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**COLLEGE OF THE CANYONS  
FOSTER AND KINSHIP CARE EDUCATION PROGRAM  
FREE WORKSHOPS  
FOR ALL FOSTER / RELATIVE CAREGIVERS, PARENTS / GUARDIANS,  
AND ANYONE INTERESTED IN PARENTING CLASSES  
CLASSES ARE AVAILABLE FOR B, D, OR F RATE RENEWAL  
January-March 2017**

<b>January 2017</b>
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**Healthy Sexual Development**

**Wednesday, January 11, 2017**

**6:30-8:30 p.m.**

How do race, class, sexual orientation, gender identity, and expression affect healthy sexual development outcomes for youth? This workshop will help increase your understanding and support of a youth's healthy sexual development.

**Location: Santa Clarita Activities Center**

**Instructor: Cindy Stephens**

**Self-Care: How to Take Care of Ourselves So We May Take Care of Our Children**

**Tuesday, January 17, 2017**

**6:30-8:30 p.m.**

Caregivers wear many hats, and in the hustle and bustle of being a caregiver, we often forget to care for ourselves. Join us to discuss the critical topic of self-care and explore simple ways to incorporate self-care into your daily life.

**Location: Santa Clarita Activities Center**

**Instructor: Sharon Eyrich**

**Learning through Play**

**Wednesday, January 18, 2017**

**6:30-8:30 p.m.**

Do children actually learn through play? Is play necessary? This fun and interactive workshop will cover the importance of play in a child's development. Participants will be able to discover first-hand the skills learned from play and the many benefits associated with play in early childhood.

**Location: Santa Clarita Activities Center**

**Instructor: Lisa Prince**

**First Aid/CPR**

**Saturday, January 21, 2017**

**9:00 a.m. – 3:00 p.m.**

Participants will learn what to do in case of a minor accident or emergency situation. Class includes: American Red Cross First Aid for Infants, Children, and Adult; and CPR. Successful completion of the class will qualify participants for the American Red Cross First Aid certificates, and the Adult, Child and Infant CPR certificates.

**MAXIMUM PARTICIPANTS: 20**

**Location: College of the Canyons, Early Childhood Education Building, Room B**

**Instructor: Monica Marshall**

**CSEC Part 1: The Commercial Sexual Exploitation of Children: Awareness & Identification Training**

**Saturday, January 28, 2017**

**9:00 a.m.-2:00 p.m.** *A light lunch will be provided for those taking both classes*

This is an interactive training that will provide caregivers with awareness of the intersection of sex trafficking and children in the child welfare system. It will uncover the psychological and family dynamics that drive the ongoing maltreatment and victimization of children by sex traffickers.

**Location: College of the Canyons, Early Childhood Education Building, Room B**

**Instructor: Theresa Reed**

**CSEC PART 2: Developing a Healthy Self-Concept in our Most Vulnerable Youth**

**Saturday, January 28, 2017**

**2:30-5:30 p.m.**

This workshop is a precursor to understanding sex trafficking and will increase knowledge of sexual development. Caregivers will learn skills to effectively engage and communicate with youth to increase the perception of their self-concept and lessen the likelihood of sexual exploitation.

**Location: College of the Canyons, Early Childhood Education Building, Room B**

**Instructor: Theresa Reed**

**Music Sets the Tone for Early Development**

**Monday, January 30, 2017**

**6:30-8:30 p.m.**

Early childhood is the time when children make sense of their world through play and meaningful experiences. When children are given opportunities to move to music, they are given opportunities to learn, grow and develop. At this workshop, you will discover why it's important to incorporate music and movement into your child's daily routines as a means to support their cognitive, social and emotional development. We will also discuss fun ways to implement music and movement at home and in the classroom.

**Location: College of the Canyons, University Center, Room 310**

**Instructor: Gina Peterson**

## February 2017

### **Disrespectful Kids and Teens**

**Tuesday, February 7, 2017**

**6:30-8:30 p.m.**

In this workshop parents will learn what causes kids and teens to become disrespectful. They will also learn how to manage this type of behavior in a positive way, focusing on limit setting, improving family communication, and learning how to win the battle of wills.

**Location: Santa Clarita Activities Center**

**Instructor: Chris Jones – Dynamic Interventions**

### **Kinship Orientation**

**Thursday, February 9, 2017**

**9:00 a.m. – 3:30 p.m.**

This workshop will help support kinship/relative caregivers as they navigate through the county's court system and working with DCFS. Kinship families face different challenges while caring for relative children. We will discuss resources and strategies to improve the outcomes for relative families.

**Location: College of the Canyons, University Center, Room 222**

**Instructor: Theresa Reed**

### **Update on RFA – Resource Family Approval**

**Saturday, February 11, 2017**

**8:30 a.m. - 12:30 p.m.**

With all the changes happening throughout the state, it is important for caregivers to stay informed on the Resource Family Approval process. This workshop will provide clarity for caregivers on what is required and bring them up to date on any changes so they can be well informed.

**Location: College of the Canyons, Early Childhood Education Building, Room B**

**Instructor: Theresa Reed**

### **Update on D-Rate and Title 22 Regulations**

**Saturday, February 11, 2017**

**1:00-5:00 p.m.**

Many caregivers have been certified to care for children who are assessed as D-rate for many years. This workshop will review the policy and its original intent as a way of refreshing caregivers on the roles, rights and responsibility for receiving the supplemental payment. Attendees will discuss the new Title 22 State Licensing Regulations; caregivers will learn how to stay in compliance with Community Care Licensing and CFS regulations. Caregivers will be able to identify changes in regulations to avoid violations of personal rights of minor and Non-Minor Dependents from 0-21 years old.

**Location: College of the Canyons, Early Childhood Education Building, Room B**

**Instructor: Theresa Reed**

### **Practical Solutions to Sensory Challenges**

**Wednesday, February 15, 2017**

**6:30-8:30 p.m.**

Is your child distressed over getting a haircut or do they refuse to wear certain clothing, or appear to show no response to pain when falling down? Parenting a child with sensory processing differences is no easy task. Your child may come across as inflexible, avoidant, or bossy due to their difficulty to effectively respond to certain sensory input. In this course, we will explore the vital role our sensory nervous system serves and provide practical solutions to make daily routines more positive and easier for you and your child.

**Location: Santa Clarita Activities Center**

**Instructors: Judy Hopkins, OTD, OTR/L and Holly Charlton, OTR/L**

### **Love & Logic**

**Tuesdays, February 21 and 28, March 7, 14, 21, and 28, 2017**

**6:30-8:30 p.m.**

This six-week series provides simple and practical techniques to help providers with kids of all ages. Caregivers will learn how to raise responsible children, learn how to have more fun in their role as provider and how to easily and immediately change children's behavior.

**Location: Santa Clarita Activities Center**

**Instructor: Gina Romo**

### **Helping Children and Teens from Addicted and Dysfunctional Families**

**Wednesday, February 22, 2017**

**6:30-8:30 p.m.**

Estimates show that as many as 34 million children are growing up in alcoholic families. But what about families that don't have addiction, but do have physical or sexual abuse or other behaviors that produce a dysfunctional family system much like an alcoholic one? Children and teens that grow up in families with chaos, fear, and shame suffer from a range of symptoms that include codependency, depression, anxiety, and Post Traumatic Stress Disorder (PTSD). This workshop will identify the common struggles that these children face and review dozens of important steps that adults can implement in helping them heal. Various national and local resources will also be included. This workshop is particularly helpful for foster parents, blended families, teachers, counselors, and community leaders.

**Location: Santa Clarita Activities Center**

**Instructor: Dr. Patricia Patton, Ph.D.**

## March 2017

### **Navigating the Adolescent World**

**Thursdays, March 2, 9, and 16, 2017**

**6:30-8:30 p.m.**

This three-part workshop will give insight to parents about the real issues adolescents face today. Topics will include understanding the adolescent brain and how it functions both similarly and differently from the adult brain, recognizing and managing risk taking behavior, how to help your adolescent deal with peer pressure and bullying, how to effectively set limits and improve parenting skills, and most importantly, how to improve communication with your adolescent. This interactive workshop will give parents a chance to see the world through the eyes of their adolescent, and learn the skills necessary to help them navigate their ever changing world.

**Location: Santa Clarita Activities Center**

**Instructor: Malena Ally, Dynamic Interventions**

### **Whole Family (SB500)**

**Friday, March 10, and Saturday, March 11, 2017**

**9:00 a.m. - 5:30 p.m. *A light lunch will be provided each day***

Are you interested in being certified to care for a teen parent and her/his dependent child? Then you should attend an upcoming 16-hour certification class. During the certification, we will discuss caring for the developing teen as both a mentor and a parent; strategies for helping the teen parent to build attachment and be an effective parent; discuss roles, rights & responsibilities of teen parent and caregiver; provide information on available tools and resources; discuss DCFS policies and compensation; complete the Shared Responsibility Plans.

**Location: College of the Canyons, University Center, Room 222**

**Instructor: Theresa Reed**

### **Prudent Parenting**

**Wednesday, March 22, 2017**

**6:30-8:30 p.m.**

This workshop will give an overview of SB 358 ~ which outlines the Reasonable and Prudent Parent Standards. We will discuss how the law is implemented so caregivers can exercise judgment in providing for babysitting and extra-curricular activities for children in their care. The RPPS is designed to allow children to participate in activities that promote normalcy.

**Location: College of the Canyons, University Center, Room 310**

**Instructor: Theresa Reed**

### **Understanding Biases**

**Wednesday, March 29, 2017**

**6:30-8:30 p.m.**

This workshop will give participants an inside look on attitudes and/or stereotypes that affect ones understanding, actions, and decisions as it relates to biases. The content will develop discussions on feelings and attitudes about other people based on characteristics such as race, ethnicity, age, and appearance.

**Location: College of the Canyons, University Center, Room 310**

**Instructor: Theresa Reed**

*Note: Certificates will only be issued to Foster and Kinship Care Providers and will be mailed within 1 to 2 weeks after finishing the workshop*

*\*Please note – all classes held on the College of the Canyons campus require a parking pass.*

*Passes will be emailed to registered participants. There is **NO SMOKING** in the vicinity of the Early Childhood Education Building.*

## **LOCATIONS**

**COC – Dianne Van Hook  
University Center  
26455 Rockwell Canyon Road  
Santa Clarita, CA 91355**

**Santa Clarita Activities Center  
20880 Centre Pointe Parkway  
Santa Clarita, CA 91350**

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



**Low enrolled workshops are subject to cancellation. Please register at least three days prior to class.**

**Register online**

**<http://www.canyons.edu/Departments/ECE/Pages/Foster-and-Kinship-Care.aspx>**

OR

**[Mimi.Leach@canyons.edu](mailto:Mimi.Leach@canyons.edu)**

**These FREE workshops and classes are provided in collaboration with the City of Santa Clarita**



**These workshops/classes are for adults only, as childcare is not provided**