Yuba College Foster Kinship Care Education

“March 2018”

“Talk you your children about school and learning.”

### Pre Approval Monday Evenings

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 5</td>
<td>“Pre Service #6”</td>
<td>6:30pm—9:30pm</td>
<td>Yuba College, Bldg #1600, Warren Hall, room</td>
<td>NO child care</td>
</tr>
<tr>
<td>Mar 12</td>
<td>“Pre Service #7”</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mar 19</td>
<td>“Pre Service #1”</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mar 26</td>
<td>“Pre Service #2”</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information or to RSVP call 741-6750
Yuba College, Bldg #1600, Warren Hall, rm 1
Parking free in General East Parking lot

### Pre Approval Wednesday Mornings

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 7</td>
<td>“Pre Service #5”</td>
<td>9:30am—12:30pm</td>
<td>Cooper Ave Baptist Church; child care available upon request</td>
<td></td>
</tr>
<tr>
<td>Mar 21</td>
<td>“Pre Service #6”</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mar 28</td>
<td>“Pre Service #7”</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apr 4</td>
<td>“Pre Service #1”</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information or to RSVP call 741-6750

### Parenting with Dignity

March 6th, Tuesday, 9:30am

**Living with Effects of Abuse**

Attending this training will help understand the lingering trauma of child abuse, how abuse primes the brain for future mental illness. Learn how abuse may cause physical effects.

By: Stephanie Fischer, FMT
741-6750 to RSVP Cooper Ave Baptist Church

### Parenting with Dignity

March 9th, Friday, 9:30am

**“Calming the Chaos”**

Attending this training will help build long term emotional stability strategies. These strategies can help with calming intensity, anger and anxiety.

Thelma Amaya, MSW, Child Development Behavioral Consultation Program, Yuba Co Office of Ed
Cooper Ave Baptist 741-6750 to RSVP for child care

### Parenting with Dignity

March 6 & 13, 12:30pm

**“Five Rules For Parents”**

Discipline: Deciding What You Want
To establish expectations for your children’s behavior it is first necessary to understand that you do not control your children’s behavior directly. Join this training to hear about the only kind of discipline. Cooper Ave Baptist Child Care call 741-6750

### Parenting with Dignity

March 13th, Tuesday, 9:00 a.m.

**“Valentines—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 Child care by calling 741-6750 to RSVP

### Parenting with Dignity

Yuba College Foster Kinship Care Education

“March 2018”

“Talk you your children about school and learning.”

---

**1st Aid**

Thur Mar 15 5:45pm Cooper Ave Baptist

Yuba City

---

**Pre Approval**

**Wednesday Mornings**

9:30am—12:30pm

March 19th, Monday, 6:30p.m.

“Positive Power for ADHD”

Hear ideas on reducing your child’s anxiety and yours also. Bring your concerns and questions.

Carla Olmstead-Newman, ASW
Cooper Ave Baptist; RSVP at 741-6750 for attendance and child care

March 22nd, 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

---

**Pre Approval**

**Monday Evenings**

6:30pm—9:30pm

March 26th, Thursday, 9:30am

**Healthy Relationships**

Healthy relationships all look different. Attending this training will help understand what is common and how they’re structured and who’s in them. What isn’t a healthy relationship will also be discussed.

By: Kristen Batchelder, MA, CCPS & Cynthia Martinez, CCPS from Sutter-Yuba Health Prevention & Early Intervention
Cooper Ave Baptist Church, Yuba City Child care by calling 741-6750

---

**Pre Approval**

**Monday Evenings**

6:30pm—9:30pm

Mar 24th, Thursday, 9:30am

**Five Rules For Parents**

Healthy relationships all look different. Attending this training will help understand what is common and how they’re structured and who’s in them. What isn’t a healthy relationship will also be discussed.

By: Kristen Batchelder, MA, CCPS & Cynthia Martinez, CCPS from Sutter-Yuba Health Prevention & Early Intervention
Cooper Ave Baptist Church, Yuba City Child care by calling 741-6750

---

**Pre Approval**

**Monday Evenings**

6:30pm—9:30pm

March 29th, Thursday, 6:45pm

**Pre Approval**

**Monday Evenings**

6:30pm—9:30pm

April 5th, Thursday, 9:30am

“Advocating for your Child - Easy Parenting?”

Let’s hear about taking care of everyone else all the time. Bring your concerns and ideas to share.

Cooper Ave Baptist, 741-6750 to RSVP by: Leslie Damshroeder, MSW, Post Adoption Social Worker