



Ventura County Community College District

Foster & Kinship Care Education

March 2010 Training Opportunities

Cornerstone Training Network: Understanding & Caring for a Child With FASD (East County)

Panel Members: Mariana Abarta, R.N.; Kim Snodgrass; Joy Hicks; and Wendy Homan

Saturday, March 13th 9:30am-11:30am @ Cornerstone Church 2080 Winifred St., Simi Valley, Room 10

Is it possible that the behavioral issues creating such a struggle for your child are the result of Fetal Alcohol Syndrome Disorder (FASD)? Learn about the characteristics and symptoms of prenatal substance abuse exposure from a panel of foster and adoptive parents and nurses who have strategies and resource ideas for optimal development. Limited childcare available for children pre-registered by 3/10 only. *Sponsor: Moorpark College FKCE*

Navigating the Adoption Experience (West County) New Series!

Trainers: Steve Mabry, MFT and Cindy Carver, M.A., Adoption Social Workers

Mondays: March 15, 22 and 29th 6:30-8:30pm @Aspiranet 1838 Eastman Ave. #100, Ventura

This new series will cover important core issues for those who are considering adoption or for families that are currently walking the adoption journey. Join Adoption Social Workers, Steve Mabry and Cindy Carver for a three week discussion on: Talking with Children about Adoption, Open Adoption and Life Long Issues of Adoption. You will be provided practical ideas, a better understanding of the benefits and barriers of open adoption and new ways of addressing the adoption issues that change as your child moves through his/her developmental stages.

Sponsors: Aspiranet & Moorpark College FKCE

Positive Discipline for Teens (West County)

Trainer: Stephanie Main, M.A.

6 Tuesdays: March 16th-April 20th 6:30-9:00pm@ Aspiranet 1838 Eastman Ave #100 Ventura

Adolescence is often a time of great stress and turmoil, not only for the youth, but for their care providers as well. This series offers techniques to begin working toward greater understanding and communication with adolescents. Highlights include how to tell if a teen's rebellion is normal or excessive, how unresolved issues from one's own teen years may hinder the relationship, and how to gain cooperation without having to threaten. Each week you will be able to ask questions, receive feedback and build upon what you've learned. You'll learn how to: encourage your teen and yourself, develop sound judgment without being judgmental and use follow-through to get things done! *Sponsor: Ventura College FKCE*

Fostering Attachment Interactive New Monthly Group! (West County)

Trainer: Faith Friedlander, MFT

Tuesday, March 16th 6:30-8:30pm (Group will also be held on April 20th 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*

Right from the Start: Building Great Brains Birth to Age 8 (Central County)

Presenter: Shawn Reagle, LCSW

Thursday, March 18th 9:00am-3:00pm (1hr lunch) @ Casa Pacifica Training Center 975 Flynn Road, Camarillo

This interactive, hands-on workshop will engage participants in a variety of activities designed to enhance understanding of the early childhood brain. When nutritional and intellectual needs are adequately met, children flourish. When these needs are not met, predictable consequences result that require highly targeted interventions. Find out the basic biology of the brain and key parts essential to healthy development and gain an understanding of how those parts relate to prenatal influences and the development of the fetus. Learn seven great ways to raise a smarter child! *Sponsors: Casa Pacifica & Ventura College. Pre-register ASAP to secure a spot in class. Registrations after March 4th (or sooner if class is full) may be placed on a waiting list.*

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Creating Cooperative Families (West County)

Trainer: Stephanie Main, M.A.

Thursday March 18th 6:30-9:00pm @ Ventura College ICPD 71 Day Road, Ventura, Room 4

Creating a peaceful, harmonious environment at home may sound like an impossible dream when we consider the many challenges and activities in our and our children's day-to-day lives. This workshop will provide ten tools that will work with all of the people in your life. Included will be how different parenting styles affect cooperation and how setting boundaries and using shared decision-making and encouragement can lead to a more cooperative atmosphere at home. *Sponsor: Ventura College FKCE*

Foster Parent Association Speakers Series: "Tax Tips for Foster Parents" (East County)

Presenter: Tax Advisor

Thursday, March 25th 6:30-8:30pm @ Holy Trinity Lutheran Church 1 Ave. de los Arboles, Thousand Oaks

Join us for this valuable discussion that will give you the latest information on tax filing techniques that will enable you to maximize deductions when filing income taxes. Please R.S.V.P. for childcare by calling Debra @ United Parents (805) 384-1555, no later than Friday, March 19th. *Sponsors: VCFPA & Moorpark College FKCE*

Caring for Your At-Risk Infant (West County)

Trainers: Pattie Hunt & Wendy Homan

Monday, March 29th 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*

Using Core Gifts as a Foundational Tool in the Helping Profession (Central County)

Presenter: Bruce Anderson

Thursday, March 30th 8:30am-4:30pm (1hr lunch) @ Casa Pacifica Training Center 975 Flynn Road, Camarillo

During this intensive and hands-on training, participants will learn how the idea of gifts originated and was used in older cultures, why it's essential to reframe problems as "initiations," learn the Capacity Assessment Tool process, identify their own gifts and primary talents, and receive specific information about how to use gifts, talents, and skills for planning and action with any type of individual or group. *Sponsors: Casa Pacifica & Ventura College. Pre-register ASAP. Registrations after March 16th (or sooner if class is full) may be placed on a waiting list.*

Stress Management New Series! (East County)

Trainer: Nora Hayes, Health Educator

5 Tuesdays: March 30th-April 27th. 6:00-8:00pm @ Boys & Girls Club Simi Valley, 2850 Lemon Dr, Simi

All of us encounter stressful situations on a daily basis; however, when stress is not managed well it can be unhealthy. Join us for an informative class specifically designed for foster & kinship parents and learn great tips on how to deal with your stress. *Sponsor: Oxnard College FKCE*

Teaching Children Self-Control (West County)

Trainer: Stephanie Main, M.A.

Wednesday, March 31st 6:30-9:00pm @ Ventura College ICPD 71 Day Road, Ventura, Room 4

Teaching children freedom of expression while still instilling an ability to exercise restraint can be a delicate balancing act. This workshop will explain how to assist children in learning how to control and appropriately express their feelings and desires, while still allowing them a healthy expression of emotions. Participants will walk away with specific action steps to take to create calmness in the home. *Sponsor: Ventura 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 or debbiefowers@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 "Positive Discipline for Teens" 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.*