

# **Kinship and Relative Education & Support**

(530) 741-6750 • http://yc.yccd.edu/campus/care/default Yuba College • 2088 North Beale Road • Marysville, CA 95901

# "October 2015" "Talk with your kids & let them know your values and expectations."

## Oct 7th, Wednesday 9:30am

"Positive Coping Skills"

Do you ever feel stressed or suffer from symptoms of depression or anxiety? In this presentation, you will learn about various coping skills & positive lifestyle habits that can be used to promote positive well-being & mental health. In addition, you will also learn various methods to come up with your own positive coping

by: Stephanie Fischer, MFT Cooper Ave Baptist Church 741-6750 to RSVP Child care provided

#### Oct 8th, Thursday, 10:00a.m.

"Advocating for your Child-

Talking about THEIR Feelings"

Learn the need to let children's feelings be heard and hear ways to handle their feelings. Discussion & tools that worked or that didn't help will be shared. This is open to ALL parents, pre-adoptive & adoptive families regardless of the type of parenting, age of child or agency affiliation. Cooper Ave Baptist, Yuba City

by: Leslie Damshroeder,

MSW, Post Adoption Social Worker call 741-6750 to RSVP Child Care provided

### Oct 8<sup>th</sup>, Thursday, 6:45p.m.

"How to Get to Their HEART"

This training will explain the proactive approach with a child. Learn about the value of one on one time with children and how to give a child a voice.

> Beyond Consequences #3 DVD by Heather Forbes, LCSW 741-6750 to RSVP Child care provided **Cooper Ave Baptist Church**



BRING YOUR PICTURES! One kit will be provided. Join in the networking and fun as memories **Cooper Ave Baptist Church** are created.

741-6750 to RSVP Child Care provided

Oct 15th, Thursday, 6:45p.m. "Teaching Children How to Manage Mind, Body & Emotions"

Join in this training to learn: what is self regulation, how does it develop in children, and how can parents & caregivers teach self regulation. Strategies and activities that support the development of self regulation will be shared.

by: Mary Pickering,

741-6750 to RSVP

Child care provided Cooper Ave **Baptist Church** 



### Pre Service

Oct 19th "Pre Service #1 Oct 26<sup>th</sup> "Pre Service #2 Nov 9<sup>th</sup> "Pre Service #3

Nov 16<sup>th</sup> "Pre Service #4 Nov 23<sup>rd</sup> "Pre Service #5

Nov 30<sup>th</sup> "Pre Service #6 Dec 14th "Pre Service #7

For more information or to RSVP call 741-6750

Yuba College, Collins Hall Building 1300, upstairs room #1321

#### Oct 20th, Tuesday, 9:30a.m.

Caring Connection ~ Sandtray Therapy

Sandtray therapy is a safe, non-verbal and stress-free medium for processing events and feelings that are emotionally disturbing and/or disruptive to daily functioning. Come and learn more about this fascinating form of play therapy for people of all ages. by: Mary Pickering, LCSW Cooper Ave Baptist Church

call 741-6750 to RSVP child care provided

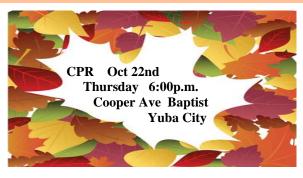
## Oct 21st, Wednesday 9:30am

In this presentation, you will learn about depression and the different types of depressive disorders and symptoms. Treatment for depression will also be discussed.

By: Stephanie Fischer, MFT

**Cooper Ave Baptist Church** 741-6750 to RSVP

Child care provided



### Oct 26th, Monday, 6:30p.m.

'Anger Management and ADHD"

This training will bring ideas about how to identify anger triggers and then offer so tools to cope with them. Hear ways to cope with your child's angry outbursts. Get support for parenting your child when their anger arrives.

call 741-6750 to RSVP

by: Mary Pickering, LCSW Cooper Ave Baptist Church Child care provided

