



LOS ANGELES MISSION COLLEGE
FOSTER & KINSHIP CARE EDUCATION PROGRAM
WORKSHOPS FOR RESOURCE PARENTS
Fall 2018



Especially for Relatives

The Foster and Kinship Care Education Program has collaborated with various kinship groups to provide training. Please note, the workshops below are not held on campus, but, rather, in various locations in the community. Thus, please look carefully at dates, times, and locations below. These workshops adhere to the same guidelines written in the resource parent workshops flyer.

September 2018

How Do You Handle Your Anger?

Relative caregivers might know that they are unable to handle anger as effectively, but be unsure regarding where or how to start. Anger issues are often scary, overwhelming and even intimidating to approach. This class is a beginning place to help caregivers identify the four different anger management “styles” and to examine the consequences.

Instructor: Dee Meichelbock
Date: Tuesday, September 4, 2018
Time: 7:00 pm - 9:00 pm
Location: Friends of the Family
Building: 16861 Parthenia Street
North Hills, CA 91343
Room: Conference Room
Renewal: B, D, W, or F

Seven Steps to Encouraging Positive Discipline

Caregivers will learn how to give positive attention such as special time and showing approval as they develop a better understanding of the nature and value of positive attention and its relationship to discipline.

Instructor: Joyce Fox
Date: Monday, September 24, 2018
Time: 6:00 pm - 8:00 pm
Location: 224 North Maclay Street
San Fernando, CA 91340
Room: Conference room
Renewal: B, D, W, or F

October 2018

Teaching Children Balance & Nutrient Eating Habits

Caregivers will learn how to introduce healthy eating to their family; how to monitor their child’s weight; and how to analyze when and why their children may be overeating.

Instructor: Joyce Fox
Date: Monday, October 15, 2018
Time: 6:00 pm - 8:00 pm
Location: 224 North Maclay Street
San Fernando, CA 91340
Room: Conference room
Renewal: B, D, W, or F

There is a Volcano in my Tummy – Children with Stress & Anger Issues

This class will help caregivers learn to recognize the early signs of stress reactions in children. Caregivers will learn about healthy stress and extreme or chronic stress that can cause wear and tear on a child’s overall health. Additionally, there will be helpful information and suggestions to help caregivers deal with angry behaviors, which often accompany children under stress.

Instructor: Dee Meichelbock
Date: Tuesday, October 16, 2018
Time: 7:00 PM - 9:00 PM
Location: Friends of the Family
Building: 16861 Parthenia Street
North Hills, CA 91343
Room: Conference Room
Renewal: B, D, W, or F



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November 2018

Caregiving When You Are Over 60

Caregivers will learn how to protect their health, increase stamina, reduce stress and enhance awareness of life expectancy and longevity.

Instructor: Joyce Fox
Date: Monday, November 12, 2018
Time: 6:00 pm - 8:00 pm
Location: 224 North Maclay Street
 San Fernando, CA 91340
Room: Conference room
Renewal: B, D, W, or F

Teaching Children Responsibilities

This class will provide caregivers with strategies to help children in their home do away with excuses by developing homework centers, study techniques and connecting with library and other tutorial supports. Caregivers will learn how to monitor homework assignments, provide guidance and support, and know when to talk to someone at school when problems come up.

Instructor: Dee Meichelbock
Date: Tuesday, November 13, 2018
Time: 7:00 PM - 9:00 PM
Location: Friends of the Family
Building: 16861 Parthenia Street
 North Hills, CA 91343
Room: Conference Room
Renewal: B, D, W, or F

December 2018

The Caregiver's Role in Dealing with Adolescence

This class will help caregivers better understand adolescent development and what it is especially when it comes to and physical and emotional changes.

Instructor: Joyce Fox
Date: Monday, December 10, 2018
Time: 6:00 pm - 8:00 pm
Location: 224 North Maclay Street
 San Fernando, CA 91340
Room: Conference room
Renewal: B, D, W, or F

How to Help Children Cope with Tragedy

Children have an incredible capacity for strength, and caregivers can play a powerful role in helping their children cope with horribly difficult events. In this class, caregivers will learn some very important and practical guidelines to help answer questions such as, "what do I tell the kids about this and what do I do?"

Instructor: Dee Meichelbock
Date: Tuesday, December 11, 2018
Time: 7:00 PM - 9:00 PM
Location: Friends of the Family
Building: 16861 Parthenia Street
 North Hills, CA 91343
Room: Conference Room
Renewal: B, D, W, or F

