

Foster & Kinship Care Education

West Los Angeles College

9000 Overland Ave., Culver City, CA 90230

E-mail: FKCE@WLAC.edu Phone/Voicemail: (310) 287-4530 or 310 287-7255

Spring 2025 SCHEDULE

SCHEDULE OF CLASSES

The FKCE program at West Los Angeles College provides free online trainings.

All trainings are hosted online from **February-June 2025**

Register for all classes at <https://forms.gle/9kvNAUfhNWai9S6m8>

Specialized Care Increment Certification (12 hours)

Date	Time	Trainer
Febrero 10, 11, 12 (Spanish)	5:30pm-9:30pm	Marisela Magana
February 24, 25, 26	5:30pm-9:30pm	Barbara Fellows
March 8, 15, 22 (Saturday)	9:00am-1:00pm	Alexis Estwick
March 17,18, 19	5:30pm-9:30pm	Barbara Fellows
Abril 7, 8, 9 (Spanish)	5:30pm-9:30pm	Marisela Magana
April 28, 29, 30	5:30pm. – 9:30pm	Barbara Fellows
May 28, 29, 30	5:30pm-9:30pm	Barbara Fellows
Junio 9, 10, 11	5:30pm-9:30pm	Alexis Estwick
June 23, 24, 25	5:30pm-9:30pm	Barbara Fellows

W-Rate Pre-Service Trainings

Date	Time	Trainer
Marzo 3, 4, 5, 6 (Spanish)	5:30pm-9:30pm	Marisela Magana
April 7, 8, 9, 10	5:30pm-9:30pm	Tamitra Clark

*Please Note: Training may be canceled due to low attendance.

February 2025

Date	Time	Topic	Trainer
Tuesday 2/4/25	9:30am- 12:30pm	Preparing for your 1st Placement (RFA Renewal) Knowing what questions to ask before placement helps with making a formal decision. This class will further discuss what to expect at the beginning of placement and how to support the child through the loss and separation.	Marisela Magana
Thursday 2/6/25	6:00pm-9:00pm	Creating a File for each Child: Documentation & Forms (RFA and SCI renewal) Learn best practices on what and how to document. Using proper forms and documents may reduce allegations. Learn how to be consistent and detailed in your note taking.	Barbara Fellows
Saturday 2/8/25	9:30am-11:30am	Disciplina positiva y la importancia de la autoestima (RFA and SCI Renewal) Disciplina Positiva y la Importancia de la Autoestima destaca la importancia de criar niños con respeto, amabilidad y firmeza, fomentando su autoestima y confianza. Entre las técnicas clave se incluyen ofrecer opciones, validar emociones, enfocarse en soluciones, usar consecuencias lógicas y alentar el esfuerzo en lugar de solo los resultados. Con ejemplos prácticos, ofrece una guía para formar niños respetuosos, resilientes y seguros a través de la conexión y el respeto mutuo.	Leila Montiel
Tuesday 2/11/25	9:30am- 12:30pm	Visitation/Family Time (RFA and SCI Renewal) Learn how to be prepared, what to expect and your role during visitations. This class will help you create positive experiences during visitations. This class will discuss do's and don'ts of visitation and different monitoring options.	Barbara Fellows
Thursday 2/13/25	6:00pm-9:00pm	Trauma & Developmental Delays (RFA and SCI Renewal) Gain foundational knowledge about how trauma can impact the development of children. It will also introduce the brain structure and early child development of children who have experienced trauma.	Barbara Fellows
Tuesday 2/18/25	9:30am- 12:30pm	Higher Education I (RFA Renewal) Caregivers will feel empowered to discuss the value of higher education with their middle school youth and provide ideas for how they can play an active role in supporting their youth to college. Caregivers will learn the significance of early college exploration and preparation and key steps that they can take to help youth turn their dreams into degrees.	Theresa Reed
Thursday 2/20/25	6:00pm-9:00pm	Building Healthy Attachments (RFA and SCI Renewal) This class will help identify the different attachment styles and methods to create healthy ones. Healthy attachments help children trust and create long-term positive relationships.	Barbara Fellows
Saturday 2/22/25	9:30am-11:30am	Apoyando a su Hijo/Hija a Superar el Trauma (RFA and SCI Renewal) Aprenda como apoyar a su hijo/hija que ha experimentado trauma.	Marisela Magana
Tuesday 2/25/25	9:30am-12:30pm	Behavioral Management Techniques (RFA and SCI Renewal) This class will discuss effective ways to handle challenging behaviors. It will further cover effective treatments and the importance of self-care when managing challenging behaviors	Daniel Torres

Thursday 2/27/25	6:00pm-9:00pm	Working with Birth parents (RFA and SCI Renewal) This class will discuss the benefits of co-parenting, and strategies for building a positive relationship with birth parents. Increase awareness of parent's traumas and empathy towards them. Guest speaker: Birth parent	Tamitra Clark
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March 2025

Date	Time	Topic	Trainer
Saturday 3/1/25	9:30am-11:30pm	IEP(RFA and SCI Renewal) Este taller sobre los Planes de Educación Individualizados (IEP) en California proporciona una visión completa de los procesos, componentes y lineamientos específicos del estado para apoyar a estudiantes con discapacidades. Aborda desde la definición y propósito de los IEP hasta los roles de los miembros del equipo, incluyendo a padres, maestros y proveedores de servicios. También se revisan los pasos clave para desarrollar y evaluar un IEP, desde la evaluación inicial hasta la implementación y el seguimiento del progreso del estudiante. El taller cubre recursos para padres y métodos de resolución de disputas, así como la planificación de transición para preparar a los estudiantes para la vida post-escolar.	Leila Montiel
Tuesday 3/4/25	9:30am-12:30pm	Cultural Considerations and Sensitivity Awareness (RFA and SCI Renewal) This training will help identify the cultural differences, languages, food, activities and dynamics of the family within those cultures and how to accept those differences.	Barbara Fellows
Thursday 3/6/24	6:00pm-9:00pm	Positive Parenting (RFA and SCI Renewal) Parenting can be less stressful. This class will cover positive parenting tips, techniques to deescalating behaviors, and the importance of staying calm and consistent. Engage in case scenarios to apply learning skills.	Alexis Estwick
Tuesday 3/11/25	9:30am-12:30pm	Home Investigations/Allegations (RFA Renewal) Going through a home investigation can be a stressful moment. Learn what to expect, the process and how to be prepared.	Barbara Fellows
Thursday 3/13/25	6:00pm-9:00pm	Level of Care-Specialized Care Increment Booster (RFA and SCI Renewal) Visually learn about the different LOC and SCI tiers, and language used by DCFS as well as support available based on the needs of your child and youth. This training includes information regarding resource parenting reporting tool used to determine funding for caregivers.	Barbara Fellows
Tuesday 3/18/25	9:30am-12:00pm	Grief & Loss: From the lens of the Resource Parent and the Child (RFA and SCI Renewal) This training will cover the stages of grief and loss. It will also address the impact of loss on the children and youth as well as the caregiver after a removal, replacement or after a child has reunified and returned home.	Tamitra Clark
Thursday 3/20/25	6:00pm-9:00pm	Learning Disabilities and IEP (RFA, SCI Renewal and W rate) Learn about educational resources and rights that support children with their unique needs. Class will discuss and provide an overview of IEP process.	Theresa Reed
Saturday 3/22/25	9:30am-11:30am	Crianza con Amor Y Lógica (RFA and SCI Renewal) Aprenda de una manera divertida cómo dejar de negociar con su hijo y comenzar a hacer que resuelva los problemas por sí solo mientras usted lo entrena y guía.	Marisela Magana

Date	Time	Topic	Trainer
Tuesday 3/25/25	9:30am-12:30pm	Common Health Issues (RFA and SCI Renewal) This class will discuss a variety of common health problems that children experience. It will also provide information on symptoms and treatments. Learn techniques on self-care for caregivers who provide care for children with these conditions.	Barbara Fellows
Thursday 3/27/24	6:00pm-9:00pm	Communication Styles (RFA, SCI Renewal, W rate) Effective communication styles will be covered. Class will review guides that support the different communication skills and how they can be applied to different ages. Case scenarios will be presented to assist with applying skills learned.	Olivia Chavira

April 2025

Date	Time	Topic	Trainer
Tuesday 4/1/25	9:30am-12:30pm	Understanding Maslow Hierarchy of Needs (RFA and SCI Renewal) Learn about human basic needs. This class will digest each need, the importance, and how caregivers can ensure that children's needs are being met to ensure that every child achieves self-sufficient.	Daniel Torres
Thursday 4/3/25	6:00pm-9:00pm	Dealing with PTSD in Children (RFA and SCI Renewal) Know the signs and how to work with this disorder more effectively. This class will review treatment, advocacy and self-care.	Tamitra Clark
Saturday 4/5/25	9:30am-11:30am	Adopción (RFA Renewal) Cuando nuestros niños crecen, ellos pueden preguntar sobre su familia biológica. Los padres de crianza deberán estar listos y preparados para este día. Los padres aprenderán como trabajar con el sistema de adopción y los recursos que están disponibles para asistirlos.	Leila Montiel
Tuesday 4/8/25	9:30am-12:30pm	Co-Regulating Parenting (RFA, SCI Renewal and W rate) Learn ways to help your children regulate when experiencing intense emotions. Managing challenging behaviors can be stressful and cause dysregulation. This class will focus on teaching parents' co-regulation techniques and discuss self-care.	Alexis Estwick
Thursday 4/10/25	6:00pm-9:00pm	CSEC: Commercial Sexual Exploitation of Children (RFA, SCI Renewal and W rate) Our focus is to bring awareness and identification of Commercial Sexual Exploitation of Children, a form of human trafficking where our children are forced into sexual slavery. We will equip you with a basic understanding of the crime and its scope. You will be given information needed to spot the red flags of a CSEC victim.	Barbara Fellows
Tuesday 4/15/25	9:30am-12:30pm	Caring for Medically Fragile Infant/Children (RFA, SCI renewal and W rate) This class will discuss the common medical conditions for children with special healthcare needs, treatments available, educational opportunities for these children, and the importance of whole family support.	Barbara Fellows
Thursday 4/17/25	6:00pm-9:00pm	Teen Parenting (RFA, SCI renewal and W rate) Caregivers will learn to create healthy parenting boundaries with teen parents. Class will discuss ways to co-parent in a positive way.	Olivia Chavira
Tuesday 4/22/25	9:30am-12:30pm	Sexual Health Education (SB89) (RFA, SCI renewal and W rate) This class will review the legislation Senate Bill 89, discuss thoughts and feelings about having the sex talk, stages of development, the different contraceptive methods, STI's, and Tools & Resources.	Alexis Estwick

Date	Time	Topic	Trainer
Thursday 4/24/25	6:00pm-9:00pm	Reasonable Prudent Parenting Standard (RFA, SCI renewal and W rate) Making prudent decisions can be difficult. This class will provide strategies to promote normalcy for children and youth. It will detail reasonable decision making in accordance with RFA's written directives Vol. 8.	Barbara Fellows
Saturday 4/26/25	9:30am-11:30am	Aprediendo de los Beneficios de ILP and AB 12 (ILP services, SILP Services, and AB12) (RFA, SCI renewal and W rate) Esta clases le ayudara a enterder el proceso que su adolescente tiene que seguir para conectar con los servicios de vivir independiente y las diferentes fuentes de ingresos a servicios disponibles bajo el (AB12, ILP and SILP).	Marisela Magana
Tuesday 4/29/25	9:30am-12:30pm	Understanding Psychotropic Medication (RFA, SCI renewal and W rate) Class will provide basic knowledge and understanding of how medication affects the brain functions & what a comprehensive evaluation consists of. Class will also review myths related to medication, as well as explore and discuss the pro and cons of medication and what forms to request for usage of psychotropic.	Barbara Fellows

May 2025

Date	Time	Topic	Trainer
Thursday 5/1/25	6:00pm-9:00pm	Self-Care (RFA, SCI renewal and W rate) This class will review in depth the 7 areas of wellness. How to use this tool to assess self-care and the steps to take to a more balance life and happiness.	Alexis Estwick
Saturday 5/3/25	9:30am-11:30am	Impacto del Uso de las Redes Sociales en Ninos y Adolescentes (RFA Renewal) Este taller analiza el impacto del uso de las redes sociales en niños, enfocándose en plataformas como Instagram, Facebook, TikTok, Snapchat, Twitter y YouTube. Se exploran estadísticas clave, los beneficios de cada plataforma, y los riesgos asociados, como problemas de privacidad y efectos en la salud mental. Con un enfoque equilibrado, la presentación destaca la importancia del uso consciente y el papel de los controles parentales para proteger a los jóvenes en estos entornos digitales	Leila Montiel
Tuesday 5/6/25	9:30am-12:30pm	Depression & Anxiety Disorders (RFA, SCI renewal and W rate) This class will explore common mental health disorders of foster youth. Anxiety and Depression. Learn to identify symptoms, the latest treatments and learn how to advocate for your child's mental health needs. Resources to mental health will be provided	Tamitra Clark
Wednesday 5/7/25	9:00am-1:00pm	Pastry and Paint	College/DCFS
Thursday 5/8/25	6:00pm-9:00pm	Understanding Mental Health in Children (RFA, SCI renewal and W rate) Learn about the most common mental health diagnosis in children, the symptoms, interventions, and treatments.	Barbara Fellows

Date	Time	Topic	Trainer
Tuesday 5/13/25	9:30am-12:30pm	Emancipation/ILP/ AB12 (RFA, SCI renewal and W rate) This class will cover AB12 foster care law and principles. It will cover the different resources available to current or former out of home youth.	Marisela Magana
Thursday 5/15/25	6:00pm-9:00pm	Understanding Suicide Prevention & Assessment (RFA, SCI renewal and W rate) This class will discuss signs, symptoms to look for and how resource parents can support children and youth. This training will also provide information on how to request a mental health assessment	Barbara Fellows
Saturday 5/17/25	9:30am-11:30am	Documentacion y Formas: La importancia del manejo de medicamentos y La Documentacion (RFA and SCI renewal) Esta taller le ayudara ha enterder las formas para crear un pasaporte medico y una mayor documentacion.de la salud mental y servicios.	Marisela Magana
Tuesday 5/20/25	9:30am-12:30pm	Teen Substance Use Disorders/ Accessing Services (RFA, SCI renewal and W rate) This class will provide information about drug use, effects, and treatments. It will further cover how to access services and resources.	Barbara Fellows
Thursday 5/22/25	6:00pm-9:00pm	Turning Dreams into Degrees Course II (RFA Renewal) Caregivers will feel empowered to discuss the value of higher education with their high school youth and provide ideas for how they can play an active role in supporting their youth to college. Caregivers will learn the significance of early college exploration and preparation and key steps that they can take to help youth turn their dreams into degrees.	Theresa Reed
Tuesday 5/27/25	9:30am-12:30pm	Mental Health First (RFA and SCI Renewal) This class will help support children and youth in your care who are experiencing a mental health crisis. Learn how to identify, understand and provide ongoing support including resources.	Tamitra Clark
Thursday 5/29/25	6:00pm-9:00pm	Foster Children Bill of Rights (RFA Renewal) This class will focus on the Bill of Rights for children and youth in foster care. Learn ways to adhere to these bills of rights while making prudent parenting decisions.	Alexis Estwick

June 2025

Date	Time	Topic	Trainer
Tuesday 6/3/25	9:30am-12:30pm	Structure, Routines & Schedules During Summer (RFA Renewal) This class will provide tools and tips on how to create effective routines for your children. Structure and routines promote responsibility and self-efficiency.	Olivia Chavira
Thursday 6/5/25	6:00pm-9:00pm	Gender Expression and Identity (RFA and SCI Renewal) Every child has their own unique backgrounds and experiences as part of who they are. It is significantly important to accept children for who they are and make them feel part of a family. LGBTQ laws and resources will be covered.	Barbara Fellows
Saturday 6/7/25	9:30am-11:30am	Estableciendo Límites sin Crear Guerra*/Evitando la Lucha de Poder (RFA renewal) Este taller le va ha proveer de como crear orden y seguridad; estableciendo limites y evitando la lucha del poder consequente mente reduciendo complicaciones y conflictos.	Marisela Magana

Date	Time	Topic	Trainer
Tuesday 6/10/25	9:30am-12:30pm	Diagnosis of FASD/Toxicology Screening (RFA, SCI renewal and W rate) This class will outline the effects of alcohol on the developing fetus and the long-term consequences. Resource parents will be able to identify facial characteristics, behaviors, and health conditions that are related to FAS.	Tamitra Clark
Thursday 6/12/25	6:00pm-9:00pm	Self-Esteem (RFA Renewal) Caregivers will learn to empower children to be resilient, confident, and self-sufficient. These skills will have a long-life impact in the quality of life of our children.	Olivia Chavira
Tuesday 6/17/25	9:30am-12:30pm	Permanency Options: Legal Guardianship/Adoption/Kinship (RFA Renewal) Are you ready to talk about Adoption and/or Legal guardianship? Learn ways how to have an age-appropriate conversation about permanency. Review legal guardianship vs adoption options, adoption laws, legal bills, and supportive resources.	Barbara Fellows
Thursday 6/19/25	NO CLASS	Juneteenth Holiday	
Saturday 6/21/25	9:30am-11:30am	Tutela legal y sus limitaciones (RFA Renewal) Aprende mas informacion de el proceso y limitaciones que implica obtener tutela legal.	Marisela Magana
Tuesday 6/24/25	9:30am-12:30pm	Resources 101 (RFA Renewal) This class will provide you with emergency resources. Become resourceful, by knowing where to seek for services and support.	Marisela Magana
Thursday 6/26/25	6:00pm-9:00pm	DCFS Court System and Juvenile Probation System (RFA Renewal) Learn about DCFS children's court system, your role in court and how to support children during court. This class will also cover the Juvenile Probation system and ways you support your youth and work with the youth probation officer.	Barbara Fellows

QUESTIONS AND ANSWERS

QUESTION	ANSWER
How many renewal hours do I need every year?	8 Hours RFA Renewal Hours 6 Hours SCI (Formerly known as D & F Rate) 4 Hours W Rate
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 or go to https://dcfs.lacounty.gov/caregivers/become-a-foster-parent/ to register and attend an orientation.
What is Resource Family Approval Training (RFA)?	This program is the pre-service training mandated by Department of Children and Family Services (DCFS) for all prospective resource and adoptive parent in Los Angeles County.
What is the cost of renewal classes and pre-service certification trainings?	Classes are FREE to current resource and kinship parents as well as the community in general, please pre-register at https://forms.gle/9kvNAUfhNWai9S6m8 You can reach us at (310) 287-4530 or by e-mail FKCE@wlaac.edu
What does Specialized Care Increment Training (SCI) mean?	The Special Care Increment (SCI) Training is the 12 hours foundational training for resource parents who are caring for children, adolescents and non-minor dependents who require specialized care resulting in resource parents going above and beyond the basic level of care (LOC) to meet a child's health, physical, emotional, behavioral, educational, permanency and family service needs. This training covers an overview and explanation of LOC & SCI, substance use, medication and behavior management, the impact of trauma on development, navigating the educational system, birth parent engagement, self-care and resources for a successful SCI placement.
What does W-Rate Pre-Service Training mean?	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.