



## 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 skills.

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



**Oct 13<sup>th</sup>, TUESDAY 9:00 a.m.**

### **“Fall”**

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

Cooper Ave Baptist Church

741-6750 to RSVP

Child Care provided



**Oct 15<sup>th</sup>, 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,

Child care provided

Cooper Ave Baptist Church

741-6750 to RSVP



### **Pre Service**

**Oct 19<sup>th</sup> “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 14<sup>th</sup> “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  
child care provided call 741-6750 to RSVP



**Oct 21st, Wednesday 9:30am**

### **“Depression”**

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

Child care provided

741-6750 to RSVP



**CPR Oct 22nd**

**Thursday 6:00p.m.**

**Cooper Ave Baptist**

**Yuba City**

**Oct 26<sup>th</sup>, 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.

by: Mary Pickering, LCSW  
call 741-6750 to RSVP

Cooper Ave Baptist Church

Child care provided



**Child Care provided for 0 - 9 years old**