



LOS ANGELES MISSION COLLEGE
FOSTER&KINSHIP CARE EDUCATION PROGRAM
CLASSES FOR RESOURCE PARENTS
Fall 2017



WORKSHOP GUIDELINES

- In order to receive a certificate of completion, participants must arrive on time and leave on time. We reserve the right to not issue a certificate to those participants who do not adhere to this policy.
- To avoid workshop cancellation, a minimum of 2 participants must be present at the workshop.
- Class topics are subject to change without notification.
- The majority of the classes are for B, D, W, or F rate renewal hours unless otherwise specified.
- **Due to the sensitivity of topics, *children cannot attend classes at Los Angeles Mission College* and child care is not available.**
- **Parking passes must be requested one week prior to the class via email to Estela Miranda at mirande@lamission.edu**

September 2017

Initial D-Rate 16 hour Pre-Service Training

Learn how to care for a child with behavioral needs. Participants must complete the entire 16 hour training to receive a certificate. This class is **not** part of the renewal training and renewal certificates **are not available** for this series.

The D-Rate Pre-Service class meets four Tuesdays from 6:00pm-10:00pm. Please call (818) 364-7664 or via email Estela Miranda at mirande@lamission.edu to register.

Understanding Mental Health & Mental Illness

The goal of this presentation is to decrease stigma on mental health and mental illnesses by increasing awareness about ourselves as integral human beings. Techniques for working to find a balance in life will also be discussed.

Instructor: Reina V. De Cuellar
Date: **Thursday, September 7, 2017**
Time: **7:00 PM - 9:00 PM**
Location: Los Angeles Mission College
 13356 Eldridge Ave.
 Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F

Developing Bonds & Celebrating Child

Milestones (Part 1)

This workshop will cover early memories of bonding between the child and the caregiver. Discussion will focus on how to build loving bonds for life, including attachment behaviors.

Instructor: Deidre Woods, MA
Date: **Saturday, September 9, 2017**
Time: **8:30 AM - 5:00 PM**
Location: Los Angeles Mission College
 13356 Eldridge Ave.
 Sylmar, CA 91342
Building: **Collaborative Studies Building (CSB)**
Room: **203**
Renewal rate(s): B, D, W, or F

Understanding Child Development

This presentation will cover the stages of development from infancy through adolescence and why they are important to recognize. The class will focus on an overview of the importance and differences between secure and insecure attachment in early childhood.

Instructor: April P. Jones, LCSW
Date: **Thursday, September 14, 2017**
Time: **7:00 PM - 9:00 PM**
Location: Los Angeles Mission College
 13356 Eldridge Ave.
 Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F

Developing Bonds & Celebrating Child

Milestones (Part 2)

This workshop will provide information on child development theories and how to support your child's healthy development.

Instructor: Deidre Woods, MA
Date: **Saturday, September 16, 2017**
Time: **8:30 AM - 5:00 PM**
Location: Los Angeles Mission College
 13356 Eldridge Ave.
 Sylmar, CA 91342
Building: **Collaborative Studies Building (CSB)**
Room: **203**
Renewal rate(s): B, D, W, or F



 **LOS ANGELES MISSION COLLEGE**
FOSTER&KINSHIP CARE EDUCATION PROGRAM
CLASSES FOR RESOURCE PARENTS
Fall 2017



Bonding with Your Child

This class is based on the "First Five Years" program. This class will cover the importance of bonding and how increasing the feelings of closeness between you and your children, will help your child's brain grow.

Instructor: Jennifer Calderón, MA, LMFT, LPCC
Date: **Thursday, September 21, 2017**
Time: **7:00 M - 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F

Preventing Problems

This class is based on the "First Five Years" program. This workshop will focus on challenging behaviors and how you can support your child's developmental milestones, and the importance of self-care.

Instructor: Jennifer Calderón, MA, LMFT, LPCC
Date: **Thursday, September 28, 2017**
Time: **7:00 M - 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F

October 2017

How Families Can Support Each Other with Mental Health Challenges

Participants will learn about the red flag signs that may be an indication of mental illness along with the importance of prevention and early intervention.

Instructor: Reina V. De Cuellar
Date: **Thursday, October 5, 2017**
Time: **7:00 PM - 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F

Teaching Children Money Management

This workshop will provide caregivers with ideas on how to teach children practical life skills in the area of budgeting.

Instructor: Estela Miranda
Date: **Saturday, October 7, 2017**
Time: **9:00 AM - 12:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Collaborative Studies Building (CSB)**
Room: **206**
Renewal rate(s): B, D, W, or F

Encouraging Positive Behaviors

This class is based on the "First Five Years" program. This workshop will cover different methods of disciplining your child without violence, how to prevent tantrums, strategies to prepare your child for school, and how to use mindfulness to keep your "cool" during those stressful toddler years.

Instructor: Jennifer Calderón, MA, LMFT, LPCC
Date: **Thursday, October 12, 2017**
Time: **7:00 PM - 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F

Foster Youth Educational Rights (FYAP): Dissemination & Discussion of the Foster Youth Bill of Rights

This presentation will discuss the related challenges for students, legislation, and district policy specific to foster youth along with the services and responsibilities of the new Foster Youth Achievement Bill.

Instructor: April P. Jones, LCSW
Date: **Thursday, October 19, 2017**
Time: **7:00 PM - 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F



 **LOS ANGELES MISSION COLLEGE**
FOSTER&KINSHIP CARE EDUCATION PROGRAM
CLASSES FOR RESOURCE PARENTS
Fall 2017



Being an Active Parent

This class is based on the "Active Parenting" program. This workshop will cover the importance of your relationship with your child. The class will focus on how to develop and strengthen this relationship, and define your goals and role as a caregiver.

Instructor: Jennifer Calderón, MA, LMFT, LPCC
Date: **Thursday, October 26, 2017**
Time: **7:00 PM - 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F

Initial F-Rate 16 hour Pre-Service Training

Learn how to care for a child with medical needs. Participants must complete the entire 16 hour training to receive a certificate. This class is **not** part of the renewal training and renewal certificates **are not available** for this series.

The F-Rate Pre-Service class meets four Tuesdays from 6:00pm-10:00pm. Please contact Estela Miranda at (818) 364-7664 or via email at mirande@lamission.edu to register.

November 2017

No Class on November 23

Understanding Depression

This presentation will cover how being negative harms our minds, body and soul. The workshop will cover the signs of depression by age and gender.

Instructor: Reina V. De Cuellar
Date: **Thursday, November 2, 2017**
Time: **7:00 PM - 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F

Co-Parenting & Parent Child Dynamics

This workshop addresses the emotional effects of separation and other stressors on families. Child development and co-parenting with birth parent issues will be discussed.

Instructor: Crystal Mendoza
Date: **Saturday, November 4, 2017**
Time: **9:00 AM - 1:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Collaborative Studies Building (CSB)**
Room: **206**
Renewal rate(s): B, D, W, or F

The Importance of Cooperation & Communication

This class is based on the "Active Parenting" program. This workshop will cover how to set the tone in terms of communication with your child, techniques to opening up the lines of communication, and where to seek help when communication breaks down.

Instructor: Jennifer Calderón, LMFT, LPCC
Date: **Thursday, November 9, 2017**
Time: **7:00 PM - 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F

Holding Your Child Education Rights: Educational Right Holder Roles & Responsibilities (FYAP)

This presentation will cover what it means to be an educational rights holder and how resource families can support the educational success of students.

Instructor: April P. Jones, LCSW
Date: **Thursday, November 16, 2017**
Time: **7:00 PM - 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F



 **LOS ANGELES MISSION COLLEGE**
FOSTER&KINSHIP CARE EDUCATION PROGRAM
CLASSES FOR RESOURCE PARENTS
Fall 2017



Responsibility & Discipline

This class is based on the "Active Parenting" program. This workshop will cover how to defuse power struggles with your children, how to use positive praise, and effective non-violent ways to discipline your child..

Instructor: Jennifer Calderón, MA, LMFT, LPCC
Date: **Thursday, November 30, 2017**
Time: **7:00 PM - 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F

December 2017

Building Children's Self-Esteem While Setting

Limits

This class will provide information on how setting limits is the foundation for building high self-esteem.

Instructor: Estela Miranda
Date: **Saturday, December 2, 2017**
Time: **9:00 AM - 12:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Collaborative Studies Building (CSB)**
Room: **206**
Renewal rate(s): B, D, W, or F

Drug Use: "A Trip" With No Return

This workshop will provide information on the chronic disease known as addiction and the factors that influence the development of an addiction including the influence of genetics, culture, and environment.

Instructor: Reina V. De Cuellar
Date: **Thursday, December 7, 2017**
Time: **7:00 PM – 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F

Commercial Sexual Exploitation of Children (CSEC) & Trauma Informed Care

This presentation will cover the aspects of trauma and adverse childhood experiences. It addresses the impact of trauma on a child's brain. Caregivers will learn strategies for addressing trauma symptoms.

Instructor: April P. Jones, LCSW
Date: **Thursday, December 14, 2017**
Time: **7:00 PM - 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F

How to Build Your Child's Courage & Self-Esteem

This class is based on the "Active Parenting" program. This workshop will cover how to recognize and nurture the strengths of your child, methods to teach honesty, courage, and other important character traits. The presentation will also include ways to encourage independence as your child grows.

Instructor: Jennifer Calderón, MA, LMFT, LPCC
Date: **Thursday, December 21, 2017**
Time: **7:00 PM - 9:00 PM**
Location: Los Angeles Mission College
13356 Eldridge Ave.
Sylmar, CA 91342
Building: **Culinary Arts Institute (CAI)**
Room: **228**
Renewal rate(s): B, D, W, or F




LOS ANGELES MISSION COLLEGE
FOSTER & KINSHIP CARE EDUCATION PROGRAM
CLASSES FOR RESOURCE PARENTS
Fall 2017



- *Interested in Becoming a Foster or Adoptive Parent (Resource Parent)? Please call: 1-888-811-1121.*
- *If you are interested in taking the W, D or F Rate Pre-Service training, please contact Estela Miranda at (818) 364-7664 or via email at mirande@lamission.edu to register.*
- *If you have a foster youth in your home, who is a student at Los Angeles Mission College, or wishes to apply for college, please contact Anabel Diaz at (818) 364-7600 x7135 or via email at DiazA2@lamission.edu, so they can receive more information and/or join our Guardian Scholars Program.*

Parking is available in the structure on level 2, 3 or 4 with a valid parking pass. **To receive a parking pass, please contact Estela Miranda via email at mirande@lamission.edu at least one week prior to the class.**

Se puede estacionar en el nivel 2, 3 ó 4 del edificio de estacionamiento con un pase de estacionamiento valido. **Para recibir su pase de estacionamiento por favor de comunicarse con Estela Miranda vía correo electrónico a mirande@lamission.edu una semana antes de la clase.**

Saturday workshops are located in the **Collaborative Studies Building**.
 Los talleres de los sábados están localizados en el edificio llamado **Collaborative Studies**.

All **Thursday** evening workshops are located in the **Culinary Arts Institute Room 228**.

