

## **Foster and Kinship Care Education Online Classes**

### **Internet Safety for our Youth: 2 hours, Thursday, July 9, 2020**

We are a media oriented society and especially during this time of COVID-19. Please join us in learning how to keep our youth safe on the internet. There are predator's on the internet, the dark web and many other potential risks. Learn how to manage social media in a positive way to support our youth with interaction that are safe.

**Guest Speaker: Detective Matt Morrison, South Lake Tahoe City Police Department**

Date: **Thursday, July 9, 2020**

Time: **6:00pm – 8:00pm**

Location:

When: Jul 9, 2020 06:00 to 8:00 PM Pacific Time (US and Canada)

**Register in advance for this meeting:**

[https://cccconfer.zoom.us/meeting/register/tJlrdO-vpz8tH9ZKh-6 - kmZYrnjVHSiM6uw](https://cccconfer.zoom.us/meeting/register/tJlrdO-vpz8tH9ZKh-6-kmZYrnjVHSiM6uw)

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Life Space Intervention: 2 hours, Wednesday, July 15, 2020**

Learn how to turn youths challenging behaviors into learning opportunities. Life Space Intervention is a powerful tool for teaching self-management and values. It uses the youth's reaction to difficult situations as way to help youth gain insight and understanding into their own feeling and behaviors. Participates will explore the importance of supportive communication, fine tune Active Listening Skills and learn the Evidence Based Processing Tool (LSI).

**Instructor: Karen Gregg, Expert Trainer/Supervisor CRH**

Date: **Wednesdays, July 15, 2020**

Time: **6:00pm – 8:00pm**

Location:

When: Jul 15, 2020 06:00 to 8:00PM Pacific Time (US and Canada)

**Register in advance for this meeting:**

[https://cccconfer.zoom.us/meeting/register/tJUuduCppzsqHtLxP1\\_HJka6TjLEC7KD Y9go](https://cccconfer.zoom.us/meeting/register/tJUuduCppzsqHtLxP1_HJka6TjLEC7KD Y9go)

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Dynamics of Sexual Abuse: 4 hours, July 14 & 21, 2020**

This class is a 4 hour course that helps foster parents and caregivers identify the signs and symptoms of sexual abuse and assists children/victims of abuse through recovery. This class will help parents

and others who work with victims to develop appropriate intervention strategies and support systems. This class will help parents develop skills to provide “therapeutic parenting” to these children/teens.

**Instructor: Rochelle Bard, M.S.S.W.**

**Date: Tuesdays, July 14 & 21, 2020**

**Time: 6:00pm – 8:00pm**

**Location:**

**Jul 14, 2020 06:00 to 8:00PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

**[https://cccconfer.zoom.us/meeting/register/tjAufu2rqzksHNKSyxtaOy2yIcRrc0r\\_BT0w](https://cccconfer.zoom.us/meeting/register/tjAufu2rqzksHNKSyxtaOy2yIcRrc0r_BT0w)**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Identifying and Managing Childhood Eating Disorders: 2 hours, Monday, July 20, 2020 at 5:00 PM**

Eating disorders, both under and overeating can be complex in nature and challenging to both identify and help treat. What are eating disorders such as anorexia & bulimia? What contributes to childhood obesity? How to individualize the social, mental, diet & exercise approaches along with support will be covered.

**Guest Speaker: Lynn Norton, MS, RD/RDN, Barton Hospital Dietitian Nutritionists**

**Monday, July 20, 2020**

**Time: 5:00 pm to 7:00pm**

**Location:**

**July 20, 2020 5:00 to 7:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

**<https://cccconfer.zoom.us/meeting/register/tjAkdu2rrzMtG9GuBPCI8QMk5R0BjDbRYz0->**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Nuts and Bolts of being an RFA Home: 4 hours, Tuesday & Thursday, July 28 & 30, 2020**

A foster care system back to basics. Learn the legal basis for the who, what, where when and why of the California Foster system. Topics include home environment, capacity rules, prudent parent, mandated reporting, confidentiality, working with social workers, visitation and the courts. Having a solid knowledge base will help you navigate the system that governs the children you are supporting.

**Instructor: Sarah Craven, M.S.W., Sacramento County Children’s Protective Service Social Worker**

**Date: Tuesday & Thursday, July 28 & 30, 2020**

Time: 6:00pm – 8:00pm

Location:

When: Jul 28, 2020 06:00 to 8:00 PM Pacific Time (US and Canada)

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/meeting/register/tjwqdeqvzkiE9Y6K4GQanLTMyS4cld1LBD8>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **New Nurtured Heart Series: (Series Total: 6 Hours) Wednesdays, August 19 & 26, September 2, 2020**

The Nurtured Heart Approach ((NHA)) is an amazing set of strategies developed specifically for children with challenging behaviors. Often parents have tried many parenting techniques only to become discouraged when they do not work well. This approach works well for all children, especially those who have not responded well to traditional techniques, and will facilitate parenting success. Children whose parents learn to energize them are much more likely to do well in school; have healthy self- esteem; exhibit empathy and pro-social behavior; and avoid high-risk activities such as drug use, truancy, and criminal activity. Our objective is to see you have a positive relationship with your kids!

**Instructor: Karen Gregg, Certified Nurtured Heart Trainer**

Date: **Wednesdays, August 19 & 26, September 2, 2020**

Time: 6:00pm – 8:00pm

Location:

**When: August 19 & 26, September 2, 2020 06:00 to 8:00 PM Pacific Time**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/meeting/register/tjUsc-yrrzIrG9V2HSIMli-0YJcrFINF1DFt>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Crianza Positiva: (serie en desarrollo 12 hours) Agosto 25, Septiembre 1, 8, 15, 22 and 29, 2020**

Este curso es para ayudar a los padres con las interacciones diarias para construir conexiones y fortalecer la resiliencia en los niños. En estas clases se concentraran en construir relaciones y conexiones con niños que han tenido traumas. Se discutirá un enfoque en la observación del comportamiento, así como la nutrición y el bienestar. La crianza positiva ayuda a los padres a ser conscientes en sus interacciones con los niños como a aprender a ver los comportamientos a través de unaperspectiva diferente del trauma. Se discutiran varios comportamientos traumáticos típicos al igual al proporcionar estrategias prácticas para abordar grandes emociones.

**Instructora: Nayeli Rojas, Estudiante de SW y apoyo de cuidado adoptive experimentado**

Fecha: **Martes, Agosto 25, Septiembre 1, 8, 15, 22, & 29, 2020**

Tiempo: **6:30pm – 8:30pm**

Por favor llame a Nayeli Rojas con cualquier pregunta al 916-709-5667

**Lugar: Estás invitado a una reunión de Zoom.**

**When: Agosto 25, Septiembre 1, 8, 15, 22 & 29, 2020 6:30 to 8:30 PM Pacific Time**

**Regístrese con anticipación para esta reunión:**

<https://cccconfer.zoom.us/meeting/register/tJEsdOGtrTsoHdzEzSw8EvfB0aQMnT5ylvvaD>

**Después de registrarse, recibirá un correo electrónico de confirmación con información sobre cómo unirse a la reunión.**

### **How Trauma Shows up during Adolescence: Trauma Informed Care during the Teen Years (4 hours) Tuesday, September 1 & September 8, 2020**

What is Trauma and what does it look like in behaviors? Come learn about the right/left brain connection and trauma reactions. What are trigger reactions and interventions to assist in the healing process. What is going on with the adolescent brain and how trauma impacts show up in the teen years. We will discuss methods on how to tame the “monster” and the developing adolescent brain. You will leave with more understanding and useful parenting techniques to assist your youth who has experienced trauma.

**Instructor: Sarah Craven, M.S.W., Sacramento County CPS Social Worker**

**Date: Tuesdays, September 1 & 8, 2020**

**Time: 6:00pm – 8:00pm**

**Location:.**

**When: Sep 1 & 8, 2020 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

[https://cccconfer.zoom.us/meeting/register/tJcudeuuqzMiGNVW76xzko\\_I7aJ4HYwRGRfA](https://cccconfer.zoom.us/meeting/register/tJcudeuuqzMiGNVW76xzko_I7aJ4HYwRGRfA)

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **I Can Crisis: 6 hours, Wednesdays, September 9, 16 & 23, 2020**

The majority of incidents of challenging behavior and crisis events that youth exhibit are triggered by overwhelming emotions or traumatic stress responses. This training will assist care-givers to prevent or de-escalate crisis and provide adults with the skills and knowledge so they can become the catalyst through with youth change old habits, destructive responses and maladaptive behavior patterns. Participates will learn The Phases of Typical Crisis, Importance of Knowing Ourselves and Our Youth, How to Manage the Environment and numerous tools/techniques for de-escalating /managing challenging behaviors

**Instructor: Karen Gregg, Expert Trainer/Supervisor CRH**

**Date: Wednesdays, September 9, 16 & 23, 2020**

**Time: 6:00pm – 8:00pm**

**Location:**

**When: Sep 9, 16 & 23, 2020 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/j/60t>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **I Got NEEDS ( 2 hours) Thursday, September 10, 2020**

Behavior and Needs go together. Whatever behavior youth exhibit, it's always closely related to a need of some sort. The need should be our primary concern, rather than simply focusing on the youth's behavior. Youth who grow up in stressful environments may have learned to go to extremes to have their needs met. It is our responsibility, as caring adults, to help youth develop new coping skills and find ways to meet their needs.

**Instructor: Karen Gregg, Expert Trainer/Supervisor CRH**

**Date: Thursday, September 10, 2020**

**Time: 6:00pm – 8:00pm**

**Location:**

**When: Sep 10, 2020 06:00to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/j/uOj>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Understanding the Effects of Drugs and Alcohol on Children (4 hours) Saturday, September 12, 2020**

This class will explore the effects of drugs and alcohol on children, their development, and the family dynamics. This class will help individuals who are working with children who were prenatally exposed to drugs and alcohol, understand the brain development, and how to help the children reach/function at their highest capability. This class will also assist children and families who may have been exposed to individuals with substance abuse issues to understand the illness, refrain from engaging in the activity and maintain a healthy lifestyle and outcome.

**Instructor: Rochelle Bard, M.S.S.W.**

**Date: Saturday, September 12, 2020**

**Time: 10:00am – 12:00pm (lunch 1-2) 1:00-3:00pm**

**Location:.**

**When: Sep 12, 2020 10:00 AM to 3:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/meeting/register/tJYocuGrqjgrGtM72-XgDrbRivrJay5xtoql>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

## **Do you really want me? Do I really want you? (2hr) Tuesday, September 15, 2020**

This class will explore the dynamics around attachment and permanency for foster children who may have been moved around and struggle with the idea of someone loving them and wanting them to become a permanent part of a family.

**Instructor: Diane Miller, A.S.W.**

**Date: Tuesday, September 15, 2020**

**Time: 6:00pm – 8:00pm**

**Location:**

**When: Sep 15, 2020 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/meeting/register/tJwqf-uhqj4vE90yps5K1b6Mg7iGmm09L9zt>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

## **New Nurtured Heart Series: (Series Total: 6 Hours) Wednesdays, September 30, October 7 & 14, 2020**

The Nurtured Heart Approach ((NHA)) is an amazing set of strategies developed specifically for children with challenging behaviors. Often parents have tried many parenting techniques only to become discouraged when they do not work well. This approach works well for all children, especially those who have not responded well to traditional techniques, and will facilitate parenting success. Children whose parents learn to energize them are much more likely to do well in school; have healthy self-esteem; exhibit empathy and pro-social behavior; and avoid high-risk activities such as drug use, truancy, and criminal activity. Our objective is to see you have a positive relationship with your kids!

**Instructor: Karen Gregg, Certified Nurtured Heart Trainer**

**Date: Wednesdays, September 30, October 7 & 14, 2020**

**Time: 6:00pm – 8:00pm**

**Location:**

**When: Sep 30, October 7 & 14, 2020 06:00 to 8:00 PM Pacific Time**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/meeting/register/tJUrd-ioqjgtH9FC-S9HOeReppmCzZjisjuE>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **School in the climate of COVID-19: How to help your child who is struggling (2 hours) Thursday, October 1, 2020**

Is your child struggling in school? Do you know your child's learning style? Children struggle in many different ways in school. We will discuss these struggles, how to communicate with the school & staff, and how to record relevant information. Demystify the stigmas you or your children may have. Leave with your own action plan to tackle your concerns and identify their learning style.

**Instructor: "Espi" Espinoza, Child Advocate (SCOE)**

**Date: Thursday, October 1, 2020**

**Time: 6:00pm – 8:00pm**

**Location:**

**When: Oct 1, 2020 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/joining/register/tJEqfu6vpzIsGdfvpGxCJbn9F0UpAdvFSIjd>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Las redes sociales y la seguridad cibernética: Octubre 6, 13, 20 & 27, Noviembre 3, 2020**

En estas clases se proporcionará conocimientos y habilidades que promueven la seguridad de los jóvenes mientras usan las mejores prácticas en las redes sociales. Es importante comunicar los riesgos involucrados en cualquier uso de las redes sociales. Se discutirán los beneficios para los padres de participar y saber cómo usar las redes sociales. Es importante conocer qué aplicaciones se están utilizando, y los riesgos que pueden surgir.

**Instructora: Nayeli Rojas, Estudiante de SW y apoyo de cuidado adoptivo experimentado**

**Fecha: Martes, Octubre 5, 13, 20 & 27, Noviembre 3, 2020**

**Tiempo: 6:30pm – 8:30pm**

Por favor llame a Nayeli Rojas con cualquier pregunta al 916-709-5667

**Lugar: Estás invitado a una reunión de Zoom.**

**When: Octubre 5, 13, 20 & 27, Noviembre 3, 2020 6:30 PM Pacific Time (US and Canada)**

**Regístrese con anticipación para esta reunión:**

<https://cccconfer.zoom.us/joining/register/tJwuf-6hrTlqGtyt2rL9o0J3hWsAZ1J3xQrY>

**Después de registrarse, recibirá un correo electrónico de confirmación con información sobre cómo unirse a la reunión.**

## **Surviving, Thriving Teens (2 hours) Thursday, October 8, 2020**

Trauma occurring during childhood or adolescence can have a substantial impact on adolescent development and permanently alter the way their brain functions. This course will review “normal” adolescent development, examine how trauma can derail “Normalcy”, and explore some supportive interventions to assist teens on their journey to “Greatness”.

**Instructor: Karen Gregg, Expert Trainer/Supervisor CRH**

Date: Thursday, October 8, 2020

Time: 6:00pm – 8:00pm

Location:

**When: Oct 8, 2020 06:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/joining/register/tj0qc-mvrjgoHtd6C1YeaCfzL6byyVwLsUro>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

## **Mental health of Children and Adolescents: How to Best Service our Youth (4hr) Saturday, October 10, 2020**

This class will explore mental health issues of children and adolescents. Participants will gain a knowledge of mental health diagnosis, symptoms of each diagnosis, and how to determine if a child is struggling with a mental health issue, and where to find appropriate treatment.

**Instructor: Diane Miller, A.S.W.**

Date: Saturday, October 10, 2020

Time: 10:00am -12:00pm (lunch 12-1) 1:00-3:00pm

Location:

**When: Oct 10, 2020 10:00 AM to 3:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/joining/register/tj0tde2vrD0jHnHQYcHEzwB1Y-BC9hnmpwUz>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

## **Caregiver Self Care (2 hr) Tuesday, October 13, 2020**

This class will discuss what leads to caregiver burn out and the importance of recognizing when you are headed in that direction. We will include ideas and suggestions on how to care for ourselves to avoid caregiver overwhelm, so we can be present and nurturing to our foster children.



**Instructor: Diane Miller, A.S.W.**

**Date: Tuesday, October 13, 2020**

**Time: 6:00pm – 8:00pm**

**Location:**

**When: Oct 13, 2020 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/meeting/register/tJMscOmoqjwjH9acuWqpTUmgDRTQcBY2IF5G>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Addressing A.C.E. (Adverse Childhood Experiences) for a Happy, Healthy Life (2 hours) Tuesday, October 20, 2020**

Childhood trauma impacts growth and success in all areas of a young person's life, including their capacity to form and maintain healthy relationships. How do we most effectively address the needs of traumatized youth in building relationship skills? First we need to understand trauma and then provide young people relief from distressing experiences by teaching them effective skills to calm and manage emotions. In this series we will cover the A.C.E. study findings, building resiliency in our children, relationship skill building and the 40 Developmental Assets that every child needs.

**Instructor: Rochelle Bard, M.S.S.W.**

**Date: Tuesday, October 20, 2020**

**Time: 6:00pm – 8:00pm**

**Location:**

**When: Oct 20, 2020 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/meeting/register/tJ0pdOqsqD8vGtUTdbhZMyqDC49G0jNq-kvw>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Foster Parents and Foster Youth Rights-(2 hr) Tuesday, October 21, 2020**

This class will discuss foster children and “foster parents’ rights”. This class will help foster parents develop an understanding of their rights in their home while providing a safe comfortable environment for foster children and respecting the foster children’s rights. Foster parents will be provided resources and tools they can use in their home, and learn to develop support systems in the community. Foster parents will also have an opportunity to have an open forum and discuss with foster parents, former foster children, and the ombudsman’s office. The CA Foster Care Ombudsman Office will be presenting part of this class. They will provide material on Foster Youth Rights. A foster youth representative will also be presenting. Then we will look at the Foster Parent Rights. It is important to know

that both you and the children you parent have rights that need to be supported and nurtured.

**Instructor: Sarah Craven, M.S.W., Sacramento County CPS Social Worker**

**Date: Wednesday, October 21, 2020**

**Time: 6:00pm – 8:00pm**

**Location:**

**When: Oct 21, 2020 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://cccconfer.zoom.us/meeting/register/tJwpde2upzwuEtAnF-SZzVpKw86LFVTCBeHq>

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Sexting, Cyberbullying and Adolescent Relationships ( 4 hours)**

#### **Thursdays, October 22 & Thursday, October 29, 2020**

This class will discuss social media and the impact of “constant connection,” sexting realities and risks, online porn, personal policies on using social media. Sexting has led to bullying, cyberbullying and even suicide. The discussion of how teens harass and bully as a result of social media. Areas covered will include the prevalence, course and consequences of teen dating violence, describe positive and negatives of a connected adolescent, recognize the importance of screening and timely management of coerced and nonconsensual texting, what are healthy adolescent relationships and warning signs of dangerous relationships, communication and conflict. You will leave with more awareness of the role social media plays in our youth’s lives.

**Instructor: “Espi” Espinoza, Child Advocate (SCOE)**

**Date: Thursday, October 22 & 29, 2020**

**Time: 6:00pm – 8:00pm**

**Location:**

**When: Oct 22 & 29, 2020 06:00 to 8:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

[https://cccconfer.zoom.us/meeting/register/tJMrdeGppjgvHNXTgcybbS\\_WfA6eP0T9Z8TA](https://cccconfer.zoom.us/meeting/register/tJMrdeGppjgvHNXTgcybbS_WfA6eP0T9Z8TA)

**After registering, you will receive a confirmation email containing information about joining the meeting.**

### **Dynamics of Trauma and Trauma Informed Care (4 hours) Saturday, October 24, 2020**

You will learn about understanding healthy development, how the brain functions, and healthy social & emotional regulation. We will be exploring how trauma can occur and how it effects the young developing brain, understand how trauma and it’s effects on the caregiver, learn compassionate and trauma informed care skills. This series is a must for those who parent children who have experienced, abuse, neglect and entered foster care.

**Instructor: Sarah Craven, M.S.W., Sacramento County CPS Social Worker**

**Date: Saturday, October 24, 2020**

**Time: 10:00am – 12:00pm (12-1 lunch) 1:00pm -3:00pm**

**Location:**

**When: Oct 24, 2020 10:00 AM to 3:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

**<https://cccconfer.zoom.us/meeting/register/tjwscu2rrDMuGdcQ1ZIsKNwYIPI-wZTYOC9k>**

**After registering, you will receive a confirmation email containing information about joining the meeting.**