



Cuesta College

Foster and Kinship Care Education Program

Workshops - September 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.

Saturday Sept 1st

10:00am – 1:00pm

And

Wednesday Sept 5th

6:00pm - 8:00pm

“TBRI - Teens”

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

Developing a trusting relationship with any teenager can be a challenge. For teenagers with traumatic backgrounds of abuse, neglect or broken homes, it’s especially challenging for the teens and adults who care for them. Discussions on Building Trust; Empowering and Connecting; Balancing Structure and Nurture; Scripting New Behavior; Correcting; Giving Voice and Making Sense of the Past; and Changing Outcomes. The September 1st class will be an introduction. Both classes are bilingual/ Spanish. NO childcare will be available. Bring your own lunch or dinner to each session.

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

Tuesday Sept 4th

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.

Wednesdays

Sept 5th, 12th, 19th & 26th

9:00am - 11:00am

“Successfully Parenting at Risk Kids - Scream Free Parenting” – Stephanie Wilson, LMFT

(This 8-week series begins in August; however, you can join at any time) [RSVP to \(805\) 781-1705](tel:8057811705)

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

Thursday Sept 6th

4:00pm - 10:00pm

“CPR/FA/AED” - Adult and Pediatric - (bilingual class/ Spanish)

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

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 - Space is limited.

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



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Saturday Sept 8th
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 3563 Empleo in SLO, Conference Room #1 - Please note new location

Monday Sept 10th
9:00am - 12:00pm

“Speaker from the Autism Spectrum Network” RSVP to FKCE at (805) 546-3156
or DSS at (805) 781-1705
Presented by Autism Spectrum Network
Childcare will **NOT** be provided
Location: DSS at 3563 Empleo in SLO, Conference Room #1

Tuesday Sept 11th
6:00pm - 8:00pm

“Foster Parent Association Meeting/ Mixer” - Everyone is invited! RSVP to (805) 781-1705
(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 Sept 13th
6:00pm - 9:00pm

“Resource Family Pre-Service Training” RSVP to (805) 781-1705
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: First Baptist Church, 2075 Johnson Ave., in SLO.

Saturday Sept 15th
9:00am - 4:00pm
Thursday Sept 20th
6:00pm - 9:00pm

Saturday Sept 15th
8:30am - 2:00pm

“SLO County Human Trafficking Summit: Keeping Kids Safe From Predators”
Presented by Morro Bay Rotary Club and St. Timothy’s Women’s Guild
Selling America’s unsuspecting Teenagers is fast becoming America’s most lucrative crime. SLO County is a proven marketplace and destination playground. Learn to protect our children by recognizing signs it is happening, how to report it, and solutions to help victims become survivors of human trafficking indignities.
Location: Morro Bay Community Center, 1001 Kennedy Way, Morro Bay, Ca



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Monday Sept 17th
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 Sept 21st
9:00am - 3:00pm

"CWA - Helping your Foster Youth Succeed in School" – Day 1

RSVP to (805) 781-1705

Presented by: Dr. Lori Switanowski, LMFT; Christina Maricic, Former Foster Youth, Current Youth Advocate, and Student at USC

Topics to be discussed: How to recognize if your youth may need an IEP or have accommodations made; What are your child's educational rights and how to advocate for them; and How to track your youth's educational progress. 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 Sept 22nd
9:00am - 3:00pm

"CWA - Fun and Creative Academic Interventions for Youth" – Day 2

RSVP to (805) 781-1705

Presented by: Dr. Lori Switanowski, LMFT; Christina Maricic, Former Foster Youth, Current Youth Advocate, and Student at USC

Topics to be discussed: Step-by-step ways to help your youth move from survival mode to academic mode; Fun methods to boost adolescents self-esteem and cognitive abilities; How to interact with your youth to promote early education goals, youth productive interests, and fun homework skills and habits.

Strongly recommended for caregivers, professionals working with our population and SWs.
Location: DSS in SLO at 3433 S. Higuera St, in SLO, Room 101.

Saturday Sept 22nd
9:00am - 4:30pm

"Options for Recovery- Specialized All-day OFR Certification Training"

RSVP to (805) 781-1705

This session will include Blood-Borne Pathogens; HIV; Hep C; Universal Precautions; SIDS; The Addiction Cycle and its Effects on the Brain; OFR Respite Reimbursement; Mentoring Birth Parents; Keys to Caregiving; Care of the Low Threshold Infant; Substance Exposed and Premature. This workshop is part of the OFR certification training. Please bring your folders with information from the prior trainings. 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 in SLO at 3563 Empleo in SLO. Conference Room #2
Childcare will be provided. Lunch break will be from 12:30pm – 1:30pm



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Saturday Sept 22nd
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 #3

Saturday Sept 22nd
12:00pm - 4:00pm

“Resource Family Pre-Service Training - FINGERPRINTING”

RSVP to (805) 781-1705

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 #1.

Monday Sept 24th
9:00am - 12:00pm

“Healing Strategies for Traumatized Children and their Families”

RSVP to (805) 781-1705

Presented by Ron Huxley

Healing strategies for traumatized children involve helping children heal from the bottom up. This strategy will explore the impact that trauma has on the body and brain. In order for behavioral strategies to stick we must calm down the hyper aroused nervous system. Learn practical, power-full tools for your trauma toolbox.

Location: Grace Central Coast, 1350 Osos Street in SLO. Childcare and light refreshments upon RSVP.

Thursday Sept 27th
9:00am – 11:00am

“Hot Topic! - The Mystery of Risk”

RSVP to (805) 781-1705

Or

6:30pm – 8:30pm

This month’s book is titled – The Mystery of Risk: Drugs, Alcohol, Pregnancy and the Vulnerable Child by Ira Chasnoff, M.D.. We will finish up with “Born Broken: An Adoptive Journey” and start to explore “The Mystery of Risk”. The ill effects of a baby’s exposure to drugs and alcohol while in the womb are demonstrated in this essential reference with cutting-edge information from the fields of medicine, neuroscience, and child psychology. **Everyone will receive the book FREE along with next month’s book!**

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

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



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Friday Sept 28th
9:00am - 11:00am

"Options for Recovery - Family Staff Meeting"

RSVP to (805) 781-1705

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 #2. Childcare will be provided with RSVP.

Friday Sept 28th
9:00am - 12:00pm

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

RSVP to (805) 781-1705

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 #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

PLEASE VISIT WWW.SLOFOSTERCARE.COM FOR MORE ACTIVITIES AND INFORMATION

PLEASE CONTACT THE SLO FPA TO BECOME A MEMBER!

