



## Yuba College Foster Kinship Care Education "March 2018"

**"Talk to your children about school and learning."**



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

Mar 5 "Pre Service #6"  
Mar 12 "Pre Service #7"  
Mar 19 "Pre Service #1"  
Mar 26 "Pre Service #2"

NO child care

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



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

Mar 7 "Pre Service #5"  
Mar 21 "Pre Service #6"  
Mar 28 "Pre Service #7"  
Apr 4 "Pre Service #1"

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



### Mar 6th, Tuesday, 9:30am

#### Living with Effects of Abuse

Attending this training will help understand the lingering trauma of child abuse, how abuse primes the brain for future mental illness. Learn how abuse may cause physical effects.

By: Stephanie Fischer, FMT

741-6750 to RSVP Cooper Ave Baptist Church



### Mar 19th, Monday, 6:30p.m.

#### "Positive Power for ADHD" "The Sensory Part of ADHD"

Hear ideas on reducing your child's anxiety and yours also. Bring your concerns and questions.

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



### Mar 8th & 22nd, Thursday, 6:45pm

#### "Five Rules For Parents"

#### Discipline: Deciding What You Want

To establish expectations for your children's behavior it is first necessary to understand that you do not control your children's behavior directly. Join this training to hear about the only kind of discipline. Cooper Ave Baptist Child Care call 741-6750



### Mar 20th, Thursday, 9:30am

#### Healthy Relationships

Healthy relationships all look different. Attending will help understand what is common and how they're structured and who's in them. What isn't a healthy relationship will also be discussed. By: Kristen Batchelder, MA, CCPS & Cynthia Martinez, CCPS from Sutter-Yuba Health Prevention & Early Intervention.

Cooper Ave Baptist Church, Yuba City  
Child Care by calling -741-6750



### Mar 22nd, 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

### Mar 9th, Friday 9:30am "Calming the Chaos"

Attending this training will help build long term emotional stability strategies. These strategies can help with calming intensity, anger and anxiety.

Thelma Amaya, MSW, Child Development Behavioral Consultation Program, Yuba Co Office of Ed

Cooper Ave Baptist 741-6750 to RSVP for child care

### Parenting with Dignity

#### March 6 & 13 12:30pm

A DVD lead series with a philosophy that teaches you to empower your children by teaching them HOW to make good decisions for themselves.

Call for more information 741-6750 NO child care  
Yuba College, Bldg #1600, Warren Hall, room I



### March 13th, Tuesday 9:00 a.m.

#### "Valentines—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 Child care by calling 741-6750 to RSVP



### Mar 29th, Thursday, 6:45pm

#### Understand the Roles Of:

CCL, Child Welfare Services, Juvenile Court, Resource Agency & Resource Parents

The initial & ongoing relationship between a resource parent & the multiple agencies that make up the foster care system can be confusing. Hear the importance of understanding the roles & expectations of all the agencies so a resource parent can advocate, support and meet all the needs of a child in their care. by: Sherry Scott Call 741-6750 to RSVP & or for child care

### April 5th, Thursday, 9:30am "Advocating for your Child - Easy Parenting?"

Lets hear about taking care of everyone else all the time. Bring your concerns and ideas to share.

Cooper Ave Baptist, 741-6750 to RSVP

by: Leslie Damshroeder, MSW,

Post Adoption Social Worker

#### April

4—Pre Approval #1 am	17—Bullying Awareness & Prevention pm
5—Advocating for your child am	18—Pre Approval #2 am
5—Five Rules For Parents pm	19—CPR pm
9—Pre Approval #3 pm	23—Pre Approval #5 pm
10—Stephanie Fischer am	23—ADHD pm
10—Parenting with Dignity 12:30	24—Parenting with Dignity 12:30
12—Working Effectively with LGBT Foster Youth pm	25—Pre Approval #3 am
17—Lifebooks am	26—Five Rules For Parents pm
17—Parenting with Dignity 12:30	30—Pre Approval #6 pm



**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

**Child care 0-9 yrs old Upon request 741-6750**