

Continuing Education Program

for

Foster / Kinship Care
Education Program

Spring 2018

Class Program



Contra Costa, Los Medanos
and Diablo Valley Colleges

The mission of the California Community Colleges Foster & Kinship Care Education Program (FKCE) is to provide quality education and support opportunities to caregivers of children and youth in out-of-home care, so that these providers may meet the foster children's' educational, emotional, behavioral and developmental needs.

Contact Information

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Children Learn What They Live By Dorothy Law Nolte, Ph.D.

If children live with criticism
 They learn to condemn
 If children live with hostility
 They learn to fight
 If children live with ridicule
 They learn to be shy
 If children live with shame
 They learn to feel guilty
 If children live with tolerance
 They learn to be patient
 If children live with encouragement
 They learn confidence
 If children live with praise
 They learn to appreciate
 If children live with fairness
 They learn justice
 If children live with security
 They learn to have faith
 If children live with approval
 They learn to like themselves
 If children live with acceptance and friendship
 They learn to find love in the world.

CENTRAL COUNTY

Contact JENNIFER BLACKMAN

Diablo Valley College

Telephone (925) 969-2417

Child Activities **Not Available**

Wednesdays: 9:30 a.m. - 12:30 p.m.

Faith Christian Fellowship Church, Room E3 (near Child Center), 860 Bancroft Road, Walnut Creek, CA

Date	Topic	Trainer
1/31/18	Achieving Healthy Attachment Do's & Don'ts	Vivian Torres
2/07/18	Working with Your Social Worker: How You Can & Why It is Important	Joan Francis
2/14/18	Being a Good Role Model Even When My Life Hurts	Sandra Roberts
2/21/18	What is Our EQ (Emotional Quotient) & How Can It Improve Our Children's Level of Social-Emotional Functioning?	Karen Wells
2/28/18	Your Child's Brain & Multi-Media	Vivian Torres
3/07/18	When A Complaint is Filed Against a Foster Parent: What It Means & Impact on the Resource Family	Joan Francis
3/14/18	NO CLASS - PROFESSIONAL DEVELOPMENT - NO CLASS	No Class
3/21/18	From Care in My Home to the "Adult World" at 18: Fostering Connections to Success (AB 12)	JoAnn Lofton
3/28/18	SPRING BREAK - NO CLASS - SPRING BREAK	No Class
4/04/18	"The Brain Train": Understanding How Our Brain Works to Help Produce Healthy Behaviors and Choices	Karen Wells
4/11/18	Self-Care Through Creativity: Finding Your Peaceful Space	Carla Lawson
4/18/18	"Nutrition: Healthy Eating - Impact on Mental & Physical Well-Being"	Dr. Gwen Hamilton
4/25/18	Mental Health First Aid, Part One: Defining Signs and Symptoms, Risk Factors for Depression, and Anxiety, How to Respond to Crisis	C.O.P.E. Family Support Center
5/02/18	Trauma-Informed Foster Care Story by an Adult Former Foster Child	Maria Morales
5/09/18	Mental Health First Aid, Part Two: Action Plan for Trauma, Psychotic Disorders, and Substance Use Disorder	C.O.P.E. Family Support Center
5/16/18	Assessment of 2017-18 Trainings: What Worked? Improvement? Suggestions/Topics/Trainers for Future Planning / Appreciation Brunch	Jennifer Blackman

Notes: _____

EAST COUNTY

Contact Sarah Sears (Los Medanos College): Telephone (925) 473-7636

New Location, NEW LOCATION, NEW LOCATION!

All East Classes Must R.S.V.P. For Child Activities

Tuesdays: 9:30 a.m. - 12:30 p.m.

New Location: Faith Worship Center 2170 Harbor Street, Pittsburg, CA

Date	Topic	Trainer
1/30/18	Spring Orientation - Managing the Post-Holiday Blues	Sarah Sears
2/06/18	Parenting Thru the Pain - Being a Good Role Model Even When My Own Life Hurts	Sabrina Cross
2/13/18	Understanding Harm Reduction	Jenn Awa
3/06/18	AB 12	Veronica Gonzalez
3/13/18	Hair & Skin Care for African American & Black Children & Youth	TBD
4/10/18	The Eye Opening LGBTQI Training	Jeff Cotton
4/17/18	Developing A Lifestyle of Forgiveness	Sabrina Cross
5/01/18	Communicating the Message, You Intend	Jodi Maspatella
5/14/18	Commercially Sexually Exploited Children/Youth	Alex Madsen
6/05/18	Understanding the Juvenile Court Process	Kellie Case
6/12/18	End of Semester Celebration - Preparing for Summer	Sarah Sears

LA CRIANZA PRÁCTICA DE LOS HIJOS

Lunes: 6:30 p.m. - 9:30 p.m.

! ¡Se ofrece actividades para los niños durante el cuidado con avance de aviso!

Pittsburg United Methodist Church, 153 W. Leland Road, Pittsburg, CA

Date	Topic	Trainer
2/05/18	Qué Hacer Cuando Existe una Queja en mi Contra	Martha Suarez
3/05/18	Crianza con Cariño-Valores en las Familia y Disciplina	Sonia Arriola
4/02/18	Salud Mental	C.O.P.E.
5/07/18	Elegibles para AB12 - Planificación para 18 Años y mas Alla	Verónica Gonzalez

Notes: _____

FAR EAST COUNTY

Contact Sarah Sears (Los Medanos College): Telephone (925) 473-7636

All East Classes Must R.S.V.P. For Child Activities

Monday: 9:00 a.m. - 12:00 p.m.

Delta First 5 Center 760 1st Street Brentwood, CA

Date	Topic	Trainer
1/29/18	Spring Orientation – Managing the Post-Holiday Blues	Sarah Sears
2/05/18	Understanding the Court Process	Tyffany Wanberg
2/12/18	Communicating the Message You Intend	Jodi Maspaitella
3/05/18	Public Health, Education, Caregiver, Heritage	County Liaisons
3/12/18	How My Buttons Get Pushed	Dr. Lisa Cohen Bennett
4/09/18	Separation Anxiety	C.O.P.E. Family Support
4/16/18	Healing Power of Empathy	Jeff Cotton
5/07/18	Caring for Children of Muslim and Islamic Faith	Abubakr Elgarguri
5/14/18	Raising Confident, Competent Children	C.O.P.E. Family Support
6/04/18	Understanding Harm Reduction	Jenn Ava
6/11/18	End of Semester Celebration – Preparing for Summer	Sarah Sears

Antioch Unified School District Foster Youth Advisory Committee

Contact Sarah Sears (Los Medanos College): Telephone (925) 473-7636

All East Classes Must R.S.V.P. For Child Activities

Wednesday: 6:00 p.m. – 7:30 p.m.

Lone Tree Elementary School 1931 Mokelumne Drive Antioch, CA 94509

Date	Topic	Trainer
1/10/18	Trauma Informed Care	Dr. Abraham Rice
2/07/18	ILSP (Independent Living Skills Program)	Don Graves
3/07/18	Veteran FY Parents Present: Networking and Communication	Panel Presentation of Foster Youth Parents
4/04/18	Los Medanos College Foster Youth Student Panel	LMC Foster Youth
5/02/18	How to Connect with The Resource Family Network	Foster Family Network

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KINSHIP CARE EDUCATION TRAININGS

Contact JENNIFER BLACKMAN Diablo Valley College (925) 969-2417

RSVP for Child Activities *4 years and up

Mondays: 6:00 p.m. – 8:00 p.m. (Two Hours)

Uplift Family Services

2380 Salvio Street, Suite 201 (upstairs)

Contact Kay Sorg: (925) 602-1750

Concord, CA

Date	Topic	Trainer
2/12/18	Promoting Good Mental Health in Children: The Connection Between Mental & Physical Health & Social Well-Being – Pt.2	Della Dash, RN
2/26/18	Legal Rights and Responsibilities of Foster Parents	Joan Francis, MSW
3/12/18	It's Never Too Soon: Importance of Life Skills Planning for Tweens to 16 Years	JoAnn Lofton, MSW
3/19/18	Child & Adolescent Sexuality: Sexually Transmitted Diseases & Risky Behavior	Della Dash, RN
4/02/18	Elder Abuse: How to Identify It & Report It	Sandra Roberts, MSW
4/16/18	Rational vs. Irrational Parenting	Dorothy Powell, Psy.D
4/30/18	Some of the Dangers of Teen Dating, Including Sex-Trafficking	Dorothy Powell, Psy.D
5/07/18	Self-Care for Care-Givers: How Does It Look and How Do I Do It?	Sandra Roberts, MSW

Notes: _____

EAST COUNTY

KINSHIP CARE EDUCATION TRAININGS

Contact: Contact Sarah Sears Los Medanos College (925) 473-7636

Child Activities Not Available

3rd Monday of Month: 10:00 a.m. - 1:00 p.m.

Location: STAND! 315 G Street Antioch CA

Date	Topic	Trainer
1/15/18	Feeling Your Family – Making Meal Times Count	Jodi Maspaitella
2/19/18	Talking with Children About Having “Two” Families	Lois Rutten
3/19/18	Burnout & Renewal	Jeff Cotton
4/23/18	Home Safety & Boundaries	Tyffany Wanberg
5/21/18	Commercially Sexually Exploited Children Training	CSEC Liaisons

2nd Wednesday of Month: 10:00 a.m. - 1:00 p.m.

Location: STAND! 315 G Street Antioch CA

Date	Topic	Trainer
2/14/18	My Child is Smoking Weed & I Feel Powerless to Intervene	Sabrina Cross
3/14/18	Raising Responsible Teenagers	C.O.P.E. Family Support
4/18/18	Understanding Harm Reduction	Jenn Awa
5/09/18	Keeping the Child as The Focus	Lois Rutten

Notes: _____

CPR & FIRST AID

Child Activities Not Available

- **You must PRE-REGISTER; space is limited. To register or cancel a reservation please call the following:**
- Preference is given to foster parents, adopting parents and kin care providers.
- Please wear comfortable clothing.
- You will receive a Certificate of Completion upon satisfactory completion of training as determined by the Instructor:
 - **CPR = 4 hours (renewable once a year)**
 - **First Aid = 4 hours (renewable every two years)**

Prerequisite for Renewal of Certificate:

You must have completed a minimum of 8 hours per year of Foster/Kinship Care Education trainings prior to renewing CPR & First Aid

SPANISH: Favor de llamar para más información y fechas de clases en español

CPR and FIRST AID Training Schedule

Saturdays

Diablo Valley College (DVC) (925) 969-2417 Jennifer Blackman 8:30 a.m. - 4:00 p.m.	Los Medanos College (LMC) (925) 473-7636 Sarah Sears 8:30 a.m. - 4:00 p.m.	Contra Costa College (CCC) (510) 235-7800 ext. 44132 9:00 a.m. - 4:00 p.m. Glenda Roberts See page 11
February 24, 2018	January 20, 2018	April 21, 2018 (You must preregister with Glenda
March 24, 2018	January 27, 2018 (Spanish)	
April 7, 2018	May 12, 2018	
	May 19, 2018	
	June 02, 2018	
	June 09, 2018 (Spanish)	

Resource Family Pre-Approval (RFA) Training

This 12-hour training is REQUIRED for Resource Family Certification for those interested in becoming a RESOURCE FAMILY for a child or sibling group.

You Must Pre-Register with Contra Costa County Children & Family Services

For Enrollment and Location of Trainings, Contact: Angel Arias, (925)602-6912

Child Activities **Not** Available

Diablo Valley College (DVC)

RFA 12-Hour Certification Independent Living Skills (ILSP) 1875 Arnold Drive, 2 nd Floor, Mrtz, CA THURSDAYS Time: 6 – 9 p.m. (3 Hours) Session 1: February 1 Session 2: February 8 Session 3: February 15 Session 4: February 22 Refreshments: Days: Feb 1st, 8th, & 15th Dinner: Feb. 22nd	RFA 12-Hour Certification Diablo Valley College 321 Golf Club Road, Pleasant Hill, CA SATURDAYS Time: 9 a.m. – 3:30 p.m. (6 hours) Session 1 & 2: March Session 3 & 4: March 10 Refreshments: March 3rd Lunch: March 10th	EXPANDED RFA/FKCE Continuing Education Trainings Diablo Valley College 321 Golf Club Road, Pleasant Hill, CA SATURDAYS Time: 9 a.m. – 3:30 p.m. (6 hours) Session 1: March 17 Session 2: March 24 Refreshments: March 17th, Lunch: March 24th
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Los Medanos College (LMC)

RFA Pre-Approval Trainings Children and Family Services 4549 Delta Fair, Antioch, CA <i>"Please arrive 30 min early for Session 1 for registration"</i> MONDAYS Time: 6 – 9 p.m. (3-Hours) Session 1: February 5 Session 2: February 12 Session 3: February 26 Session 4: March 5 Refreshments, coffee, tea,	RFA Pre-Approval Trainings Children and Family Services 4549 Delta Fair, Antioch, CA <i>"Please arrive 30 min early for Session 1 for registration"</i> THURSDAYS (3-Hours) Time: 6 - 9p.m. Session 1: April 5 Session 2: April 12 Session 3: April 19 Session 4: April 26 (Dinner Served) Session 1: May 10 Session 2: May 17 Session 3: May 24 Session 4: May 31 (Dinner Served) Refreshments, coffee, tea	RFA Pre-Approval Trainings Los Medanos College (room TBA) 2700 East Leland Road, Pittsburg, <i>"Please arrive 30 min early for Session 1 for registration"</i> SATURDAYS (Spanish Sessions) Time: 9 a.m. – 4 p.m. Session 1 & 2: May 12 Session 3 & 4: May 19 SATURDAYS Time: 9 a.m. – 4 p.m. Session 1 & 2: June 2 Session 3 & 4: June 9 EXPANDED RFA/FKCE SATURDAYS Time: 9 a.m. – 4p.m. Session 1 & 2: January 20 Session 3 & 4: January 27 <i>Light Lunch provided at all Saturday classes</i>
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Contra Costa College (CCC)

Contra Costa College 2600 Mission Bell, Richmond, General Ed Bldg., Room 111	Saturday Time: 8:30-4p.m. (6 Hours)	Session 1, 2: January 20, 27 Session 3, 4: February 3, 10
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HERITAGE PROJECT

Perinatal Substance Abuse/HIV Infant Program

A partnership between Contra Costa County Children and Family Services, Diablo Valley College, Contra Costa College, and Los Medanos College

East County Los Medanos College

Central County Diablo Valley College

West County Contra Costa College

Mondays 6:00 p.m. – 9:00 p.m. Faith Worship Center 2170 Harbor St. Pittsburg, CA 94565	Tuesdays 6:00 p.m. – 9:00 p.m. Faith Christian Fellowship 860 Bancroft Road, WC, CA The Saturday sessions will be at DVC.	Spring 2018 Heritage training at Contra Costa County will not be offered. Training will resume in Fall 2018.
March 19	February 6	
March 26	February 13	
April 9	February 20	
April 16	February 27	
April 23	March 6	
April 30	March 13	
May 7	March 20	
May	March 27	
*Saturdays Time: 9 am – 3:30 pm Each Counts as 2 sessions	*Saturdays Diablo Valley College 321 Golf Club Road, PH, CA Time: 9 am – 3:30 pm Each Counts as 2 sessions	
May 12	March 24	
May 19	April 7	

You Must Pre-Register with Contra Costa County Children & Family Services

For Enrollment and Location of Trainings
 Angle Arias, NCXB (925) 602-6912 or (925) 602-6910
 RFA/Heritage Clerk- Senior Level
 Children & Family Service

FOSTER/KINSHIP PARENTS AND GROUP HOME ADMINISTRATORS

Continuing Education Credits (CEUs) ARE Available!

Jennifer Blackman

Sarah Sears

CENTRAL COUNTY: (925) 969-2417

EAST COUNTY: (925) 473-7636

No Child Activities Available

Thursday: 9:30 a.m. - 2:00 p.m.

Independent Living Skills Program 1875 Arnold Drive 2nd Floor Martinez, CA

Date	Topic	Trainer
Please Note →	☺ Morning coffee/refreshments provided. Please bring or buy your own lunch throughout the semester.	Thank You, FKCE Coordinators
02/01/18	Development and Attachment	Jeff Cotton
02/08/18	Pre-Teens	Dr. Lisa Cohen Bennett
02/15/18	Teen Culture	Dr. Lisa Cohen Bennett
02/22/18	Foster Care Reporting Rights for Caregivers	Patrick Davis
03/01/18	Communication Anchored in Truth	Jeff Cotton
03/08/18	Cultural Identity: Creating a Safe Place	Dr. Lisa Cohen Bennett
03/15/18	No Class (Professional Development for FKCE Coordinators)	No Class
03/22/18	Legal Rights of Foster Children	Patrick Davis
03/29/18	No Class (SPRING BREAK - Diablo Valley, Los Medanos & Contra Costa Colleges)	No Class
04/05/18	The Abuse Spectrum	Dr. Lisa Cohen Bennett
04/12/18	Being Therapeutic with Sexual Minority Youth	Jeff Cotton
04/19/18	Helping Heal Childhood Wounds	Dr. Lisa Cohen Bennett
04/26/18	How to Help Kids Become Thoughtful Decision Makers	Jeff Cotton
05/03/18	Preventing Burnout	Dr. Lisa Cohen Bennett
05/10/18	Surviving and Thriving While Being Helpful	Jeff Cotton
05/17/18	What to Do When Your Buttons Get Pushed	Jeff Cotton

Notes: _____

FOSTER/KINSHIP CARE EDUCATION PROGRAM CONTRA COSTA COMMUNITY COLLEGE SPRING SCHEDULE 2018

Please contact Glenda Roberts for additional information 510-235-7800 ext. 77675

Day, Date & Time	Subject	Presenter	Location
Echd95D Sat. 1/20, 1/27, 2/3, 2/10 8:30am-4pm	RFA -Resource Family Assessment Pre-Approval Training	Sandra Moore	Contra Costa College 2600 Mission Bell Dr. General Ed Bldg., room 111
Echd95A Sat., 4/21/18 9am-4pm	CPR	Gretchen Medel	Contra Costa College 2600 Mission Bell Dr. General Ed Bldg., room 111
Echd895N-4480 Mon, 1/22/18 9:30-11:30am	Family Support - Respite	LaDonna Daily	WCCYSB 84 Broadway, Richmond, Ca. 94804
Mon, 2/12/18 9:30-11:30am	Preparedness/Disaster Planning	Gail Benson	WCCYSB 84 Broadway, Richmond, Ca. 94804
Mon, 2/26/18 9:30-11:30am	Self-Care Techniques	Jeanice Cummings	WCCYSB 84 Broadway, Richmond, Ca. 94804
Mon, 3/12/18 9:30-11:30am	Mandated Reporting	Cristina Hickey	WCCYSB 84 Broadway, Richmond, Ca. 94804
Mon, 3/26/18 9:30-11:30am	Supporting Caregivers' Creativity	Jackie Marston	WCCYSB 84 Broadway, Richmond, Ca. 94804
Mon, 4/9/18 9:30-11:30am	Impact of Drugs on the Family	Aminta Mickles	WCCYSB 84 Broadway, Richmond, Ca. 94804
Mon, 4/23/18 9:30-11:30am	Wraparound Services	Marena Brown	WCCYSB 84 Broadway, Richmond, Ca. 94804
Mon, 5/14/18 9:30-11:30am	AB12	Tim Hamp	WCCYSB 84 Broadway, Richmond, Ca. 94804
ECHD 895N-4476 Thurs, 2/1/18 6-8pm	Working through the College System for the children in Foster/Kinship Care	Raheema Islam	WCCYSB 84 Broadway, Richmond, Ca. 94804
Thurs, 2/15/18 6-8pm	Getting in touch with your Creativity	Jackie Marston	WCCYSB 84 Broadway, Richmond, Ca. 94804
Thurs, 3/1/18 6-8pm	Preparedness/Disaster Planning	Gail Benson	WCCYSB 84 Broadway, Richmond, Ca. 94804
Thurs, 3/15/18 6-8pm	Addiction 101	Aminta Mickles	WCCYSB 84 Broadway, Richmond, Ca. 94804
Thurs, 4/19/18, 6-8pm	Compassionate Fatigue	Dr. Carole McKindley Alvarez	WCCYSB 84 Broadway, Richmond, Ca. 94804
Thurs, 4/19/18 11am-2pm	Commercially Sexually Exploited Children (CSEC)	Robin Rivera	Contra Costa College 2600 Mission Bell Dr. Early Learning Center Rm103
Thurs, 5/3 & 17 6-8pm	ACES: Recovery and Resilience	Jonathan Maddox	WCCYSB 84 Broadway, Richmond, Ca. 94804
Fri, 5/11/18 11:30am-1pm	Caregivers Appreciation	Sandra Moore	Contra costa College 2600 Mission Bell Dr. Aqua Terra Restaurant

A Message of Gratitude



- *Thank you for faithfully participating in the FKCE Program Trainings*
- *For respecting the FKCE classroom, trainers, fellow care providers*
- *For listening actively and asking engaging questions*
- *For putting your cell phones on vibrate during training*
- *For waiting until break time to send text messages or to make phone calls*
- *For being considerate of others when complimentary coffee, morning refreshments, lunch or dinner is provided*
- *Thank you for opening your homes and hearts to the children in our communities and in your care*



In Memory of Our Colleague and Friend

Intisar Shareef

10/29/46 - 11/04/17

Foster Kinship Care Education (FKCE) Director (20+ Years)

Contra Costa College, San Pablo CA

*Donations may be made to the "Intistar Shareef Scholarship Fund
for Early Childhood Education. Go to*

<http://donatenow.networkforgood.org/contracostacollegefoundation>.

Add "Intisar Shareef" to the "in memory of" line.

Diablo Valley College
Foster/Kinship Care Education Program
c/o Jennifer Blackman, Director
321 Golf Club Road
Pleasant Hill, CA 94523

FOSTER/KINSHIP CARE EDUCATION PROGRAM

PRESORTED
FIRST CLASS MAIL
U.S. POSTAGE
PAID
Concord, CA
Permit No. 152

Please mark your calendar!

Spring 2018 Classes

