The West Los Angeles Foster and Kinship Care Education Program welcomes you!

Thank you for choosing our program. We have prepared a variety of classes designed to enhance your knowledge to meet the educational, behavioral, and developmental needs of your child(ren) and/or youths.

All D-rate, F-rate, and W-rate Pre-Service Training will be held at West Los Angeles College in the Student Services Building, Room 414, 9000 Overland Ave., Culver City, CA 90230. Please note: Pre-registration is required.

All other classes will be held at Rogers Park, 400 West Beach Avenue, Inglewood, CA 90302. No need to pre-register.

For further information and to enroll for a class, call us at (310) 287-7255/(310) 287-4530 or by e-mail at fkce@wlac.edu or manciam@wlac.edu. Also, you may go to our website at www.wlac.edu/fkce

Classes are FREE to current foster and kinship parents and to the community at large. Parking for classes at the college is free but you must pre-register to ensure that we have a parking permit for you.

We are pleased to serve you.

Sincerely,

Maria Mancia
FKCE Director
Foster and Kinship Care Education

All Pre-Service Training Classes will be held at:

West Los Angeles College
Student Services Building, Room 414
9000 Overland Ave.
Culver City, CA  90230
(310) 287-4317

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 to receive the certificate of completion.**

Session I:
- **Saturday**, September 15th
- **Saturday**, September 22nd
  Time: 9am-5:30pm

Session II:
- **Tuesday**, October 3rd
- **Thursday**, October 1st
- **Tuesday**, November 6th
- **Thursday**, November 8th
  Time: 5:30pm – 9:30pm

F-Rate Pre-Service Training
You will receive information about caring for children in foster 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 foster parent who has been licensed for at least two years, have a medical background, or have been directed by DCFS to take this training.**

Session I:
- **Tuesday**, October 9th
- **Thursday**, October 11th
- **Tuesday**, October 16th
- **Thursday**, October 18th
  Time: 5:30pm – 9:30pm

Session II:
- **Saturday**, November 10th
- **Saturday**, November 17th
  Time: 9am-5:30pm

W-Rate Pre-Service Training
A whole Family Foster Home provides care for a teen parent and his/her non-dependent child, and is specifically recruited and trained to assist the teen parent in developing skills necessary to provide a safe, stable and permanent home.

**Tuesday**, December 4th
- **Thursday**, December 6th
- **Tuesday**, December 11th
- **Thursday**, December 13th
  Time: 5:30pm – 9:30pm
Foster and Kinship Care Education

All Classes will be held at:
Rogers Park
400 West Beach Avenue
Inglewood, CA  90302
(310) 412-5504

September

Healing Emotional and Psychological Trauma
(Rates: B, D, F, W)
Tuesday, September 11th  9:30am-12:30pm
Emotional and psychological trauma is the result of an extraordinarily stressful event that shatters your sense of security, making you feel helpless and vulnerable in a dangerous world. The above training will help those who have gone through a traumatic experience and what to do in the event they have a child placed.

Asthma & Allergies (Rates: B, D, F, W)
Thursday, September 13th  9:30am-12:30pm
Does your child suffer from asthma and/or allergies? Come learn long-term control and quick-relief measures to prevent asthma symptoms from becoming worse. Contrast the different types of allergies, specific allergy symptoms, and emergency warning signs.

Sharing & Self Care (Rates: B, D, F, W)
Tuesday, September 18th  9:30am-12:30pm
This class will offer support, training information for better self-care, and resources for anyone caring for someone else’s child(ren).

The Cycle of Attachment (Rates: B, D, F, W)
Thursday, September 20th  9:30am-12:30pm
Many children have experienced disruptions in attachment formation due to child abuse, neglect and/or multiple placements. Traditional parenting, which relies upon a strong attachment, doesn’t work well with them. Come get an understanding of the way they see life and how you can alter your parenting techniques to accommodate their unique life experiences and current needs.

Autism & Asperger’s Syndrome (Rates: B, D, F, W)
Tuesday, September 25th  9:30am-12:30pm
Autism spectrum disorder and Asperger's syndrome affects language and behavioral development in children. Demonstrated by limited empathy with their peers and lack of nonverbal communication skills, these unique children often experience frustration and isolation. Explore the challenges they face, learn treatment options, and connect with support and resource avenues that assist on this lifelong journey.

Fetal Alcohol Syndrome (Rates: B, D, F, W)
Thursday, September 27th  9:30am-12:30pm
Learn how alcohol interrupts brain development and function, and the effects on behavior and learning in children who are exposed prenatally and how supportive information and resources are available to help.

October

Your Role in Preparing your Child for Emancipation (Rates: B, D, F, W)
Tuesday, October 2nd  9:30am-12:30pm
What you can do to support the child/ren in your care to become self-sufficient? Learn about the emancipation and independent living services that are available to youth prior to being terminated from court jurisdiction, post-emancipation services including housing and money for youths who have been terminated from court jurisdiction and other valuable resources to prepare your child for successful transition to independence/emancipation.

Gay & Transgender Issues (Rates: B, D, F, W)
Thursday, October 4th  9:30am-12:30pm
While many youth cope with the transition from childhood to adulthood successfully and become healthy and productive adults, others struggle as a result of challenges such as stigma, discrimination, family disapproval, social rejection, and violence. Come and learn more about assisting your youth through this unique developmental milestone.

D-Rate Review (Rates: B, D, F, W)
Tuesday, October 9th  9:30am-12:30pm
How long has it been since you were D-rate certified? This is an opportunity for you to refresh your knowledge on the material covered.
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Life Skills for the Mentally Challenged
(Rates: B, D, F, W)
Thursday, October 11th 9:30am-12:30pm
Individuals who are mentally challenged are capable of learning a great deal; however, they often need to be taught systematically and creatively. Come to this class to learn how to create the right environment and training program to help them transition toward greater independence.

Diversity (Rates: B, D, F, W)
Tuesday, October 16th 9:30am-12:30pm
We live in a diverse society that includes people of many races, cultures, beliefs, physical and mental characteristics. Teaching your child about diversity can help them grow up to be open-minded, fair, respectful of others’ rights and feelings, and aware of people’s similarities and differences.

Shaking, Hitting, & Spanking: What to do instead? (Rates: B, D, F, W)
Thursday, October 18th 9:30am-12:30pm
Overview of what is right and what is wrong when it comes down to disciplining.

Grief and Loss (Rates: B, D, F, W)
Tuesday, October 23rd 9:30am-12:30pm
Everyone grieves differently, especially children. Assist your child through the five stages of loss and help them emerge happier and healthier.

Navigating the Mental Health System
(Rates: B, D, F, W)
Thursday, October 25th 9:30am-12:30pm
This workshop will explore the most common mental health disorders that foster youth are diagnosed with. Learn to identify symptoms, the latest treatments, and how to advocate for your child within the court, school, social services and medical communities.

Trick or Treat: Give Me Something Healthy To Eat! (Rates: B, D, F, W)
Tuesday, October 30th 9:30am-12:30pm
The over-abundance of candy during this season can be frustrating for parents. Come to this class to learn ways to encourage kids to eat healthy foods and make sweets a limited part of a balanced and nutritious diet.

November

The 7-Day Notice (Rates: B, D, F, W)
Thursday, November 1st 9:30am-12:30pm
Come to this class to understand what the 7-day notice is and what your options are.

Youth and the Law (Rates: B, D, F, W)
Tuesday, November 6th 9:30am-12:30pm
In this class participants will receive information on foster youths rights, mental health, medical, physical rights, and curfew. Participants will be provided with a basic overview of important laws as well as the rights and responsibilities of resource parents. Participants will also learn ways of teaching children about the law, consequences, and safety.

Bipolar Disorder (Rates: B, D, F, W)
Thursday, November 8th 9:30am-12:30pm
Severe mood swings are a problem in many of our foster youth. In this workshop, you will learn how to identify and best assist those with Bipolar Disorder /Manic Depression.

Individual Education Plan (IEP) Part I
(Rates: B, D, F, W)
Tuesday, November 13th 9:30am-12:30pm
This class will provide a comprehensive overview of the IEP Plan and Process. Participants will be able to identify children’s right to have an appropriate IEP in place. Information will be provided on children’s needs, rights, and legal parameters. This class will teach participants the IEP process and how to identify the most appropriate resources pertinent to their children specific needs. This is Part I of a two part series.
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Inglewood, CA  90302
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Individual Education Plan (IEP) Part II
(Rates: B, D, F, W)
**Thursday, November 15th**  9:30am-12:30pm
This class will provide a comprehensive overview of the IEP Plan and Process. Participants will be able to gain follow-up knowledge for denial and appeals and formulate written objectives to add to an IEP already in place. This is Part II of a two part series.

Modeling Thankfulness and Gratitude (Potluck)
(Rates: B, D, F, W)
**Tuesday, November 20th**  9:30am-12:30pm
Parents are children’s first role models. Thankfulness modeled by caregivers can be the tool that sparks the same throughout a child’s lifetime. Come and share the methods you have used to demonstrate gratitude and learn new ways of modeling thankfulness, all while enjoying a delicious potluck!

What is Healthy and Natural Sexual Play?
(Rates: B, D, F, W)
**Tuesday, November 27th**  9:30am-12:30pm
This class will cover sexual development from toddlers through childhood and into adolescence and the types of sexual play that are natural and healthy processes in children.

Working with Birth Parents
(Rates: B, D, F, W)
**Thursday, November 29th**  9:30am-12:30pm
This training will allow caregivers to examine their feelings toward birth parents while gaining knowledge on how to build positive relationships with the birth families especially when the birth parent is their own relative. This training will take participants through the different stages of grief that birth parents often experience once children are removed from their care.

December

An Update of AB 12 and Extended Foster Care
(Rates: B, D, F, W)
**Tuesday, December 4th**  9:30am-12:30pm
What is this recently signed law about? This class will provide an overview of this new law regarding foster care.

Dependency Court: Understanding the Process
(Rates: B, D, F, W)
**Thursday, December 6th**  9:30am-12:30pm
Dependency Court cases involve the protection of children that have been or are at risk of being abused, neglected, or abandoned. This class will help resource parents & guardians understand their roles, responsibilities. & court process in a child dependency case

An Overview of the Regional Center System
(Rates: B, D, F, W)
**Tuesday, December 11th**  9:30am-12:30pm
Regional Centers are private nonprofit organizations that provide local resources to individuals with developmental disabilities and their families. This workshop will cover eligibility, the types of services available, and the appeal process.

Specialized Foster Care and AAP Rates for Children with Special Needs
(Rates: B, D, F, W)
**Thursday, December 13th**  9:30am-12:30pm
Learn how to access funding through foster care and the adoption assistance program for children with special needs and how to advocate for increases and retroactive payments.

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** (Basic Rate)  12 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.
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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 to register and attend an orientation. After you complete the orientation, you will need to take a 33 hour training (PS-MAPPP).

Classes are FREE to current foster and kinship parents as well as the community in general but you need to pre-register at least one day in advance by telephone at (310) 287-7255 or (310) 287-4530 or e-mail FKCE@wlac.edu or visit SSB-330 at West Los Angeles College. Note: Class topics and trainers are subject to change without notice.