



Cuesta College
Foster and Kinship Care Education Program
Workshops - November 2013

Free Workshops:

Fri. November 1
9:00am-2:00pm

**"Foster Parent Academy" Key Note Speaker-Rob Mitchell, author of Castaway Kid
Location: DSS at 3433 S. Higuera in SLO, room 101A- **RSVP TO MIMI**
Childcare available upon request –light refreshments**

Tues. Nov. 5
9:00am-11:00am

**"Specialized Training"-Holly Prieto
Child Welfare Services- What is it and what does it do? Including an overview of DSS
This training is recommended for all caregivers or anyone who works with children.
Location: 11573 Los Osos Valley Road, suite B in SLO **RSVP to Mimi****

Tues. Nov. 5
Time: TBD

"Proclamation for National Adoption Month"- County Board of Supervisors Meeting
Location: 1055 Monterey Street, Room D-170, in SLO **RSVP to Mimi**

Tues. Nov.5
5:30 p.m.-6:30p.m.

"Foster Parent Orientation" informational meeting regarding the requirements to become a licensed foster parent.
Location: DSS at 3433 S. Higuera St., room 115 in SLO- **RSVP to Mimi**

Tues. Nov. 5
6:30pm-8:30pm

"San Luis Obispo County Foster Parent Association Meeting"
This is open to all caregivers of San Luis Obispo County, including relative caregivers, adoptive parents, and supporters of children-Foster Family Agency families welcome to attend!
Location: Room 101A- at DSS in SLO at 3433 S. Higuera St. **Please bring a snack to share with others.**
RSVP to Mimi

Cuesta College, FKCE Workshops- November 2013 (con't)

Free Workshops:

Tuesdays-

Nov. 5, 12, 19, &26
9:00-11:00 am

"Successfully Parenting At-Risk Kids (SPARK)" – Stephanie Wilson
Classes will provide information about many topics including; the importance of nurturing a strong bond between caregiver and infant; how to hold a low threshold infant; effective positive discipline styles & helping your school age child succeed. This workshop series will also focus on strategies to avoid emotional reactivity and to promote positive family relationships and how to parent children with specific behavioral issues.

RSVP TO MIMI

Location: 9415 El Camino Real in Atascadero- Nov. 26 will be held at 406 Spring Street in Paso

Wednesdays-

Nov. 6, 13, 20
Dec. 4, 11, 18
5:30-7:30pm

"Successfully Parenting At-Risk Kids (SPARK)" – Stephanie Wilson
Classes will provide information about many topics including; the importance of nurturing a strong bond between caregiver and infant; how to hold a low threshold infant; effective positive discipline styles & helping your school age child succeed. This workshop series will also focus on strategies to avoid emotional reactivity and to promote positive family relationships and how to parent children with specific behavioral issues.

RSVP to Mimi

Location: 11573 Los Osos Valley Rd. suite B, San Luis Obispo

Thurs. Nov 7

4:00p.m.-10:00p.m.

"CPR/FA/AED"-Adult and Pediatric-Bill Pucciarelli

American Red Cross 2 year certification-Bring your dinner-**child care upon request**

Location: 11545 Los Osos Valley Road, suite B-2 RSVP is required, space is limited. **RSVP to Mimi**

Please remember to bring your dinner! Childcare offered upon RSVP at least 1 week in advance.

Thurs. Nov. 7

6:00-8:00p.m.

"Baby Basics"-presented by French Hospital Birthing Center

Information and tips on caring for newborns and infants 0-3months. Sleeping, bathing, feeding, diapering, swaddling, medications, immunizations, remedies for fussy babies, milestones, and more. Hands on practice with life size baby dolls. **Space is limited!-RSVP is a must; no childcare offered.**

Location: French Hospital Auditorium, 1911 Johnson Ave. in SLO

RSVP to Mimi

Cuesta College, FKCE Workshops- November 2013 (con't)

Free Workshops:

Fri. Nov. 8

"The Reality of Social Networking"

Many of our children have grown up with social networking so it should not be a surprise that they are fixated on electronics. Caregivers will be provided with information about social networking sites, the pros and cons, and how to monitor their youth. Caregivers will discuss resources to improve their networking skills and a better understanding of what's so fascinating about social networking.

9:00am-12:00pm Location: 11573 Los Osos Valley Road, suite B, in SLO

RSVP to Mimi

Saturdays

"PRIDE Training- Session 5"- This series is 27 hours for certification.

Nov. 9, 16 & 23

Foster Parent/Resource Family pre-licensing training

9:00 am-4:00pm

Location: 3433 South Higuera St. San Luis Obispo DSS Office

Wednesday

Childcare and refreshments will be provided. RSVP is required- 781-1619 or 546-3156

Nov. 13 & 20- 6:00pm-9:00pm

Wed. Nov. 13

"Preparing for the Holidays"-De-Stressing the Holidays-Marissa Famularo

Many foster youth and children have a difficult time during the holidays. Broken promises, past memories ignite positive and negative feelings and emotions. We will explore holiday meanings & how to make them special for children , while keeping chaos and stress to a minimum.

6:00pm-8:00pm

Location: 11573 Los Osos Valley Road, suite B in SLO

RSVP to Mimi

Thurs. Nov. 14

"Teaching Life Skills to our Youth"-Kristi Augusta

This workshop will discuss how to prepare our youth for adulthood by equipping them with the knowledge and skill to lead a productive life. Participants will be advised on ways they assist youth in developing everyday life skills such as healthy relationships, communication, safety, decision making, problem solving, and other daily living skills.

6:30pm-8:30pm Location: 11573 Los Osos Valley Road suite B in SLO

RSVP to Mimi

Friday, Nov. 15

"Relative Care Orientation and Education"-Arya Jones

9:00am-11:00 am

Topics vary monthly and are relevant to those parenting a relative's child.

Location: 11573 Los Osos Valley Road, suite B in SLO

RSVP to Mimi

Sat. Nov.16

"CPR/FA/AED"-Adult and Pediatric-Bill Pucciarelli

9:00a.m.-2:00p.m.

American Red Cross 2 year certification-Bring your dinner-**child care upon request**

Location: 3433 S. Higuera St. in SLO, room 101A- RSVP is required, space is limited.

RSVP to Mimi

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Cuesta College, FKCE Workshops- Novemeber 2013 (con't) *Free Workshops:*

Fri. Nov. 22

9:00a.m.-12:00p.m.

"Resource Family Case Support (RFCS)"

Working with DSS; strategies to work within the system in a positive manner, overcoming obstacles in your case plan; how to advocate for the children in your care. This is open to all Resource families(foster or adoptive parents, and kinship care providers) and topics will vary monthly.
Location: DSS at 3563 Empleo in SLO

RSVP to Mimi

Sat. Nov. 23

11:00am-12:30pm

"Becoming a Sibling"-presented by French Hospital Birth Center

This workshop is an interactive workshop designed for those children age 3-12 and adults, and emphasizes the importance of becoming a big brother or big sister. It includes hands-on fun with life-size baby dolls, tips to help children understand that they will have a sibling, an activity, and short movie on becoming a sibling. **Space is limited!**
Location: French Hospital Auditorium, 1911 Johnson Ave. in SLO

RSVP to Mimi

Sat. Nov. 23

5:30p.m.-7:30p.m.

"The Importance of Children's Play" - Kristi Augusta - This is an interactive workshop for

adults and their children of all ages. This workshop will focus on stress free activities that families can do to bond together as a family. This is a potluck; please bring a snack to share with others. Bring your favorite game or musical instruments, to demonstrate to others.
Location: TBD in SLO- call for location.

RSVP to Mimi

Whiz kids is offering the following Family Friendly classes.

Research shows that when adults and children participate in an activity together such as art, it enhances the bonding, thus strengthening the relationship. What better way to do this, than in this fun and inviting environment.

Whiz Kids! Out-of-this-World Toys! 3979 S Higuera St, San Luis Obispo (805)547-1733 www.whizkidsslo.com Open Mon-Sat 10-6

Preschool age children- Every Wednesday morning- beginning at 10:30 am

Children ages 6-10-Every Wednesday afternoon-beginning at 3:30pm

Children of all ages- Every Saturday between 11 am and 1 pm make something fun and fabulous!

RSVP to Mimi is required at 546-3156 for these activities. Please go to their website for activity details.

All FKCE workshops are open to the community, but priority will be given to Foster or Adoptive Parents, Relative/ Kinship Care Givers, and Professionals that work with this specialized population.

Please specify your category at the time of your call/e-mail plus your first name, last name E-mail, and phone number.

Workshops may be cancelled due to lack of attendance.

RESERVE YOUR SPACE NOW! CALL MIMI AT FKCE- 546-3156

