

Foster and Kinship Care Education  
Los Angeles Pierce College  
Carol Bohn, FKCE Coordinator  
6201 Winnetka Ave.  
Woodland Hills, CA 91371

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August 30, 2012

Dear Principal:

Enclosed please find a flyer of the classes that I will be offering during the **WINTER- 2012 and Spring 2013.**

These classes are targeted for **foster parents and kinship caregivers (relative caregivers)**, but can be of **interest to anyone** who is working with this population. **Foster/kinship children** are in schools, clinics and working in the public, so your teachers, teacher aides, nurses; special education assistants, special education trainees and health care assistants meet them.

Would you please forward this information to any of your students who are being parented by foster parents and/or kinship caregivers or put in your **Parent Center**, if you have one?

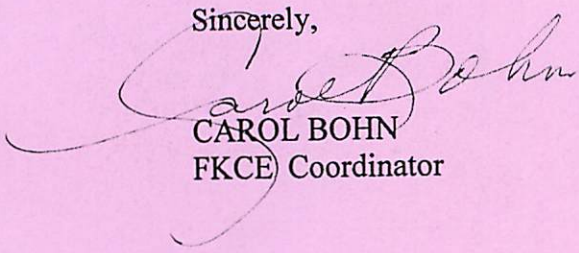
These are non-credit classes, but they do receive a certificate that they attended the class. There is **no charge** for classes and if during the week I provide parking passes. There is no pre-registration required, just come to the class that is of interest to them. Most of the speakers have very good handouts that make **excellent resource information.**

**By special arrangement these classes can be brought to the schools. Call for more information.**

If you have any questions or need more flyers please feel free to contact me at the above numbers.

**Thanking you** in advance for helping me inform your dedicated employees, foster parents and kinship caregivers of this opportunity to **broaden their knowledge.**

Sincerely,



CAROL BOHN  
FKCE Coordinator



# PIERCE COLLEGE

## FOSTER & KINSHIP CARE EDUCATION

6201 Winnetka Avenue  
Woodland Hills, CA 91371  
(818) 710-2937

<http://extension.piercecollege.edu>

# Fall 2012 & Winter 2013



### FOSTER AND KINSHIP CARE EDUCATION

Foster and Kinship Care Education (FKCE) classes provide quality education and support opportunities for caregivers of children and youth in out-of-home care enabling these providers to meet the educational, emotional, behavioral and developmental needs of the children in their care.

FKCE classes are open to all Resource (Foster) Parents, Kinship Caregivers and anyone else who is interested in or who works with children in out of home care.

- **Resource Parents** are people who care for non-relative children in out of home care. Also known as Foster Parents.
- **Kinship Caregivers** are people who care for their relative children, such as grandparents, uncles/aunts, older siblings or those who may not be related, but are considered close friends of the family.
- **Interested Parties** may be teachers, day care providers, medical or emergency professionals, potential foster parents, child development majors, or anyone who is interested in foster children, children or care issues.

**All classes are FREE**

**Classes qualify for B, W, D and/or F- Rate renewal hours**

FKCE classes satisfy annual renewal hours for Los Angeles County Resource Parents (Foster Parents) that are licensed by the State of California. The rates and required hours are:

<b>B-Rate (Basic Rate)</b>	<b>12 hours</b>
<b>D-Rate (Emotional/Behavior Issues)</b>	<b>18 hours</b>
<b>F-Rate (Medically Fragile)</b>	<b>12 hours</b>
<b>W-Rate (Whole Family Foster Home)</b>	<b>4 hours</b>

**Participants will receive certificates at the end of each class**

To receive a certificate for class hours in full, **participants must arrive by the start of class**. Students entering 15 minutes after class begins or leaving class before the end will not receive credit for attendance. Pre-registration is not required for renewal hour classes, **however, pre-registration is required for pre-service classes**.

**All classes meet on campus in the NGYM 5600 unless otherwise specified.**

**Children are not permitted at workshops. Childcare is not provided.**



## **Pierce College Foster & Kinship Care Education**

Director: Cindy K. Chang - changck@piercecollege.edu  
Coordinator: Carol Bohn - bohnca@piercecollege.edu  
FKCE Classroom Asst: Nicole Jackson  
FKCE Program Asst: Antonio Del Real

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*Si necesita clases para padres de crianza en español, por favor  
llame a Mission College (818)364-7600 x7135*



# RENEWAL HOUR CLASSES

## September 2012

### HOW FAVORITISM AFFECTS CHILDREN

If one child is the "favorite child" how will the "left out child" feel? Discuss the self esteem issues and feelings of worthlessness that accompanies this problem, and find ways to change and/or fix the situation.

*Kathy Lynch, M.A.; LMFT*

Saturday, 8th 9:00 am -12noon

### DRUGS AND GANGS

Is it true that youth join gangs to sell drugs, commit crimes and make money? Find the answers to this question and others you may have, as well as ways to educate and protect your child by attending this presentation by L.A.P.D. officers.

*Officer Scott Rosengard & Gang Unit*

Saturday, 15<sup>th</sup> 9:00 am -12 noon

### EARLY INTERVENTION SERVICES-THROUGH REGIONAL CENTER

Come and learn how to obtain Early Intervention Services from Regional Center. Learn the ins-and outs of the Regional Center and how to become an advocate for your child.

*Cindy Rodas, Special Education Advocate*

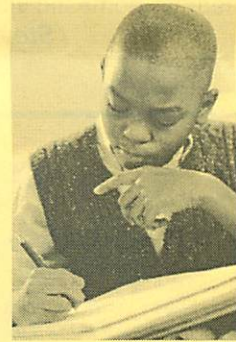
Saturday, 22<sup>nd</sup> 9:00 am -12 noon

### EDUCATIONAL RIGHTS FOR KIDS-3-22

Do you know what the educational rights are for children 3-22? If not, then this is an important class for you, as the advocate for the child in your home.

*Cindy Rodas, Special Education Advocate*

Saturday 29<sup>th</sup> 9:00 am ---- 12 noon



## October 2012

### THE RIGHT TO BE ANGRY

In this class caregivers will get to know the pain kids feel and why it becomes anger. While kids have the right to be angry too, they need to have appropriate ways to express that anger. Learn techniques to help children express their feelings in a safe and acceptable manner.

*Mazda Lakpour, MFTI*

Saturday, 6<sup>th</sup> 9:00 am - 12 noon

### DIABETICS & OBESITY

Obesity and Diabetes in children is on the rise. In this class you will find out how you can help your child avoid becoming either.

*Heather Benado, Lecturer*

Saturday, 13<sup>th</sup> 9:00 am - 12 noon

### CHILDREN OF INCARCERATED PARENTS

This class will outline the impact that parental incarceration and involvement in the criminal justice system have on children and families. Discuss ways to help the family cope when in this situation.

*Steve Lorentson, LMFT*

Saturday, 2 9:00 am -12 noon

### HOW TO BUILD A CASE FOR SPECIAL RATES

Are you receiving the correct pay for the child in your care? If not, then this class will guide you to build your case in order to get an increase in your child's monthly rate/allowance. Cases may vary for money your child is entitled to depending on the child's needs.

*Joseph A. Hackett, Esq.*

Saturday, 27<sup>th</sup> 9:00 am -12 noon



## November 2012

### UNDERSTANDING THE TEEN BRAIN

Caregivers will gain a better understanding of how the brain develops through the teen years and how it affects their teen's behavior. They will also learn in which ways society impacts their teens and how to help their teens make the right choices.

*Kathy Lynch, M.A., LMFT*

Saturday, 3rd 9:00 am – 12 noon

### CHILD ABUSE

Class will learn the different types of abuse and how to recognize them.

*Mazda Lakpour, MFTI*

Saturday, 10th 9:00 am – 12 noon

### DOMESTIC VIOLENCE AFFECTS ON YOUTH

Domestic violence has negative effects on youth and can cause the youth to have lifelong difficulties from either being involved or watching/hearing domestic violence.

*Steve Lorentson, LMFT*

Saturday, 17<sup>th</sup> 9:00 am – 12 noon



## December 2012

### HOLIDAY BLUES

Holidays are coming, and our children might be feeling down. What can we do to cheer them up? (and ourselves too!!)

*Kathy Lynch, M.A., LMFT*

Saturday, 1st 9:00 am – 12 noon

### FAMILIES DEALING WITH AGGRESSIVE AND VIOLENT CHILDREN

It is NEVER okay for anyone in a home to be hurt by another. The instructor will give information on aggressive and violent children and how you can help them to overcome these behaviors.

*Steve Lorentson, LMFT*

Saturday 13<sup>th</sup> 9:00 am – 12 noon

## January 2013

### AGING OUT OF FOSTER CARE—PART I

As our teens age out of foster care, they need to know how to make plans on where to live, eat, jobs, health care and many more skills to live on their own. This class will give you ways to help the teens.

*Heather Benado, Lecturer*

Saturday, 5<sup>th</sup> 9:00 am – 12 noon

### APPRECIATION CULTURAL LIKES & DIFFERENCES

Our families are often a mix of racial and ethnic heritage. Expose and educate your youth to diversity and learn ways to celebrate your child's heritage as well.

*Kathy Lynch, M.A.; LMFT*

Saturday, 12<sup>th</sup> 9:00 am – 12 noon

### ANGER MANAGEMENT FOR PARENTS

This class will help caregivers understand their youth by first identifying their own anger triggers. Parents will learn how to de-escalate out-of-control anger.

*Mazda Lakpour, MFTI*

Saturday, 19<sup>th</sup> 9:00 am – 12 noon



## January 2013 – cont.

### ADOLESCENTS AND THE LAW

Caregivers will learn about the due process system of the law; school rules, the laws of truancy, assault and battery, shoplifting, alcohol/controlled substances, forgery and more. There will be information about basic principles of the law in clear straightforward language.

*Joseph A. Hackett, Esq.*

Saturday, 26<sup>th</sup> 9:00 am – 12 noon

## February 2013

### AGING OUT OF FOSTER CARE – PART II

As our teens age out of foster care, they need to learn the skills to live on their own. This class will help you help them to plan for an independent future.

*Heather Benado, Lecturer*

Saturday, 2<sup>nd</sup> 9:00 am – 12 noon



### NAVIGATING THE CHILDREN'S COURT

This class will cover the court system and permanency options. Caregivers will learn about the court process/regulations/documentation process, and education rights & resources, along with other available information and resources for children in foster care.

*Joseph A. Hackett, Esq.*

Saturday, 9<sup>th</sup> 9:00 am – 12 noon

### CARING FOR PRE-NATALLY EXPOSED INFANTS

Caring for drug and alcohol pre-natally exposed infants can be a challenge. In this class you will learn ways to calm a prenatally exposed baby, as well as types of clothing and toys that are appropriate for these infants. We will also discuss how different types of drugs affect babies in different ways.

*Heather Benado, Lecturer*

Saturday, 16<sup>th</sup> 9:00 am – 12 noon

### REACTIVE ATTACHMENT DISORDER

Some children do not establish healthy bonds during their childhood, which may affect their ability to establish future relationships. Specifically, children in foster care who have been sexually abused can be under or over attached to caregivers. Caregivers will learn healthy limits and boundaries, while providing appropriate bonding and love.

*Mazda Lakpour, MFTI*

Saturday, 23<sup>rd</sup> 9:00 am – 12 noon

## March 2013

### UNDERSTANDING AUTISM, ASPERGERS & RETTS SYNDROME

This class will provide caregivers an overview of Autism, Aspergers and Retts syndrome. Caregivers will identify the characteristics, symptoms, and treatment of these disorders and learn how to access available resources.

*Heather Benado, Lecturer*

Saturday, 2<sup>nd</sup> 9:00 am – 12 noon

### STRESS AND ANGER MANAGEMENT

Adolescents are subject to enormous amounts stress, often long before they've learn how to handle it. This class will give caregivers practical insight and tools to deal with this inescapable stress, to understand their anger and manage it in a healthy and constructive way.

*Steve Lorentson, LMFT*

Saturday 9<sup>th</sup> 9:00 am – 12 noon



## March 2013 – cont.



### WORKING WITH THE JUVENILE COURT

It is very important for caregivers to understand the juvenile court system and how it works. This class will discuss the "ins and outs" of this specialized court system, how it works, and what to expect.

**Joseph A. Hackett, Esq.**

Saturday, 16<sup>th</sup> 9:00 am – 12 noon

### CARING FOR THE LESBIAN, GAY, BISEXUAL, TRANSGENDER & QUESTIONING YOUTH

This class will discuss the different sexual inclination, the situations that may arise, and the possible reality and circumstances. Caregivers will understand and acquire the ability to discuss human sexuality with their children.

**Kathy Lynch, M.A.; LMFT**

Saturday, 23<sup>rd</sup> 9:00 am – 12 noon

## Kinship Education

### WEEKLY KINSHIP EDUCATION GROUP

Discuss issues specific to relative caregivers (grandparents, uncles, aunts, older siblings, etc.) such as dealing with birth parents and family dynamics, as well as other issues regarding the care of your relative child. Learn about networks, support and resources for relative caregivers.

Location: All Relative Caregivers  
**Kaiser Permanente - Woodland Hills**  
Days: Wednesday Mornings

Location: Relative Caregivers Raising Teens  
**St. Stephens Presbyterian Church**  
Days: 2<sup>nd</sup> & 4<sup>th</sup> Thursday Evenings

Facilitator: *Grandparents as Parents*  
Call 818-264-0880 for times and room locations.



### KINSHIP ORIENTATION

An overview of the process relative caregivers must go through in order to care for relative children who are dependents of the court and are placed in out-of-home care.

Location Time & Date: TBA

**Call:** 818-710-2937 for more information

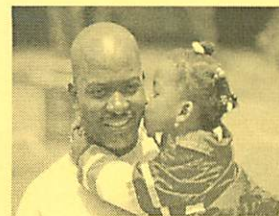
### DCFS FOSTER PARENT RECRUITMENT HOTLINE:

1- 888 - 811-1121



## PRE- SERVICE TRAINING

All Pre-Service classes meet in Business 3205



### D – RATE CERTIFICATION

The D-Rate certification is specialized training for caregivers (licensed foster parents, relative caregivers, or non-relative legal guardians) to develop the skills necessary to effectively handle the unique challenges of caring for children with severe emotional and/or behavioral problems.

Days: **4 Tuesdays** each session  
Time: 5:30 pm – 9:30 pm  
Dates: Sept 11-----Oct.2, **2012**  
Nov 6----- Nov 27, **2012**  
Feb 5 -----Feb 26. **2013**

### F - RATE CERTIFICATION

The F-Rate certification is specialized training for caregivers (licensed foster parents relative caregivers, or non-relative legal guardians) to develop the skills necessary to effectively handle the unique challenges of caring for children with special medical needs such as severe asthma, traumatic brain injury, shaken baby syndrome, and prenatal alcohol or drug exposure.

Days: **4 Tuesdays** each session  
Time: 5:30 pm – 9:30 pm  
Dates: Oct 9 -----Oct 30, **2012**  
Jan 5 -----Jan 29, **2013**

### WHOLE FOSTER FAMILY HOMES (W- RATE) CERTIFICATION

If you are interested in caring for and mentoring parenting teens, then this class is for you. In this training, you will learn how to teach the teens responsibility for themselves and their child. You will help them prepare to care for the needs of themselves and their baby once they are out of the system. You will also learn about the requirements of this new program, how to navigate the system, and about the additional W-rate stipend.

Days: **4 Tuesdays**  
Time: 5:30 pm – 9:30 pm  
Date: Mar 5--- Mar 26, **2013**

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