



## Foster and Kinship Care Education Online Classes

### FKCE Zoom Class Guidelines

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| <ul style="list-style-type: none"><li>• <b>Each participant must register individually and complete all fields in the registration to get credit for attending &amp; certificate</b></li><li>• All Zoom classes now require a passcode</li><li>• Please sign in to class 10 minutes before class starts</li><li>• You will be in the waiting room initially</li><li>• The instructor will verify your name and other information for documenting attendance before class starts</li><li>• Please complete once a year a Participant Registration/Release of Information form for proper class attendance documentation</li></ul> | <ul style="list-style-type: none"><li>• <b>Please Register with your Legal Name</b></li><li>• Certificates will have the name you requested in the registration question area</li><li>• <b>If you do not register individually you will NOT get a certificate of completion after attending class</b></li><li>• Certificates will be e- mailed out within 7 business days from the class date or the last class date of a series</li><li>• Participants are to engage in class and it is preferable to have video on</li><li>• Class entrance ends 15 minutes after class start time and you must stay for all of class to get credit for attending class</li><li>• All questions can be emailed to:</li></ul> |
|--|--|

[Kehuxtable@ltcc.edu](mailto:Kehuxtable@ltcc.edu)

### Mejores prácticas para la atención informada sobre traumatismos (4 horas) Abril 13 & Mayo 11, 2021

Aprenderá a comprender el desarrollo saludable, cómo funciona el cerebro y la regulación social y emocional saludable. Exploraremos cómo puede ocurrir el trauma y cómo afecta al cerebro en desarrollo joven, entenderemos cómo el trauma y sus efectos en el cuidador, aprenderemos habilidades de atención compasivas y basadas en trauma. Esta serie es imprescindible para aquellos que crían hijos que han sufrido abuso, negligencia y han ingresado en hogares de crianza.

**Instructora: Nayeli Rojas**, Estudiante de SW y apoyo de cuidado adoptivo experimentado

Fecha: **Marte, Abril 13 & Mayo 11, 2021**

Tiempo: 6:30pm – 8:30pm

Por favor llame a Nayeli Rojas con cualquier pregunta al 916-709-5667

**Lugar: Estás invitado a una reunión de Zoom.**

**When: Abril 13 & Mayo 11, 2021 6:30 PM Pacific Time (US and Canada)**

**Regístrese con anticipación para esta reunión:**

[https://cccconfer.zoom.us/meeting/register/LJkce6upjMoHNXj6-zZ3F0vRk\\_Qi23fUqSN](https://cccconfer.zoom.us/join/https://cccconfer.zoom.us/meeting/register/LJkce6upjMoHNXj6-zZ3F0vRk_Qi23fUqSN)

**Passcode: FosterCare**

**Después de registrarse, recibirá un correo electrónico de confirmación con información sobre cómo unirse a la reunión.**

### **7 Habits of the Highly Effective Family During COVID-19 (6 hours)**

The Steven Covey's work has had an impact on parenting. Some of his famous 7 Habits of Highly Successful People can easily apply to families especially during this pandemic. During this class we will utilize Steven Covey's principals "Habits" to bring families together in unity and to help address issues families are facing during this crucial time. These Habits are: Be Proactive, Begin With the End in Mind, Put First Things First, Think Win-Win, Seek First to Understand, Synergize and Sharpen the Saw. If these tools intrigue you, then join Rochelle to learn some new insights about parenting your children and teens.

**Instructor: Rochelle Bard, M.S.S.W.**

**Date: Tuesdays, April 6, 13 & 20, 2021**

**Time: 6:00pm – 8:00pm**

**Location:**

**When: April 6, 13 & 20 , 2021 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting**

[https://cccconfer.zoom.us/meeting/register/tiYtf-iqrzItE9WTdyH1FKVOiCguHPzmr1Ia](https://cccconfer.zoom.us/join/https://cccconfer.zoom.us/meeting/register/tiYtf-iqrzItE9WTdyH1FKVOiCguHPzmr1Ia)

**Passcode: FosterCare**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **The Real Impact & Effects of the Media on the Family: What We Can Do (6 hours) Wednesday, April 7, 14 & 21, 2021**

Participants will learn findings from studies on media content that covers positive effects such as early learning, exposure to new ideas & knowledge, greater contact for social support along with the negative effects, which could include, sleep disturbances, attention & learning disorders, increased incidence of obesity, depression, exposure to inappropriate/unsafe content. Participants learn useful ways to encourage curiosity and positive aspects of learning through the media, how to prevent children from spending too much time in the media at the expense of human interactions, avoid overexposure to materials that cannot be properly processed or understood and promote personal, family and social values to avoid being completely influenced by the media. You will leave with tools to better manage, monitor and utilize the media in productive and positive ways for the family.

**Instructor: Nicolas Huerta, Tahoe Family Resource Specialist/Trainer**

Date: **Wednesdays, April 7, 14 & 21, 2021**

Time: **6:00pm – 8:00pm**

Location:

**When: April 7, 14 & 21, 2021 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting**

<https://cccconfer.zoom.us/joining/register/tJMoc-qupj0jE9RkaWISo0-i8KHqyUopPbqz>

**Passcode: FosterCare**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Best Practices for Trauma Informed Care (4 hours) Thursdays, April 8 & 15, 2021**

You will learn about understanding healthy development, how the brain functions, and healthy social & emotional regulation. We will be exploring how trauma can occur and how it effects the young developing brain, understand how trauma and it's effects on the caregiver, learn compassionate and trauma informed care skills. This series is a must for those who parent children who have experienced, abuse, neglect and entered foster care.

**Instructor: Sarah Craven, M.S.W., Sacramento County CPS Social Worker**

Date: **Thursdays, April 8 & 15, 2021**

Time: **8:00pm -8:00pm**

Location:

**When: April 8 & 15, 2021 6:00 PM to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

[https://cccconfer.zoom.us/joining/register/tJMocuspzwvHtyp1-AzpZHZnVXIYoW0rg\\_k](https://cccconfer.zoom.us/joining/register/tJMocuspzwvHtyp1-AzpZHZnVXIYoW0rg_k)

**Passcode: FosterCare**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Situational Crisis: How to Intervene to De-escalate (4 hours) Saturday, April 10, 2021**

This class is designed to help resource parents develop skills and tools to address, avoid, and deescalate situational crisis. This class will help resource parents learn what constitute situational crisis verse an ongoing behavioral pattern. Resource parents will learn tools to help assess their own triggers and teach them how to relate to the foster child to avoid a situational crisis.

**Instructor: Rochelle Bard, M.S.S.W.**

Date: **Saturday, April 10 2021**

Time: **10:00am – 12:00pm (12-1 lunch) 1:00pm -3:00pm**

Location:

**When: April 10, 2021 10:00am – 12:00pm /1:00pm -3:00pm Pacific Time (US and Canada)**

**Register in advance for this meeting**

<https://cccconfer.zoom.us/meeting/register/tJwtd-mvrTorHdNzlCZDT7hZozBkvcem2gLs>

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.

**Perceptions: Through the Eyes of a Child (2 hours) Saturday, April 17, 2021( 10:00AM to 12:00 AM)**

Training explores the important role trauma and perceptions play in a youth's journey through all systems of care. Participants will view and discuss an interview of a youth who spent his whole childhood in the system.

**Instructor: Karen Gregg, Certified Nurtured Heart Trainer**

Date: **Wednesday, November 18, 2020**

Time: **10:00 am - 12:00pm**

Location:

**When: April 17, 2021 10:00 AM to 12:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/meeting/register/tJ0sd-urqTMpE9PvIVxNER3qCyC39XYFMtZh>

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.

**Life Space Intervention: 2 hours, Saturday, April 17, 2021 (1:00 PM to 3:00 PM)**

Learn how to turn youths challenging behaviors into learning opportunities. Life Space Intervention is a powerful tool for teaching self-management and values. It uses the youth's reaction to difficult situations as way to help youth gain insight and understanding into their own feeling and behaviors. Participates will explore the importance of supportive communication, fine tune Active Listening Skills and learn the Evidence Based Processing Tool (LSI).

**Instructor: Karen Gregg, Expert Trainer/Supervisor CRH**

Date: **Saturday, April 17, 2021**

Time: **1:00pm - 3:00pm**

Location:

**When: April 17, 2021 1:00 to 3:00PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

[https://cccconfer.zoom.us/meeting/register/tJ0uc-uopjkjGNQHHzfKAerBXYON9q\\_t3FLA](https://cccconfer.zoom.us/meeting/register/tJ0uc-uopjkjGNQHHzfKAerBXYON9q_t3FLA)

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.

## **Working with Teen Survivors of Abuse & Responding to Child Sexual Abuse Disclosures (2 hours) Monday, April 19, 2021**

This class will examine the types of child abuse, effects of domestic violence (DV) on children/adolescents, ACE Studies, understanding child sexual abuse, identifying what signs to recognize, handling disclosures of sexual abuse, warning signs of abuse and how to respond/provide appropriate support or interventions.

**Instructor: Jaycee Macias, Volunteer Coordinator & Prevention Educator & Lisa Piazza, Prevention Coordinator, Live Violence Free**

**Date: Monday, April 19, 2021**

**Time: 6:00 pm-8:00pm**

**Location:**

**When: April 19, 2021 6:00 to 8:00PM Pacific Time (US and Canada)**

**Register in advance for this meeting**

**<https://cccconfer.zoom.us/join/zoom/register/t/JMacu6qrzkiEtTILubnztjapXrsIzTkXF3>**

**Passcode: FosterCare**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

## **Types and Impacts of Bullying (2 hours) Thursday, April 22, 2021**

In this class, you will learn about the different types of bullying and how it relates to trauma. How these traumatic experiences influences our children/youth., including, sexual abuse, online safety, and how to help/empower our youth that are being bullied.

**Instructor: Jesse James Miller, CSUS FKCE/YESS/ILP Intern**

**Date: Thursday, April 22, 2021**

**Time: 6:00 pm-8:00pm**

**Location:**

**When: April 22, 2021 6:00 to 8:00PM Pacific Time (US and Canada)**

**Register in advance for this meeting**

**<https://cccconfer.zoom.us/join/zoom/register/t/JYvfuippj4oHtVGxxc-kNv5vEXrk2PgaM2K>**

**Passcode: FosterCare**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

## **Nuts & Bolts of being a RFA Home (4 hours) Saturday, April 24, 2021**

A foster care system back to basics. Learn the legal basis for the who, what, where when and why of the California Foster system. Topics include home environment, capacity rules, prudent parent, mandated reporting, confidentiality, working with social workers, visitation and the courts. We will cover the updated Children's Rights. Having a solid knowledge base will help you navigate the system that governs the children you are supporting.

**Instructor: Sarah Craven, M.S.W., Sacramento County CPS Social Worker**

Date: **Saturday, April 24, 2021**

Time: **10:00am – 12:00pm (12-1 lunch) 1:00pm -3:00pm**

Location:

**When: April 24, 2021 10:00am – 12:00pm /1:00pm -3:00pm Pacific Time (US and Canada)**

Register in advance for this meeting

<https://cccconfer.zoom.us/meeting/register/tJvvyf-2tzksE9Php2yn4sIVVVdW5uhxO8wC>

**Passcode: FosterCare**

After registering, you will receive a confirmation email containing information about joining the meeting.

## **Relapse Prevention: What We Need to Know to Support Our Children & Families: 2 hours, Monday, April 26, 2021**

This class will cover the complexity of substance use/abuse and recovery. The many aspects of substance abuse will be presented along with the techniques to assist with relapse prevention. You will learn what you need to know when working with the substance user and family along with the different dynamics that occur. You will learn about the recovery cycle and components in this presentation.

**Instructor: Betty Fedor, El Dorado County & Allison Hibbard, Executive Director, Mountain High Recovery**

Date: **Monday, April 26, 2021**

Time: **10:00am – 12:00pm (12-1 lunch) 1:00pm -3:00pm**

Location:

**When: April 26, 2021 6:00 pm – 8:00pm Pacific Time (US and Canada)**

Register in advance for this meeting

<https://cccconfer.zoom.us/meeting/register/tJEudeGurD0iHt2PeH5TJDWIWSQKAEIYL4b>

**Passcode: FosterCare**

After registering, you will receive a confirmation email containing information about joining the meeting.

## **School Climate: Transitioning Our Children through COVID-19: How to help your child who is struggling (2 hours) Tuesday, April 27, 2021**

Is your child struggling in school? Do you know your child's learning style? Children struggle in many different ways in school. We will discuss these struggles, especially related to all the transitions in learning with the pandemic. You will learn tools on how to communicate with the school & staff, and to record relevant information. Demystify the stigmas you or your children may have. Leave with your own action plan to tackle your concerns and identify their learning style.

**Instructor: "Espi" Espinoza, Child Advocate (SCOE)**

Date: **Tuesday, April 27, 2021**

Time: **6:00pm – 8:00pm**

Location:

**When: April 27, 2021 06:00 to 8:00 PM Pacific Time (US and Canada)**

Register in advance for this meeting:

[https://cccconfer.zoom.us/meeting/register/tJwscOmqqjgnG9QubTj55mavsq\\_Pma3nKtia](https://cccconfer.zoom.us/meeting/register/tJwscOmqqjgnG9QubTj55mavsq_Pma3nKtia)

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.

### **New Nurtured Heart Series: (Series Total: 6 Hours) Wednesdays, April 28, May 5 & 12, 2021**

The Nurtured Heart Approach ((NHA)) is an amazing set of strategies developed specifically for children with challenging behaviors. Often parents have tried many parenting techniques only to become discouraged when they do not work well. This approach works well for all children, especially those who have not responded well to traditional techniques, and will facilitate parenting success. Children whose parents learn to energize them are much more likely to do well in school; have healthy self-esteem; exhibit empathy and pro-social behavior; and avoid high-risk activities such as drug use, truancy, and criminal activity. Our objective is to see you have a positive relationship with your kids!

**Instructor: Karen Gregg, Certified Nurtured Heart Trainer**

Date: **Wednesdays, April 28, May 5 & 12, 2021**

Time: **6:00pm – 8:00pm**

Location:

**When: April 28, May 5 & 12, 2021 06:00 to 8:00 PM Pacific Time (US and Canada)**

Register in advance for this meeting

<https://cccconfer.zoom.us/meeting/register/tJYvd-2ggjouEtU7POi8fkQBCd3B43u2BI9b>

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.

### **Supporting our LGBTQ Youth: 2 hours, Thursday, April 29, 2021**

This class will provide education and learning on how to support foster youth coming out, sexual identity, gender identity and expression, appropriate terminology, pronouns, providing safe spaces, and resources that promote safe sex and answers questions of romantic attraction/relationships.

**Instructor: Jesse James Miller, CSUS FKCE/YESS/ILP Intern**

Date: **Thursday, April 29, 2021**

Time: **6:00 pm-8:00pm**

Location:

**When: April 29, 2021 6:00 to 8:00PM Pacific Time (US and Canada)**

Register in advance for this meeting

<https://cccconfer.zoom.us/meeting/register/tJAIdcGqrD8sG9cRleQeGLSbDw4to8zYG7aH>

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.



**What is Healthy Human Sexual Development and What do we Need to Know when Caring for Youth who have been Sexually Exploited (New required class for all RFA families): 6 Hours, Tuesdays, May 4, 11 & 18, 2021**

This class will cover what is healthy sexual development and how do we care for youth would have been sexually exploited. You will learn about new legislation, Senate Bill 89 which addresses the reproductive rights of youth and Non Minor Dependents in foster care. What are their rights to confidentiality and reasonable and prudent parent standards? Discussion on providing guidance and engaging youth in conversation about healthy sexual development/reproductive and sexual health will be covered. You will learn about current contraception methods and how to provide appropriate referral resource/ material to youth. This class will also cover caring for youth who have been sexually exploited and ways to assist the youth in healing. Although the subject matter can be difficult to hear it essential to understand and support our foster youth around healthy sexual development. This class is a mandated course for all RFA families.

**Instructor: Rochelle Bard MSSW. & Dana McKnight, M.S.W.**

**Date: Tuesdays, May 4, 11 & 18, 2021**

**Time: 6:00pm -8:00 pm**

**Location:**

**When: May 4, 11 & 18, 2021 6:00pm to 8:00 pm Pacific Time**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/join/register/tJevc-vsgTgiEtRSFqwD8vq8phHAMearnzME>

**Passcode: FosterCare**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

**Nature Verses Nurture: 2 hours, Thursday, May 6, 2021**

How do we become who we are? Training will explore the age old nature versus nurture debate which questions whether human behavior is determined by the environment, either prenatal or during a person's life, or by a person's genes. Training will focus on the documentary "Three Identical Strangers". After viewing documentary, participants will discuss Nature vs Nurture in relationship to the impact we might have and road blocks we might encounter in raising someone else's children.

**Instructor: Karen Gregg, Certified Nurtured Heart Trainer**

**Date: Thursday, May 6, 2021**

**Time: 6:00pm - 8:00pm**

**Location:**

**When: May 6, 2021 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting**

<https://cccconfer.zoom.us/join/register/tJUqce2rrzoqG9xsxozt1wXUZOLLfCrUQRAU>

**Passcode: FosterCare**



After registering, you will receive a confirmation email containing information about joining the meeting.

### **Understanding Typical Behaviors of Children and Adolescents Who Have Been Traumatized: Effective Intervention Strategies: 4 hours, Saturday, May 8, 2021**

Each stage of development has its own unique challenges and rewards. The parents will be able to identify the different stages of development, behavioral and developmental challenges in each stage, and understand how trauma can affect the various stages of development.

Resource parents will learn how to assess the different behavioral patterns, understand the trauma cycle, and how it affects the teenager's stage of development as well as their behaviors. Resource parents will learn how to help them overcome their obstacles. This class will help parents/caregivers assist the children through transition in each stage of development, develop, and enhance their overall well-being, build rapport, positive support system, and to help them become productive individuals.

**Instructor: Rochelle Bard, M.S.S.W.**

**Date: Saturday, May 8 2021**

**Time: 10:00am –12:00 (lunch 12-1) 1:00pm -3:00 pm**

**Location:**

**When: May 8, 2021 10:00 AM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/join/register/tJAIceCrqTstHdHhC0sGzxeh3jWSXcNSKuou>

**Passcode: FosterCare**

After registering, you will receive a confirmation email containing information about joining the meeting.

### **Dynamics of Sexual Abuse: 4 hours, Saturday, May 15, 2021**

This class is a 4 hour course that helps foster parents and caregivers identify the signs and symptoms of sexual abuse and assists children/victims of abuse through recovery. This class will help parents and others who work with victims to develop appropriate intervention strategies and support systems. This class will help parents develop skills to provide "therapeutic parenting" to these children/teens.

**Instructor: Rochelle Bard, M.S.S.W.**

**Date: Saturday, May 15, 2021**

**Time: 10:00am –12:00 (lunch 12-1) 1:00pm -3:00 pm**

**Location:**

**When: May 15, 2021 10:00 AM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/join/register/LJMvceitqD0sG9eOJ2X6oIHgAxl3MawplGA>

**Passcode: FosterCare**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

**Sexting, Cyberbullying and Adolescent Relationships ( 4 hours)**  
**Thursdays, May 13 & 20, 2021**

This class will discuss social media and the impact of “constant connection,” sexting realities and risks, online porn, personal policies on using social media. Sexting has led to bullying, cyberbullying and even suicide. The discussion of how teens harass and bully as a result of social media. Areas covered will include the prevalence, course and consequences of teen dating violence, describe positive and negatives of a connected adolescent, recognize the importance of screening and timely management of coerced and nonconsensual texting, what are healthy adolescent relationships and warning signs of dangerous relationships, communication and conflict. You will leave with more awareness of the role social media plays in our youth’s lives.

**Instructor: Chris “Espí” Espinoza, Child Advocate (SCOE)**

**Date: Thursdays, May 13 & 20, 2021**

**Time: 6:00pm – 8:00pm**

**Location:**

**When: May 13 & 20 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/join/register/tJmIdeqopjgvE9A9cdWaGBpo8Im7q7vZb9zq>

**Passcode: FosterCare**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

**Suicide TALK (2 hours) Wednesday, May 19, 2021**

Every 28 seconds someone dies by suicide, unfortunately it has recently become the 2nd leading cause of death for young people. Suicide Talk is an introductory to the topic of Suicide, it includes examining why someone might experience thoughts of, explores Stigmas /Attitudes and teaches to how you can be a part of a suicide safer community.

**Instructor: Karen Gregg, Expert Trainer/Supervisor CRH**

**Date: Wednesday, May 19, 2021**

**Time: 6:00pm – 8:00pm**

**Location:**

**When: May 19, 2021 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/join/register/tJYkd-2uqz8oE9cIzXHmBoBZEK1ik2139GdV>

**Passcode: FosterCare**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

## **Dependency Court Process and CASA Role (2 hours) Tuesday, May 25, 2021**

This class will cover the reasons minor's come into the child welfare system, what are the child welfare codes and the dependency court process. The child welfare court process from the beginning to reunification/permanency will be covered. You will leave knowing the difference from 300 to 600 status, ways you can communicate to the court, CASA (Court Appointed Special Advocate) role, 14 day notices and permanency planning.

**Mario Guerrero, Program Manager, Child Advocates of El Dorado County**

Date: **Tuesday, May 25, 2021**

Time: **6:00 pm-8:00pm**

Location:

**When: May 25 2021 6:00 to 8:00PM Pacific Time (US and Canada)**

Register in advance for this meeting

<https://cccconfer.zoom.us/join/register/tJltdeGupjsoHNOhvDxnayFTtWnTOPMCM3Fr>

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.

## **Internet Safety for our Youth: 2 hours, Wednesday, May 26, 2021**

We are a media oriented society and especially during this time of COVID-19. Please join us in learning how to keep our youth safe on the internet. There are predator's on the internet, the dark web and many other potential risks. Learn how to manage social media in a positive way to support our youth with interaction that are safe.

**Guest Speakers: Detective Matt Morrison, South Lake Tahoe City Police Department & Jaycee Macias, Volunteer Coordinator & Prevention Educator & Lisa Piazza, Prevention Coordinator, Live Violence Free**

Date: **Wednesday, May 26, 2021**

Time: **6:00pm - 8:00pm**

Location:

**When: May 26, 2021 06:00 to 8:00 PM Pacific Time (US and Canada)**

Register in advance for this meeting:

[https://cccconfer.zoom.us/join/register/tJ0ld-usqD4rEtzv\\_e2KKVY6xKIRsdsArt37](https://cccconfer.zoom.us/join/register/tJ0ld-usqD4rEtzv_e2KKVY6xKIRsdsArt37)

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.

## **Safety First: 2 hours, Thursday, May 27, 2021**

This class will provide essential information for keeping families safe. We will explore a variety of safety topics such as personal safety and child safety in and outside of the home. Participants will learn safety concerns that may not be readily apparent.

**Instructor: Michelle Gray, M.S.W., Expert Trainer**

Date: **Thursday, May 27, 2021**

Time: 6:00pm -8:00pm

Location:

**When: May 27, 2021 6:00pm to 8:00pm Pacific Time (US and Canada)**

**Register in advance for this meeting**

<https://cccconfer.zoom.us/join/register/tJEIcentpjoI-Et2qveSKQurwR3wRhsh18rcQ>

**Passcode: FosterCare**

After registering, you will receive a confirmation email containing information about joining the meeting.

### **I Can Crisis: 6 hours, Tuesdays, June 1, 8 & 15, 2021**

The majority of incidents of challenging behavior and crisis events that youth exhibit are triggered by overwhelming emotions or traumatic stress responses. This training will assist care-givers to prevent or de-escalate crisis and provide adults with the skills and knowledge so they can become the catalyst through with youth change old habits, destructive responses and maladaptive behavior patterns. Participants will learn The Phases of Typical Crisis, Importance of Knowing Ourselves and Our Youth, How to Manage the Environment and numerous tools/techniques for de-escalating /managing challenging behaviors

**Instructor: Karen Gregg, Expert Trainer/Supervisor CRH**

Date: **Tuesdays, June 1, 8 & 15, 2021**

Time: **6:00pm – 8:00pm**

Location:

**When: June 1, 8 & 15, 2021 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/join/register/tJMvfu-hpjlr-GtGzdIxqvP0PQiZ6LnK2Bb>

**Passcode: FosterCare**

After registering, you will receive a confirmation email containing information about joining the meeting.

### **Foster Youth Rights & The Role of the Ombudsperson (2 hours) Wednesday, June 2, 2021**

You will learn what are the new Foster Youth Rights and how you as caregivers can make sure that each foster youth's rights are being met. You will learn what your rights and responsibilities are as a caregiver of foster youth. What happens if a foster youth's rights are being violated? What is and what role does the Ombudsperson play. This class will be a great opportunity to get all your questions answered about foster youth rights.

**Instructor: Shekinah Peredo, Intake & Training Analyst/CA Office of Foster Care  
Ombudsperson**

Date: **Wednesday June 2, 2021**

Time: **6:00pm – 8:00pm**

Location:

**When: June 2, 2021 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting**

<https://cccconfer.zoom.us/meeting/register/tJYod-GqqDMjE9V-SOVeUyVlBmRfJ8hXFo5V>

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.

**What is Healthy Human Sexual Development and What do we Need to Know when Caring for Youth who have been Sexually Exploited (New required class for all RFA families): 6 Hours, Thursdays, June 3, 10 & 17, 2021**

This class will cover what is healthy sexual development and how do we care for youth would have been sexually exploited. You will learn about new legislation, Senate Bill 89 which addresses the reproductive rights of youth and Non Minor Dependents in foster care. What are their rights to confidentiality and reasonable and prudent parent standards? Discussion on providing guidance and engaging youth in conversation about healthy sexual development/reproductive and sexual health will be covered. You will learn about current contraception methods and how to provide appropriate referral resource/ material to youth. This class will also cover caring for youth who have been sexually exploited and ways to assist the youth in healing. Although the subject matter can be difficult to hear it essential to understand and support our foster youth around healthy sexual development. This class is a mandated course for all RFA families.

**Instructors:** Kristine Wells, RFA Instructor/RFA Approved Home & Adoptive Parent & Dana McKnight, M.S.W.

**Date:** Thursdays, June 3, 10 & 17, 2021

**Time:** 6:00 pm-8:00pm

**Location:**

**When:** June 3, 10 & 17, 2021 06:00 to 8:00 PM Pacific Time (US and Canada)

Register in advance for this meeting

[https://cccconfer.zoom.us/meeting/register/LJAtdcGhpjsqG9OrgfiE52BT\\_ZFrAmo6bk3L](https://cccconfer.zoom.us/meeting/register/LJAtdcGhpjsqG9OrgfiE52BT_ZFrAmo6bk3L)

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.

**Yes I Can: Utilizing DBT Techniques to Empower our Youth: 2 hours, Saturday, June 5, 2021**

Dialectical behavioral therapy (DBT) is a type of cognitive behavioral therapy. Cognitive behavioral therapy tries to identify and change negative thinking patterns and pushes for positive behavioral changes. DBT may be used to treat suicidal and other self-destructive behaviors. In this class we will explore negative thinking in children and youth. You will develop skills that will support you in identifying and assist the child with changing their deficit based thinking to Affirmative thinking.

**Instructors:** Diane Miller, ACSW & Dana McKnight, M.S.W.

Date: **Saturday, June 5, 2021**

Time: **10:00am – 12:00pm**

Location:

**When: June 5, 2021 10:00 AM to 12:00 PM Pacific Time (US and Canada)**

Register in advance for this meeting

<https://cccconfer.zoom.us/join/register/LJcrd-6vrj0aEt0aRbyqeJpDdbQ9cBmK5mpq>

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.

**¿Qué es el desarrollo sexual humano saludable y qué necesitamos saber al cuidar a jóvenes que han sido explotados sexualmente? (Nueva clase obligatoria para todas las familias de RFA): Lunas, Junio 7 & 14, 2021** Esta

clase cubrirá qué es el desarrollo sexual saludable y cómo cuidamos a los jóvenes que hubieran sido explotados sexualmente. Aprenderá sobre la nueva legislación, el Proyecto de Ley del Senado 89, que aborda los derechos reproductivos de los jóvenes y los dependientes no menores en hogares de crianza. ¿Cuáles son sus derechos a la confidencialidad y los estándares razonables y prudentes de los padres? Se abordará la discusión sobre cómo brindar orientación e involucrar a los jóvenes en conversaciones sobre el desarrollo sexual saludable / salud reproductiva y sexual. Aprenderá acerca de los métodos anticonceptivos actuales y cómo proporcionar recursos / material de referencia adecuados a los jóvenes. Esta clase también cubrirá el cuidado de los jóvenes que han sido explotados sexualmente y las formas de ayudar a los jóvenes a recuperarse. Aunque el tema puede ser difícil de escuchar, es esencial comprender y apoyar a nuestros jóvenes de crianza en torno al desarrollo sexual saludable. Esta clase es un curso obligatorio para todas las familias de RFA.

**Instructora: Nicolas Huerta, Nayeli Rojas**, Estudiante de SW y apoyo de cuidado adoptivo experimentado Fecha: **Lunas, Junio 7 & 14, 2021**

Tiempo: **6:30pm – 8:30pm**

Por favor llame a Nayeli Rojas con cualquier pregunta al 916-709-5667

**Lugar: Estás invitado a una reunión de Zoom.**

**When: Junio 7 & 14, 2021 6:30 PM Pacific Time (US and Canada)**

**Regístrese con anticipación para esta reunión:**

<https://cccconfer.zoom.us/join/register/LJModeqsrD0pE9PHTHU4bJHHZvm4q2KzFvRn>

Passcode: FosterCare

Nota: el mismo enlace de Zoom que las clases de abril y mayo

Después de registrarse, recibirá un correo electrónico de confirmación con información sobre cómo unirse a la reunión.

## **New Nurtured Heart Series: (Series Total: 6 Hours) Wednesdays, June 9, 16 & 23, 2021**

The Nurtured Heart Approach ((NHA)) is an amazing set of strategies developed specifically for children with challenging behaviors. Often parents have tried many parenting techniques only to become discouraged when they do not work well. This approach works well for all children, especially those who have not responded well to traditional techniques, and will facilitate parenting success. Children whose parents learn to energize them are much more likely to do well in school; have healthy self-esteem; exhibit empathy and pro-social behavior; and avoid high-risk activities such as drug use, truancy, and criminal activity. Our objective is to see you have a positive relationship with your kids!

**Instructor: Karen Gregg, Certified Nurtured Heart Trainer**

Date: **Wednesdays, June 9, 16 & 23, 2021**

Time: **6:00pm – 8:00pm**

Location:

**When: June 9, 16 & 23, 2021 06:00 to 8:00 PM Pacific Time (US and Canada)**

Register in advance for this meeting

<https://ccconfer.zoom.us/join/register/tJcqdevgqzIuGNGAWh5RNWMoiGfGG3Fgi03r>

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.

## **Surviving, Thriving Teens (2 hours) Saturday, June 12, 2021 (10:00 AM to 12:00 PM)**

Trauma occurring during childhood or adolescence can have a substantial impact on adolescent development and permanently alter the way their brain functions. This course will review “normal” adolescent development, examine how trauma can derail “Normalcy”, and explore some supportive interventions to assist teens on their journey to “Greatness”.

**Instructor: Karen Gregg, Expert Trainer/Supervisor CRH**

Date: **Saturday, June 12, 2021**

Time: **10:00am – 12:00pm**

Location:

**When: June 12, 2021 10:00 AM to 12:00 PM Pacific Time (US and Canada)**

Register in advance for this meeting:

<https://ccconfer.zoom.us/join/register/tJ0vcOvorTMjGN0lr70-bhcNKwpJxsvbfRNH>

Passcode: FosterCare

After registering, you will receive a confirmation email containing information about joining the meeting.



## **I Got NEEDS ( 2 hours) Saturday, June 12, 2021 (1:00 PM to 3:00 PM)**

Behavior and Needs go together. Whatever behavior youth exhibit, it's always closely related to a need of some sort. The need should be our primary concern, rather than simply focusing on the youth's behavior. Youth who grow up in stressful environments may have learned to go to extremes to have their needs met. It is our responsibility, as caring adults, to help youth develop new coping skills and find ways to meet their needs.

**Instructor: Karen Gregg, Expert Trainer/Supervisor CRH**

Date: Saturday, June 12, 2021

Time: 1:00pm – 3:00pm

Location:

**When: June 12, 2021 1:00to 3:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

[https://cccconfer.zoom.us/meeting/register/tJMuf-qvrTgiGdzHO3gZJf\\_DJLVlb2pJERdf](https://cccconfer.zoom.us/meeting/register/tJMuf-qvrTgiGdzHO3gZJf_DJLVlb2pJERdf)

Passcode: FosterCare

**After registering, you will receive a confirmation email containing information about joining the meeting.**