

ANAHEIM

Foster Care Auxiliary of Orange County
333 S. Brookhurst • Anaheim 92804

Site Coordinator: Kathy Harvey

Meetings:

- Various Mondays
- 9 am – 11 am
- Free Book

Foster Parent Book Club & Support Group

Participants will meet monthly to review and discuss specific chapters of the Boys Town Press' book, *Practical Tools for Foster Parents*. A copy will be given to each participant at the first meeting. Participation at all 6 meetings is encouraged.

Parents will discuss Boys Town's approach to foster care in the 21st century, which focuses on teaching skills, building relationships, and empowering kids through teaching them self-discipline and self-control. During these six months, foster parents learn how to provide a safe home for kids and how to deal with their behaviors – both positive and negative.

- January 3**
- Introduction
 - Foster Care: Making a Difference for America's Children
- February 7**
- Building a Relationship with Your Foster Child
 - The Professional Foster Parent
 - Working with a Foster Child's Family Creating a Safe Environment
- March 7**
- Setting Expectations and Sending Clear Messages
 - The Benefits of Teaching
 - Introduction to Teaching Social Skills
 - The ABCs of Behavior
- April 4**
- Rewarding Good Behavior
 - Giving Negative Consequences
 - Using Time-In and Time-Out
 - Preventing Problems Before They Occur
- May 9**
- Giving Effective Praise
 - Staying Calm
 - Correcting Misbehavior
 - Teaching Self-Control
- June 6**
- Solving Problems & Making Decisions
 - Creating a Strong Spiritual Foundation
 - Handling Transitions

Western Youth Services Center
505 N. Euclid St. • Anaheim 92801

Site Coordinators: Gabriela Alvarado & Steven Sproule

Meetings:

- 2nd Tuesday each month
- 6 pm – 9 pm
- Bi-lingual

Lili Perez-Stroud

Lili is a graduate of CSU Fullerton and assisted with the coordination of the FKCE and ILP programs at Cypress College. She was a kinship caregiver for 4 years and experienced in raising teenagers. Lili brings a wealth of information and knowledge to the series.

January 11 • Lying and Stealing

Why do youth steal and lie? Is it to fill a void in their life or a need for immediate gratification? Learn the most effective ways to address your child's lying and stealing behavior.

February 8 • Conflict Resolution

The pressure on today's youth is enormous. People often struggle to express their anger and frustration in an appropriate manner. Parents will be able to assist children with developing the skills and abilities needed to resolve or deal effectively with conflict.

March 8 • Homework Battles

Foster parents frequently find themselves in the role of "bad guy" when attempting to get children to finish homework. This workshop addresses how parents can maintain authority (and sanity) and constructively assist and encourage children to complete homework assignments. Learn how to make homework fun for the kids without adding to family stress.

April 12 • Building Self-Esteem and Character in Your Child

Experts agree that building a child's self-esteem cements the foundation for a healthy personality which lasts a lifetime. Lack of self-esteem lies at the heart of many serious problems experienced by young people today including: low academic achievement; juvenile delinquency; drug addiction; teenage pregnancy; eating disorders; depression; and suicide.

May 10 • Getting Along with Others

The best news is that the skills of social competence are learned, and the best place to learn them is in the home. This workshop has dozens of simple techniques and activities to help kids get along. Why do some kids have problems developing friendships? Learn about social etiquette, social confidence, responding to meanness, bullying, and teasing.

June 14 • I'm So Sad I Could Cry

Understanding and responding to depression in youth: What is the difference between sadness, grief and depression? Learn what a foster parent can do to help children who are genuinely depressed.