



# Cuesta College Foster and Kinship Care Education Program

## Workshops - October 2018

**Free Workshops:** Please note RSVP/ contact telephone number and please leave a current e-mail address to get the flyer e-mailed to you. The flyer is also posted on SLOFOSTERCARE.COM and on the Cuesta College FKCE FB Page.

Tuesday Oct 2nd

10:00am - 1:00pm

**OR**

5:30pm - 8:00pm

**"FALL CONFERENCE - Trauma Toolbox"**

RSVP to (805) 781-1705

Presented by: Ron Huxley, Marriage and Family Therapist

The Trauma Toolbox is a comprehensive delivery of trauma-informed trainings that will target foster parents and professionals that are key stakeholders in San Luis Obispo's human services system of care. Topics to be covered are: Define trauma and trauma-informed care; Identify and apply SAMHSA guidelines for agencies and organizations; Develop a toolbox of real-life interventions for regulation and resiliency; Increase consumer safety and prevent re-traumatization; Create a personal plan for self-care and support.

Location: Avila Lighthouse, 550 Front St in Avila Beach.

Childcare will be available at alternate location, please call to arrange. Lunch & dinner included.

Wednesdays

Oct 3<sup>rd</sup> & 24<sup>th</sup>

9:00am - 11:00am

**"Successfully Parenting at Risk Kids - Scream Free Parenting"** – Stephanie Wilson, LMFT

RSVP to (805) 781-1705

(This 8-week series begins in August; however, you can join at any time)

This series of workshops will focus on Scream Free Parenting; Identifying behavior in both infants and children; How you can effectively Parent children with behavioral issues; Life skills training; and case management and visitations. This is open to all and fulfills requirements for court recommended parenting classes and required training hours for Specialized Homes and OFR homes.

Location: DSS located at 3563 Empleo in SLO, Conference Room #2. Childcare upon timely RSVP

Wednesday Oct 3rd

6:00pm - 8:00pm

**And**

Saturday Oct 6th

10:00am – 1:00pm

**"TBRI - A Sensory World"**

RSVP to (805) 781-1705

(TBRI is a 4-part training series and all 4 workshops in the series are required for those wanting to become a specialized home.) Families who deal with the impacts of trauma are often overwhelmed and powerless making healing difficult. Parents will discover tools created from an attachment-focused, and trauma-informed care perspective. Anyone who works with our youth are welcome to attend. The October 3rd class will be an introduction. Both classes are bilingual/ Spanish. Bring your own lunch or dinner to each session. Location: DSS located at 3563 Empleo in SLO, Conference Room #1

Thursday Oct 4th

4:00pm - 10:00pm

**(or earlier finish if possible)**

**"CPR/FA/AED"- Adult and Pediatric** - (bilingual class/ Spanish)

RSVP to (805) 781-1705

American Red Cross 2-year Certification – This class is free, however, if you are NOT a Resource Family, there will be a \$29 charge for the issuance of your American Red Cross certificate. Please bring a check.

**Bring your own dinner – and we can have a working dinner and finish earlier if possible.** Space is limited.

Location: DSS located at 3563 Empleo in SLO, Conference Room #1



# Cuesta College

## Foster and Kinship Care Education Program

### Workshops - October 2018

Saturday Oct 6th  
2:30pm - 5:30pm

**“Resource Family Pre-Service Training - FINGERPRINTING”**

[RSVP to \(805\) 781-1705](tel:8057811705)

Fingerprinting is mandatory for those going through initial Resource Family Training (RFT), or for licensed homes needing re-certification. Services offered through the County of San Luis Obispo Social Services and Cuesta College FKCE program, at no cost to families who are working with the County of SLO Social Services. **NO childcare will be provided.**

Location: DSS located at 3563 Empleo in SLO, Conference Room #2.

Tuesday Oct 9th  
9:00am - 12:00pm  
6:00pm - 9:00pm

**“STAR - Support, Training, and Advocacy for Resource Families” - RFA Tier II**

Presented by: Judy Martin, Resource parent, Mentor, and Foster Parent Association Treasurer. Open Discussion and review of Resource Family Pre-service Training topics, with Q&A time available at the end of the workshop. The importance of building your support team and Navigating the System, networking and mentoring. You will also receive practical tools to be used in the home; Information about Trauma Informed Parenting; Discipline Strategies; Working with Birth Parents and Visitation; Transitions; Time Management; the Adoption Timeline; Suicide Prevention and Medication storage. Attendance is MANDATORY for all Resource Families at least once per quarter.

Location: DSS located at 3563 Empleo in SLO, Conference Room #2.

[RSVP to \(805\) 781-1705](tel:8057811705)

Childcare and light refreshments upon timely RSVP.

Tuesday Oct 9th  
6:00pm - 8:00pm

**“Foster Parent Association Meeting/ Mixer”** - Everyone is invited!

[RSVP to \(805\) 781-1705](tel:8057811705)

(Open to Resource Families, Relative caregivers, Professionals that work with our specialized population, or anyone wanting to volunteer!) **This is Membership renewal time!**

An overview of the Foster Parent Association and the amazing Resources available to members. Family friendly. Please bring a snack to share with others.

Location: Sands Inn and Suites, 1930 Monterey Street in SLO - Breakfast room.

Thursday Oct 11th  
6:00pm - 9:00pm  
Saturday Oct 13th  
9:00am - 4:00pm  
Thursday Oct 18th  
6:00pm - 9:00pm

**“Resource Family Pre-Service Training”**

[RSVP to \(805\) 781-1705](tel:8057811705)

This series is part of the Resource Family licensing procedures for SLO County Department of Social Services. **Must pre-register to attend.** Childcare is available upon request.

Los instructores que hablan español están disponibles en este entrenamiento. Por favor llame al 781-1805 para hacer una solicitud. **Please note: Each adult must complete the entire series for certification** and “RFT Follow-Up” Training within one month of licensing.

Location: Grace Bible Church, 100 Rodeo St., Arroyo Grande.



# Cuesta College

## Foster and Kinship Care Education Program

### Workshops - October 2018

Monday Oct 15th  
9:00am - 12:00pm

**"Inside Out"** - Presented by Ron Huxley

RSVP to (805) 781-1705

Healing strategies for traumatized children involve helping children heal from the inside out. This strategy will focus on the negative "lies" we believe about ourselves. Children in loving homes can still view themselves as unworthy of love. They can sabotage themselves and create more pain for their families. Explore interventions to transform lies into truth that will set children and families free.  
Location: Grace Central Coast, 1350 Osos Street in SLO. Childcare and light refreshments upon RSVP.

Monday Oct 15th  
6:00pm - 8:00pm

**"Resource Family Informational Meeting"** -

RSVP to (805) 781-1705

Information will be provided about becoming a licensed Resource Family in San Luis Obispo County.  
Location: DSS in SLO at 3433 S. Higuera St, in SLO, Room 101.

Friday Oct 19th  
9:00am - 3:00pm

**"CWA - Creating Cooperation, Self-Esteem and Attachment in your Strong-Willed Child"**

- Day 1 - Presented by: Lori Switanowski, LMFT; Christina Maricic, Former Foster Youth, Current Youth Advocate, and Student at USC

RSVP to (805) 781-1705

Topics to be discussed: In most families time-outs and consequences for poor behavior are typically the majority of interactions. Unfortunately, these interactions lead to power struggles and discord between the parent and their child. Participants will learn and practice how to use play and praise/reward techniques to address many of their child's poor habits and behaviors. Strongly recommended for caregivers, professionals working with our population and SWs.

Location: ABC Church, 6225 Atascadero Mall Rd. in Atascadero - Childcare provided with a timely RSVP

Saturday Oct 20th  
9:00am - 3:00pm

**"CPR/FA/AED"** - Adult and Pediatric - (bilingual class/ Spanish)

RSVP to (805) 781-1705

American Red Cross 2-year Certification - This class is free, however, if you are NOT a Resource Family, there will be a \$29 charge for the issuance of your American Red Cross certificate. Please bring a check. ***Bring your own food for this session as well as food for your child if you will be taking advantage of childcare*** - Space is limited.

**Location: DSS located at 3433 S. Higuera St in SLO, Room 101 on side of bldg - Please note new location**



# Cuesta College

## Foster and Kinship Care Education Program

### Workshops - October 2018

Saturday Oct 20th

9:00am - 3:00pm

**"CWA - Creating your Dream Child: How to Teach your Child to Follow the Rules and Take Responsibility for their Actions"** – Day 2 - Presented by: Lori Switanowski, LMFT; Christina Maricic, Former Foster Youth, Current Youth Advocate, and Student at USC

[RSVP to \(805\) 781-1705](tel:8057811705)

Topics to be discussed: Participants will receive hands-on training and practice in learning how to set clear limits, have consistent follow-through and the ability to ignore and redirect annoying behaviors.

Strongly recommended for caregivers, professionals working with our population and SWs.

Location: DSS at 3563 Empleo in SLO, Conference Room #1

Thursday Oct 25th

9:00am – 11:00am

Or

6:30pm – 8:30pm

**"Hot Topic! - Twenty Things Adopted Kids Wish Their Adopted Parents Knew"**

This month's book is titled – Twenty Things Adopted Kids Wish Their Adopted Parents Knew by Sherrie Eldridge. We will finish up with "The Mystery of Risk" and start to explore "Twenty Things Adopted Kids Wish Their Adopted Parents Knew".

[RSVP to \(805\) 781-1705](tel:8057811705)

The voices of adopted children are poignant, questioning. And they tell a familiar story of loss, fear, and hope. This extraordinary book, written by a woman who was adopted herself, gives voice to children's unspoken concerns, and shows adoptive parents how to free their kids from feelings of fear, abandonment, and shame. **Everyone will receive the book FREE along with next month's book!**

Morning Location: DSS located at 3563 Empleo in SLO, Conference Room #1

Evening Location: Plymouth Church, 1301 Oak St in Paso Robles

For this evening class, feel free to bring your own dinner. Childcare will **NOT** be provided

Friday Oct 26th

9:00am - 11:00am

**"Options for Recovery - Family Staff Meeting"**

[RSVP to \(805\) 781-1705](tel:8057811705)

These are mandatory meetings for OFR Homes. This session is for OFR Families and DSS Staff to discuss the OFR Program, OFR respite, reimbursement, OFR support, OFR community resources, and group discussion regarding the benefits of mentoring birth parents.

Location: DSS located at 3563 Empleo in SLO, Conference Room #1. Childcare will be provided with RSVP.

Friday Oct 26th

9:00am - 12:00pm

**"Resource Family Case Support (RFCS)"**, Stephanie Wilson, LMFT

[RSVP to \(805\) 781-1705](tel:8057811705)

**Topic - Case Discussions.** This workshop is therapeutic in nature and topics will include strategies to work within the system in a positive manner, overcoming obstacles in your case plan; how to advocate for the children in your care; overview of community resources. This is open to all Resource Families (foster or adoptive parents, and kinship care providers).

Location: DSS located at 3563 Empleo in SLO, Conference Room #2



# Cuesta College

## Foster and Kinship Care Education Program

### Workshops - October 2018

Saturday Oct 27th  
9:00am - 3:00pm

**“Resource Family Pre-Service Training - Tools For The Trade”**

RSVP to (805) 781-1705

You’ve completed your licensing, Now What?? This fourth Saturday is open to all. Bring your questions, concerns, or just have a conversation regarding Resource Parenting. This is highly recommended for the newly licensed Resource/Kinship home as well as an invitation for current Resource Families to come and share your knowledge with our growing Resource Family community. You are welcome to attend Fingerprinting (see below) at any time during this training. It should only take 10 minutes.

*Please pre-register to attend. NO Childcare will be available.*

**Please note: Each adult must complete the entire series for certification**

Location: DSS located at 3563 Empleo in SLO, Conference Room #1

*Workshops are open to the community, but priority will be given to Resource Families- Foster or Adoptive Parents, Relative/ Kinship Care Givers, and ILP youth.*

**Please specify your category at the time of your call/e-mail plus your first name, last name, E-mail, and phone number.**

*Please RSVP at Least one week prior to a workshop/event, so that we have enough training materials for everyone.*

*Workshops may be cancelled due to lack of attendance. More workshops may be added to this calendar as needed.*

**RESERVE YOUR SPACE NOW! CALL MIMI AT FKCE – (805) 546-3156 OR LEANN AT (805) 781-1705**

**OR E-MAIL YOUR RSVP TO MIMI AT [MFELICIA@CUESTA.EDU](mailto:MFELICIA@CUESTA.EDU)**

**PLEASE VISIT [WWW.SLOFOSTERCARE.COM](http://WWW.SLOFOSTERCARE.COM) FOR MORE ACTIVITIES AND INFORMATION**

**PLEASE CONTACT THE SLO FPA TO BECOME A MEMBER!**

