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

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 mancia@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

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All Pre-Service Training Classes will be held at:
West Los Angeles College
(SSB-414)
9000 Overland Ave.
Culver City, CA 90230
(310) 287-7255

D-Rate Pre-Service Training (16 hours)
This class provides instruction to caregivers who are interested in caring for children 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 within a given session to receive a certificate of completion.

Session I
Saturday, February 18th
Saturday, February 25th
Time: 9am-5:30pm

Session II
Monday, March 7th
Wednesday, March 9th
Monday, March 14th
Wednesday, March 16th
Time: 5:30pm – 9:30pm

Session III
Saturday, April 15th
Saturday, April 22nd
Time: 9:00am - 5:30pm

Session IV
Saturday, May 13th
Saturday, May 20th
Time: 9:00am - 5:30pm

Session V
Saturday, June 10th
Saturday, June 17th
Time: 9:00am - 5:30pm

F-Rate Pre-Service Training (16 hours)
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, and 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. However anyone can benefit from this training.

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Session IV
Saturday, June 10th
Saturday, June 17th
Time: 9:00am – 5:30pm

W-Rate Pre-Service Training (16 hours)
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.

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Goal Setting: It’s the New Year…
(Rates: B, D, F, W)
Thursday, January 5th  9:00am-1:00pm
This workshop considers the value of new year's resolutions. It's important for children to learn to plan ahead & make reasonable goals.

RFA-Resource Family Assessments-
(Rates: B, D, F)
Tuesday, January 10th  9:00am-1:00pm
What does it mean for you? This workshop will explore what it will mean for you as a foster parent, relative caregiver or legal guardian.

Self-Awareness
(Rates: B, D, F, W)
Thursday January 12th  9:00am-1:00pm
Our life's journey is sometimes an open book, yet do we really “know” who we are why we do the things we do? In this workshop an overview of Maslow Hierarchy of Needs and the Erickson’s Stages of Development will be covered as it relates to the role of resource parenting.

Parenting Styles
(Rates: B, D, F, W)
Tuesday, January 17th  9:00am-1:00pm
Caregivers will be introduced to various parenting styles. Being responsive to your children, and at the same time, setting clear rules and limits, is crucial for you as a parent. A discussion will focus on techniques to improve communication and disciplinary actions that are more effective with children.

Getting To Know You, Getting to Know Me
(Rates: B, D, F, W)
Thursday, January 19th  9:00am-1:00pm
Placement of a new child in the home doesn’t have to be a dreaded experience. Various tips will be discussed on how to make this transition a smooth one.

Prudent Parenting
(Rates: B, D, F, W)
Tuesday, January 24th  9:00am-1:00pm
Are they allowed to do that? Come and learn what is Prudent Parenting? This information will assist you in making daily decision easy for you.

The Effects of Great Parenting
(Rates: B, D, F, W)
Thursday, January 26th  9:00am-1:00pm
Parenting is a rewarding experience. The benefits of great parenting on both the child and the parent can have an invaluable positive life experience.

Navigating the DCFS System
(Rates: B, D, F, W)
Tuesday, January 31th  9:00am-1:00pm
Learn the ins and outs of the DCFS system. This class will examine the steps for advocating effectively for your child(ren).
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*****No Class February 14th*******

5 Love Languages  (Rates: B, D, F, W)
Thursday, February 2nd 9:00am-1:00pm
This class will discuss what the 5 Love Languages are. What says, "you are loved, worth while, capable, loveable and responsible" to you? And How does this can apply to our children.

The Mental Health Care System: How to Navigate It.  (Rates: B, D, F, W)
Tuesday, February 7th 9:00am-1:00pm
What are the symptoms of mental health issues that foster youth are diagnosed with? Learn to identify certain behaviors, treatment and the ramification of such within the court system, the school, social services and the medical community.

Anxiety  (Rates: B, D, F, W)
Thursday, February 9th 9:00am-1:00pm
Participants will learn useful techniques on how to relieve anxiety in the children in their care. They will learn to identify potential triggers.

Teaching Children Self-Control
(Rates: B, D, F, W)
Thursday, February 16th 9:00am-1:00pm
Outbursts and tantrums can be frustrating for parents. This class will teach techniques on self-control including: break taking, rewards, and problem solving to help instill a more confident and self-controlled child.

Teaching Financial Responsibility to Kids
(Rates: B, D, F, W)
Tuesday, February 21st 9:00am-1:00pm
It is never too soon to teach your child financial responsibility. Come and learn how to teach your child about: budgeting, savings, and credit and more.

Financial Aid Resources
(Rates: B, D, F, W)
Thursday, February 23rd 9:00am-1:00pm
Dreaming of earning a degree? This class will cover the various financial aid resources available to foster youth such as the Chafee Grant, Federal and state financial aid, and Student Loans.

Preparing Youth to be Self Autonomous
(Rates: B, D, F, W)
Tuesday, February 28th 9:00am-1:00pm
Self-sufficiency is a process that can’t begin too early in life. Realistic planning for housing costs, food, and health care, as well as costs associated with work including transportation, child care, and taxes is essential. Learn more ways you can better assist youth for self-sufficiency.
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CSEC-Commercial Sexually Exploited Children  (Rates: B, D, F, W)
Thursday, March 2nd  9:00am – 2pm
Our focus today is awareness and identification of Commercial Sexual Exploitation of Children, a form of human trafficking where our children are forced into sexual slavery. We will discuss the intersection between CSEC and foster care. You will be equipped with information needed to spot the red flags of a CSEC victim.

Stress Management: How to Identify & Deal with It.  (Rates: B, D, F, W)
Tuesday, March 7th  9:00am-1:00pm
Are you feeling overly tired, can’t focus or concentrate, irritable and forgetful? All of these symptoms are stress-related and are very real. Learn the many signal of stress and how to deal with it positively. Overall health, nutrition, exercise and de-stressing techniques will be covered.

Caregivers Rights, Roles and Responsibilities  (Rates: B, D, F, W)
Thursday, March 9th  9:00am-1:00pm
This class provides an overview of the foster care system for caregivers; such as the responsibilities and rights with parenting, court appearances, visits with birth parents, etc. These issues are all explored.

Working with Birth Parents
(Rates: B, D, F, W)
Tuesday, March 14th  9:00am-1:00pm
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 your own relative.

Teenage Pregnancy  (Rates: B, D, F, W)
Thursday, March 16th  9:00am-1:00pm
Parenting at any age can be challenging, but it can be particularly difficult for adolescent parents. This workshop will provide information about pregnancy, prevention, safety and resources.

Internet Safety, Sexting –Part I
(Rates: B, D, F, W)
Tuesday, March 21st  9:00am-1:00pm
This workshop will explore the issues and concerns regarding social media trends. Topics covered; Instagram, Facebook, and Snapchat…

Internet Safety, Cyber Bullying and "Sexting"-Part II  (Rates: B, D, F, W)
Thursday, March 23rd  9:30am-12:30pm
Bullying and sexting in our youth is more prevalent than most parents are aware of. This workshop will explore the lifelong psychological effects they have and helpful techniques to guard against participation and becoming a target of bullying and sexting.
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Schizophrenia (Rates: B, D, F, W)
Tuesday, March 28th 9:00am-1:00pm
This class will cover the symptoms, traits, family history of and current treatments for Schizophrenia, and available resources.

Suicide Awareness (Rates: B, D, F, W)
Thursday, March 30th 9:00am-1:00pm
When individuals are in crises, their ability to consider options aside from suicide diminish substantially. Discuss these symptoms and more in this sensitive, and thought provoking class.

No Class - Spring Break: April 1- April 7th

Cooking For the Fast Food Child
(Rates: B, D, F, W)
Tuesday, April 11th 9:00am-1:00pm
What a challenge preparing healthy, nutritious food for your child can be. In this class you will learn successful strategies that reduce the struggle at mealtime. Suggestions for easy, delicious and minimal prep time meals will be offered too. Bring your recipes!

Life Books
(Rates: B, D, F, W)
Thursday, April 13th 9:00am-1:00pm
Life books are a means of telling the child's life story and preserving their history. This class provides the process of why creating a life book for your child is so important, understanding what a life book is, what it should include, and how it is developed.

Making an Emergency Preparedness Plan
(Rates: B, D, F, W)
Tuesday, April 18th 9:00am-1:00pm
The focus of this workshop will cover what to do in the event of an earthquake, fire and other natural disaster. Information on how to prepare your family for emergencies and the hazards to be aware of when an emergency occurs will be covered in this class.

Identifying Health Care Resources
(Rates: B, D, F, W)
Thursday, April 20th 9:30am-12:30pm
We will provide an overview of the various health care resources the kids in your care are eligible for and how to apply for them.

ADD/ ADHD
(Rates: B, D, F, W)
Tuesday, April 25th 9:00am-1:00pm
Overactive tendencies and low concentration; does this sound like your child(ren) behavior? This class will explore the mental health needs of hyperactive and attention deficit children.

Bullying and Developing Self-Confidence
(Rates: B, D, F, W)
Thursday, April 27th 9:00am-1:00pm
This class will address bullying and strategies that will help your child(ren) avoid becoming a target nor a perpetrator. Learning to create a safe environment where children can thrive, socially and academically, without being afraid.
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Advocacy (Rates: B, D, F, W)
Tuesday, May 2nd 9:00am-1:00pm
This class will discuss improving future opportunities for foster children while helping resource parents to secure the resources, connections, and skills they need to support, nurture, and provide for their children’s educational, mental, economic, and physical health care needs.

Do you know how to Resolve Conflicts? (Rates: B, D, F, W)
Thursday, May 4th 9:00am-1:00pm
This workshop will help the caregiver to learn how to communicate effectively with birth families, social workers and/or community partners.

When Sexuality is a Question -LGBTQ (Rates: B, D, F, W)
Tuesday, May 9th 9:00am-1:00pm
This workshop will introduce providers to LGBTQ communities, respectful language and inclusive practices. Topics include terminology, barriers to accessing services, and building blocks.

Dealing Positively with the Demands of Caregiving (Rates: B, D, F, W)
Thursday, May 11th 9:00am-1:00pm
Maintain your health and wellness while meeting the challenging demands of parenting. This class will discuss ways of handling stressful situations without losing your grip or burning out and giving up on our children.

Overcoming the Stigma of Mental Health (Rates: B, D, F, W)
Tuesday, May 16th 9:00am-1:00pm
The stigma of mental health is engrained deep within society. This view shows up by the lack of access to mental health care, exclusive public policy and covert discrimination. This class will present ways to identify and combat the stigma of mental illness.

Autism: The Spectrum (Rates: B, D, F, W)
Thursday, May 18th 9:00am-1:00pm
Learn about this prevalent condition among our foster youth. This class will provide an overview of Autism Spectrum Disorders with particular emphasis on characteristics, definition, and educational aspects.

PTSD (Post Traumatic Stress Disorder) (Rates: B, D, F, W)
Tuesday, May 23rd 9:00am-1:00pm
Know the signs and how to work with this disorder more effectively.

Grief and Loss: (Rates: B, D, F, W)
Thursday, May 25th 9:00am-1:00pm
Children in the foster care system tend to experience many losses. This workshop will teach you skills on how to properly comfort your child through the different stages of grieving. Participants will also learn how they may have been conditioned to avoid feelings about their losses.

Bonding and Attachment (Rates: B, D, F, W)
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Tuesday, May 30th  9:00am-1:00pm
In this workshop caregivers will learn the difference between bonding and attachment and how they can connect with a child that has experienced loss and trauma.

Fetal Alcohol Syndrome (FAS)  (Rates: B, D, F, W)
Thursday, June 1st  9:00am-1:00pm
This class will outline the effects of alcohol on the developing fetus and the long-term consequences. Participants will be able to identify facial characteristics, behavioral, and health conditions that are related to FAS.

Developing Emotional Intelligence EQ  (Rates: B, D, F, W)
Tuesday, June 6th  9:00am-1:00pm
When you teach a child emotional intelligence skills, you teach him how to identify and acknowledge his feelings. This class will present techniques to encourage the development of Emotional Intelligence.

Special Education: IEP  (Rates: B, D, F, W)
Thursday, June 8th  9:00am-1:00pm
An overview of the IEP process will be covered and the importance of it. Learn why your child’s Individual Education Plan is a key tool to his/her academic success.

AB12 Update  (Rates: B, D, F, W)
Tuesday, June 13th  9:00am-1:00pm
This class will provide an update to the AB12 Foster Care Law. Q & A will follow. The guiding principle of this law is to provide each eligible non-minor with the opportunity to make decisions regarding his or her housing, education, employment, and leisure activities as the transition to adulthood is made. This class will address advancements to the California Fostering Connections to Success Act (AB12).

Dependency Court: Understanding the Process  Rates: B, D)
Thursday, June 15th  9:00am-1:00pm
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.

Does Your Child have Asthma &/or Allergies?  (Rates: B, D, F, W)
Tuesday, June 20th  9:00am-1:00pm
The right care can make all the difference between suffering with an allergic disease and feeling better. This class will cover what you can expect from an accurate diagnosis, a treatment plan that works and educational information to help you manage asthma and allergies.

Summer Activities: How to Keep Children Productive Over the Summer + Potluck  (Rates: B)
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Thursday, June 22nd  9:00am-1:00pm
Summer fun ranging from ethnic festivals, volunteer opportunities, over-night camps, arts, music, church activities to traveling out of town will be discussed. How to keep it safe, fun and educational for all members of the family.

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.

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.