



Foster & Kinship Care Education

West Los Angeles College

9000 Overland Ave. Culver City, CA 90230

E-mail: fkce@wlaac.edu

Call/Voicemail: 562-367-3407

Renewal Hours: B, D, F, W



The FKCE program at West Los Angeles College provides free online parenting workshops. All trainings are currently being hosted online February- June 2021. **Register for all classes at**

<https://forms.gle/CCT5TPHhReRh7DXy9>

D-Rate Pre-Service Trainings

| Date | Time |
|-------------------------|---------------|
| January 19-22, 2021 | 1:00-5:00p.m. |
| February 23-26, 2021 | 1:00-5:00p.m. |
| March 22,23,24,26, 2021 | 5:00-9:00p.m. |
| April 26-29, 2021 | 1:00-5:00p.m. |
| June 1,2,3,5, 2021 | 5:00-9:00p.m. |

F-Rate Pre-Service Trainings

| Date | Time |
|-------------------------|---------------|
| February 8-11, 2021 | 1:00-5:00p.m. |
| March 8-11, 2021 | 1:00-5:00p.m. |
| April 12,13,14,16, 2021 | 5:00-9:00p.m. |
| May 17-20, 2021 | 1:00-5:00p.m. |
| June 21,22,23,25, 2021 | 5:00-9:00p.m. |

W-Rate Pre-Service Trainings

| Date | Time |
|----------------------|---------------|
| January 25-28, 2021 | 1:00-5:00p.m. |
| February 22,23,25,26 | 5:00-9:00p.m. |
| May 24-27, 2021 | 1:00-5:00p.m. |

Weekly Renewal Workshop Hours: Please view the back of this page to view dates, times, and class descriptions.





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| February 2021 | | | |
|----------------------|----------------|---|--------------------------------|
| Date | Time | Topic | Trainer |
| Tuesday 2/2/21 | 9:30am-12:30pm | Shared Core Practice Model: This class will increase resource parents' awareness of Standards & Values through the Core Practice Model. Learn ways to monitor and evaluate your practice to improve child outcomes while working in partnership. | Elonda Austin |
| Thursday 2/4/21 | 6:00m-9:00pm | Responsibilities for Providing Care and Supervision: This class will review resource parents' role, and responsibilities per the written directives. | Aubrey Manuel |
| Tuesday 2/9/21 | 9:30am-12:30pm | Home Investigations: Going through a home investigation can be a stressful moment. Learn what to expect, the process and how to be prepare. | Barbara Fellows |
| Thursday 2/11/21 | 6:00pm-9:00pm | DCFS Visitations: Regulations & Policies: Learn all about visitations: how to be prepared, what to expect and your role during visitations. This class will help you create positive experiences during visitations. | Elonda Austin Aubrey Manuel |
| Tuesday 2/16/21 | 9:30am-12:30pm | Knowing your Capacity: Eco Map: Recognizing your strengths and needs contribute to a successful placement. During this class you will create and reflect on your Eco-Map. | Marisela Magana |
| Wednesday 2/17/21 | 9:00am-10:00am | DCFS Q and A: DCFS presenters will be present to answer any questions. | DCFS Team |
| Thursday 2/18/21 | 6:00pm-9:00pm | The 12 criteria to Strengthening your Family: The 12 criteria is a guide to strengthen your family. Learn how to apply each skill, the importance and long-term benefits. | Tawanna Smith |
| Tuesday 2/23/21 | 9:30am-12:30pm | Co-Parenting with Birth Parents: Maintaining an open communication and a positive relationship with birth families lead to a faster reunification and long-lasting relationships. | Barbara Fellows |
| Thursday 2/25/21 | 6:00pm-9:00pm | Reasonable & Prudent Parent Standard I: This class will discuss how to implement normalcy for children and youth according to RFA written directives. | Aubrey Manuel |





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| March 2021 | | | |
|---------------------|----------------|--|-------------------|
| Date | Time | Topic | Trainer |
| Tuesday 3/2/21 | 9:30am-12:30pm | Building Healthy Attachments: This class will help identify the different attachment styles and methods to create healthy ones. Healthy attachments help children trust and create long-term positive relationships. | Barbara Fellows |
| Thursday 3/4/21 | 6:00pm-9:00pm | Trauma Informed 101: This class will define trauma, identify the various types and common reactions. Also, cognitive triangle, treatments and the importance of self-care will be discussed. | Barbara Fellows |
| Tuesday 3/9/21 | 9:30am-12:30pm | Coping During Remote Learning: How are you coping these days with remote learning? Let's hear from each other and learn strategies and coping skills that will help you manage today's reality. | Marisela Magana |
| Thursday 3/11/21 | 6:00pm-9:00pm | Parenting for the Second Time (Grandparents as Parents): Becoming a relative caregiver can change a family's dynamics. Learn how to set family boundaries while supporting family reunification and following DCFS guidelines. | Sandra Smith |
| Tuesday 3/16/21 | 9:30am-12:30pm | Grief & Loss for Caregivers: This class will cover the stages of grief and loss for caregivers. Learn ways to cope with your loss when children are returned home. | Marisela Magana |
| Thursday 3/18/21 | 6:00pm-9:00pm | Behavioral Management Techniques & Strategies: This class will discuss effective ways to handle challenging behaviors. It will further cover effective treatments and the importance of self-care when managing challenging behaviors. | Tawanna Smith |
| Tuesday 3/23/21 | 9:30am-12:30pm | Mental Health First Aid: This class will help support children and youth in your care who are experiencing a mental health crisis. Learn how to identify, understand and provide ongoing support including resources. | Nicole Washington |
| Thursday 3/25/21 | 6:00pm-9:00pm | Understanding Permanency Options: Are you ready to talk about Adoption and/or Legal guardianship? Learn ways how to have an age appropriate conversation about permanency. Review adoption court processes, adoption laws, legal bills, and supportive resources. | Sandra Smith |
| Tuesday 3/30/21 | 9:30am-12:30pm | Foster Children Bill of Rights: This class will focus on the Bill of Rights for children and youth in foster care. Learn ways to adhere to these bills of rights while making prudent parenting decisions. | Aubrey Manuel |





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| April 2021 | | | |
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| Date | Time | Topic | Trainer |
| Thursday 4/1/21 | 6:00pm-9:00pm | Culture, Identity, & Connections: This class will help resource parents identify family dynamics, understand the makeup of culture, and recognize its importance and how to embrace cultural differences. | Alexis Estwick |
| Tuesday 4/6/21 | 9:30am-12:30pm | Tools to Support LGBTQ Children & Youth: Every child has their own unique backgrounds and experiences as part of who they are. It is significantly important to accept children for who they are and make them feel part of a family. LGBTQ laws and resources will be covered. | Barbara Fellows |
| Thursday 4/8/21 | 6:00pm-9:00pm | CSEC: Commercial Sexual Exploitation of Children: Our focus is to bring awareness and identification of Commercial Sexual Exploitation of Children, a form of human trafficking where our children are forced into sexual slavery. We will equip you with a basic understanding of the crime and its scope. You will be given information needed to spot the red flags of a CSEC victim. | Barbara Fellows |
| Tuesday 4/13/21 | 9:30am-12:30pm | Substance Abuse in Youth: This class will provide information about drug use, effects, and treatments/resources. It will further provide techniques how to help youth live a drug free life. | Barbara Fellows |
| Thursday 4/15/21 | 6:00pm-9:00pm | Depression and Suicide Prevention: Depression disorder is a common mental health problem in adolescents. It is a major risk factor for suicide, the second to third leading cause of death in adolescents. This class will discuss signs, symptoms to look for and how resource parents can support children and youth. | Tawanna Smith |
| Tuesday 4/20/21 | 9:30am-12:30pm | Emancipation, Independent Living Skills, AB12: This class will cover AB12 foster care law and principles. It will also cover the different resources available to current or former out of home youth. | Nicole Washington |
| Thursday 4/22/21 | 6:00pm-9:00pm | Domestic Violence Impact on Children & Youth: Research reveals that children who have been exposed to domestic violence are more likely than their peers to experience a wide range of difficulties which include anger, oppositional behavior, fear, low self-esteem, and withdrawal from poor social relationships. | Nicole Washington |
| Tuesday 4/27/21 | 9:30am-12:30pm | Sexual Health Education (SB89 Part I): This class will review the legislation Senate Bill 89, discuss thoughts and feelings about having the sex talk, and how to start a conversation on sexual health. | Elonda Austin |
| Thursday 4/29/21 | 6:00pm-9:00pm | Resource Parents Rights & Responsibilities: This class will review the written directives on resource parents' rights and Responsibilities according to the written directives. | Aubrey Manuel |





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| May 2021 | | | |
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| Date | Time | Topic | Trainer |
| Tuesday 5/4/21 | 9:30am-12:30pm | Sexual Health Education (SB89 Part II): This class will discuss the stages of development, the different contraceptive methods, STI's, and Tools & Resources. | Elonda Austin |
| Thursday 5/6/21 | 6:00pm-9:00pm | ADD/ADHD/ Bipolar Disorders: Learn about the most common disorders in children. Their symptoms, behaviors, and treatments. This class will further discuss parenting, advocacy and resources for resource parents caring for children with these diagnoses. | Tawanna Smith |
| Tuesday 5/11/21 | 9:30am-12:30pm | Eating & Hoarding Disorders: Learn about the eating and Hoarding disorders; symptoms, treatment, and how you can support your child or youth. Many children or youth with eating disorders may also deal with hoarding behaviors. | Marisela Magana |
| Thursday 5/13/21 | 6:00pm-9:00pm | Oral Health: Learn in depth about children oral health and preventive care. Become more comfortable in recognizing dental disease and conditions in order to meet children dental needs. | Sandra Smith |
| Tuesday 5/18/21 | 9:30am-12:30pm | Learning Disabilities & IEP: Learn about educational resources and rights that support children with their unique needs. Class will discuss and provide an overview of IEP process. | Aubrey Manuel |
| Thursday 5/20/21 | 6:00pm-9:00pm | Understanding Psychotropic Medication: Class will provide basic knowledge and understanding of the structure of the brain and how it works. How medication affects brain functions, and what a comprehensive evaluation consists of. Class will also review myths related to medication, as well as explore and discuss the pro and cons of medication. | Barbara Fellows |
| Tuesday 5/25/21 | 9:30am-12:30pm | Trauma Sensitive Parenting: This class will help you understand how trauma affects children in different ages, learn strategies on how to parent a child who has experienced trauma. | Barbara Fellows |
| Thursday 5/27/21 | 6:00pm-9:00pm | Creating a File for each Child: Documentations & Forms: Learn best practices on what and how to document. Using proper forms and documents may reduce allegations. Learn how to be consistent and detailed in your note taking. | Tawanna Smith |





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| June 2021 | | | |
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| Date | Time | Topic | Trainer |
| Tuesday 6/1/21 | 9:30am-12:30pm | Fetal Alcohol Syndrome Disorder (FASD): This class will outline the effects of alcohol on the developing fetus and the long-term consequences. Resource parents will be able to identify facial characteristics, behaviors, and health conditions that are related to FAS. | Tawanna Smith |
| Thursday 6/3/21 | 6:00pm-9:00pm | Structure, Routines & Schedules During Summer: This class will provide tools and tips on how to create effective routines for your children. Structure and routines promote responsibility and self-efficiency. | Sandra Smith |
| Tuesday 6/8/21 | 9:30am-12:30pm | Creating a Support System: Self-Care: Successful Resource parents' need a village to care for a child who has experienced trauma. This class will help bring awareness of the importance of creating a support system. | Marisela Magana |
| Thursday 6/10/21 | 6:00pm-9:00pm | Higher Education Module 1: Caregivers will feel empowered to discuss the value of higher education with their middle school youth and provide ideas for how they can play an active role in supporting their youth to college. Caregivers will learn the significance of early college exploration and preparation and key steps that they can take to help youth turn their dreams into degrees. | Elonda Austin |
| Tuesday 6/15/21 | 9:30am-12:30pm | Advocacy 101: This class will assist resource parents on how to navigate resources, create connections, and gain skills that will promote children's educational, mental, economic, and physical health care. | Elonda Austin |
| Thursday 6/17/21 | 6:00pm-9:00pm | Digital Safety: How to promote children and youth to be good digital citizens; understand the rights and responsibilities that come with being online and using technology in a positive way. | Sandra Smith |
| Tuesday 6/22/21 | 9:30am-12:30pm | Higher Education Module 2: Caregivers will feel empowered to discuss the value of higher education with their high school youth and provide ideas for how they can play an active role in supporting their youth to college. Caregivers will learn the significance of early college exploration and preparation and key steps that they can take to help youth turn their dreams into degrees. | Sandra Smith |
| Thursday 6/24/21 | 6:00pm-9:00pm | Documentations & Forms: Learning the proper way to document can help prevent allegations. Learn how to be consistent and detailed in your note taking according to RFA written directives. | Aubrey Manuel |
| Tuesday 6/29/21 | 9:30am-12:30pm | Emergency Procedures: The focus of this class will cover what to do in the event of an earthquake, fire and other natural disasters. You will also learn how to create a safety plan in the event of an emergency | Aubrey Manuel |





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Questions and Answers

| | |
|---|---|
| How many renewal hours do I need every year? | B rate 8 hours D rate 18 hours F rate 12 hours W rate 4 hours |
| What is the process to become a resource parent? | The first step in order to foster or adopt a child is to call 1-888-811-1121 or go to https://dcfs.lacounty.gov/caregivers/become-a-foster-parent/ to register and attend an orientation. |
| What is Resource Family Approval Training (RFA)? | This program is the pre-service training mandated by Department of Children and Family Services (DCFS) for all prospective resource and adoptive parent in Los Angeles County. |
| What is the cost of renewal classes and pre-service certification trainings? | Classes are FREE to current resource and kinship parents as well as the community in general, please pre-register at https://forms.gle/CCT5TPHhReRh7DXy9 You can reach us at (562) 367-3407 or by e-mail FKCE@wlaac.edu |

Have a Wonderful Summer !!!

