



Grossmont College

FAKCE Workshop Schedule

May & June 2022

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!

Welcome to our May & June 2022 schedule. FAKCE workshops are provided for resource 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! **Our classes are being offered on-line through Zoom as well as a limited number of in-person classes that will be held in an outdoor setting.** All in person classes will include food as well as a give away. 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
- Scan QR Code (see image to the right)



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 primera 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
- Escañe código QR (el imagen a la derecha)



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 (Foster/Adoptive 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 Support Services: San Diego Youth Services welcomes all families from every region of San Diego County who are in the process of adopting or who have already adopted infants, children and teens. Services include support groups, movie nights, attachment and adoption focused therapy, parent coaching, family advocacy, and much more! To get help or a referral for services, call or text **619-241-0608** Monday – Friday, 10 a.m. – 6 p.m.

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.**

County of San Diego Child Welfare Services Respite Program: Respite care provides the opportunity for caregivers to take time away from the pressures of parenting in order to recharge their batteries, allowing them to return to their child or family feeling refreshed and ready to continue the journey with a renewed sense of purpose. 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 at 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 or visit fakce.org
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"> Resource Family Applicants, including formal Kinship Caregivers Approved Resource Parents, including formal Kinship Caregivers Licensed County Foster/Adoptive Parents Foster Family Agency Resource Parents and Staff (EXCEPT First Aid/CPR) 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 meet weekly either online through Zoom or In-Person. Training will be provided once a month at each support group by the Foster, Adoptive and Kinship Care Education Program.

For more information and Zoom links, participants are encouraged to call or email Program Director Melissa Brooks at mbrooks@ymcasd.org or 619-719-9179.

Region	Day	Time	Information
North County	Monday	5:30PM-7:30PM	RSVP w/ Melissa (619) 719-9179
South	Tuesday	5:30PM-7:30PM	RSVP w/ Melissa (619) 719-9179
Central	Wednesday	5:30PM-7:30PM	RSVP w/ Melissa (619) 719-9179
South *Spanish*	Thursday	10AM-12PM	RSVP w/ Melissa (619) 719-9179
Central *Spanish*	Thursday	5:30PM-7:30PM	RSVP w/ Melissa (619) 719-9179
East	Thursday	5:30PM-7:30PM	RSVP w/ Melissa (619) 719-9179



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.

Advocating for School Issues: Many youth in foster care struggle both academically and behaviorally in the school environment because of either the trauma they experienced, having changed schools often, missing too much school or never went to school until entering foster care. All of these factors impact a child's ability to learn. Many youth in foster care are in special education or should be receiving special education services. Come hear from an educational liaison on how to best advocate and support the child(ren) in your home so they can feel successful in the school environment.

Building a Village: Want to know the best self-care you can do? Build your village! What does that mean? We will discuss the different ways you can build your village, what your village needs to look like, what you need from your village and where to find your village.

CLEAR - Childhood Lead Education and Reduction: Presented by Family Health Centers of San Diego, this workshop will provide Resource Parents with information about the most common sources of lead, impact on health, how to identify lead poisoning in children and, most importantly, how to avoid it! Participants will also learn nutritional tips that help minimize lead absorption in case of exposure.

Level of Care Protocol (LOCP): The California Department of Social Services announced the full implementation of the LOCP for all approved resource families (RF) in home-based foster care (HBFC) settings beginning April 1, 2021. Come join us for a better understanding and explanation of what those 2021 changes mean.

Navigating the System: Do you ever wonder what is the best way to keep all your foster care paperwork in order and/or what paperwork you should have, keep, and what all those acronyms mean? Do you often wonder about your role, your social workers role and who is the appropriate person to contact at the County when issues arise? We will discuss all of this and more!



Resource Parent Support Groups

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

Practicing Mindful Parenting: Children observe, mimic, and learn from their parents' actions and reactions. This class will focus on how Mindful Parenting can help children learn positive behaviors for how to deal with their own emotions and experiences as well as lessen stress on caregivers.

Parenting the Parentified Child: Parenting a child that has taken care of themselves, their siblings or their parents is a difficult task. We will discuss tools, tips, tricks, and strategies to help these children "let it go", learn to be kids and heal from their trauma.

Questions To Ask Before Placement: Getting that call about a potential child can be very emotional and exciting. Families who are waiting may want to say yes to any child they are called about or may be too afraid to say no because of fear of not getting another call. Come learn about the best questions to ask and why it is important to get as much information up front before you make this life-changing decision. You want to make sure the child you are called about is the best match for your family and that you are the best family for that child.

Resources Available to RFA Homes: You need resources? We have them! Come get the most complete list of resources we could put together for you and your family!

Self Care for Caregivers: 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 learn tips to identify, recognize, and understand stress levels and how to minimize its toxic effects.

Sibling Issues: 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.

Sibling Placement and Visitation: There are federal mandates that require states to either keep siblings together in foster care or ensure that visitation occurs between siblings that must be separated. We will discuss what this means for foster children and how we can advocate for them.

Resource Parent Support Groups

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

South Bay Needs Assessment Review & Opioid Overdose Prevention Toolkit:

Presented by Partnerships for Success, this workshop will review the results of the two year needs assessment report conducted in the Southern region of San Diego County. Key findings showed that life expectancy in the southern regions is decreasing, opioid-related deaths are increasing countywide, alcohol-related deaths are increasing among Latinos, and rates of injury-related to substance use are highest in low-income communities. Join us for an informational session to learn more about the issues impacting our Southern region and how you can help prevent opioid-related overdoses in your community.

The Cost of Caring: This workshop will cover the effects of caring for traumatized children and how the elements of the child's trauma can result in secondary traumatic stress for the resource family. Participants will learn strategies to help them from becoming emotionally overwhelmed and stressed while parenting.

The Polinsky Center: Children at our emergency shelter may have just been removed or may have disrupted from another placement. Come hear from a social worker from PCC on who the children are, how they place them into families and why it is so important to get them into a family environment as soon as possible. We will also discuss the trauma these children have experienced and how to best transition them into a family environment.

Understanding Behaviors around Visitation & Tips of What you Can Do: Visits between foster children and their biological parents are extremely important because it helps children to maintain contact with their birth family. Studies also show that the more of these visits foster children have, the more positively they view their birth parents and the shorter their stays in foster care are likely to be. However, these visits can be difficult for foster children, birth parents, and resource parents too! And for a number of reasons, children can suffer before, during, and after visits with their birth parents. Join us to learn what you can do to prepare for these visits and better understand a foster child's response to birth parent visits.

While You Wait: Ways to Make An Impact In The Lives of Foster Youth Before You Get Matched: The waiting period can be especially difficult. You can feel helpless and it may feel like time is standing still when you are waiting to be matched. There are so many ways to help pass the time and make a difference in the lives of foster youth while you wait. Come hear how getting involved can help you and make a big difference for youth.

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!

Resource Parent Support Groups

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

Presentations brought to you in partnership with the San Diego County District Attorney's Office

Teen Dating Violence & Bullying: Teen dating violence has become an increasingly growing issue among teens and is very underreported, especially by boys. Presented by Diane Doherty, Executive Director of Your Safe Place - A Family Justice Center, this workshop will provide Resource Parents with an overview surrounding teen dating violence, including definitions of different types of dating violence, the scope of the problem, risk and protective factors related to perpetration and victimization, short- and long-term consequences, and programs and support services that seek to prevent or reduce the occurrence of teen dating violence.

About the Speaker:

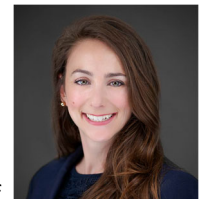


Diane Doherty is the Executive Director of Your Safe Place - A Family Justice Center. Diane joined the Office of the San Diego City Attorney in 2002. The following year she joined the Domestic Violence & Sex Crimes Unit and helped launch the flagship San Diego Family Justice Center. She prosecuted criminal cases until 2021 when she joined Your Safe Place. Diane specializes in teaching healthy relationship classes, often alongside human trafficking classes. She was the Co-Chair of the Teen Dating Violence Committee of the San Diego Domestic Violence Council. Diane is a certified in Sexual Assault and Domestic Violence and has devoted her professional career to serving victims of abuse.

Overview of Adult Criminal Justice System and Mock Trial: Presented by Monique Myers at the San Diego County District Attorney's Office, this workshop will provide Resource Parents with an overview of the Adult Criminal Justice System and a mock trial to better understand the process. We hope you can join us!

About the Speaker:

Monique Myers is a Community Partnership Prosecutor at the San Diego District Attorney's Office. She has been a prosecutor at the District Attorney's Office for eight years. As a Community Partnership Prosecutor, Monique works in the community building relationships, identifying public safety issues, and creating strategic solutions improving the quality of life and safety in those areas. She is passionate about ending human trafficking. She served on the planning committee for the Human Trafficking Research and Data Advisory Roundtable conference for 4 years and is the co-chair for the Education Subcommittee on Human Trafficking for Lawyers' Club. Monique is also the Vice Chair of the Board of Directors of San Diego Youth Services and serves on the MADD Advisory Board. In her spare time, Monique enjoys traveling to remote places; she has been to every continent, including Antarctica!



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

Chula Vista [The Refinery Church 494 E. Street, Room 5, Chula Vista 91910](#)

Meets online through Zoom

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

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

Dates:	Class Topic
May 2	Level of Care
June 6	South Bay Needs Assessment Review & Opioid Overdose Prevention Toolkit

Notes: No Meetings in July & September 2022.

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

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

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

Dates:	Class Topic
May 25	South Bay Needs Assessment Review & Opioid Overdose Prevention Toolkit
June 22	Understanding Behaviors Around Visitation & Tips of What You Can Do

Notes: No Meeting November 2022.

North County

San Marcos

HYBRID: Meets online through Zoom & In-person via [Straight From The Heart 851 W. San Marcos Boulevard, San Marcos 92078](#)

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

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

Dates:	Class Topic
May 11	Understanding Behaviors Around Visitation & Tips of What you Can Do
June 8	The Polinsky Center

Notes: No Meetings in July, August & December 2022.

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 through Zoom**

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

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

Dates:	Class Topic
May 4	Overview of Adult Criminal Justice System and Mock Trial
June 1	Teen Dating Violence & Bullying

Notes:

San Diego Allied Gardens/ Benjamin Branch Library [5188 Zion Ave, San Diego, CA 92120](#) **Meets online through Zoom**

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

2nd Monday of each month 10:00 AM - 12:00 PM

Dates:	Class Topic
May 9	Sibling Issues
June 27	Advocating for School Issues

Notes: * June's support group to occur on June 27, not June 13th*

No Meeting in September 2022.

San Diego Southeast/Encanto: [O'Farrell Jr. High School 6130 Skyline Drive, San Diego 92114](#) **Meets online through Zoom**

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

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

Dates:	Class Topic
May 12	Advocating for School Issues
June 9	Level of Care

Notes:

San Diego Allied Gardens/ Benjamin Branch Library [5188 Zion Ave, San Diego, CA 92120](#) **Meets online through Zoom**

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

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

Dates:	Class Topic
May 17	Resources Available to RFA Homes
June 21	Sibling Issues

Notes: No Meeting in September 2022.

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 through 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**

May 26 No Meeting

June 23 No Meeting

Notes: No Meetings in May-August & November-December 2022.

[San Diego Southeast/Encanto](#) Malcolm X Library 5148 Market Street, San Diego 92114 **Meets online through Zoom**

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

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

Dates: **Class Topic**

May 27 Self Care for Caregivers

June 24 Sibling Placement and Visitation

Notes:

East County Region

[La Mesa](#) La Mesa Community Center (Conference Room) 4975 Memorial Drive, La Mesa 91942 **Meets online through Zoom**

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

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

Dates: **Class Topic**

May 11 Sibling Placement and Visitation

June 8 Parenting the Parentified Child

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 through Zoom

Support Group Leader: Carrie Collins 858-967-3184

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

Dates: **Class Topic**

May 19 Building a Village

June 16 Practicing Mindful Parenting

Notes: No Meetings in November & December 2022.

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 through Zoom**

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

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

Dates: **Class Topic**

May 5 Practicing Mindful Parenting

June 2 Building a Village

Notes: No Meetings in July-August & December 2022.

[Support Group! Spring Valley **](#) Location to be Determined

Meets online through Zoom

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

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

Dates: **Class Topic**

May 16 Parenting the Parentified Child

June 20 Navigating the System

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 619-813-7519 or email Graciela.Soto@sdcounty.ca.gov.)

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

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

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

Dates: **Class Topic**

May 4 CLEAR: Childhood Lead Education and Reduction

June 1 The Cost of Caring

Notes: No Meetings in July-September & December 2022.



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 through Zoom**

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

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

Dates:	Class Topic
May 13	Ongoing Series of Initial Placement: What You Need to Know!
June 10	Ongoing Series of Initial Placement: What You Need to Know!

Notes: No Meetings in July & December 2022.

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 through Zoom**

4th Wednesday Group: Health & Human Services Agency
8911 Balboa Avenue, San Diego Ca 92123 **Meets online through 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
May 7 (Sat)	The Cost of Caring
May 25 (Wed)	Navigating the System
June 4 (Sat)	Resources Available to RFA Homes
June 22 (Wed)	Self Care for Caregivers

Notes: Wednesday: No Meetings in November-December 2022.

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 through Zoom**

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

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

Dates:	Class Topic
May 13	Ongoing Series of Positive Discipline
June 10	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 through Zoom**

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

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

Dates:	Class Topic
May 18	While You Wait: Ways to Make An Impact In The Lives of Foster Youth Before You Get Matched
June 15	Questions To Ask Before Placement

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.*

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

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

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

Dates:	Class Topic
May 20	Ongoing Series of Babies through Preschoolers!
June 17	Ongoing Series of Babies through Preschoolers!

Notes: No Meetings in July & December 2022.

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.

CLEAR - Educación y Reducción de Plomo Infantil (Childhood LEAD Education and Reduction): Presentado por Family Health Centers of San Diego, este taller brindará a los padres de recursos información sobre las fuentes más comunes de plomo, el impacto en la salud, cómo identificar el envenenamiento por plomo en los niños y, lo que es más importante, ¡cómo evitarlo! Los participantes también aprenderán consejos nutricionales que ayudan a minimizar la absorción de plomo en caso de ser expuesto.

Nivel de Cuidado El Departamento de Servicios Sociales de California anunció la implementación completa del LOCP para todas las familias de recursos (RF) aprobadas en entornos de HBFC a partir del 1 de abril de 2021. Únase a nosotros para comprender y explicar mejor esos cambios recientes.

Cómo Ayudar Con La Autorregulación: Algunos niños necesitan ayuda para aprender a controlar sus emociones y resistir el comportamiento impulsivo. Este taller ayudará a los Padres de Recursos enseñar a los niños cómo autorregularse.

El Autocuidado para Cuidadores: 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.

La Crianza de un Niño que ha Sufrido Abuso o Negligencia: Criar a un niño que ha sufrido abuso o negligencia requiere conocimientos y habilidades especiales. Esta clase discutirá las necesidades especiales para poder criar un niño que ha sufrido abuso o negligencia con paciencia, amor y éxito.

Condado Sur

Chula Vista #1 San Diego County's HHS 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
Mayo 23	El Autocuidado para Cuidadores
Junio 27	Cómo Ayudar Con La Autorregulación

Notas: No Habrá Junta en Diciembre 2022.

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
Mayo 3	Nivel de Cuidado
Junio 7	El Autocuidado para Cuidadores

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
Mayo 24	Cómo Ayudar Con La Autorregulación
Junio 28	La Crianza de un Niño que ha Sufrido Abuso o Negligencia

Notas:



Condado Norte

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: 00PM

Fechas:	Tema
Mayo 27	La Crianza de un Niño que ha Sufrido Abuso o Negligencia
Junio 24	Nivel de Cuidado

Notas:

Grupo de Apoyo - Interés Especial

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 Las 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
Mayo 18	Educación y Reducción de Plomo Infantil
Junio 15	El Autocuidado para Cuidadores

Notas: No Habrá Junta Julio-Septiembre y Diciembre 2022.



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 in 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

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:

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: May 9 & May 16, 2022	Zoom	Spanish
Monday, June 20 & Wednesday, June 22, 2022	Zoom	English
Thursday: July 7 & 14, 2022	Zoom	English

Embracing Your Child's Heritage

Thursday, June 23, 2022	Zoom	English
Tuesday, July 19, 2022	Zoom	English
Thursday, August 25, 2022	Zoom	Spanish

Adult Adoptee Panel

Thursday, June 02, 2022	Zoom	Spanish
Tuesday, June 28, 2022	Zoom	English
Monday, July 25, 2022	Zoom	English

Kinship Adoption

Monday, May 02, 2022	Zoom	Spanish
Tuesday, May 24, 2022	Zoom	English
Monday, June 13, 2022	Zoom	Spanish
Wednesday, June 15, 2022	Zoom	English
Wednesday, July 6, 2022	Zoom	English

Adoption the Lifelong Process

Thursday, May 12, 2022	Zoom	English
Thursday, May 26, 2022	Zoom	English
Wednesday, June 08, 2022	Zoom	English
Monday, June 27, 2022	Zoom	Spanish
Wednesday, June 29, 2022	Zoom	English

Adoptive Matching

Wednesday, May 18, 2022	Zoom	English
Thursday, June 30, 2022	Zoom	English
Tuesday, July 5, 2022	Zoom	Spanish

Adopting After Infertility

Tuesday, May 17, 2022	Zoom	English
Monday, June 27, 2022	Zoom	English
Wednesday, June 29, 2022	Zoom	Spanish

Adoption in the Movies

Tuesday, July 12, 2022	Zoom	English
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Coming Full Circle

Monday, August 29, 2022	Zoom	English
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I was Here First!

Thursday, June 09, 2022	Zoom	English
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Adoptive Parent Panel

Thursday, July 28, 2022	Zoom	English
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Attachment Parenting

Reference page 27 for more information	Zoom	English
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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

2022 Schedule

Countywide

When:

- Monday, June 13, 2022
- Thursday, June 16, 2022
- Monday, June 20, 2022
- Thursday, June 23, 2022
- Monday, June 27, 2022
- Thursday, June 30, 2022

Time: 6pm-9pm

Where: Online through Zoom



Specialty Workshops

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

Enhancing Caregiver Resiliency

(A series of 2 workshops)



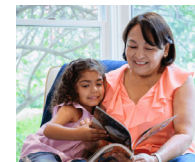
Early child care educators are at risk of experiencing the toxic stress that comes with working with children and families impacted by trauma. This 2 Part training assist providers in fostering a greater understanding of trauma-informed care and gain the knowledge necessary to combat burnout, vicarious trauma, and compassion fatigue. This training will show you how easy and effective a few well-designed self care tools can be in helping you manage your emotions, maintain your clarity of mind, boost your energy, and keep you feeling both productive and fulfilled. 6 hours (This is offered in 2 parts. Must complete full 6 hours to receive certificate of completion).

English Enhancing Caregiver Resiliency

Part 1: Tuesday, May 03, 2022 | Part 2: Tuesday, May 10, 2022
6pm-9pm

Mejorar la Resiliencia del Cuidador

(Una serie de 2 talleres)



Los educadores de cuidado infantil corren el riesgo de experimentar el estrés tóxico que conlleva trabajar con niños y familias afectados por un trauma. Este entrenamiento de 2 partes ayuda a los proveedores a fomentar una mayor comprensión sobre el trauma y obtener el conocimiento necesario para combatir el agotamiento, el trauma indirecto y la fatiga causada por compasión. Este entrenamiento les mostrará lo fácil y efectivo que pueden ser algunas herramientas de autocuidado diseñadas para ayudarlos a manejar sus emociones, mantener la claridad mental, aumentar su energía y sentirse productivo y satisfecho. 6 horas (Esto se ofrece en 2 partes. Debe completar 6 horas completas para recibir el certificado al final del entrenamiento).

En Español Mejorar la Resiliencia del Cuidador

Parte 1: Martes, Junio 7, 2022 | Parte 2: Martes, Junio 14, 2022
6pm-9pm

Specialty Workshops

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

Developmental Stages and Effects of Child Abuse & Neglect (Early Childhood 0-5)

Instructor: Jody Johnston-Pawel, LSW

Date: Friday, May 6, 2022

Time: 3pm-6pm

Location: Online through Zoom

Description: In this interactive webinar, you will engage your creativity while learning about typical development in young children, typical challenging behaviors they might show, the developmental purpose those behaviors serve, and how to respond in ways that support their healthy development. You'll also learn about the symptoms of child abuse and neglect you might see in young children and the effects of trauma on their development. You'll walk away with tips for responding to typical challenging behavior in young children and what to do when you see red flags warning of trauma.

Humor, Play and Laughter

Instructors: Diana Macis, MSW & Kania Webster, Resource/Adoptive Parents

Date: Saturday, May 7, 2022

Time: 6pm-9pm

Location: *In-person at The Patio (reference page 31)*

Description: Parenting children does not have to be a stressful experience. In fact, parents who lighten up and laugh with their children and family can create a feeling of well-being in the entire household, deflect hostility and use humor to ease conflict. Plus, it is said that a sense of humor is one of the most important human qualities. Humor is not only good for your physical and emotional health, but it helps to build positive relationships with your children, partner, friends and even your coworkers. Come learn about the importance of humor and play in relationships and in raising children.

Teaming Through the Process of Allegations

Instructor: Charese Phillips, Senior Protective Services Worker

Date: Monday, May 9, 2022

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.

Specialty Workshops

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

Join us for great training opportunities with special guests:



~ Rita Rizzo, M.S., CMC ~

Rita Rizzo, is an experienced writer, facilitator and training designer. Rita is a Certified Management Consultant (CMC) and a Certified Conflict Mediator.

Unleashing the Power of Diversity in Your Family

Thursday, May 12, 2022 | 3pm - 6pm

Dealing with Racism Directed at Foster Children

Friday, June 03, 2022 | 3pm - 6pm

Building Personal Cultural Competence

Tuesday, June 21, 2022 | 3pm - 6pm

~ Jody Johnston Pawel ~

Jody Johnston Pawel is a Licensed Social Worker in the State of Ohio and Certified Family Life Educator. She is the author of the award-winning *The Parent's Toolshop*® book and Founder/CEO of the Relationship Toolshop® International Training Institute. LLC.



Developmental Stages and Effects of Child Abuse & Neglect- Early Childhood (0-5 years)

Friday, May 06, 2022 | 3pm - 6pm

Developmental Stages and Effects of Child Abuse & Neglect- School Age (6-11 years)

Wednesday, May 18, 2022 | 9am-12pm

Developmental Stages and Effects of Child Abuse & Neglect: Teens (ages 12-21)

Thursday, May 26, 2022 | 9am-12pm

No More Gray Lines: Clear Guidelines for Redirecting Problematic Behavior & Using Discipline with Children Who Have a Trauma History

Monday, June 06, 2022 | 3pm - 6pm

Cooperation or Competition: Which Wins More & Teaches the Life Skills & Lessons You Want Your Children to Learn

Wednesday, June 15, 2022 | 9am-12pm

Fostering Emotional Development, Intelligence, and Regulation in Children with a Trauma History

Wednesday, June 22, 2022 | 9am-12pm

Secure your virtual spot today!

In-Person Specialty Workshops

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

Join us for great training opportunities at

~ The Patio ~



We are excited to host and invite our Resource Parents to attend **in-person** classes at **The Patio**, a beautiful outdoor venue on the campus of Alliant University. Parents will be treated to catering by **Emjaye Inspired** and giveaways. Social distancing will be followed. We hope you can join us!

The Patio - Emjaye Inspired

10455 Pomerado Road,
San Diego, Ca. 92131

Humor, Play and Laughter (3 hrs. credit)

Saturday, May 7 2022 | 6-9pm
Dinner & Dessert at 5pm

Child Development: Role of Sensory Perception (3 hrs. credit)

Tuesday, May 17, 2022 | 9am-12pm
Breakfast at 8:30am | Lunch at 12pm

Theraplay

Saturday, May 21, 2022 | 9am-3:30pm (6 hrs. credit)
Breakfast at 8:30am | Lunch at 12pm

Playful Parent (3 hrs. credit)

Thursday, June 02, 2022 | 6pm-9pm
Dinner & Dessert at 5pm

Conscious Discipline

Saturday, June 11, 2022 | 9am-3:30pm (6 hrs. credit)
Breakfast at 8:30am | Lunch at 12

In their Shoes: Parenting with Empathy and Positive Discipline (3 hrs. credit)

Tuesday, June 14, 2022 | 9am-12pm
Breakfast at 8:30am | Lunch at 12

Secure your in-person spot today!

Please note, childcare is not provided onsite at in-person FAKCE classes, registration is required for in-person trainings. Social distancing will be followed. Thank you!

31

Specialty Workshops

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

Unleashing the Power of Diversity in Your Family

Instructor: Rita Rizzo, M.S., CMC

Date: Thursday, May 12, 2022

Time: 3pm-6pm

Location: Online through Zoom

Description: Given the current level of strife in society, families are looking for methods to strengthen in their ability to cope with problems, unify in the face of adversity, and inspire one another to think and act in creative and innovative ways while confronting life challenges. Capitalizing on the diversity of thinking, traditions, approaches, and behaviors present in your family is the most effective and expedient means of achieving individual and family growth and attaining family goals. Come to experience several activities designed to help capitalize on family diversity factors and leave with tools to assist you in leveraging your family's collective success.

In Their Own Voice

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

Date: Saturday, May 14, 2022

Time: 9am-3:30pm

Location: Online through Zoom

Description: The voices of adoptees are instrumental in understanding what adoptive children experience throughout their lives. In this class participants will explore the twenty complex emotional issues adoptive parents need to understand to nurture your child and begin their healing journey. You will hear stories and lessons from adoptive families and ways they discovered to uncover the needs of their children at the same time taking care of themselves so they could be the best healing & therapeutic parent for their child. Don't miss this one!

Commercial Sexual Exploitation of Children

Instructor: Amanda Stephens, LCSW

Date: Monday, May 16, 2022

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 resource 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.

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Specialty Workshops

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

Child Development: Role of Sensory Perception

Instructor: Donna Boissiere, MSW

Date: Tuesday, May 17, 2022

Time: 9am-12pm

Location: *In-person at The Patio (reference page 31)*

Description: Children with sensory processing disorders have difficulty processing information from the senses: touch, movement, smell, taste, vision, and hearing. We will explore the role of sensory perception in a child's growth and development. We will compare the traditional stages of pre-natal development and what impact teratogens may have upon developing sensory systems. Learn how to identify delays and seek out services to maximize the child's potential. We will use activities to help caregivers experience first-hand the impact of delays in sensory perception. Participants will also learn how to adapt parenting techniques to meet your child's sensory processing issues.

Developmental Stages and Effects of Child Abuse & Neglect (School Age 6-11)

Instructor: Jody Johnston-Pawel, LSW

Date: Wednesday, May 18, 2022

Time: 3pm-6pm

Location: Online through Zoom

Description: In this interactive webinar, you will engage your creativity while learning about typical development in school-aged children, typical challenging behaviors they might show, the developmental purpose those behaviors serve, and how to respond in ways that support their healthy development. You'll also learn about the symptoms of child abuse and neglect you might see in school-age children. You'll walk away with tips for responding to typical challenging behavior in young children and what to do when you see red flags warning of trauma.

10 Things Every Child with Autism Wishes You Knew

(A series of 2 workshops)

Instructor: Michelle McGowan, Special Education Advocate & Adoptive Parent

Dates: Thursday, May 19, 2022 & Thursday, May 26, 2022

Time: 6pm-9pm

Location: Online through Zoom

Description: Please join Michelle McGowan, Special Education Advocate and adoptive mom with 3 young sons, 2 on the Autism Spectrum as she shares personal stories of the trials and triumph of raising children on the Autism Spectrum. This 2-part class will enlighten and empower you as you seek to find the best therapies, community supports and a better understanding of the various needs of children on the Autism Spectrum.

Specialty Workshops

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

Theraplay

Instructor: Denise Phipps, LMFT

Date: Saturday, May 21, 2022

Time: 9am-3:30pm

Location: *In-person at The Patio (reference page 31)*

Description: Theraplay is a method for child and parent interaction that enhances and builds attachment, self-esteem, trust in others, and joyful engagement. It is based on the natural patterns of playful, healthy interaction between parent and child and is personal, physical, and fun. Theraplay interactions focus on four essential qualities found in parent-child relationships: Structure, Engagement, Nurture, and Challenge. Join us for this hands on workshop to learn Theraplay techniques to use with children in your care.

Everything Sleep

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

Date: Monday, May 23, 2022

Time: 6pm-8pm

Location: Online through Zoom

Description: Resource Parents will learn about the importance of sleep for their well-being and their child(s). They will be informed about the benefits of sleep, and the negative health implications lack of this behavior produces. Resource Parents will be provided with techniques to help restless children fall asleep.

Liar Liar

Instructors: Nicole Espinosa, LCSW &

Jeanne Schwertfeger, Resource/Adoptive Parent

Date: Tuesday, May 24, 2022

Time: 6pm-9pm

Location: Online through Zoom

Description: Being a caregiver for a child who lies can be very challenging and stressful. As a caregiver you may ask yourself why the child is lying to you and how to deal with, prevent, heal and course correct. Come learn what is behind a foster child's lie, discuss the different types of lies, understand the signs of lying and develop the tools to help your child feel safe and confident enough to tell the truth.

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

Developmental Stages and Effects of Child Abuse & Neglect: (Youth Age 12-21)

Instructor: Jody Johnston-Pawel, LSW

Date: Thursday, May 26, 2022

Time: 9am-12pm

Location: Online through Zoom

Description: In this interactive webinar, you will engage your creativity while learning about typical adolescent development, typical challenging behaviors they might show, the developmental purpose those behaviors serve, and how to respond in ways that support their healthy development. You'll also learn about the symptoms of child abuse and neglect you might see in teens. You'll walk away with tips for typical teen behavior, a system for identifying the cause of problematic behavior, and knowing what red flags your teen is showing and what to do about them.

Think...Feel...Act: Considerations in Kinship Caregiving

Instructor: Heidi Blue, MSW

Date: Friday, May 27, 2022

Time: 6pm-9pm

Location: Online through Zoom

Description: This class will provide a broad overview of the choices and considerations that kinship caregivers should take into account in order to make informed decisions. Participants will learn about the scope of kinship care in the United States and California, review the benefits of kinship care for children and families, learn the differences of "inside" (formal) and "outside" (informal) kinship care and the support and services available in the community, plus more much!

Preparing Your Child to Have a Foster Sibling

Instructor: Carrie Collins, Resource/Adoptive Parent

Date: Tuesday, May 31, 2022

Time: 6pm-9pm

Location: Online through Zoom

Description: As Resource Parents we look forward to meeting our first or subsequent foster placement. Each child brings joy and sometimes a set of new challenges into our home. We prepare ourselves by purchasing needed items and filling our "toolboxes" with required skills but what about our child or children in our home? How can we prepare them to take on a new sibling, to share their toys, their mom or dad, and basically their lives? How can we help them deal with the loss after that child leaves? Learn strategies for preparing children for these transitions and for teaching them life skills while growing up in a Resource Family.

Specialty Workshops

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

Trust Based Relational Intervention (A series of 4 workshops)

"TBRI is a holistic, attachment-based, evidence-based, and trauma-informed intervention that is designed to meet the needs of vulnerable children."



Trust Based Relational Intervention (TBRI) brings hope and healing to caretakers struggling with challenging behaviors. However, sometimes it can present its own challenges when learning how to implement. This class will look at TBRI concepts and how to implement new skills in order to foster connection, attachment and trust. In each class, participants will gain new insights, learn skills and interact with other caretakers to help them in their journey.

Join trainers **Tristen McGhee** an Early Childhood Educator, adoptive mom, writer, and advocate for foster/kinship/adopted children and **Brenda Crary, LMFT**, a TBRI Practitioner + Licensed Marriage and Family Therapist with over 25 years of experience in trauma informed training, counseling & coaching. Both have substantial experience working with vulnerable families to find a path of hope and healing.

Part 1: Introduction and Overview

Thursday, June 9, 2022 | 9am-1pm

Understand the brain development of a child with trauma history.
Understand the changes when a child's needs aren't met and how they can be healed.
Learn to how to apply your knowledge to see the need behind your child's behavior.

Part 2: Empowering Principles

Thursday, June 16, 2022 | 9am-1pm

Understand how to meet your child's unique physical and environmental needs.
Understand sensory processing and regulation. Learn how to apply your knowledge through TBRI Empowering Principles.

Part 3: Connecting Principles

Thursday, June 23, 2022 | 9am-1pm

Understand attachment needs and what happens when attachment is disrupted.
Understand adult attachment and it's importance for your child. Learn how to apply your knowledge through TBRI Connecting Principles.

Part 4: Correcting Principles

Thursday, June 30, 2022 | 9am-1pm

Understand fear-based behaviors and how to replace them with appropriate behavior.
Understand the balance between nurture and structure for positive outcomes. Learn how to apply your knowledge through TBRI Correcting Principles.

Specialty Workshops

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

Join us for great training opportunities with special guests:

~ Atasha Kelley-Harris, M.Ed., LCPAA, CFLE ~



National Director of Family Advocacy, Atasha M. Kelley-Harris is a child and family services professional who holds a master's degree in Counseling and currently resides in the suburban Greater Houston Metropolitan area. She has worked in a variety of capacities for several agencies throughout the country, as well as having served a number of years as a consultant reviewer for the Administration for Children, Youth and

Families and Children's Bureau. Kelley-Harris is an Associate Member of the National Council on Family Relations, as well as a Certified Family Life Educator and a Licensed Child-Placing Agency Administrator. Throughout her 26-year career, she has contributed to the successful healing, permanence and stability of numerous children, youth, and families, and mentored many child welfare and mental health professionals.

Transitioning Children Between Placements

Monday, June 13, 2022 | 11am-2pm

~ Charlie Appelstein, MSW ~

Described as "the best youth care trainer in America" by Robert Lieberman, former president of the American Association of Children's Residential Centers, Charlie has devoted his entire adult career to helping children and youth struggling with emotional and behavioral challenges and those who guide them.



Part II - No Such Thing as a Bad Kid: Strength-Based Verbal Interventions

Thursday, June 30, 2022 | 3pm - 6pm

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

Commercial Sexual Exploitation of Children

Instructor: Charisma de los Reyes, MSW

Date: Wednesday, June 1, 2022

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 resource 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.

Playful Parenting

Instructors: Gisella Gomez, MSW & Kania Webster, Resource/Adoptive Parent

Date: Thursday, June 2, 2022

Time: 6pm-9pm

Location: *In-person at The Patio (reference page 31)*

Description: Have you ever just watched your child play? Play is a child's first, best job to gain skills needed to communicate, form relationships, work through difficult situations, express and understand emotions, work through shyness or fear, learn to be empowered, respect diversity, handle sibling rivalry, cooperate and collaborate with others. We will explore the importance of play and how to use it to raise confident, caring, capable kids. Helping parents to use the power of play to keep laughter, joy, and enthusiasm in our day-to-day parenting toolbox.

Dealing with Racism Directed at Foster Children

Instructor: Rita Rizzo, M.S., CMC

Date: Friday, June 3, 2022

Time: 3pm-6pm

Location: Online through Zoom

Description: Transracial placements are especially challenging when your foster child is of a different race or ethnicity than the overwhelming majority of others in your community or your family. Attend this virtual live presentation to discover who might be directing racist thinking and behavior at your foster child and the various forms it might take. We will discuss the relationship between fear and racism and help you address the fears of your foster child and racists others in a way that provides reassurance and support. Come away with a list of do's and don'ts for confronting racist thinking and behavior to reduce it's frequency and negative impact on your child.

Specialty Workshops

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

Parenting the Sexually Abused Child

Instructors: Mike Jones, LCSW & Jeanne Schwertfeger, Resource/Adoptive Parent
Date: Saturday, June 4, 2022
Time: 9am-3:30pm
Location: Online through Zoom

Description: Parenting a child who has experienced sexual abuse requires special knowledge and skills. This class will discuss normal sexual development, the special needs of sexualized children, recommended treatment for sexually abused children, and accessing resources that can help in the recovery and healing.

No More Gray Lines:

Clear Guidelines for Redirecting Problematic Behavior & Using Discipline with Children Who Have a Trauma History

Instructor: Jody Johnston-Pawel, LSW
Date: Monday, June 6, 2022
Time: 3pm-6pm
Location: Online through Zoom

Description: This interactive and informative webinar gives you a simple system for identifying the root causes of problematic behavior, whether unintentional and on purpose, and responding helpfully to each type of challenge. You'll know how to identify and redirect the Top Ten Types of problematic behavior, without reacting in "typical" or "old school" ways that usually cause escalations or unintentional payoffs. You'll also learn how to follow the "Four R's of Effective Discipline," avoid the "Four R's of Punishment," and use the "Special Language of Discipline" to teach children self-discipline.

Chronic Disease Management

Instructors: Representatives from Scripps Mercy Hospital's Well Being Center
Date: Tuesday, June 7, 2022
Time: 6pm-8pm
Location: Online through Zoom

Description: A chronic disease such as asthma and diabetes can affect anyone. This course will provide parents with information about living with a chronic illness and help parents feel prepared to manage a child's health style with a chronic disease.

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

Trust Based Relational Parenting

(A series of 4 workshops)

Instructors: Tristen McGhee, Resource/Adoptive Parent & Brenda Crary, LMFT
Thursdays: June 9, 16, 23, & 30, 2022
Time: 9am-1pm
Location: Online through Zoom

Description: Trust Based Relational Intervention (TBRI) brings hope and healing to caretakers struggling with challenging behaviors. However, sometimes it can present its own challenges when learning how to implement. This class will look at TBRI concepts and how to implement new skills in order to foster connection, attachment and trust. In each class, participants will gain new insights, learn skills and interact with other caretakers to help them in their journey. *More information on page 36.*

Conscious Discipline

Instructor: Robin Thompson, MSW
Date: Saturday, June 11, 2022
Time: 9am-3:30pm
Location: *In-person at The Patio (reference page 31)*

Description: Parents, caregivers and teachers serve as role models for children. This is especially true when it comes to managing emotions and understanding feelings. Conscious Discipline is a comprehensive social-emotional and classroom management program that uses everyday life events to teach children and adults self-control, conflict resolution, character development and social skills. Conscious Discipline supports first teaching ourselves about self-control and self-regulation, and then teaching children.

Transitioning Children Between Placements

Instructor: Atasha Kelley-Harris, M.Ed., LCPAA, CFLE
Date: Monday, June 13, 2022
Time: 11am-2pm
Location: Online through Zoom

Description: Permanency is a goal foster children, adoptive parents and child welfare professionals all share, striving to achieve, and celebrate when it finally arrives. As positive as the move might be, it is another disruption, change or transition for the child. Because many children have already endured so many disruptions and transitions, another move can trigger past traumas. So it's important for children to carefully transition between homes/placements. This course describes both what TO DO and what NOT TO DO to help foster children transition smoothly from one home (or placement) to another.

Specialty Workshops

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

In their Shoes:

Parenting with Empathy and Positive Discipline

Instructor: Heidi Blue, MSW

Date: Tuesday, June 14, 2022

Time: 9am-12pm

Location: *In-person at The Patio (reference page 31)*

Description: Using the basic principles of Positive Discipline, this class will explore how children may think, feel and act in response to our parenting. Participants will learn positive parenting techniques to develop good communication and positive ways to respond to behavioral challenges.

Cooperation or Competition: Which Wins More & Teaches the Life Skills & Lessons You Want Your Children to Learn

Instructor: Jody Johnston-Pawel, LSW

Date: Wednesday, June 15, 2022

Time: 9am-12pm

Location: Online through Zoom

Description: In this fun, interactive, game-based webinar, you'll experience what recent research has discovered about century-old beliefs and uses of cooperation versus competition in motivating children to perform at their best. You'll compare and contrast the different experiences you have during this webinar to see for yourself what research says about the benefits and pitfalls you could encounter with each. Prepare to have fun while learning the often-surprising outcomes research has discovered!

How to Incorporate Healthy Food Choices

Instructors: Carrie Collins, Resource/Adoptive Parent &

Angela Storck-Petersen, Registered Dietician

Date: Friday, June 17, 2022

Time: 6pm-9pm

Location: Online through Zoom

Description: Is your child requesting ramen noodles or dino nuggets every night for dinner? Are you concerned about their nutrition? A registered dietician will give you tips to adding a bit of nutrients to your child's meals without them even realizing it's good for them.

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

Mindfulness

Instructors: Nicole Espinosa, LCSW & Gisella Gomez, MSW

Date: Saturday, June 18, 2022

Time: 9am - 3:30pm

Location: Online through Zoom

Description: Children observe, mimic, and learn from their parents' actions and reactions. This class will focus on how Mindful Parenting can help children learn positive behaviors for how to deal with their own emotions and experiences as well as lessen stress on caregivers.

Building Personal Cultural Competence

Instructor: Rita Rizzo, M.S., CMC

Date: Tuesday, June 21, 2022

Time: 3pm-6pm

Location: Online through Zoom

Description: Stereotypes are an ingrained part of the thinking of most Americans. We make assumptions and take actions regarding others who are different than we ourselves based on the "isms" and "obias" programmed into our minds when we were children. Denying our use of stereotypes is sincere since most of our biases are unconscious and come into play in our thinking without recognition. This seminar explores the impact of ethnocentric behavior on our ability to build effective cross-cultural relationships and gives tips on how to avoid "cultural collisions" when dealing with diverse others. Come and discuss issues such as why biases form and how to recognize and reduce them.

Fostering Emotional Development, Intelligence, and Regulation in Children with a Trauma History

Instructor: Jody Johnston-Pawel, LSW

Date: Wednesday, June 22, 2022

Time: 9am-12pm

Location: Online through Zoom

Description: Trauma can cause delays in children's emotional development, wiring them to have difficulty feeling, managing and expressing emotions. They often experience feelings so intense they either try to ignore or stuff them, or end up acting them out through problematic behavior. In this interactive webinar, you'll learn a basic listening and problem-solving process for teaching children how to express their emotions and make responsible decisions or find solutions independently. You'll also learn several methods for supporting children in working through intense or overwhelming emotions so they can experience deeper resolution and move on without as much emotional baggage.

Specialty Workshops

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

What You Need to Know About Working with the Juvenile Court System

Instructor: Patty Boles, Resource/Adoptive Parent

Date: Wednesday, June 22, 2022

Time: 6pm-9pm

Location: Online through Zoom

Description: Explosive and noncompliant children and adolescents present significant challenges to parents and can cause distress in the family. Such children tend to be quite misunderstood and their behavioral challenges are often poorly addressed by traditional discipline strategies. This class will help parents understand the specific cognitive skill deficits that can impair a child's capacity for flexibility and frustration tolerance and provide a step-by-step process known as Cognitive Problem Solving (CPS) for teaching these skills.

The Face of Kinship

Instructor: Heidi Blue, MSW

Date: Friday, June 24, 2022

Time: 6pm-9pm

Location: Online through Zoom

Description: "The Face of Kinship" is a specialty class that looks at the challenges and rewards of kinship caregiving. During the class, participants will watch the documentary, "The Face of Kinship" then discuss how kinship has impacted their lives and the lives of their families. Participants will explore available resources in the community for resource and kinship families.

What Happened to You?

Instructors: Nicole Espinosa, LCSW &

Kania Webster, Resource/Adoptive Parent

Date: Saturday, June 25, 2022

Time: 9am-3:30pm

Location: Online through Zoom

Description: Have you ever heard a parent ask their child, "What is wrong with you?" Many children in foster care have a deep seeded belief that there is something wrong with them. We want to have open and engaging conversations with our kids about trauma, resilience and healing and let them know there is nothing wrong with them, instead it is about "What happened to you?"

In this class we will explore how what happened to our children effected their brain, physical and emotional development. We will learn how our parenting can create a pathway to healing and give you real life tools to do this work. And we will learn how to ask our kids- "What happened to you?"

Specialty Workshops

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

Tear Soup

Instructors: Nicole Espinosa, LCSW & Jeanne Schwertfeger

Date: Tuesday, June 28, 2022

Time: 6pm - 9pm

Location: Online through Zoom

Description: Children in foster care and adoption suffer many losses. It is essential that children get the opportunity to grieve their losses so they can begin their healing journey. Different developmental stages and life events can trigger these losses all over again. In this class you will learn how grief impacts not only your child but also you as a resource/adoptive family, gain some tools to help your child & family grieve these losses, watch a video called "Tear Soup" and discuss how grief is unique to each person.

Part II: No Such Thing as a Bad Kid - Strength-Based Verbal Interventions

Instructor: Charlie Appelstein, MSW

Date: Thursday, June 30, 2022

Time: 3pm-6pm

Location: Online through Zoom

Description: If you joined us for Part I: No Such Thing as a Bad Kid: Understanding and Responding to Kids with Emotional & Behavioral Challenges, then you'll want to join us for Part II to discuss effective strength based verbal interventions. This workshop will help guide parents on how to better respond versus reacting to our kids needs. We want parents to stay motivated through relationship building and setting limits. Join us for another interactive workshop with special guest Charlie Appelstein!



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!

Clases Especializadas

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

Disciplina Positiva: Lo Que Hay Debajo del Comportamiento

Instructora: Heidi Blue, MSW

Cuando: Sábado, Mayo 7, 2022

Horario: 9am-12pm

Donde: En-línea a través de Zoom

Descripción: Criando con Disciplina Positiva se basa en métodos de experiencia que ayudan a los padres a entrar en el mundo de los niños para descubrir lo que realmente funciona y lo que no, lo que los niños realmente piensan, sienten y deciden. La Disciplina Positiva es una forma de crianza y modelo de enseñanza desarrollado por Lynn Lott MA, MFT y Jane Nelson Ed.D, MFT. Esta clase proporcionará una introducción a la Disciplina Positiva y brindará aprendizaje con experiencia para padres que cuidan niños con comportamientos desafiantes. La Disciplina Positiva proporciona métodos para inculcar controles internos para los niños mientras se les capacita a los padres cómo enseñarles habilidades para la vida.

Formando Equipo a Través del Proceso de Alegaciones

Instructoras: Arleth Rubio, Trabajadora Social &

Emma Martinez-Tidmore, Madre de Recursos/Adoptiva

Cuando: Miércoles, Mayo 11, 2022

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.

La Explotación Sexual Comercial de Niños

Instructora: Fabian Escobedo, Facilitadora de CSEC

Cuando: Sábado, Mayo 14, 2022

Horario: 9am-12pm

Donde: En-línea a través de Zoom

Descripción: El cuidado de crianza es un conducto para la explotación comercial y sexual de los niños. ¡Solo en el condado de San Diego, genera más de \$ 800,000 millones cada año! Esta nueva capacitación está específicamente diseñada para padres de crianza temporal, parientes cuidadores y personal de hogares grupales como un primer paso en la lucha contra la explotación sexual comercial de niños en California. Estamos trabajando para crear conciencia sobre la crisis que se avecina y aumentar su capacidad para identificar a los niños explotados sexualmente con fines comerciales.

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Clases Especializadas

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

Comprendiendo la Importancia de la Salud Mental

Instructoras: Gisella Gomez, MSW

Cuando: Lunes, Mayo 23, 2022

Horario: 6pm-9pm

Donde: En-línea a través de Zoom

Descripción: Nuestra salud mental es muy importante, no solo para nosotros como padres pero también para los niños en nuestro cuidado. Salud mental incluye salud emocional, salud psicológico y salud social. La salud mental afecta la forma en que pensamos, sentimos y actuamos. Tener buena salud mental ayuda a determinar cómo manejamos el estrés, nos relacionamos con los demás y como tomamos decisiones. La salud mental es importante en todas las etapas de la vida, desde la niñez y la adolescencia hasta la edad adulta. Únase a nosotros para obtener más información.

La Importancia de Dormir

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

Cuando: Martes, Mayo 24, 2022

Horario: 6pm-8pm

Donde: En-línea a través de Zoom

Descripción: Los padres aprenderán sobre la importancia del sueño para su bienestar y el de sus hijos. Se les informará sobre los beneficios del sueño y las implicaciones negativas para la salud que produce la falta de este comportamiento. A los padres se les proporcionarán técnicas para ayudar a los niños inquietos a conciliar el sueño si tienen dificultades con este comportamiento.

Manejo de Enfermedades Crónicas en Niños

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

Cuando: Jueves, Junio 2, 2022

Horario: 6pm-8pm

Donde: En-línea a través de Zoom

Descripción: Una enfermedad crónica como el asma y la diabetes puede afectar a cualquier persona. Este curso proporcionará a los cuidadores información sobre cómo vivir con una enfermedad crónica y ayudará a los cuidadores a sentirse preparados para manejar el estilo de salud de un niño con una enfermedad crónica. Los participantes de este taller obtendrán información de salud sobre cómo vivir con una enfermedad crónica y se sentirán seguros para participar en el manejo de la salud de un niño con una enfermedad crónica.

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!

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Clases Especializadas

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

Mejorar la Resiliencia del Cuidador

(Una serie de 2 talleres)

Instructora: Alma Daniela Cruz, Entrenadora YMCA

Cuando: Martes Junio 7 & Junio 14, 2022

Horario: 6pm-9pm

Donde: En-línea a través de Zoom

Descripción: Los educadores de cuidado infantil corren el riesgo de experimentar el estrés tóxico que conlleva trabajar con niños y familias afectados por un trauma. Este entrenamiento de 2 partes ayuda a los proveedores a fomentar una mayor comprensión sobre el trauma y obtener el conocimiento necesario para combatir el agotamiento, el trauma indirecto y la fatiga causada por compasión. Este entrenamiento les mostrará lo fácil y efectivo que pueden ser algunas herramientas de autocuidado diseñadas para ayudarlos a manejar sus emociones, mantener la claridad mental, aumentar su energía y sentirse productivo y satisfecho. 6 horas (Esto se ofrece en 2 partes. Debe completar 6 horas completas para recibir el certificado al final del entrenamiento).

10 Cosas Que Todos Los Niños con Autismo Desean que Padres Supieran

Instructoras: Michelle McGowan & Emma Martinez-Tidmore, Madres Adoptivas

Cuando: Viernes, Junio 10, 2022

Horario: 6pm-9pm

Donde: En-línea a través de Zoom

Descripción: Únase a Michelle McGowan, defensora de la educación especial y madre adoptiva con 3 hijos pequeños, 2 con el espectro autista mientras comparte historias personales de las pruebas y el triunfo de criar niños con autismo Espectro. Esta clase de 2 partes lo iluminará y empoderará mientras busca encontrar las mejores terapias, apoyos comunitarios y una mejor comprensión de las diversas necesidades de los niños con el espectro del autismo.

Los 5 Lenguajes del Amor

Instructoras: Gisella Gomez, MSW &

Emma Martinez-Tidmore, Madre de Recursos/Adoptiva

Cuando: Viernes, Junio 17, 2022

Horario: 6pm-9pm

Donde: En-línea a través de Zoom

Descripción: Los cinco lenguajes del amor son cinco formas diferentes de expresar y recibir amor: palabras de afirmación, tiempo de calidad, recibir regalos, actos de servicio y contacto físico. No todo el mundo comunica el amor de la misma manera o de la misma forma, las personas prefieren recibir amor de diferentes formas. Igual, cada niño tiene una forma especial de sentirse amado. Cuando descubre el lenguaje de amor de su hijo y cómo expresarlo, puede construir una base sólida para que su hijo confíe y prospere a medida que crece. Aprender los idiomas del amor te ayudará a disciplinar y corregir con más amor y eficacia.

Clases Especializadas

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

Estrés Tóxico: Cómo Amortiguar el Estrés Traumático de su Hijo

Instructoras: Gisella Gomez, MSW & Martha Velazco, Trabajadora Social

Cuando: Sábado, Junio 25, 2022

Horario: 8:30am-2:30pm

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.

May 2022

Su	M	Tu	W	Th	Fri	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2022

Su	M	Tu	W	Th	Fri	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

First Aid & CPR

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

First Aid and CPR classes are only for Resource Parent Applicants, Resource Approved Families, Licensed County Foster/Adoptive Parents, and Respite Caregivers who will be serving Resource Parents directly through the County's Child Welfare Services, Foster and Adoptive Resource Family Services.

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.**
- **If you are a Resource Parent Applicant, please ensure that you have registered for the Pre-Approval, TIPS classes prior to registering for First Aid/CPR.**
- **County Resource Parents are eligible to take First Aid/CPR through FAKCE, only once every two years. A Resource Parents can take First Aid/CPR no more than 6 months before the end of their CPR certification date.**

Classes are held online through Zoom

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

Date	Time
Monday, May 02, 2022	6pm-9pm
Monday, May 09, 2022	6pm-9pm
Monday, May 16, 2022	6pm-9pm
Monday, May 23, 2022	6pm-9pm
Monday, June 06, 2022	6pm-9pm
Monday, June 13, 2022	6pm-9pm
Monday, June 20, 2022	6pm-9pm
Monday, June 27, 2022	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 de Recursos Aprobados, Padres Adoptivos/de Recursos del Condado de San Diego con Licencia y Cuidadores de Respite que prestarán servicios a los Padres de Recursos a través de Condado de San Diego/HHSA Servicios de Bienestar Infantil.

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 registrase para otra clase.**
- **Si usted es un solicitante para ser padres de recursos, asegúrese de haberse registrado para la aprobación previa, clases de TIPS antes de registrarse para Primeros Auxilios/CPR.**
- **Los Padres de Recursos del Condado son elegibles para tomar Primeros Auxilios/CPR a través de FAKCE, solo una vez cada dos años. Los padres de recursos pueden tomar Primeros Auxilios/CPR no más de 6 meses antes de la fecha de vencimiento de su certificación de CPR.**

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, Mayo 18, 2022	6pm-9pm
Miércoles, Junio 15, 2022	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 during this training schedule? 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 during this training schedule, 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.

Example of 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)
- The Body Keeps the Score
- Fostering Changes

Pick Up Locations

East County Location

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

- May 8, 2022 | 9:00am-10:30am
- June 5, 2022 | 9:00am-10:30am

North County Location

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

- May 15, 2022 | 9:00am-10:30am
- June 12, 2022 | 9:00am-10:30am



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Community College District**
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