



Yuba College

December 2016



"Happiness is not getting what you want, but wanting what you get!"

Dec 1st, Thursday 10:00am

"Advocating for your Child— It's almost HERE!"



How to get through the next few weeks and be happy. Join to learn, and share some tips to help with the challenge of the holidays.

Cooper Ave Baptist, 741-6750 to RSVP
by: Leslie Damshroeder,
MSW, Post Adoption Social Worker

Dec 6th, Tuesday 9:00 a.m.

"Thanksgiving—Lifebook pages"

Lifebook's are magic! They can bring together missing pieces of a foster child's life. 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



Dec 7th, Wednesday, 9:30a.m.

"Tantrum Taming and Other Tricks"

Learn what causes tantrums, how to anticipate and prevent them and what to do when they happen. Perfect for parents of children 0—99 because meltdowns can happen at any age. **Child Care provided** call 741-6750 to RSVP

Cooper Ave Baptist, Yuba City

by: Thelma Amaya, MSW, Child Development
Behavioral Consultation Program,
Yuba Co Office of Education



Dec 8th, Thursday, 6:45p.m.

"GRATITUDE—Expressing IT, Accepting IT & Teaching IT"

What do you think of when you hear the word? Thanksgiving and Christmas usually come to mind, but it can be experienced any day of the year. When and how do you express gratitude? Do you receive it as well as you give it? Do you think it can be taught? Please join us to discuss the answers to these questions and learn how grateful you are and what you can do to experience it more often."

by: Willa Smith, LPCC **741-6750 to RSVP**
Child care provided Cooper Ave Baptist Church

Pre Approval (formerly Pre Service)
6:30pm—9:30pm

Dec 12 "Pre Service #4"
Jan 16 "Pre Service #5"
Jan 23 "Pre Service #6"
Jan 30 "Pre Service #7"

NO child care



For more information or **to RSVP call 741-6750**
Yuba College, Bldg #300, Cafeteria Staff Lounge

Martes, 13 de Diciembre, 2016 de 6-8de la tarde
¿Cómo sostener un estado de bienestar?

"Fortaleciendo los Lazos Familiares"

Información y apoyo sobre diferentes temas de
interés en Español.

Para mayor informacion Llame a Cynthia 751-1925



Dec 15th, Thursday, 9:30am

"Understand the Chaos and Survival Tips for the Holidays"



Holidays: School Vacation, Family Visits, Party's, Travel...all reek havoc on a child with FASD. We'll talk about what's really important, what their minds are processing in all the chaos (which we don't see/feel),. Strategies and tools to bring our sanity intact as we start the New Year with a better understanding and building on supports for a successful New Year.

By: **Amber Mendez-Kesterson, MSW 741-6750 to RSVP**
Child Care provided **Cooper Ave Baptist Church**

Dec 15th Thursday, 6:45p.m.

"Healthy Touch"

This DVD from TCU Institute will explore with us the importance of touch, particularly as a tool for promoting healing and developing deeper connections between parents and children. There will be practical ways to add healthy touch to our lives on a daily basis. by: Leah Eneix, Certified Instructor

Cooper Ave Baptist Church call 741-6750 to RSVP



January 2017

11 Thelma Amaya a.m.
12 Advocating for your child a.m.
16 Pre Service #5 pm
17 Life Books a.m.
17 Fortaleciendo los Lazos Familiares p.m.
19 Connections—Slowing Down a.m.
19 CPR
23 Pre Service #6 pm
26 A Sensory World p.m.
30 Pre Service #7 pm
30 Positive Power of AD HD



Training Location

Yuba College
2088 North Beale Road
Marysville
Building 300, Cafeteria
Staff Lounge

Cooper Ave Baptist Church
804 Cooper Ave
Yuba City
Parking on Clark Ave.
Next to Sutter County Library

Ask about a Parking Pass

**For more information and to RSVP
contact:**

Leah 741-6750



Child Care provided for 0 - 9 years old, RSVP to 741-6750



Foster/Kinship Care Education Program