

Foster & Kinship Care Education December 2023 Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Body Image & Self-Esteem in Children and Teens 5:00pm-8:00pm	2 Managing Stress and Building Resilience 10am-1pm
4 How To Keep Our Teens Out of the System 5:30pm-8:30pm	5	6 SCI Training (1) 5pm-9pm	7 SCI Training (2) 5pm-9pm Clase en Español 6pm-8pm	8 SCI Training (3) 5pm-9pm	9 Healthy Eating Habits 10am-1pm
11	12 Foster Parents Working With Birth Parents 5:00pm-8:00pm	13 Peer Pressure 5:30pm-8:30pm	14 Clase en Español 6pm-8pm	15 Grief and Loss During the Holidays 5:00pm-8:00pm	16 Discipline Techniques 10am-1pm

Classes resume the week of January 8th, 2024. Have a great winter break and New Year!

IMPORTANT INFO:

[Click here to register for classes.](#)

Click on "edit my responses" if you have already registered.

Need class links? Email aguilaam2@lacitycollege.edu or call (323) 953-4000 ext 2335 by 12pm, day of class.

Todas la clases serán ofrecidas por internet usando la pagina **Zoom**.

[Haga clic aquí para registrarse para las clases](#)

Prejuntas? LLAME al (323) 953-4000 ext 2335 o mande un mensaje a lacc-fostercare@lacitycollege.edu

LACC FKCE Class Descriptions | December 2023

Workshop Title	Date/Time	Trainer	Class Description
Body Image & Self-Esteem in Children and Teens (Renewal for RFA, W, and SCI-Specialized)	December 1, 2023 5:00pm-8:00pm	Denetra Norwood	Goal of class is for caregivers to have an understanding of body image and self-esteem in children and teens. Explained how body image and self-esteem are developed, identified factors that affect one's body image and self-esteem and discussed areas of risk for children and teens in foster care. We will discuss eating disorders and their relationship to body image and self-esteem.
Managing Stress and Building Resilience (Renewal for RFA, W, and SCI-Specialized)	December 2, 2023 10am-1pm	Sharonda Barksdale	This course covers how our perceptions affect our beliefs and how our beliefs affect our actions. You will learn a host of stress-reduction techniques, while exploring your own stress triggers and responses. Highly interactive, the sessions cover a blend of theory, discussions, and exercises. You will explore concepts with fellow participants within a safe environment where skills and habits can be developed, sharpened, and improved.
How To Keep Our Teens Out of the System (Renewal for RFA, W, and SCI-Specialized)	December 4, 2023 5:30pm-8:30pm	Rob Hanna	Sometimes our youth will be involved with the Juvenile Court System. How can we support them and help them stay out of trouble?
Special Care Increment (SCI) Training (Formerly known as D & F-rate training)	December 6, 7, 8, 2023, 5pm-9pm **YOU MUST ATTEND ALL THREE SESSIONS**	Sandra Smith	The Special Care Increment (SCI) Training is the 12 hours foundational training (which replaces the D & F rate pre-service training) for resource parents who are caring for children, adolescents and non-minor dependents who require specialized care resulting in resource parents going above and beyond the basic level of care (LOC) to meet a child's health, physical, emotional, behavioral, educational, permanency and family service needs. This training covers an overview and explanation of LOC & SCI, substance use, medication and behavior management, the impact of trauma on development, navigating the educational system, birth parent engagement, self-care and resources for successful SCI placement.
Healthy Eating Habits (Renewal for RFA, W, and SCI-Specialized)	December 9, 2023 10am-1pm	Sharonda Barksdale	This class will focus on health and nutrition and how improper diet can affect a child's emotional, physical and psychological well-being.
Foster Parents Working With Birth Parents (Renewal for RFA, W, and SCI-Specialized)	December 12, 2023 5:00pm-8:00pm	Denetra Norwood	This workshop is to show Foster Parents how to work with the birth parents in reunification with their children. What to expect and how to handle the grief and loss issues the children feel.
Peer Pressure (Renewal for RFA, W)	December 13, 2023 5:30pm-8:30pm	Rob Hanna	Class will introduce positive strategies to deal with peer pressure and develop a culture of participation and respect for others. Caregivers will be able to identify the difference between peer pressure and peer encouragement; and receive tools for making a positive decision in both situations.

Grief and Loss During the Holidays (Renewal for RFA, W, and SCI-Specialized)	December 15, 2023 5:00pm-8:00pm	Denetra Norwood	It is that time of the year that brings up a lot of emotions and feelings of grieving and loss in our children. How can we prepare ourselves to help children cope with their feelings during this holiday season? How can we cheer them up?
Discipline Techniques (Renewal for RFA, W, and SCI-Specialized)	December 16, 2023 10am-1pm	Sharonda Barksdale	This workshop will discuss several effective discipline techniques that we can use at home with our children and teenagers.

Clases en Español | Diciembre 2023

Workshop Title	Date/Time	Maestra	Link para regístrese
Depresión en niños (para renovación y formación especializada)	7 de diciembre, 6pm-8pm	Maricela Magaña	<u>Link para registrase</u>
Dolor y pérdida durante las vacaciones (para renovación y formación especializada)	14 de diciembre, 6pm-8pm	Maricela Magaña	<p style="text-align: center;">○</p> <p style="text-align: center;">Copier y pegar: <u>https://forms.gle/9HGGPHjnWyTURF4A</u></p>