



Ventura County Community College District

Foster & Kinship Care Education

February 2010 Training Opportunities

Strength-Based Discipline with Youth (Central County)

Presenter: Dr. Scott Larson

Tuesday, February 2nd 9:00AM - 3:00 PM (1 hour lunch on your own)

Casa Pacifica Training Center 975 Flynn Road, Camarillo

This seminar teaches foster parents and group care providers how to build on the strengths of youth while addressing destructive behavior patterns. With support from adults who believe in their possibilities, youth can experience positive relationships, discover hidden talents, solve problems creatively, and find fulfilling purpose for their lives. The course will outline practical strategies adults can use to help children in out-of-home care overcome their pain and develop resilience through building trust, nurturing problem-solving skills, and instilling a sense of purpose and generosity toward others. *Sponsors: Casa Pacifica & Ventura College. Pre-register by January 19th to secure a spot in class. Registrations after 1/19 may be placed on a waiting list.*

Effective Parent-Child Communication (West County) **NEW!!**

Trainer: Stephanie Main, M.A.

Monday February 8th 6:30-8:30pm @ Ventura College ICPD 71 Day Road, Ventura, Room 4

It's often easy to tell our children what, how and when to do something. But sometimes we don't have the skills necessary to develop good communication between us and our children as they grow into adolescence and young adulthood. This workshop will provide four basic communication skills that can be used with children of all ages to establish honest, open communication that will last a lifetime. *Sponsor: Ventura College FKCE*

Baby Signs®: How to Talk with Your Baby Before Your Baby Can Talk (series) (Central County)

Trainer: Pattie Hunt, Certified Baby Signs® Instructor

3 Wednesday mornings, February 10th, 17th, & 24th 9:30-11:30am

Pleasant Valley NfL @ El Descanso Elementary School 1099 Bedford Drive, Camarillo

The Baby Signs® Institute website asks: "Do you ever wonder what your baby is thinking? Or why your baby is crying?" This Baby Signs® course will help you answer these questions. We all have seen how a baby can understand and communicate in simple gestures or signs like waving a hand to indicate bye-bye. You will learn how to teach your child gestures to communicate his/her needs through the Baby Signs® Program. Research indicates that this natural process helps enhance early parent-child communication as well as promote your child's language and social-emotional development. *Sponsors: Pleasant Valley NfL and Moorpark College FKCE*

Cornerstone Training Network: Loving Touch Massage for our Children (East County)

Trainer: Melinda Mark, MPT, Certified Infant Massage Instructor

Saturday, February 13th 9:30am-noon @ Cornerstone Church 2080 Winifred St., Simi Valley, Room 10

Infant and child massage is a bonding activity between parents and their children. In the most basic terms, infant or pediatric massage refers to the process of stroking the muscles of the child using a variety of specialized massage techniques. Vocalization, eye-to-eye contact, and other positive behavioral reinforcements are also important components of the massage. "Being touched and caressed, being massaged, is food for the infant; food as necessary as minerals, vitamins, and proteins." ~ Frederick Leboyer. **Please bring a small doll to class.** Limited childcare available for children pre-registered by 2/10 only. *Sponsor: Moorpark College FKCE*

Fostering Attachment Interactive (New Monthly Group) (West County) **NEW!!**

Trainer: Faith Friedlander, MFT

Tuesday, February 16th 6:30-8:30pm @ Kids & Families Together 856 E. Thompson Blvd. Ventura

Please see January for description. Class will be held third Tuesday monthly.

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Caring for Your At-Risk Infant (East County)

Trainers: Pattie Hunt & Wendy Homan

Monday, February 15th 6:30-8:30pm in Westlake Village - location provided with pre-registration

This program originates from the Pediatric Interim Care Center in Washington that models ways to provide a safe and healthy start for newborns going through withdrawal from heroine, methadone, cocaine, methamphetamines and other illicit and prescription drugs. Signs of withdrawal in the infant, knowing when withdrawal begins and helpful techniques for caring for and calming this child will be discussed. *Sponsor: Moorpark College FKCE*

CPR Recertification (East & West County)

February 20th 9:00am-noon in East County - please call Carol Howell (805) 378-1400 ext. 1891 for pre-registration and location information. *Sponsor: Moorpark College FKCE* **West County First Aid and CPR classes will also be held in February.** Call Carrie McAuliffe for details (805) 986-5800 ext. 1935

Communicating with your Teen (West County)

Trainer: Stephanie Main, M.A.

Monday February 22nd 6:00-9:00pm @ Ventura College ICPD 71 Day Road, Ventura, Room 4

Does it seem to you that you say one thing and your teen hears something else? Would you like to learn a few strategies to overcome the "language barrier"? Join us to learn methods of effective communication and how to set clear boundaries during the critical years when adults and teens seem to speak a different language! This workshop will explore the developmental stage of adolescence and the stages that most teens go through, how to stay out of power struggles, give responsibility, build relationships, respect differences and take care of yourself in the process. *Sponsor: Ventura College FKCE*

The Collaborative Problem Solving Approach (Central County)

Presenter: Ross Greene, Ph.D.

Wednesday, February 24th 9:00am-4:00 pm (1 hour lunch break on your own)

Casa Pacifica Training Center 975 Flynn Road, Camarillo

Ross Greene, Ph.D., is the author of The Explosive Child and Lost at School and serves as associate professor in the department of psychiatry at Harvard Medical School. This workshop will explore challenging behaviors as a byproduct of lagging cognitive skills and how to implement a problem solving framework to reduce explosive episodes with challenging youth. *Sponsors: Casa Pacifica & Ventura College.* **Pre-register by February 10th to secure a spot in class. Registrations after 2/10 may be placed on a waiting list.**

Let's Look More Deeply at Sensory Processing (West County)

Trainer: Judy Freeman, OTR

Thursday, February 25th 6:30-8:30pm @Nan Tolbert Nurturing Center, 555 Mahoney Ave. Oak View

What are some of the signs of a sensory processing disorder? What can we do to help children with their everyday life struggles? The presentation will address these questions.

Sponsors: Moorpark College FKCE and Ojai Valley Birth Resource & Family Support

Kids in Care and the Adults in Their Lives (East County)

Trainers: Pattie Hunt and Wendy Homan Ventura County Foster Parent Association officers

Saturday, February 27th 9:00-11am @ EvFree Church of the Conejo Valley 999 Rancho Conejo Blvd, NP

Every human being needs to feel connected to the people in his/her life journey. Kids in care have an especially strong need for permanent connections so it is vital that the adults in their lives be intentional about building bridges between the chapters in the child's life. This class stresses the value and vital role of each person in the life of a child and provides ideas for fulfilling that role. *Sponsors: Dark to Dawn & Moorpark College FKCE*

For more information, call your local program office. Moorpark College 378-1400 ext. 1891, or Ventura College at 654-6327 or send an email to chowell@vcccd.edu or rcarlson@vcccd.edu

Please note: The Ventura County Community College Programs provide these classes to anyone wanting to attend. In all cases, first priority will go to Foster Parents and Kinship Providers. *All classes are subject to cancellation.* Classes may be cancelled due to lack of pre-registration or attendance. To enroll, fax or mail the pre-registration form to your local FKCE office.