI- What Is It and What you Need to Know! Binti is a mission-driven, technology company based in Oakland, California. They have developed software and friendly user mobile tools for foster care agencies that saves time by streamlining processes to better serve families and children. Learn how San Diego County is using Binti and how Resource Families can be using it as well to track training and much more!

Birth and Foster Parent Partnerships-A Relationship Guide: This class shares practical tips to help create and sustain positive lasting relationships between birth families, foster families and kinship caregivers to best support the children and youth in their care.

Bonding and Attachment: The impact of impaired bonding in early childhood varies. Experiences affecting emotional relationships during infancy and the first years of life are critical to shaping the capacity to form intimate and emotionally healthy relationships. Learn more about the impact of impaired bonding and how you can help work towards creating a secure attachment bond.

Concurrent Planning: At this support group we will explain what concurrent planning is, the benefits and risks of concurrent planning, explore your worries and help you determine if concurrent planning is a right fit for your family. We will also have a guest family speaker who got matched with a child through the concurrent planning process share their experience; the positives and the struggles.

Meet the new Adoptions Placement Specialist: Please join us this month to meet the new Adoptions Placement Specialist. This is a wonderful opportunity to ask questions, get to know your placement worker and for her to get to know you! We will discuss the adoption matching and placement processes as well as ways to increase visibility of your family's adoption profile.

Overview of Suicide: September is National Suicide Prevention month and it is imperative that caregivers be informed about suicide prevention and warning signs of suicide especially because research states that foster care youth are at a higher risk. Foster care youth are 3x more likely to significantly consider suicide, 4x more likely to have made a suicide attempt in the past 12 months and 5x more likely to be hospitalized following a suicide attempt when compared to non-foster care youth. Youth involved in the child welfare system also experience higher rates of mental illness and substance use as well. Join us on a very important topic you should not miss!

Resource Parent Support Groups

Registration Required: 1-800-200-1222 | www.fakce.org

Parenting After Trauma: Understanding Your Child's Needs: All children need homes that are safe and full of love. This is especially true for children who have experienced severe trauma. Early, hurtful experiences can cause children to see the world differently and react in different ways. Some children who have been adopted or placed into foster care need help to cope with what happened to them in the past. Knowing what experts say about early trauma can help you to better work with your child and better respond to their needs.

QPR Suicide Training: September is National Suicide Prevention month and it is imperative that caregivers be informed about suicide prevention and warning signs of suicide especially because research states that foster care youth are at a higher risk. QPR is designed to give trainees the basic skills necessary to recognize the warning signs that someone may be contemplating suicide, how to offer hope and how to help save a life.

Setting Healthy Boundaries In Resource Parenting: Boundaries are essential in any kind of relationship—between parents and children, friends, employers and employees, and certainly between foster families and birth families. Simply stated, a boundary is anything that separates two things. This class will discuss the importance of boundaries and how to successfully use them in your role as a Resource Parent.

Understanding RFA and the Written Directives: Have you taken a look at the new Written Directives 7.0? If you haven't had a chance, join us for an overview of the changes you need to be aware of. To avoid allegations, it is important and crucial for you to keep up-to-date with state regulations governing Foster Family Homes and Resource Families. This is an opportunity caregivers should not miss out on!

What Parents Need to Know About Vapes but Didn't Know to Ask!: According to the CDC's National Youth Tobacco Survey, 1 in 5 high school students reported vaping in the past month. Vaping has become one of the most popular forms of substance use among young people, despite it being illegal to sell to anyone under the age of 21 and growing evidence of its health risks and harms. Join us to learn what vaping is, vapes in disguise, the health risks associated with vaping and how to start the conversation with our young children and youth about the dangers of vaping.

What you Need to Know about Working with the Juvenile Court: This workshop aims to provide caregivers with an understanding of the dependency court process in California and what they need to know about working with the Juvenile Court.

Transitions: This workshop will explore and discuss appropriate and effective interventions when transitioning infant, children and adolescents in foster care. Understanding the impact and implications transitions can have on children and youth can help with how you do the next transition.



Resource Parent Support Groups

Registration Required: 1-800-200-1222 | www.fakce.org

Due to COVID 19's Health Order, support groups will meet online through Zoom. Registration to attend a support group is required. Please visit <http://fakce.org/workshops/> to register.

Please note, just as children are not allowed or childcare is not provided at in person FAKCE classes, please refrain from having your children or anyone who is not registered for the workshop in the virtual class with you. Thank you!

South Bay Region

NEW GROUP

Chula Vista The Refinery Church 494 E. Street, Room 5, Chula Vista 91910
Meets online though Zoom

Support Group Leaders: Shayna Hazlett (619) 884-8072

1st Monday of each month 6:00 PM - 8:00 PM

Dates:	Class Topic
September	No Meeting
October 4	What You Need to Know about Working with the Juvenile Court

Notes: No Meeting in September 2021

Chula Vista San Diego County's HHS Building 690 Oxford Street (Rm #196), Chula Vista 91911 **Meets online though Zoom**

Support Group Leader: Rosie Villegas (619) 632-2512

4th Wednesday of each month 9:30 AM-11:30 AM

Dates:	Class Topic
September 22	What you need to know about Working with the Juvenile Court
October 27	Setting Healthy Boundaries in Resource Parenting

Notes: No Meeting in November 2021

North County

San Marcos

~~Straight From The Heart 851 W. San Marcos Boulevard, San Marcos 92078~~
Meets online though Zoom

Support Group Leaders: Rhonda Oliver (760) 473-4495

2nd Wednesday of each month 6:00 PM-8:00 PM

Dates:	Class Topic
September	No Meeting
October 13	Birth and Foster Parent Partnership: A Relationship Guide

Notes: No Meeting in September 2021

Resource Parent Support Groups

Registration Required: 1-800-200-1222 | www.fakce.org

Central Region

~~**San Diego City Heights** Phillips Temple Church Annex 5333 Geneva Avenue, San Diego 92114~~ **Meets online though Zoom**

Support Group Leader: Virgin "Lenette" Morales (619) 633-0345

1st Wednesday of each month 10:00 AM - 12:00 PM

Dates:	Class Topic
September 1	Setting Healthy Boundaries in Resource Parenting
October 6	BINTI-What Is It and What You Need to Know!

Notes:

~~**NEW! San Diego Allied Gardens/ Benjamin Branch Library** 5188 Zion Ave, San Diego, CA 92120~~ **Meets online though Zoom**

Support Group Leaders: Lisa DeLasAlas (619) 743-5466

2nd Monday of each month 6:30 PM - 8:30 PM

Dates:	Class Topic
September 13	What You Need to Know About Working With the Juvenile Court

October 11 Overview of Suicide

Notes:

~~**San Diego Southeast/Encanto:** O'Farrell Jr. High School 6130 Skyline Drive, San Diego 92114~~ **Meets online though Zoom**

Support Group Leaders: Shayna Hazlett (619) 884-8072

2nd Thursday of each month 6:00 PM - 8:00 PM

Dates:	Class Topic
September 9	Bonding and Attachment
October 14	BINTI-What Is It and What You Need to Know!

Notes: No Meeting in November 2021

~~**NEW! San Diego Allied Gardens/ Benjamin Branch Library** 5188 Zion Ave, San Diego, CA 92120~~ **Meets online though Zoom**

Support Group Leaders: Lisa DeLasAlas (619) 743-5466

3rd Tuesday of each month 6:30 PM - 8:30 PM

Dates:	Class Topic
September	No Meeting
October 19	Setting Healthy Boundaries in Resource Parenting

Notes: No Meeting in September 2021

Resource Parent Support Groups

Registration Required: 1-800-200-1222 | www.fakce.org

Central Region continued ...

San Diego Southeast/Encanto Phillips Temple Church Annex 5333 Geneva Avenue, San Diego 92114 **Meets online though Zoom**

Support Group Leader: Brenda Jones H (619) 267-6529; C (619) 847-6980

4th Thursday of each month 10:00 AM - 12:00 PM

Dates: Class Topic

September 23 BINTI- What Is It and What You Need to Know!

October 28 Bonding and Attachment

Notes: No Meetings in November & December 2021

San Diego Southeast/Encanto Malcolm X Library 5148 Market Street, San Diego 92114 **Meets online though Zoom**

Support Group Leader: Lorraine Mattox (619) 997-1214

4th Friday of each month 9:30 AM - 11:30 AM

Dates: Class Topic

September 24 Understanding RFA and the Written Directives

October 22 Overview of Suicide

Notes: No Meeting in December 2021

East County Region

La Mesa La Mesa Community Center (Conference Room) 4975 Memorial Drive, La Mesa 91942 **Meets online though Zoom**

Support Group Leader: Dannette Shevlin (619) 339-1611

2nd Wednesday of the month 10:00 AM -12:00 PM

Dates: Class Topic

September 8 QPR Suicide Training

October 13 What you Need to Know about Working with the Juvenile Court

Notes:

Santee

The Church of Jesus Christ of Latter-day Saints
10052 North Magnolia Ave Santee Avenue, Santee 92071 (South side of building)

Meets online though Zoom

Support Group Leader: Carrie Collins 858-967-3184

3rd Thursday of each month 9:00 AM - 11:00 AM

Dates: Class Topic

September 16 Birth and Foster Parent Partnerships - A Relationship Guide

October 21 Parenting After Trauma: Understanding Your Child's Needs

Notes: No Meetings in November & December 2021

Resource Parent & Special Interest Support Groups

Registration Required: 1-800-200-1222 | www.fakce.org

East County Region continued ...

El Cajon San Diego Foster Parent Association 1089 El Cajon Boulevard Suite B, El Cajon 92020 **Meets online though Zoom**

Support Group Leader: MaryJo Meer (858) 735-6976

1st Thursday of each month 6:00 PM - 8:00 PM

Dates: Class Topic

September 2 What Parents Need to Know About Vapes but Didn't Know to Ask!

October 7 Understanding RFA and the Written Directives

Notes: No Meeting in December 2021

****NEW Support Group! Spring Valley****

Location to be Determined - Meets online though Zoom

Support Group Leader: Valentine "Tina" Carmichael (619) 972 - 3435

3rd Monday of each month 10:00 AM - 12:00 PM

Dates: Class Topic

September 20 What Parents Need to Know About Vapes but Didn't Know to Ask!

October 18 Transitions

Notes:

Special Interest Support Groups

Options (The Options for Recovery Perinatal Program is for children ages 0 to 60 months who are drug and/or alcohol exposed and/or HIV positive. Options Caregivers receive 5 days of specialized training and qualify for 48 hours of monthly respite. The support group offers activities and art projects for children, while caregivers receive their training. If you are interested in becoming an Options caregiver, please call Graciela Soto at 858-650-5530 or email Graciela.Soto@sdcounty.ca.gov.)

San Diego County Health & Human Services Agency, 8911 Balboa Avenue, San Diego 92123 (Magnolia Room) **Meets online though Zoom**

Support Group Leader: Emma Martinez-Tidmore (619) 423-8128

1st Wednesday of the month 3:00 PM - 5:00 PM

Dates: Class Topic

September No Meeting

October 6 Bonding and Attachment

Notes: No Meetings in September & December 2021



Special Interest Support Groups

Registration Required: 1-800-200-1222 | www.fakce.org

Special Interest Support Groups continued ...

Initial Placement: What You Need to Know! This is an ongoing support group designed for caregivers who have children placed in their home but have not yet taken, or are new to TIPS (Trauma Informed Pre-Service). Caregivers will learn the essential information needed to ensure that they are compliant with county regulations. Community resources that are available to caregivers and children, will also be discussed. Supporting new caregivers on their caregiving journey is the primary purpose of this support group.

San Diego County Health & Human Services Agency, 8911 Balboa Avenue (Hibiscus Room), San Diego 92123 **Meets online though Zoom**

Support Group Leader: MaryAnn Paschal (619)277-7432

2nd Friday of each month 9:30 AM - 11:30 AM

Dates:	Class Topic
September 10	Ongoing Series of Initial Placement: What You Need to Know!
October 8	Ongoing Series of Initial Placement: What You Need to Know!

Notes: No Meeting in December 2021

NEST (Nurturing Evaluation Stabilization Team) Meet with other NEST families to share and discuss successes and challenges of providing temporary care for foster children, as well as to develop relationships and provide support to each other.

1st Saturday Group: Polinsky Prevention Pavilion
9400 Ruffin Court Rm. 15/16, San Diego 92123 **Meets online though Zoom**

4th Wednesday Group: Health & Human Services Agency
8911 Balboa Avenue, San Diego Ca 92123 **Meets online though Zoom**

Support Group Leaders:

1st Saturday: Rhonda Oliver (760) 473-4495
4th Wednesday: MaryJo Meer (858) 735-6976

1st Saturday of each month 9:00 AM - 11:00 AM

4th Wednesday of each month 6:00 PM - 8:00 PM

Dates:	Class Topic
September 4 (Sat)	No Meeting
September 22	Nest-Understanding RFA and the Written Directives
October 2 (Sat)	Understanding RFA and the Written Directives
October 27	Transitions
	1st Saturday: No Meeting in September 2021
Notes:	4th Wednesday: No Meetings in November & December 2021

Special Interest Support Groups

Registration Required: 1-800-200-1222 | www.fakce.org

Special Interest Support Groups continued ...

Positive Parenting/Positive Discipline

San Diego Foster Parent Association, 1089 El Cajon Boulevard Suite B, El Cajon 92020 **Meets online though Zoom**

Support Group Leader: MaryJo Meer (858) 735-6976

2nd Friday of each month 6:00PM - 8:00 PM

Dates:	Class Topic
September 10	Ongoing Series of Positive Discipline
October 8	Ongoing Series of Positive Discipline

Notes:

Bridges to Parenting (Meet with prospective adoptive families to share and discuss the adoption process and provide each other with support during the period awaiting an adoptive placement.)

San Diego County Health & Human Services Agency
8911 Balboa Avenue, San Diego 92123 **Meets online though Zoom**

Support Group Leader: Brook Hernandez (619)577-0283

3rd Wednesday of the month 6:30 PM - 8:30 PM

Dates:	Class Topic
September 15	Concurrent Planning (with guest speaker)
October 20	Meet the New Adoptions Placement Coordinator

Babies through Preschoolers! Ongoing training and support will be provided on positive discipline, the importance of brain structure and development in early childhood and how to care for babies in the Child Welfare System.
**** Children 0-5 year old are welcome to attend! ****

San Diego Foster Parent Association
1089 El Cajon Blvd Suite B, El Cajon 92020 **Meets online though Zoom**

Support Group Leader: MaryAnn Paschal (619)277-7432

3rd Friday of the month 10:00am-12:00pm

Dates:	Class Topic
September 17	Ongoing: Babies Through Pre-School
October 15	Ongoing: Babies Through Pre-School

Notes: No Meeting in December 2021

If you are interested in facilitating a new support group or have a suggestion on a topic to be discussed, please contact us 1-800-200-1222.
Please note, just as childcare is not provided onsite at in-person FAKCE classes, we ask that you please refrain from having children or unregistered participants in the virtual class with you.
Thank you!

Debido a la Orden de Salud de COVID 19, los grupos de apoyo se reunirán en línea a través de Zoom. Registración para atender un grupo de apoyo es obligatorio. Por favor de inscribirse en línea: <http://fakce.org/workshops/>.

Los talleres del Grupo de Apoyo de Padres de Recursos son patrocinados por el Programa de Foster, Adoptive and Kinship Care Education y parte por el Condado de San Diego. Estas clases se ofrecen en español. A continuación encontrará una descripción de lo que será cubierto en cada taller.

BINTI- ¿Qué Es y Qué Necesitas Saber?: Binti es una empresa de tecnología impulsada por una misión con sede en Oakland, California. Han desarrollado (software) programas y herramientas móviles fáciles de usar para las agencias de cuidado de crianza que ahorran tiempo al agilizar los procesos para servir mejor a las familias y a los niños. ¡Aprenda cómo el condado de San Diego usa Binti y cómo las familias de recursos pueden usarlo también para realizar un seguimiento de la capacitación y mucho más!

Colaborando con Parientes para Promover la Reunificación: Para los padres que anticipan el regreso de su hijo a casa después del cuidado de crianza o parentesco, la reunificación es muy prometedora. Es un nuevo comienzo y un hito importante que marca haber alcanzado una meta importante. Pero por recurso tanto las familias como los trabajadores, es muy importante ver la reunificación como un proceso y no un evento. Es un momento de cambio y ajuste, descubrimiento y desafío.

El Impacto de la Adopción: Este taller explicará una visión general de las siete cuestiones centrales de la adopción y cómo pueden afectar los pensamientos, sentimientos y experiencias de niños y adultos que han sido adoptados, padres biológicos y padres adoptivos (también conocido como el "triángulo de adopción").

Establecer Límites Saludables en la Crianza como Padres de Recursos:

Los límites son esenciales en cualquier tipo de relación: entre padres e hijos, amigos, empleadores y empleados, y ciertamente entre familias de crianza y familias biológicas. En pocas palabras, un límite es todo lo que separa dos cosas. Esta clase discutirá la importancia de los límites y cómo usarlos con éxito en su papel de Padre de Recursos.

Más descripciones en la siguiente página.

Descripción General del Suicidio: Septiembre es el mes nacional de prevención del suicidio y es imperativo que los cuidadores estén informados sobre la prevención del suicidio y las señales de advertencia de suicidio, especialmente porque las investigaciones indican que los jóvenes en hogares de crianza tienen un mayor riesgo. Los jóvenes en hogares de crianza tienen 3 veces más probabilidades de considerar significativamente el suicidio, 4 veces más probabilidades de haber hecho un intento de suicidio en los últimos 12 meses y 5 veces más probabilidades de ser hospitalizados después de un intento de suicidio en comparación con los jóvenes que no están en hogares de crianza. Los jóvenes que participan en el sistema de bienestar infantil también experimentan tasas más altas de enfermedades mentales y consumo de sustancias. ¡Únase a nosotros en un tema muy importante que no debe perderse!

Tiempo Virtual en Familia: Consejos para Familias:

En este taller cubriremos estrategias para apoyar conexiones significativas durante las visitas virtuales, actividades que los cuidadores pueden apoyar para mantener conexiones virtualmente y consejos útiles para superar los desafíos más comunes de las visitas por video.

Transiciones: Este taller explorará y discutirá las intervenciones apropiadas y efectivas durante la transición de bebés, niños y adolescentes en hogares de crianza. Comprender el impacto y las implicaciones que las transiciones pueden tener en los niños y jóvenes y puede ayudarlo a realizar la próxima transición.

Tal como no hay cuidado de niños durante las clases de FAKCE, por favor absténgase de tener a niños, y otros miembros de la familia que no se hayan registrado presente durante la clase.

Gracias!

Condado Sur

Chula Vista #1 San Diego County's HHSA Building 690 Oxford Street, Chula Vista 91911 **En-línea a través de Zoom**

Lider del Grupo de Apoyo: Emma Martinez-Tidmore (619) 423-8128

4to Lunes de cada mes 6:00 PM - 8:00 PM

Fechas: Tema

Septiembre 27 Descripción General del Suicidio

Octubre 25 Transiciones

Notas: No Habrá Juntas en Noviembre y Diciembre 2021

Chula Vista #2 The Refinery Church (Anteriormente First Baptist Church) 494 E. Street - Salón 5, Chula Vista 91910 **En-línea a través de Zoom**

Lider del Grupo de Apoyo: Hiliana Mendoza (760) 215-6047

1er Martes de cada mes 6:00 PM - 8:00 PM

Fechas: Tema

Septiembre 7 Establecer Límites Saludables en la Crianza como Padres de Recursos

Octubre 5 Colaborando con Parientes para Promover la Reunificación

Notas:

Chula Vista #3 The Refinery Church (Anteriormente First Baptist Church) 494 E. Street - Salón 5, Chula Vista 91910 **En-línea a través de Zoom**

Lider del Grupo de Apoyo: Rosie Villegas (619) 632-2512

4to Martes de cada mes 10:00 AM - 12:00 PM

Fechas: Tema

Septiembre 28 BINTI- ¿Qué Es y Qué Necesitas Saber?

Octubre 26 Descripción General del Suicidio

Notas:



Condado Norte

Nuevo Grupo!

North County Straight From The Heart 851 W. San Marcos Boulevard, San Marcos 92078 **En-línea a través de Zoom**

Lider del Grupo de Apoyo: Hiliana Mendoza (760) 215-6047

4to Viernes de cada mes 6:00 PM - 8:00 PM

Fechas: Tema

Septiembre 24 Establecer Límites Saludables en la Crianza como Padres de Recursos

Octubre 22 El Impacto de la Adopción

Notas: En Diciembre 2021, el grupo de juntara Diciembre 10.

Grupo de Apoyo - Interés Especial

***NUEVO GRUPO!**

Opciones (El Programa de Opciones para la Recuperación Perinatal es para niños de 0 a 60 meses de edad que están expuestos a drogas y / o alcohol y / o VIH positivos.

Opciones Los cuidadores reciben 5 días de capacitación especializada y califican para 48 horas de relevo mensual. El grupo de apoyo ofrece actividades y proyectos de arte para niños, mientras que los cuidadores reciben su capacitación. Si está interesado en convertirse en un cuidador de Opciones, llame a Graciela Soto al 858-650-5530 o envíe un correo electrónico a Graciela.Soto@sdcounty.ca.gov.)

San Diego County Health & Human Services Agency, 8911 Balboa Avenue, San Diego 92123 (Magnolia Room) **En-línea a través de Zoom**

Lider del Grupo de Apoyo: Emma Martinez-Tidmore (619) 423-8128

3er miércoles de cada mes 3:00 PM - 5:00 PM

Fechas: Tema

Septiembre No Junta

Octubre 20 Tiempo Virtual en Familia: Consejos para Familias

Notas: No Habrá Junta en Septiembre y Diciembre



Adoption Classes

Adoption Specialty Classes partially funded by the County of San Diego Health & Human Services Agency, Child Welfare Services.

Adoption Specialty Classes are required for any Resource Parent who will be adopting a child. Adoption Preparation Classes must be completed prior to the finalization of an adoption. On the following page you will find the schedule. Below are brief descriptions of each class topic:

Adult Adoptee Panel

A panel of adults who were adopted as children will share their perceptions about identity issues for adoptees, growing up adopted, searches and reunions with birth parents, etc. Questions are welcomed.

Adopting After Infertility

This class is for couples who are experiencing infertility only. Designed for people with infertility issues who are planning to adopt. This class will examine grief and loss issues around infertility and examine how that affects parenting by adoption.

Adoption at the Movies

Movies about adoption help all members of the family explore the pain and joys of adoption. In this class we will highlight several adoption movies, discuss and explore how adoption movies can help children feel safe to ask questions, understand their story, identity and culture.

Adoptive Matching

This class is for families who are waiting to be matched with a child. This class does not apply to relative caregivers. This class outlines the process of adoption and examines the transition and placement of a child. It covers matching, concurrent placements, the experience of placement in both children and families, and ideas to help with the adjustment process.

Adoptive Parent Panel

Being an adoptive family comes with its challenges and rewards. Come hear from a panel of adoptive families who have adopted special needs children, large sibling groups, older children and kinship children. You will have the opportunity to ask them questions and hear their beautiful adoption stories. You won't want to miss this one!

Adoption the Lifelong Process

This class explores the various issues that adoptive families face throughout their lifetimes. It covers core issues, how to talk to children about adoption and birth parents at different stages of development. Open adoption issues are explored.

In addition to these classes, there is an 18 hour series of ongoing training called Attachment Parenting, which fulfills two topics of the Adoption Specialty class requirement. More information can be found in this booklet or online.

Please note, just as childcare is not provided onsite at in-person FAKCE classes, we ask that you please refrain from having children or unregistered participants in the virtual class with you.
Thank you!

Adoption Classes

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Coming Full Circle

In this class, we will discuss identity, the complexities of transracial adoption, the benefits and concerns of keeping connections and how adoptive parents can support their children in discovering their story.

Embracing Your Child's Heritage

Especially relevant for those who plan to adopt cross culturally, this class will broaden your awareness of race as an ongoing issue as part of an adoption.

I was Here First!

Fostering and adopting affects the entire family system. Many biological and adopted children already in the home are impacted when a foster child comes into the home. Come learn how to best prepare your children and support them on this journey.

Kinship Adoption

This class is for relatives adopting only. Designed for those adopting a relative's child. This class explores life changes, changing roles, and relationships with birth parents who are relatives. Resources in the community for kinship caregivers will be examined.

Risk Factors 1 and 2 (Both sessions must be taken for full credit)

This class will examine current information about inherited illnesses (including mental illnesses), congenital conditions (including cerebral palsy), and the risks and effects of prenatal drug exposure, alcohol and HIV.



In addition to these classes, there is an 18 hour series of ongoing training called Attachment Parenting, which fulfills two topics of the Adoption Specialty class requirement. More information can be found in this booklet or online.

Please note, just as childcare is not provided onsite at in-person FAKCE classes, we ask that you please refrain from having children or unregistered participants in the virtual class with you.
Thank you!

Adoption Classes

Registration Required: 1-800-200-1222 | www.fakce.org

Classes meet online through Zoom from 6pm - 9pm

Risk Factors Class 1 and 2

Date	Location	Language
Mondays: October 18 & 25, 2021	Zoom	English
Tuesdays: November 23 & 30, 2021	Zoom	Spanish

Embracing Your Child's Heritage

Thursday, September 9, 2021	Zoom	Spanish
Wednesday, September 22, 2021	Zoom	English
Tuesday, October 19, 2021	Zoom	English

Adult Adoptee Panel

Tuesday, September 21, 2021	Zoom	English
Wednesday, October 20, 2021	Zoom	English
Monday, November 01, 2021	Zoom	English
Thursday, November 4, 2021	Zoom	Spanish

Kinship Adoption

Monday, September 20, 2021	Zoom	Spanish
Thursday, September 23, 2021	Zoom	English
Tuesday, October 05, 2021	Zoom	English
Tuesday, October 12, 2021	Zoom	Spanish
Thursday, October 28, 2021	Zoom	English

Adoption the Lifelong Process

Thursday, September 16, 2021	Zoom	English
Monday, September 27, 2021	Zoom	Spanish
Thursday, October 07, 2021	Zoom	English
Thursday, October 21, 2021	Zoom	Spanish

Adoptive Matching

Tuesday, September 14, 2021	Zoom	English
Wednesday, October 13, 2021	Zoom	English
Wednesday, October 27, 2021	Zoom	Spanish

Adopting After Infertility

Tuesday, September 07, 2021	Zoom	English
Thursday, October 14, 2021	Zoom	English

Adoption at the Movies

Friday, October 01, 2021	Zoom	English
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Coming Full Circle

Monday, November 08, 2021	Zoom	English
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I was Here First!

Wednesday, September 29, 2021	Zoom	English
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Adoptive Parent Panel

Thursday, September 02, 2021	Zoom	English
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Attachment Parenting

Reference page 26 for more information	Zoom	English
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In addition to these classes, there is an 18 hour series of ongoing training called Attachment Parenting, which fulfills two topics of the Adoption Specialty class requirement. More information can be found in this booklet or online.

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Attachment Parenting

Registration Required: 1-800-200-1222 | www.fakce.org

Most children in out-of-home care have experienced disruptions in attachment formation due to child abuse, neglect and/or multiple placements. Traditional parenting, which relies upon a strong attachment, doesn't work well with these children.

Attachment Parenting is an 18 hour series workshop where you will get an understanding of the way traumatized children see life and how you can alter your parenting techniques to accommodate their unique life experiences and current need. Learn a new way to discipline and relate.

Learn from the experts!

Instructors: Adoption Parent & Social Worker or Therapist

Topics include:

- Attachment
- Developmental Parenting
- Therapeutic Parenting
- Positive Discipline through Attachment

2021 Schedule

Countywide

When:

- Session 1: Monday, October 4, 2021
- Session 2: Monday, October 11, 2021
- Session 3: Thursday, October 14, 2021
- Session 4: Monday, October 18, 2021
- Session 5: Monday, October 25, 2021
- Session 6: Thursday, October 28, 2021

Time: 6pm-9pm

Where: Online through Zoom



Please note, just as childcare is not provided onsite at in-person FAKCE classes, we ask that you please refrain from having children or unregistered participants in the virtual class with you.

Thank you!

Specialty Workshops

Registration Required: 1-800-200-1222 | www.fakce.org

Positive Discipline with Young Children

Instructor: Heidi Blue, MSW
Date: Wednesday, September 8, 2021
Time: 6pm-9pm
Location: Online through Zoom

Description: Using the principles of Positive Discipline, this class will look at how the strategies of Positive Discipline can be used with very young children. Participants will learn how to be kind and firm parents, improve parent-child communication and the importance of setting expectations and follow through.

Mindfulness

Instructors: Gisella Gomez, MSW & Nicole Espinosa, LCSW
Date: Saturday, September 11, 2021
Time: 9am-3:30pm
Location: Online through Zoom

Description: Children observe, mimic, and learn from their parents' actions and reactions. This class will explore mindfulness to gain a deeper understanding of it's importance, and how it can be applied in parenting in order to nurture a healthy family environment for ourselves and the children in our care.

Mental Health 1st Aid Youth Training

(A series of 2 workshops)

Instructor: Representative from Mental Health America San Diego
Dates:

- Tuesday, September 14, 2021
- Tuesday, September 21, 2021

Time: 10am-2:30pm
Location: Online through Zoom

Description: The Mental Health First Aid Training Program is a 8 hour certification course designed to give participants the tools to respond to psychiatric emergencies until professional help arrives and to improve peoples mental health literacy.

Please note, just as childcare is not provided onsite at in-person FAKCE classes, we ask that you please refrain from having children or unregistered participants in the virtual class with you.
Thank you!

Specialty Workshops

Registration Required: 1-800-200-1222 | www.fakce.org

Teaming through the Process of Allegations

Instructors: Charese Phillips, Senior Protective Services & MaryAnn Paschal, Resource/Adoptive Parent
Date: Thursday, September 16, 2021
Time: 6pm-9pm
Location: Online through Zoom

Description: To avoid allegations, it is important and crucial for you to keep up-to-date with State regulations governing Foster Family Homes and Resource Family Approval. This workshop will help participants develop an increased understanding of regulations, define what constitutes a foster home allegation, describe the most common allegations, know how to avoid allegations and licensing complaints.

PreVerbal Trauma

Instructor: Robin Thompson, MSW
Date: Friday, September 17, 2021
Time: 6pm-9pm
Location: Online through Zoom

Description: Children make meaning out of the events they witness and the things that happen to them, and they create an internal map of how the world is. This meaning-making helps them cope. But if children don't create a new internal map as they grow up, their old way of interpreting the world can damage their ability to function as adults. This class will look specifically at four ways childhood emotional trauma impacts us as adults and what we can do to help children create a healthy internal map, and steps that can help redefine our own.

Volcano in My Tummy

Instructors: Nicole Espinosa, LCSW & Jeanne Schwertfeger, Resource/Adoptive Parent
Date: Saturday, September 18, 2021
Time: 9am-3:30pm
Location: Online through Zoom

Description: This workshop will explore anger in children, teens and, adults. A Volcano in My Tummy provides activities and strategies for caregivers to help children (and themselves) with anger problems. It is designed to encourage children to see their anger and to deal constructively with it so that they can live successful, healthy, happy and nonviolent lives.

Please note, just as childcare is not provided onsite at in-person FAKCE classes, we ask that you please refrain from having children or unregistered participants in the virtual class with you.
Thank you!

Specialty Workshops

Registration Required: 1-800-200-1222 | www.fakce.org

Join us for great training opportunities with special guest

~ Jody Johnston Pawel ~



Jody Johnston Pawel is a Licensed Social Worker in the State of Ohio and Certified Family Life Educator. For more than 30 years, Jody has been a leader in the parent education field. She is the author of the award-winning The Parent's Toolshop® book and Founder/CEO of the Relationship Toolshop® International Training Institute. LLC.

Get the F-A-X:

Listening, Problem-Solving, and Communication Skills That Empower Children —for Life!

Monday, September 20, 2021 | 3pm - 6pm

Taming Temper Tantrums

Monday, September 27, 2021 | 3pm - 6pm

Developmental Stages and Effects of Child Abuse

Monday, October 18, 2021 | 3pm - 6pm

Building a Bridge with Birth Parents and Caseworkers

Thursday, October 21, 2021 | 3pm - 6pm

Effective Single Parenting

Saturday, October 23, 2021 | 9am - 12pm

Secure your virtual spot today!



Please note, just as childcare is not provided onsite at in-person FAKCE classes, we ask that you please refrain from having children or unregistered participants in the virtual class with you. Thank you!

Specialty Workshops

Registration Required: 1-800-200-1222 | www.fakce.org

QPR Suicide Training

(2 Options)

Instructor: Laurie Dusa, San Diego County Suicide Prevention Council

Dates:

- Wednesday, September 8, 2021 | 10am-12pm
- Tuesday, September 21, 2021 | 6pm-8pm

Location: Online through Zoom

Description: September is National Suicide Prevention month and it is imperative that caregivers be informed about suicide prevention and warning signs of suicide especially because research states that foster care youth are at a higher risk. QPR is designed to give trainees the basic skills necessary to recognize the warning signs that someone may be contemplating suicide, how to offer hope and how to help save a life.

Self Care

Instructors: Representatives from Scripps Mercy Hospital's Well Being Center

Date: Thursday, September 23, 2021

Time: 6pm-8pm

Location: Online through Zoom

Description: This workshop will teach parents about the importance of self-care and how it relates to parenting, managing stress (coping with daily stress and frustration), and provide examples of self-care activities. Parents will also identify, recognize, and understand stress levels and how to minimize its toxic effects.

10 Things You Need to Know About Baby Care

Instructors: MaryAnn Paschal & Patty Boles, Resource/Adoptive Parents

Date: Friday, September 24, 2021

Time: 6pm-9pm

Location: Online through Zoom

Description: Caring for babies has changed greatly over the years. It is essential that all caregivers are up to date on the most current best practices in baby care which may not be covered by regulations. Caring for babies requires both a good knowledge of basic care, as well as an understanding of special needs and considerations when caring for those in out-of-home care. Come join us to learn about the top 10 things you need to know about baby care.

Please note, just as childcare is not provided onsite at in-person FAKCE classes, we ask that you please refrain from having children or unregistered participants in the virtual class with you. Thank you!

Specialty Workshops

Registration Required: 1-800-200-1222 | www.fakce.org

Resilience: The Biology of Stress and the Science of Hope

Instructor: Nicole Espinosa, LCSW

Date: Saturday, September 25, 2021

Times: 9am-12pm

Location (Hybrid): *Online through Zoom & In Person at Straight from the Heart 839 West San Marcos Blvd, San Marcos 92078*

Description: Resilience is a documentary that takes a deeper look into the science of Adverse Childhood Experiences (ACEs) and the increased risks for physical and mental health problems in adulthood. Join our discussion on the effects that trauma has on our youth's resilience, how it impacts our community and what we can do to support our children and youth moving forward.

Commercial Sexual Exploitation of Children

Instructor: Charisma de los Reyes, MSW

Date: Tuesday, September 28, 2021

Time: 6pm-9pm

Location: Online through Zoom

Description: Foster care is a pipeline for the Commercial and Sexual Exploitation of Children. In San Diego County alone, it generates over \$800,000 million each year! This new survivor informed training is specifically designed for foster parents, relative caregivers, and group home staff as a first step in combating the commercial sexual exploitation of children in California. We are working to raise awareness to the crisis at hand and increasing your ability to identify commercially sexually exploited children.

Navigating Special Education & Understanding the Secret Language of IEP's (A series of 3 workshops)

Instructors: Michelle McGowen, Resource/Adoptive Parent

Dates:

- Wednesday, September 29, 2021
- Wednesday, October 6, 2021
- Tuesday, October 12, 2021

Time: 6pm-9pm

Location: Online through Zoom

Description: Participants will learn about the special education process, which will include an intro to IEPs, how to read an IEP, recognizing the red flags in an IEP, and identifying and drafting appropriate IEP goals, as well as knowing the educational rights of foster youth. Other topics to be discussed include, an overview of autism and specific learning disabilities, behavioral, psychological, emotional and medical accommodations and practical applications and how to talk to an advocate about your Child's IEP.

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Specialty Workshops

Registration Required: 1-800-200-1222 | www.fakce.org

Dynamics of Substance Abuse and It's Impact on the Family

Instructor: Heidi Blue, MSW

Date: Thursday, September 30, 2021

Time: 6pm-9pm

Location: Online through Zoom

Description: A parent's behavior with a substance abuse disorder can vary and can have a multifaceted impact on children. Parental substance abuse can also impact prenatal, early childhood and adolescent development. Participants will learn about the dynamics of drug and alcohol addictions, treatment modalities and expectations from the court and Child Welfare Services for parents who struggle with substance abuse. This class will look at the impact of substance abuse on the entire family when children are brought into care.

We are Family

Instructor: Heidi Blue, MSW

Date: Friday, October 1, 2021

Time: 6pm-9pm

Location: Online through Zoom

Description: This class will explore the change in relationships that occur when a relative or kin becomes a parent to a related child due to abuse or neglect. Participants will also analyze the impact that these changes have on the family as a whole and identify effective ways to manage conflict and discomfort. Participants will watch and discuss the short documentary "Why Can't We Be a Family Again?"

Healing the Heart of Your Traumatized Child

Instructors: Nicole Espinosa, LCSW & Gisella Gomez, MSW

Date: Saturday, October 2, 2021

Time: 9:30am-3:30pm

Location: Online through Zoom

Description: Childhood trauma impact the developing brain and bodies of our youth. This workshop will provide Resource Parents with specific strategies to address diverse forms of trauma and diverse populations to help them in their healing journey with their trauma impacted children. Any parent wanting to reestablish safety, increase resilience, and help heal the long term impact that trauma has had on their foster and/or adoptive children are encouraged to attend this workshop!

Please note, just as childcare is not provided onsite at in-person FAKCE classes, we ask that you please refrain from having children or unregistered participants in the virtual class with you.
Thank you!

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Specialty Workshops

Registration Required: 1-800-200-1222 | www.fakce.org

Infant Safety Tips

Instructors: Representatives from Scripps Mercy Hospital's Well Being Center

Date: Tuesday, October 5, 2021

Time: 6pm-8pm

Location: Online through Zoom

Description: Infants during their first year are most vulnerable and require special attention. This class will go over safety measures to help keep an infant safe and help parents feel confident in caring for their infant.

Sibling Issues

Instructor: Robin Thompson, MSW

Date: Friday, October 15, 2021

Time: 6pm-9pm

Location: Online through Zoom

Description: Preserving connections among siblings in foster care is so important as it provides positive support and can improve their outcomes in life. Preserving these connections can also serve as a protective factor as it can support the youths well-being, be a source of continuity throughout their lifetime and be the longest relationships that they experience. Join us to learn the importance of sibling relationships while in foster care.

Scattered and Out of Control: Understanding and Building Self- Regulation In Children

Instructors: Nicole Espinosa, LCSW &
Kania Webster, Resource/Adoptive Parent

Date: Saturday, October 16, 2021

Time: 9:30am-3:30pm

Location (Hybrid): *Online through Zoom & In Person at Straight from the Heart
839 West San Marcos Blvd, San Marcos 92078*

Description: In this workshop, we will explore why the executive function is so important, what it looks like in children, strategies and skill building activities that will enhance their executive function capacities. We will examine how building executive function and self-regulation in ourselves as caregivers can enhance our ability to model and support these skills in children. We hope you can join us!

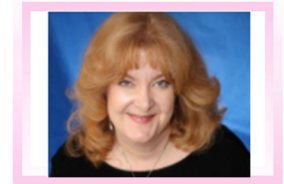
Please note, just as childcare is not provided onsite at in-person FAKCE classes, we ask that you please refrain from having children or unregistered participants in the virtual class with you.
Thank you!

Specialty Workshops

Registration Required: 1-800-200-1222 | www.fakce.org

Last chance to join us for great training opportunities with special guest

~ Jody Johnston Pawel ~



Jody Johnston Pawel is a Licensed Social Worker in the State of Ohio and Certified Family Life Educator. For more than 30 years, Jody has been a leader in the parent education field. She is the author of the award-winning The Parent's Toolshop® book and Founder/CEO of the Relationship Toolshop® International Training Institute. LLC.

Secure your virtual spot today!

Developmental Stages and Effects of Child Abuse
Monday, October 18, 2021 | 3pm - 6pm

Building a Bridge with Birth Parents and Caseworkers
Thursday, October 21, 2021 | 3pm - 6pm

Effective Single Parenting
Saturday, October 23, 2021 | 9am - 12pm



Please note, just as childcare is not provided onsite at in-person FAKCE classes, we ask that you please refrain from having children or unregistered participants in the virtual class with you.
Thank you!

Specialty Workshops

Registration Required: 1-800-200-1222 | www.fakce.org

It Takes Courage to Be Kind: Using Positive Discipline to Teach Children Kindness and Altruism

Instructores: Heidi Blue, MSW & Carrie Collins, Resource/Adoptive Parent

Date: Monday, October 25, 2021

Time: 6pm-9pm

Location: Online through Zoom

Description: Sometimes children use challenging behaviors to communicate their need for love and attention. This may cause conflict with their peers and make it difficult for them to make friends. This class will use the principles of Positive Discipline to explore ways that Resource Parents can teach children life skills through encouraging self respect, self discipline, problem solving and the ability to think of others well being.

Commercial Sexual Exploitation of Children

Instructor: Amanda Stephens, LCSW

Date: Tuesday, October 26, 2021

Time: 6pm-9pm

Location: Online through Zoom

Description: Foster care is a pipeline for the Commercial and Sexual Exploitation of Children. In San Diego County alone, it generates over \$800,000 million each year! This new survivor informed training is specifically designed for foster parents, relative caregivers, and group home staff as a first step in combating the commercial sexual exploitation of children in California. We are working to raise awareness to the crisis at hand and increasing your ability to identify commercially sexually exploited children.

Sexual and Reproductive Wellness

Instructor: Amanda Stephens, LCSW

Date: Thursday, October 28, 2021

Time: 6pm-9pm

Location: Online through Zoom

Description: The Foster Youth Sexual Health Education Act, Senate Bill 89, went into effect on July 1, 2017. It ensures that children aged 10 and older in foster care have access to education, information, and services about sexual and reproductive health, and mandates training for caseworkers, judges, and caregivers. This course combines knowledge and skill practice in the normal area of sexual health in children and will provide guidance about how to engage with youth and young adults about healthy sexual development and reproductive and sexual health in a manner that is medically accurate, developmentally and age-appropriate, trauma-informed, and strengths-based.

Clases Especializadas

Registración es Obligatorio: 1-800-200-1222 | www.fakce.org

Conciencia Plena

Instructoras: Gisella Gomez, MSW & Heidi Blue, MSW

Cuando: Viernes, Septiembre 3, 2021

Horario: 6pm-9pm

Donde: En-línea a través de Zoom

Descripción: Los niños observan, imitan y aprenden de las acciones y reacciones de sus padres. Esta clase explorará la atención plena para obtener una comprensión más profunda de su importancia y cómo se puede aplicar en la crianza de los hijos para fomentar un entorno familiar saludable para nosotros y los niños bajo nuestro cuidado.

ACE's Experiencias Adversas en la Niñez

Instructora: Emma Martinez-Tidmore, Madre de Recursos/Adoptiva

Cuando: Viernes, Septiembre 10, 2021

Horario: 6pm-9pm

Donde: En-línea a través de Zoom

Descripción: La crianza de los niños puede ser un desafío en cualquier época del año, pero los días festivos parecen ser más estresantes. Para los niños que están bajo el cuidado de crianza, esta época del año puede ser especialmente difícil. Muchos niños experimentan sentimientos de culpa, vergüenza y tristeza durante las fiestas. Entender qué difícil puede ser esta época para los niños de crianza, nos puede ayudar a apoyarlos y hacerles saber que nos importan. Los participantes también aprenderán sobre los recursos disponibles en la comunidad y se familiarizarán con los días festivos de las diferentes culturas de nuestros niños para ayudarlos a conectarlos con su cultura y tradiciones.

La Explotación Sexual Comercial de Niños

Instructora: Theresa Palafox, Facilitadora de CSEC

Cuando: Martes, Septiembre 14, 2021

Horario: 6pm-9pm

Donde: En-línea a través de Zoom

Descripción: El entrenamiento revelará la dinámica psicológica que lleva al maltrato y victimización de los niños por los traficantes sexuales. Se profundizará completamente sobre el trauma complejo del abuso y negligencia que deja a los niños vulnerables a los trucos, trampas y atracciones de un traficante.

Tal como no hay cuidado de niños durante las clases de FAKCE, por favor absténgase de tener a niños y otros miembros de la familia que no se hayan registrado presente durante la clase.

Gracias!

Formando Equipo a Través del Proceso de Alegaciones: Trabajando Juntos para Minimizar las Acusaciones y Entender el Proceso de Quejas

Instructoras: Arleth Rubio, Trabajadora Social & Emma Martinez-Tidmore, Madre de Recursos/Adoptiva
Cuando: Miércoles, Septiembre 22, 2021
Horario: 6pm-9pm
Donde: En-línea a través de Zoom

Descripción: Para evitar las acusaciones, es importante que usted se mantenga al día con las regulaciones estatales que gobiernan hogares de familias de crianza. Este taller ayudará a los participantes a desarrollar más comprensión de las regulaciones, definir lo que constituye una alegación de un hogar de crianza, describir las acusaciones más comunes, saber cómo evitar las acusaciones y entender el proceso de quejas e investigación.

Primeros Auxilios para la Salud Mental (Serie de 2 partes)

Instructora: Representante de Mental Health America
Horario:

- Jueves, Septiembre 23 | 10am-2:30pm
- Jueves, Septiembre 30 | 10am-2:30pm

Donde: En-línea a través de Zoom

Descripción: Primeros Auxilios de Salud Mental es un programa de educación que educa a los participantes sobre los factores de riesgo y señales de advertencia de enfermedades mentales, crea la comprensión de su impacto y examina los apoyos comunes. Este curso de 8 horas usa simulaciones y juegos para demostrar cómo ofrecer ayuda inicial en una crisis de salud mental y conectar a las personas con la atención profesional, social y de autoayuda apropiada. El programa también enseña los factores de riesgo comunes y señales de advertencia de tipos específicos de enfermedades, como ansiedad, depresión, consumo de sustancias, trastorno bipolar y esquizofrenia.

Tal como no hay cuidado de niños durante las clases de FAKCE, por favor absténgase de tener a niños y otros miembros de la familia que no se hayan registrado presente durante la clase.
Gracias!

Disciplina Positiva

Instructoras: Gisella Gomez, MSW & Heidi Blue, MSW
Cuando: Sábado, Septiembre 25, 2021
Horario: 8:30am-2:30pm
Donde: En-línea a través de Zoom

Descripción: Disciplina positiva es un programa diseñado para enseñar a los jóvenes a ser responsables, respetuosos y que ayuden a su comunidad. Enseña habilidades sociales y de vida de una manera muy respetuosa y alentadora para niños y adultos. Investigaciones nos dicen que los niños están dotados desde su nacimiento para conectarse con otras personas. Los niños que tienen un sentido de conexión hacia su comunidad, familia y escuela, son menos probable de portarse mal. La clave de disciplina positiva no es el castigo, sino el respeto mutuo.

El Autocuidado

Instructoras: Representantes de Scripps Mercy Hospital's Well-Being Center
Cuando: Jueves, Septiembre 30, 2021
Horario: 6pm-8pm
Donde: En-línea a través de Zoom

Descripción: Este taller enseñará a los padres sobre la importancia del autocuidado y cómo se relaciona con la crianza de los hijos, el manejo del estrés (lidiar con el estrés diario y la frustración) y brindará ejemplos de actividades de autocuidado. Los padres también identificarán, reconocerán y comprenderán los niveles de estrés y cómo minimizar sus efectos tóxicos.

Herramientas para la Disciplina

Instructora: Emma Martinez-Tidmore, Madre de Recursos/Adoptiva
Cuando: Viernes, Octubre 8, 2021
Horario: 6pm-9pm
Donde: En-línea a través de Zoom

Descripción: En la crianza de los hijos, el tener herramientas es muy importante a la hora de disciplinar a los niños. Este taller ayudara a los cuidadores con consejos y estrategias para poder disciplinar a los niños de una manera más efectiva y lograr que los niños hagan lo que nosotros queremos. Al comprender qué está causando el comportamiento, los cuidadores tendrán una manera más fácil de saber qué herramientas de disciplina pueden usar.

Tal como no hay cuidado de niños durante las clases de FAKCE, por favor absténgase de tener a niños y otros miembros de la familia que no se hayan registrado presente durante la clase.
Gracias!

Clases Especializadas

Registración es Obligatorio: 1-800-200-1222 | www.fakce.org

Consejos de Seguridad para Bebés

Instructoras: Representantes de Scripps Mercy Hospital's Well-Being Center

Cuando: Jueves, Octubre 14, 2021

Horario: 6pm-8pm

Donde: En-línea a través de Zoom

Descripción: Los bebés durante su primer año son más vulnerables y requieren atención especial. Esta clase repasará las medidas de seguridad para ayudar a mantener a un bebé seguro y ayudar a los padres a sentirse confiados al cuidar a su bebé.

Crianza en el Momento Presente

Instructora: Gisella Gomez, MSW

Cuando: Sábado, Octubre 23, 2021

Horario: 8:30am-1:30pm

Donde: En-línea a través de Zoom

Descripción: Crianza en el Momento Presente es un enfoque informado sobre el trauma que le brindará técnicas para ayudarlo a superar los desafíos de la niñez, ya sean dotados o talentosos, luchando con el comportamiento o recuperándose de un trauma. ¡La crianza de los hijos en el momento presente funciona! Las técnicas que aprenda construirán una conexión más fuerte entre usted y su hijo, ayudarán a sanar heridas pasadas y construirán el apoyo basado en las fortalezas necesario para que tanto usted como su hijo prosperen. El plan de estudios se basa en la entrenadora y entrenadora de padres aclamada a nivel nacional, Tina Feigal, MSW Ed.

El Efecto del Estrés Tóxico y Experiencias Adversas (ACE's)

Instructora: Gisella Gomez, MSW

Cuando: Jueves, Octubre 28, 2021

Horario: 6pm-9pm

Donde: En-línea a través de Zoom

Descripción: El taller ayudará a los cuidadores a tomar conciencia sobre cómo el estrés traumático afecta la salud física y emocional que, si no se interviene de manera oportuna se convierte en un estrés tóxico. También aprenderá como manejar este estrés y así no desahogarlo hacia con su hijo.

Tal como no hay cuidado de niños durante las clases de FAKCE, por favor absténgase de tener a niños y otros miembros de la familia que no se hayan registrado presente durante la clase.

Gracias!

First Aid & CPR

Registration Required: 1-800-200-1222 | www.fakce.org

First Aid and CPR classes are only for Prospective Resource Parents, Licensed County Foster/Adoptive Parents, and Respite Caregivers who will be serving Resource Parents.

These classes include First Aid for infants, children, and adults and CPR. They are co-sponsored by the Foster Adoptive and Kinship Care Education Program and the local San Diego Foster Parent Association.

The classes can be used to meet the licensing requirement but not the county and state 8-hour ongoing training mandate. Please note, these classes are intended to meet the RFA requirement, they will not prepare you to be a paramedic.

- **Registration is required as classes will be held online through Zoom.**
- **If you can no longer attend, please cancel your reservation to open up the spot for someone else.**
- **These classes are for adults 18 years of age or older.**

Classes are held online through Zoom

Participants must register to receive Zoom Link to join the class and receive credit.

Date	Time
Wednesday, September 08, 2021	6pm-9pm
Monday, September 13, 2021	6pm-9pm
Monday, September 20, 2021	6pm-9pm
Tuesday, September 28, 2021	6pm-9pm
Monday, October 04, 2021	6pm-9pm
Tuesday, October 12, 2021	6pm-9pm
Monday, October 18, 2021	6pm-9pm
Monday, October 25, 2021	6pm-9pm



Please note, just as childcare is not provided for onsite FAKCE classes, please refrain from having your children, pets, other family members, or anyone who is not registered for the workshop in the virtual class with you.

Thank you!

Primeros Auxilios y CPR

Registración es Obligatorio: 1-800-200-1222 | www.fakce.org

Estas clases de Primeros Auxilios y CPR son solo para Padres de Recursos Prospectivos, Padres Adoptivos/de Recursos del Condado de San Diego con Licencia y Cuidadores de Respite que prestarán servicios a los padres de recursos.

Estas clases proveen información sobre Primeros Auxilios y CPR para infantes, menores y adultos. Son patrocinadas por el Programa de Educación de Padres de Crianza, Adoptivos y Parientes y la Asociación local de Padres de Crianza.

Estas clases pueden ser utilizadas para los requisitos de licencias pero no para los requisitos del condado o del estado referente a las ocho horas de entrenamiento mandatorio.

- Como la clase se va dar en línea , es obligatorio registrarse con anticipación
- Si ya no puede atender la clase, cancele su reservación para abrir el lugar para otra persona.
- Estas clases son para adultos mayores de 18 años.
- Personas que llegan tarde no serán admitidas a la clase y tendrán que registrarse para otra clase.

Estas clases en línea serán ofrecidas via el sitio de Zoom.
Participantes necesitan registrarse con anticipación para recibir el enlace para entrar a la clase y recibir crédito.

Fecha	Horario
Miércoles, Septiembre 15, 2021	6pm-9pm
Miércoles, Octubre 13, 2021	6pm-9pm



Tal como no hay cuidado de niños durante las clases de FAKCE, por favor absténgase de tener a niños y otros miembros de la familia que no se hayan registrado presente durante la clase.
Gracias!

Drive Through Book Give Away

Attention Resource Parents

Have you attended a FAKCE Zoom class in the last 7 months or will you attend a class in the month of November? Do you miss getting a book in class? Well, guess what? You are in luck. If you attended a FAKCE class in the last 7 months or will attend a class in November, you can swing by and pick up the book from the class you attended (limited to certain classes).

Social Distancing Guidelines will be Enforced

Please be sure to wear a face covering or mask when picking up your class materials. We will be following physical distancing guidelines at this event. When you arrive please have in mind the materials you will be requesting. Remain in your car and FAKCE staff will come to you to fulfill your request.

Books Available

- TIPS Handbooks with Written Directives, Caregivers in the Court Pamphlets and Foster Parent Handbook
- You can also pick up a 1st 5 Kit for New Parents (Pre-approval TIPS)
- Parenting from the Inside Out (Class with same title)
- Attachment Parenting
- Positive Discipline (Any Positive Discipline Classes)
- How to talk so Kids Will Listen and Listen so Kids will Talk (Class with same title)
- Sex Trafficking Prevention (CSEC class)
- Raising Adopted Children (Adoption the Lifelong Process)
- Pieces of Me (Adult Adoptee Class) Wise-Up Power Book (Embracing Your Child's Heritage)
- Foster Parenting Toolbox (available to any Resource Parent, regardless of class attendance)

Pick Up Locations

East County Location

San Diego Foster Parent Association, 1089 El Cajon Blvd, El Cajon 92020

- September 18, 2021 | 1:30pm-3pm
- October 2, 2021 | 12:30pm-2pm
- October 30, 2021 | 1:30pm-3pm

North County Location

Straight from the Heart, 839 W. San Marcos Blvd, San Marcos 92078

- September 19, 2021 | 12pm-1:30pm
- October 16, 2021 | 3:30pm-4:30pm



Lined area for writing notes.



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