Yuba College Foster Kinship Care Education
“December 2017 & January 2018”
“Let your children tell you how THEY Feel”

Pre Approval Monday Evenings
6:30pm—9:30pm
Dec 4 Pre Service #4
Dec 11 Pre Service #5
Dec 18 Pre Service #6
Jan 8 Pre Service #7
Jan 22 Pre Service #1
Jan 29 Pre Service #2
For more information or to RSVP call 741-6750
Yuba College, Bldg #1600, Warren Hall, room 1
Parking free in General East Parking lot

Dec 5th, Tuesday, 9:30am “Breaking Bad Habits...”
As New Year’s is approaching, this presentation can be of assistance in setting a New Year’s Resolution that may actually stick. Learn how to recognize negative pattern and bad habits in your life and make changes to those patterns and habits that you want to break. By: Stephanie Fischer, FMT Cooper Ave Baptist Church 741-6750 to RSVP

Dec 7th, Thursday 9:30am
“Advocating for your Child - How’s your Holidays ROLLIN’?”
Take a break and join in the discussion reflecting back on the past few weeks. What was a success and how could somethings have been done differently? Cooper Ave Baptist, 741-6750 to RSVP by: Leslie Damshroeder, MSW, Post Adoption Social Worker

Dec 12th, Tuesday 9:00 a.m.
“Christmas—Lifebook pages”
Lifebook’s are a therapeutic tool! They can bring together missing pieces of a foster child’s life. BRING YOUR PICTURES! One kit will be provided. Join in the networking and fun as memories are created. Cooper Ave Baptist Church 741-6750 to RSVP

Jan 4th, Thursday 9:30am
“Advocating for your Child-Unwind?”
Share and hear how the holidays fared for other parents and families. Learning what worked and what to change.
Cooper Ave Baptist, 741-6750 to RSVP
by: Leslie Damshroeder, MSW, Post Adoption Social Worker

Jan 9th, Tuesday, 9:30am
“LGBTQ+ Foster Youth”
In this presentation, you will learn about issues experienced by LGBTQ+ Foster Youth. Participants will also walk away with a better understanding of this population and increased general knowledge.
By: Stephanie Fischer, FMT
741-6750 to RSVP Cooper Ave Baptist Church

Jan 11th, Thursday, 6:45pm
“Personalities - Understand Them to Understand Us”
What exactly is a personality? What's mine? How is it different from temperament and character? Why is it important to know what mine is and what yours is? Join us to learn the answer to these questions and others you might have. Discover how your personality and the personality of those you love, work with, and deal with in everyday life affect how you relate to each other. Knowing this can help in understanding yourself better, getting along with others better, and feeling happier. by Willa Smith, LPCC
741-6750 to RSVP Cooper Ave Baptist Church

Jan 22nd, Monday, 6:30p.m.
“Positive Power for ADHD”
Executive Functioning and how that affects my child
Hear what can be done at home for executive functioning issues. What can you do to make the journey easier.
Carla Olmstead-Newman, ASW
741-6750 to RSVP Cooper Ave Baptist Church

Jan 23rd, Tuesday, 6:45pm
“Trauma Informed Care for Young People in Foster Care”
This training will define trauma and discuss the trauma foster children may experience and its impact. We will learn how caregivers can help to minimize the effects of trauma, practical ways to support them with a history of trauma and the importance of self-care for foster parents and caregivers.
by Karleen Jakowski, LMFT, Sutter Yuba Behavioral Health
741-6750 to RSVP Cooper Ave Baptist Church