



## Yuba College Foster Kinship Care Education

**"December 2017 & January 2018"**

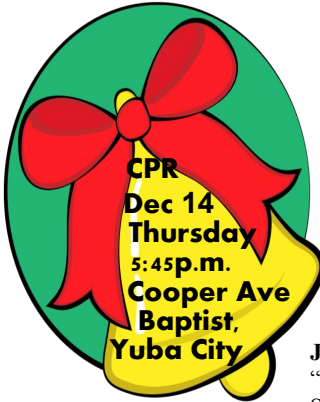
**"Let your children tell you how THEY Feel"**

### Pre Approval Monday Evenings 6:30pm—9:30pm

Dec 4 Pre Service #4  
Dec 11 Pre Service #5  
Dec 18 Pre Service #6  
Jan 8 Pre Service #7  
Jan 22 Pre Service #1  
Jan 29 Pre Service #2

For more information or **to RSVP call 741-6750**  
Yuba College, Bldg #1600, Warren Hall, room I  
Parking free in General East Parking lot

*NO child care*



### Pre Approval Wednesday Mornings 9:30am—12:30pm

Dec 6 Pre Service #3  
Dec 13 Pre Service #4  
Dec 20 Pre Service #5  
Jan 10 Pre Service #6  
Jan 17 Pre Service #7  
Jan 24 Pre Service #1

For more information or **to RSVP call 741-6750**  
Cooper Ave Baptist Church,  
child care available upon request



### Dec 5th, Tuesday, 9:30am **"Breaking Bad Habits..."**

As New Year's is approaching, this presentation can be of assistance in setting a New Year's Resolution that may actually stick. Learn how to recognize negative pattern and bad habits in your life and make changes to those patterns and habits that you want to break. By: Stephanie Fischer, FMT  
Cooper Ave Baptist Church  
741-6750 to RSVP

### Dec 7th, Thursday 9:30am

#### **"Advocating for your Child - How's your Holidays ROLLIN?"**

Take a breath and join in the discussion reflecting back on the past few weeks. What was a success and how could somethings have been done differently? Cooper Ave Baptist, 741-6750 to RSVP  
by: Leslie Damshroeder, MSW, Post Adoption Social Worker

### Dec 12th, Tuesday 9:00 a.m.

#### **"Christmas—Lifebook pages"**

Lifebook's are a therapeutic tool! 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**



Cooper Avenue Baptist Church  
804 Cooper Avenue, Yuba City,  
Estacionamiento por la Park Ave, a un lado de la  
Biblioteca del Condado de Sutter  
"Preservando Memorias Familiares"  
Martes, 12 de Diciembre, 2017, 6-8 pm  
(Las puertas se abren a las 5:45pm y el grupo comienza puntualmente a las 6pm) Para mayor información  
Llame a Cynthia Sandoval 751-1925



### Jan 4th, Thursday 9:30am

#### **"Advocating for your Child-Unwind?"**

Share and hear how the holidays fared for other parents and families. Learning what worked and what to change.

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



### Jan 9th, Tuesday, 9:30am

#### **"LGBTQ+ Foster Youth"**

In this presentation, you will learn about issues experienced by LGBTQ+ Foster Youth. Participants will also walk away with a better understanding of this population and increased general knowledge.

By: Stephanie Fischer, FMT  
741-6750 to RSVP Cooper Ave Baptist Church

### Jan 11th, Thursday, 6:4pm

#### **"Personalities - Understand Them to Understand Us"**

What exactly is a personality? What's mine? How is it different from temperament and character? Why is it important to know what mine is and what yours is? Join us to learn the answer to these questions and others you might have. Discover how your personality and the personality of those you love, work with, and deal with in everyday life affect how you relate to each other. Knowing this can help in understanding yourself better, getting along with others better, and feeling happier. by Willa Smith, LPCC

741-6750 to RSVP Cooper Ave Baptist Church

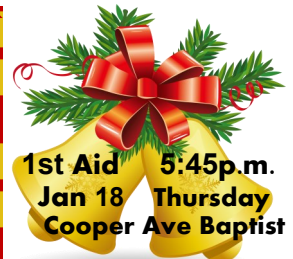
### Jan 22nd, Monday, 6:30p.m.

#### **"Positive Power for ADHD"**

#### **Executive Functioning and how that affects my child**

Hear what can be done at home for executive functioning issues. What can you do to make the journey easier.

Carla Olmstead-Newman, ASW  
Cooper Ave Baptist RSVP at 741-6750  
for attendance and child care



**Merry Christmas**

**Yuba College**  
2088 N Beale Rd.  
Warren Hall  
Bldg #1600, rm I

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

### Jan 23rd, Tuesday, 6:45pm

#### **"Trauma Informed Care for Young People in Foster Care"**

This training will define trauma and discuss the trauma foster children may experience and its impact. We will learn how caregivers can help to minimize the effects of trauma, practical ways to support them with a history of trauma and the importance of self-care for foster parents and caregivers.

by Karleen Jakowski, LMFT, Sutter Yuba Behavioral Health  
741-6750 to RSVP Cooper Ave Baptist Church

