COLLEGE OF THE CANYONS

FOSTER AND KINSHIP CARE EDUCATION PROGRAM

FREE WORKSHOPS AND CLASSES

FOR ALL FOSTER/RELATIVE CAREGIVERS, PARENTS/GUARDIANS, AND ANYONE INTERESTED IN PARENTING ISSUES

May – June 2014

Active Parenting Now
Fridays, April 18, 25, May 2, 9, 16, 23
9:00 – 11:00 a.m.
In this six-week series, learn the skills required to help develop cooperation, responsibility, and self-esteem in your children, and prepare them to meet the challenges of teenage years.
Location: College of the Canyons University Center, room 207
Instructor: Carri Arquilevich

D Rate Pre-service Training
Fridays, April 18, 25, May 2, and May 9, 2014
9:00 a.m. – 1:00 p.m.
This is the required training for caregivers who would like to work with severely emotionally disturbed children. You must attend all 16 hours to receive your certificate.
Location: College of the Canyons - Early Childhood Education Center – Room B
Instructor: Fran Cameron

Mental Health First Aid: Learning the Warning Signs of Mental Illness
Saturday, May 3
9:00 a.m. – 5:00 p.m.
This one-day program educates participants on how to identify the risk factors and warning signs of mental health problems and how to respond.
Location: College of the Canyons University Center, room 206
Instructor: Larry Schaller

Creating Healthy Family Meals at Home in a Fast Paced World
Saturday, May 10
9:00 – 11:00 a.m.
Learn how to plan, prepare, and serve healthy family meals that are affordable, nutritious, and quick to prepare.
Location: College of the Canyons Early Childhood Education Center
Instructor: Chef Dawn Walker

Attachment Parenting: Bonding With Your Child
Tuesday, May 13
6:00 – 7:45 p.m.
This course will cover the basic principles and tools of attachment parenting. The focus will be on building a secure and nurturing connection between the child and caregiver. The tools discussed will include how to effectively create a bond with your child, how to improve communication, and how to discipline with attachment in mind.
Location: Canyon Country JoAnne Darcy Library, Community Room
Instructor: Heather Haywood

The Art of Grandparenting: Establishing Roles and Creating Healthy Boundaries
Thursday, May 15
6:00 – 7:45 p.m.
Let’s face it, being a grandparent can be a challenge, whether you’re raising your grandchildren, caring for them, or just loving them. Learn practical tips on how to

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define your role with your children and grandchildren.

**Location:** Old Town Newhall Library, Community Room
**Instructor:** Madelyn Gordon

**Straight Talk About Psychiatric Medication for Kids and Adolescents**
**Wednesday, May 14**
6:30 – 8:30 p.m.
The realization that a child may need professional attention can be painful or frightening to parents who have tried everything to support their child. This class will explore psychiatric medication treatment, side effects of medications, and types of medications.

**Location:** Santa Clarita Activities Center
**Instructor:** Dr. Alan Sandler

**Are You Too Involved in Your Child's Life? The Dangers of Helicopter Parenting**
**Thursday, June 5**
6:30 – 8:30 p.m.
Do you hover over your child? Do you focus intently on protecting them from harm, disappointment, and unhappiness? How much involvement in your child’s life is enough? Learn how to be involved in your child’s life allowing them to experience the natural consequences of their actions and how not to deprive them of valuable learning opportunities.

**Location:** Valencia Library – Community Room
**Instructor:** Chris Jones

**First Aid CPR**
**Saturday, June 7**
9:00 a.m. – 4:00 p.m.
Expect the best and prepare for the worst. By attending this all day workshop, you will learn what to do in case of a minor accident or an emergency situation. This class will include: American Red Cross First Aid for Infants, Children, and Adults; and CPR. Successful completion of the class will qualify you for the American Red Cross First Aid certificates, and the Adult, Child and Infant CPR certificates. REGISTER EARLY - CLASS SIZE IS LIMITED.

**Location:** College of the Canyons Early Childhood Education Center - Room B
**Instructor:** Monica Marshall

**F Rate Pre-service Training**
**Friday June 13 and Saturday June 14, 2014**
8:00 a.m. – 5:00 p.m.
This is the required training for caregivers who would like to work with children who are medically fragile. You must attend all 16 hours to receive your certificate.

**Location:** College of the Canyons - Early Childhood Education Center – Room B
**Instructor:** Geri Hernandez

**Why Is My Child Distracted? Recognizing, Coping, and Parenting a Child with ADD/ADHD**
**Saturday, June 14**
9:00 a.m. – 3:00 p.m.
This workshop will address the signs and symptoms of Attention Deficit Hyperactivity Disorder and how to have your child diagnosed. For those caregivers that have children with a diagnosis of ADD/ADHD, there will be discussion about medication, treatments, diets, and resources to help you. Lunch will be provided.

**Location:** College of the Canyons - Early Childhood Education Center – Room B
**Instructor:** Lori Switanowski

**Helping Children Become Thoughtful Decision Makers**
**Saturday, June 21**
9:00 a.m. – 12:00 p.m.
Learn how to help youth become thoughtful decision makers. This training is designed to deepen empathy and our ability to be of true healing to the children we work with.

**Location:** COC Center for Early Education – Room A
**Instructor:** Jeff Cotton

http://www3.canyons.edu/departments/cd/Foster_Care.asp
LOCATIONS

SC Activities Center/Aquatic Center
20880 Centre Pointe Parkway
Santa Clarita, CA 91350

Canyon Country Jo Anne Darcy Library
13601 Soledad Canyon Road
Santa Clarita, CA 91351

COC Center for Early Childhood Education
26455 Rockwell Canyon Road
Santa Clarita, CA 91355

Valencia Library
23743 Valencia Boulevard
Santa Clarita, CA 91355

COC Dianne Van Hook University Center
26455 Rockwell Canyon Road
Santa Clarita, CA 91350

Old Town Newhall Library
24500 Main Street
Newhall, CA 91321

These workshops/classes are for adults only, as childcare is not provided. Low
enrolled workshops are subject to cancellation

We are experiencing difficulty with our online registration at this time. You must
email Gloria Lopez at gloria.lopez@canyons.edu to register for classes.

These FREE workshops and class series are provided in collaboration with the City of Santa Clarita