



January 2012 Training Opportunities

Baby Basics and Beyond (Two Locations and date/times)

Trainer: Mariana Abarta, R.N. (East County)

Monday, January 9th 7:00-9:00pm @ 781 Devore Avenue, Simi Valley

OR

Trainer: Pattie Hunt (West County)

Tuesday, January 10th 9:30-11:30am @ 63 W. Calle El Prado, Oak View

Are you a new parent or caring for an infant as a foster or adoptive parent? It is likely that your little one came with a host of question marks (????) Come, bring your infant and ask some of those questions of experienced foster parent and mentors, Mariana Abarta and Pattie Hunt. Topics include: calming the crying baby, sleep issues, feeding issues, red flags and other medical issues. Learn about the expected and unique needs of each infant. Build confidence and increase your joy in nurturing your infant! *Sponsor: Moorpark College FKCE*

Caring for Your At-Risk Infant (Central County)

Trainers: Pattie Hunt & Wendy Homan

Tuesday, January 10th 6:00-9:00pm @ Channel Islands Social Services 900 Calle Plano Suite K, Camarillo

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. We will discuss signs of withdrawal in the infant, knowing when withdrawal begins as well as helpful techniques for calming and caring for this child. *Sponsor: Moorpark College FKCE*

Kinship Parenting for Relative Care Givers (West & Central County)

Facilitators: Sylvia Orozco & Omar Perea

2nd & 4th Tues: January 10th & 24th 6-8:00pm @ Kids & Families Together 856 E. Thompson Blvd. Ventura

2nd & 4th Thurs: January 12th & 26th 9-11:00am @ Cam Health Care District 3639 E. Las Posas Rd. Camarillo

Kinship care is the full or part-time parenting of children by grandparents or other relatives. These bi-weekly training groups will explore the practical issues related to parenting a second generation and provide tools and support to help you get and keep your bearing along the way. *Sponsors: Ventura FKCE, Moorpark FKCE, Camarillo Health Care District & Kids & Families Together*

CPR Recertification (West County)

Thursday, January 12th 4:30-8:30pm For pre-registration and location call Carrie McAuliffe 986-5800 x1935

Cornerstone Training Network: Picky Eaters (East County)

Trainer: Judy Freeman, OTR/L, Easter Seals Tri-Counties

Saturday, January 14th 9:00-11:00am @ Cornerstone Church 2080 Winifred Street, Simi Valley Room 10

This presentation will define what is and is not picky eating, why it happens, and what care givers can do about it.

Please RSVP for limited childcare by calling Channel Islands Social Services 384-0983, no later than January 11th.

Sponsor: Moorpark College FKCE

Foster Care Networking/Training (East County)

Facilitator: Pattie Hunt

Tuesday, January 17th 9:30-11:30am @ 63 W. Calle El Prado, Oak View

Are you a foster parent who would like to get to know other foster parents? This informative group is facilitated by an experienced Foster Parent and FKCE trainer, Pattie Hunt. Each month a different topic is offered with a specialized trainer presenting. **Childcare is available.** *Sponsor: Oxnard College FKCE*

Fostering Attachment Interactive (West County)

Trainer: Faith Friedlander, MFT

Tuesday, January 17th 6:30-8:30pm @ 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*

Positive Discipline for Preschoolers (Central County)

Trainer: Stephanie Main, MA

6 Wednesdays: January 18th-February 22nd 6:00-8:00pm

Channel Islands Social Services 900 Calle Plano Suite K, Camarillo

Caring for young children is one of the most difficult tasks an adult will ever face. No matter how much you love your child, there will be moments filled with frustration, anger, even desperation. And of course, there will be many questions. Join long-time parenting instructor, Stephanie Main, as she guides you through the Positive Discipline curriculum that has been helping millions of parents for many years. Each participant/couple will receive the book Positive Discipline for Preschoolers by Jane Nelson. Throughout the course you will learn how to use kind and firm methods to raise a child who is responsible, respectful and resourceful. You will be given practical solutions to things such as potty training, sleeping, and tantrums. **Limited childcare is available with pre-registration; please call Channel Islands Social Services 384-0983, no later than January 12th** *Sponsor: Ventura College FKCE*

The ABC's of AB12 (Central County)

Trainers: Marisela Cabral-Centeno, Rhonda Carlson & Cristina Miranda

Tuesday, January 24th Dinner: 5:30-6:00pm Workshop: 6:00-8:00pm

Ventura Co. Office of Ed. Conference & Educational Services Center 5100 Adolfo Road Camarillo, Salon A

Perhaps you've heard it said "AB12 changes everything" . . . and although it may not change everything, it will allow youth to remain in foster until age 21 (under certain conditions). It will also create an entirely new set of future possibilities for all of our children 18 and younger currently in foster care. This workshop will provide an introductory overview of the history of the legislation, eligibility, implementation, participation requirements and conditions and describe the role of caregivers. All foster parents and guardians, especially those who care for children over the age of 16, are highly encouraged to attend! Dinner is included. Space is limited and all are welcome, but priority will go to Foster & Kinship Parents (2 training hours provided) who preregister by **January 20th**

Sponsors: Ventura College FKCE, Ventura County Office of Education & Ventura County Children & Family Services

The Heart Gallery Focus Group (Central County)

Trainer: Louanne Shahandeh

Thursday, January 26th 6:30-8:30pm @ Mount Cross Lutheran Church 102 Camino Esplendido, Camarillo

A multi-disciplinary, multi agency committee, chaired by the Ventura County Human Services Agency Department of Children and Family services is currently involved in assessing the viability of developing a Ventura County Heart Gallery. The Heart Gallery is a traveling photographic exhibit created to find forever families for children in foster care. Input from Ventura County Foster Parents, Foster Youth and CFS Social Workers, through focus group participation is an important step in assessing the various components of implementing such a program in Ventura County. For additional information on Heart Gallery Projects, please visit: www.heartgalleryofamerica.org *Sponsor: Moorpark College FKCE*

Self Care For Care Givers (West County)

Trainer: James Carlson, MFT

Saturday, January 28th 10am-noon @ Kids & Families Together 856 E. Thompson Blvd., Ventura

The demands of care giving and busy lives often bring added stress. When we are so busy taking care of others, we often forget to take care of ourselves. This interactive workshop will show how self-care is an important component in keeping yourself and your family balanced. Specific ways we can take care of ourselves will be shared!

Sponsor: Ventura College FKCE

Grupo de Apoyo (Oxnard)

Lunes 30 de enero 6:00-8:00pm

Rio School District Office of Student and Family Services Building, 3300 Cortez Street, Oxnard

¿Eres un padre de crianza que te gustaría conocer a otros padres de crianza? No solamente van a aprender van a compartir experiencias con otros padres. Además cada mes tendrán un entrenamiento con una instructora especializada que presentara un tema diferente. Cuidado de niños está disponible. Es indispensable que se registre con anticipación. Si usted quiere registrarse para la clase, o tiene alguna pregunta por favor llame a Maria Mejia al: 832-9820. *Sponsor: Oxnard College FKCE*

For more information, call your local program office:

Moorpark College 378-1400 ext 1891 or Ventura College at 654-6327 or Oxnard College 986-5800 ext 2018
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. 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.