



## ***Foster and Kinship Care Education***

**West Los Angeles College**

9000 Overland Ave Culver City, CA 9023

**310-287-7255 or 310 287-4530**

[fkce@wlaac.edu](mailto:fkce@wlaac.edu)

### **Fall & Winter – September through January 2021**

West Los Angeles Foster and Kinship Care Education Program welcomes you! We want to thank you for being understanding and adapting to online learning. Our commitment remains the same, to provide to you with the utmost trainings that will enhance your knowledge to meet the educational, behavioral, and developmental needs of your child.

*All trainings will continue to be conducted **ONLINE** using **ZOOM** application, please download Zoom app at <http://zoom.us/>. Registration is required, please click on this <https://forms.gle/3rSkkb4AoC2A6YeN9>. Make sure that you select all the trainings that you plan to attend starting September – January because you will only be able to complete this form once. After, you have registered a Zoom link will be emailed to you.*

For further information and if you need assistance registering online, please e-mail us at [fkce@wlaac.edu](mailto:fkce@wlaac.edu)

You can also reach us through our online LIVE CHAT at <http://www.wlaac.edu/Foster-Care/Online.aspx>

Classes are FREE to current foster and kinship parents and to the community at large.

Please note that classes may be cancelled due to low attendance and topics are subject to change without prior notice.

Thank you for choosing our program; we are pleased to serve you.

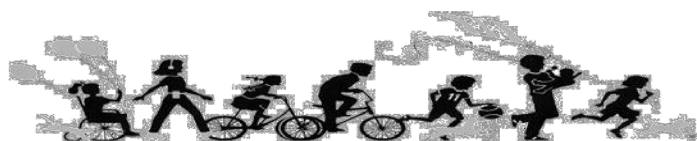
Sincerely,

Maria Mancia

FKCE Coordinator

[manciamm@laccd.edu](mailto:manciamm@laccd.edu)

310-287-4530





## ONLINE ZOOM Trainings: D, F, & W Pre-Service Certification

Registration required at: <https://forms.gle/3rSkkb4AoC2A6YeN9>

### D-Rate Pre-Service Training (16 hours)

This class provides instruction to caregivers who are interested in caring for children who are assessed by The Department of Children and Family Services (DCFS) as D- Rate. D-Rate is for children who exhibit severe and persistent emotional and behavioral problems. You must be a foster parent who has been licensed for at least two years or directed by DCFS to take this training in order to be considered for D-Rate certification upon the completion of this class. **You must attend all classes within a given session to receive a certificate of completion.**

#### Session I

**Monday, July 13, 2020**  
**Tuesday, July 14<sup>th</sup> 2020**  
**Wednesday, July 15<sup>th</sup> 2020**  
**Thursday, July 16<sup>th</sup> 2020**  
***(Every Day: 1:00 to 5:00pm)***

#### Session II

**Monday, September 14<sup>th</sup> 2020**  
**Tuesday, September 15<sup>th</sup> 2020**  
**Wednesday, September 16<sup>th</sup> 2020**  
**Thursday, September 17<sup>th</sup> 2020**  
***(Every Day: 1:00 to 5:00p.m)***

#### Session III

**Monday, November 16<sup>th</sup> 2020**  
**Tuesday, November 17<sup>th</sup> 2020**  
**Wednesday, November 18<sup>th</sup> 2020**  
**Thursday, November 19<sup>th</sup> 2020**  
***(Every Day: 1:00 to 5:00p.m)***

You will receive information about caring for children in out of home care who are medically fragile. Instructions will be provided on DCFS F-Rate criteria, record keeping, medical equipment usage and behavior management. **In order to be considered for F- Rate certification upon completion of the class, you must be a resource parent who has been licensed for at least two years, have a medical background, or have been directed by DCFS to take this training. However, anyone can benefit from this training.**

#### Session I

**Monday, August 10<sup>th</sup> 2020**  
**Tuesday, August 11<sup>th</sup> 2020**  
**Wednesday, August 12<sup>th</sup> 2020**  
**Thursday, August 13<sup>th</sup> 2020**  
***(Every Day: 1:00 to 5:00p.m)***

#### Session II

**Monday, October 19<sup>th</sup> 2020**  
**Tuesday, October 20<sup>th</sup> 2020**  
**Wednesday, October 21<sup>st</sup> 2020**  
**Thursday, October 22<sup>nd</sup> 2020**  
***(Every Day: 1:00 to 5:00p.m)***

#### Session III

**Monday, December 7<sup>th</sup> 2020**  
**Tuesday, December 8<sup>th</sup> 2020**  
**Wednesday, December 9<sup>th</sup> 2020**  
**Thursday, December 10<sup>th</sup> 2020**  
***(Every Day: 1:00 to 5:00p.m)***

### W-Rate Pre-Service Training (16 hours)

A whole Family Foster Home provides care for a teen parent and his/her non- dependent child, and specifically recruited and trained to assist the teen parent in developing skills necessary to provide a safe, and permanent home. ***(Every Day: 1:00-5:00pm)***

#### Session I

**Monday, December 7<sup>th</sup> 2020**  
**Tuesday, December 8<sup>th</sup> 2020**  
**Wednesday, December 9<sup>th</sup> 2020**  
**Thursday, December 10<sup>th</sup> 2020**

### F- Rate Pre-Service Training (16 hours)





## ONLINE ZOOM Trainings: B, D, F & W Renewal Trainings

Every Tuesday 9:30-12:30p.m. & Thursday 6:00-9:00p.m.

(Classes may be cancelled due to low attendance and topics are subject to change without prior notice)

Registration required at: <https://forms.gle/3rSkkb4AoC2A6YeN9>

### SEPTEMBER

#### **Process of a Home Investigation**

*Tuesday, September 1, 2020*

*Time: 9:30-12:00p.m*

Going through a home investigation can be a stressful moment. Learn what to expect, the process and how to be prepared.

**Trainer: Barbara Fellows**

#### **Become a Trauma Informed Parent**

*Thursday, September 3, 2020*

*Time: 6:00 -9:00p.m*

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.

**Trainer: Barbara Fellows**

#### **Trauma Sensitive Parenting**

*Tuesday, September 8, 2020*

*Time: 9:30-12:00p.m*

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.

**Trainer: Barbara Fellows**

#### **Promoting Normalcy: Children & Youth**

*Thursday, September 10, 2020*

*Time: 6:00 -9:00p.m*

Every child deserves to engage in similar activities as any child. Normalcy promotes a healthy child development and creates long lasting relationships.

**Trainer: Barbara Fellows**

#### **Culture, Privilege Mindfulness**

*Tuesday, September 15, 2020*

*Time: 9:30-12:30p.m*

This workshop will help resource parents identify family dynamics, understand the makeup of culture, recognize the importance of mindfulness when embracing cultural differences.

**Trainer: Alexis Estwick**

#### **Co-Parenting with Birth Parents**

*Thursday, September 17, 2020*

*Time: 6:00-9:00p.m*

Maintaining an open communication and a positive relationship with birth families leads to a faster reunification and long-lasting relationships. This class will review the resource parent role and DCFS visitations regulations and policies.

**Trainer: Barbara Fellows**

#### **“I Want to Belong”**

*Tuesday, September 22, 2020*

*Time: 9:30-12:30p.m*

Every child has the right to feel belong. Their own unique backgrounds and experiences are 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.

**Trainer: Barbara Fellows**

#### **How to Talk to Children About Permanency**

*Thursday, September 24, 2020*

*Time: 6:00-9:00p.m*

Are you ready to talk about Adoption and/or Legal guardianship? Learn ways how to begin having an age appropriate conversation about permanency. Review adoption court processes, adoption laws and legal bills, and supportive resources.

**Trainer: Elonda Austin**





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### Creating Smooth Transitions

Tuesday, September 29, 2020

Time: 9:30-12:30p.m

Children go through many unexpected changes that causes anxiety and stress. Preparing them through transitions is vital; it promotes safety, security and trust.

Trainer: TBA

### The Power of Connections

Tuesday, October 13, 2020

Time: 9:30-12:00p.m

Connections are part of who we are. When children are placed out of home, they lose many important connections. Discover ways to maintain the children's connections and learn how to create new healthy ones.

Trainer: Barbara Fellows

## OCTOBER

### Building Healthy Attachments

Thursday, October 1, 2020

Time: 6:00-9:00p.m

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.

Trainer: Barbara Fellows

### Understanding Psychotropic Medication

Thursday, October 15, 2020

Time: 6:00-9:00p.m

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 explore and discuss the pro and cons of medication.

Trainer: Barbara Fellows

### How Trauma Affects Behaviors

Tuesday, October 6, 2020

Time: 9:30-12:30p.m

Review the most common conditions in children and adolescents that present with challenging behaviors. Discuss effective ways to handle challenging behaviors. This class will further cover the importance of self-care when dealing with challenging behaviors.

Trainer: Barbara Fellows

### Common Health Problems

Tuesday, October 20, 2020

Time: 9:30-12:30p.m

This class will discuss a variety of common health problems that children experience. It will provide information of health conditions, symptoms and their treatments. Learn techniques on self-care for caregivers who provide care for children with these conditions.

Trainer: Barbara Fellows

### Building Emotional Intelligence

Thursday, October 8, 2020

Time: 6:00-9:00p.m

Explore different ways children can build on their emotional intelligence through fun activities. Class will discuss short- and long-term benefits of self-regulation.

Trainer: Araceli Nunez

### Fetal Alcohol Syndrome Disorder (FASD)

Thursday, October 22, 2020

Time: 6:00-9:00p.m

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.

Trainer: Barbara Fellows





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### Learning Disabilities & IEP

Tuesday, October 27, 2020

Time: 9:30-12:30p.m

Learn about educational resources and rights that support children with their unique needs. Class will discuss and provide an overview of IEP process.

Trainer: Barbara Fellows

### Oral Health

Thursday, October 29, 2020

Time: 6:00-9:00p.m

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.

Trainer: TBA

### Promote Healthy Nutrition and Physical Activity

Tuesday, November 10, 2020

Time: 9:30- 12:30p.m

Class will discuss the various ways of preparing healthy nutritious food for your child. Learn successful and creative strategies to promote physical activities throughout the day.

Trainer: Marisela Cardona

### Resource Fair

Thursday, November 12, 2020

Time: 6:00-9:00p.m

Join us to a resource fair with community partners who want to share with you community resources that can be of support to you and your family. **Guest Speakers from the community will present.**

Trainer: Elonda Austin

## NOVEMBER

### Bed Wetting, Soiling & Sleeping Difficulties

Tuesday, November 3, 2020

Time: 9:30-12:30p.m

This class will discuss bed wetting and sleeping difficulties. Learn how to cope with these challenging behaviors. Find best ways to support children and make progress to a healthy development.

Trainer: Elonda Austin

### Helping Children Manage Stress & Anxiety

Thursday, November 5, 2020

Time: 6:00-9:00p.m

Children manifest their stress and anxiety differently. Learn about the common behaviors exhibited by stress and anxiety; how to reduce stressors and cope with anxiety.

Trainer: Sandy Smith

### Internet Safety

Tuesday, November 17, 2020

Time: 9:30-12:30p.m

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.

Trainer: Marisela Cardona

### Benefits of Family Meeting

Thursday, November 19, 2020

Time: 6:00-9:00p.m

Family Meetings help strengthened relationships between family members. They also provide an opportunity to reinforce values and problem solve though family issues.

Trainer: Alexis Estwick





# ONLINE ZOOM Trainings: B, D, F, & W Pre-Service Certification

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Registration required at: <https://forms.gle/3rSkkb4AoC2A6YeN9>

### Higher Education Module 1

Tuesday, December 1, 2020

Time: 9:30-12:30p.m

The purpose of this module is to empower caregivers to discuss the value of higher education with their youth and provide ideas for how they can play an active role in supporting their youth to college. For caregivers with youth in middle school or in the early high school grades, college can seem so far into the future that it can take secondary importance to more immediate concerns. 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.

**Trainer: Elonda Austin**

### Independent Living Program & AB12

Tuesday, December 8, 2020

Time: 9:30-12:30p.m

This class will cover AB12 foster care law and principles. It will also cover the different education resources available to current or former out of home youth.

**Trainer: Marisela Cardona**

### Sex Education SB89

Thursday, December 10, 2020

Time: 6:00-9:00p.m

This legislation (Senate Bill 89) has four specific requirements: Improve Access to Sexual Health Education, Inform Youth of Their Rights and Remove Barriers, Develop Quality Sexual Health Training & Require Sexual Health Education for Adults.

**Trainer: Sandy Smith**



## DECEMBER

### Higher Education Module 2

Thursday, December 3, 2020

Time: 6:00-9:00p.m

The purpose of this module is to empower caregivers to discuss the value of higher education with their youth and provide ideas for how they can play an active role in supporting their youth to college. For caregivers with youth in middle school or in the early high school grades, college can seem so far into the future that it can take secondary importance to more immediate concerns. 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.

**Trainer: Sandy Smith**

### Substance Abuse in Youth

Tuesday, December 15, 2020

Time: 9:30-12:30p.m

This workshop will provide information about drug use, effects, and treatments/resources. It will further provide techniques how to help youth live a drug free life.

**Trainer: Barbara Fellows**

### Building Self-Esteem in Kids

Thursday, December 17, 2020

Time: 6:00-9:00p.m

Self-Esteem is a basic human need. A positive self-esteem helps children explore new things, make positive decisions, and adjust to changes.

**Trainer: TBA**





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### JANUARY

#### **Wellness Vision and Goal Setting**

Tuesday, January 5, 2021

Time: 9:30-12:30p.m

Welcome to 2021! Join us to discuss your goals and vision for this new year. Learn techniques on goal setting and have fun in the process of planning for a great year.

**Trainer: Marisela Cardona**

#### **Prudent Parenting**

Thursday, January 7, 2021

Time: 6:00-9:00p.m

Making prudent decisions can be difficult. This class will help you make careful and sensible parental decisions which keep the child's health, safety, and best interests in mind.

**Trainer: Barbara Fellows**

#### **F Rate Booster (only applies for D & F renewal hours)**

Tuesday, January 12, 2021

Time: 9:30-12:30p.m

How long ago did you get F rate certified? If you're in need of a refresher class, this class will review important key points and new updates.

**Trainer: Barbara Fellows**

#### **D Rate Booster (only applies for B & D renewal hours)**

Thursday, January 14, 2021

Time: 6:00-9:00p.m

How long ago did you get D rate certified? If you're in need of a refresher class, this class will review important key points and new updates.

**Trainer: Barbara Fellows**

#### **Raising Happy Children Through Play, Arts & Music**

Tuesday, January 19, 2021

Time: 9:30-12:30p.m

Are you running out of fun ideas to keep the kids busy! Come in learn new fun ways to enjoy spending family time while creating positive memories.

**Trainer: Marisela Cardona**

#### **Structure, Routines & Schedules**

Thursday, January 21, 2021

Time: 6:00-9:00p.m

This class will provide you with tools and tips on how to create effective routines for your children. Structure and routines promote responsibility and self-efficiency.

**Trainer: Alexis Estwick**

#### **Kinship Care**

Tuesday January 26, 2021

Time: 9:30-12:30p.m

Becoming a relative caregiver can change a family's dynamics. Learn how to set family boundaries while supporting family reunification and following DCFS guidelines

**Trainer: Marisela Cardona**

#### **Advocacy 101**

Thursday January 28, 2021

Time: 6:00-9:00p.m

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.

**Trainer: Aubrey Manuel**

**CLASSES will resume February 2, 2021  
See Spring Schedule**





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Registration required at: <https://forms.gle/3rSkkb4AoC2A6YeN9>

### Questions and Answers

#### How many renewal hours do I need?

Renewal Hours for Los Angeles County Resource

Parents: Every year, as a Resource Parent you need to comply with a minimum amount of hours based on the rate that you have:

**B Rate    8 Hours D**  
**Rate    18 Hours F**  
**Rate    12 Hours**  
**W Rate    4 Hours**

You can receive renewal hours by attending any of our classes except the Pre-Service Certification Trainings. These particular trainings are offered to people that have not taken the D, F, or W-Rate before and need to receive certification for the first time.

#### 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 foster and kinship parents as well as the community in general but you need to pre-register at <https://forms.gle/3rSkkb4AoC2A6YeN9> least one day in advance for Pre-Service Certification Trainings. If you have difficulties registering please contact us at **(310) 287-4530 or by e-mail FKCE@wlac.edu**

