



Ventura County Community College District

Foster & Kinship Care Education

January 2010 Training Opportunities

Cornerstone Training Network: Enhancing Children's Self-Esteem (East County)

Trainer: Stephanie Main, M.A.

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

Self-esteem is the most talked about concept in parenting and education today. It is more than just excelling at something; many people can feel capable and still not have high self-esteem. Developing self-esteem in a child involves discipline not permissiveness. Learn the nine ways to instill high self-esteem while you discipline that can create responsible children and promote a peaceful home. Several copies of Parenting from A-Z will be given away at the workshop. *Sponsor: Moorpark College FKCE*

Caring for Your At-Risk Infant (West County)

Trainers: Pattie Hunt & Wendy Homan

Monday, January 11th 6:30-8:30pm @ Kids & Families Together 856 E. Thompson Blvd. Ventura

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*

Redirecting Children's Behavior (West County)

Trainer: Stephanie Main, M.A.

6 Wednesdays January 13th-February 24th (no class on 2/10) 6:30-9:00pm

Aspiranet 1838 Eastman Ave #100 Ventura

This is your opportunity to attend a "**LIFE-CHANGING**" PARENTING CLASS! If you ask anyone who has ever attended the Redirecting Children's Behavior (RCB) 6 week course, you'll hear that you will never parent quite the same way again! Learn to see the world from your child's perspective, and understand the cause of misbehavior and lack of cooperation rather than merely treating the symptoms. This class covers all types of misbehaviors in children from 2½ to 18 years old. The course will be facilitated by Stephanie A. Main, MA who has been teaching RCB and other parenting classes for over 11 years. This course is fun, informational, and transformational and includes the Redirecting Children's Behavior book and workbook. Each week you will be able to ask questions, receive feedback and build upon what you've learned. *Sponsor: Ventura College FKCE*

- Resolve Conflicts without power struggles
- Build your child's self-confidence
- Replace fighting with cooperation
- Become a happier, calmer parent!

First Aid Certificate Recertification (East & West County)

Saturday January 16th 9:00am-noon in East County - please call Carol Howell (805) 378-1400 ext. 1891 for pre-registration. This is only one of two First Aid recertification classes planned for East County this year.

Location will be provided upon registration. **West County First Aid class will be held on January 11th; CPR classes on January 7th and 21st.** Call Carrie McAuliffe for details (805) 986-5800 ext. 1935

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

Trainer: Faith Friedlander, MFT

Tuesday, January 19th 6:30-8:30pm (Group will also be held on Feb. 16th and each third Tuesday monthly)

Kids & Families Together 856 E. Thompson Blvd. Ventura

Parenting children with an at-risk attachment history is a challenge. Join Faith and other parents in an interactive, therapeutic discussion to strengthen you for the journey.

Sponsors: Kids & Families Together & Moorpark College FKCE

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Infant Soothing and Building Attachment (West County)

Trainer: Pattie Hunt

Tuesday, January 19th & 26th 1:00-2:00pm @Nan Tolbert Nurturing Center, 555 Mahoney Ave. Oak View

This program of extremely effective techniques can be used to calm a crying infant so that you will be able to answer your child's cries lovingly and effectively. The circle of security you create for your infant will enhance the vital connection of bonding and attachment your child will need for future healthy relationships and positive self esteem. Instructor Pattie Hunt has been a foster parent to 45 infants over the past 8 years.

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

Balancing Work & Family (West County)

Trainer: Stephanie Main, M.A.

Thursday, January 21st 6:30-9:00pm @ Ventura College ICPD 71 Day Road, Ventura Room 3A

The demands of work, family, and the myriad of other responsibilities we face each day often throw our lives out of balance. Learn how to nurture yourself and your family so that you can feel less stressed and more successful in all aspects of your life! *Sponsor: Ventura College FKCE*

Foster Parent Association Speakers Series: Visitation (East County)

Presenters: Leticia Mendoza Community Worker Supervisor

Thursday, January 28th 6:30-8:30pm @ Holy Trinity Lutheran Church 1 Ave. de los Arboles, Thousand Oaks

Join us for this valuable discussion that will help you understand the importance of and policies regarding visitation. PLEASE R.S.V.P. FOR CHILDCARE BY CALLING Nancy @ UNITED PARENTS (805) 384-1555, **no later than Friday, January 22nd** *Sponsors: VCFPA & Moorpark College FKCE*

Boredom, Bullying and Other Bad Habits: Brain-Inspired Approaches to Challenging Behavior (Central County)

Presenter: Heather Higgins, MSW

Friday, January 29th 9:00AM-3:00 PM (1 hour lunch on your own)

Casa Pacifica Training Center 975 Flynn Road, Camarillo

In this workshop, boredom, bullying and other challenging behavior will be examined through the lens of cognitive neuroscience providing a new perspective on the often perplexing behavior of youth. Boredom will be examined as both a contextual problem as well as a personality trait inherent in many students. Participants will be provided a tool for assessing the boredom proneness of their youth and anti-boredom strategies will be offered to help engage youth in learning. Bullying will be evaluated from the perspective of dominance and power. Participants will be offered powerful tools for eliminating exploitive behavior and protecting the vulnerable. Finally new research will be shared about students on the fringe of the social culture to help those youth achieve success. Packed with specific, low cost strategies, this workshop will offer an alternative set of tools for reaching those hard to reach youth in a variety of settings. *Sponsors: Casa Pacifica & Ventura College. Pre-register by January 15th to secure a spot in class. Registrations after 1/15 may be placed on a waiting list.*

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. For "Redirecting Children's Behavior " Series a book/workbook fee of \$10-\$20 may be charged for those who are not foster/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.*