

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

Site Coordinator: Kathy Harvey  
Meetings: 2nd Monday each month  
9:00 – 11:00 a.m.  
Free book

**NEW  
DATE**

### **Foster Parent Book Club & Support Group**

Participants will meet monthly to review and discuss specific chapters of the book, *Practical Tools for Foster Parents*. A free copy of the book will be given to each participant at the first meeting. Participation at all six 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 the positive and the negative.

#### **July 11 Introduction**

**Foster Care: Making a Difference for America's Children**

#### **August 8 Building a Relationship with Your Foster Child**

**The Professional Foster Parent**

**Working with a Foster Child's Family**

**Creating a Safe Environment**

#### **September 12 Setting Expectations and Sending Clear Messages**

**The Benefits of Teaching**

**Introduction to Teaching Social Skills**

**The ABCs of Behavior**

#### **October 10 Rewarding Good Behavior**

**Giving Negative Consequences**

**Using Time-In and Time-Out**

**Preventing Problems Before They Occur**

#### **November 14 Giving Effective Praise**

**Staying Calm**

**Correcting Misbehavior**

**Teaching Self-Control**

**Western Youth Services**  
505 N. Euclid St., Suite 300 • Anaheim 92801

Site Coordinators: Gabriela Alvarado & Steven Sproule  
Meetings: 2nd Tuesday each month  
6:00 – 9:00 p.m.  
Bilingual

### **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.

#### **July 12 • Healthy Nutrition Tips for You and Your Children**

Parents will learn how to build healthy eating habits, not just for children but adults as well. Do you know which snacks your child loves to eat are actually healthy? Time in the kitchen should be fun, so come explore mealtime suggestions that are simple and easy. Learn tips for smart shopping decisions and what you should do if there are concerns about food allergies. Parents will learn the importance of exercise and its life-long benefits to the growing child.

#### **August 9 • Through the Eyes of a Child Domestic Violence**

Did you ever consider the effects of violence and trauma on your foster child? Although this class will focus on current issues of domestic violence, learn how children are affected by what they see in the media, experience in the home, or as victims of bullying. Parents will explore the sometimes emotional and problematic behaviors manifested by children affected by violence and learn the tools to manage those issues as they arise.

#### **September 13 • Self-Discipline and Beyond**

A well-established and considered discipline plan promotes self-control, self-esteem, and responsibility. In this class, parents will learn how to effectively manage and deal with discipline issues. The goal of positive discipline is to teach children to develop safe, socially responsible behavior that promotes not only self-respect, but respect for the feelings and property of others.

#### **October 11 • Understanding Depression in Youth**

Parents will learn methods and techniques to identify genuine depression in youth. This class will teach parents how to differentiate between sadness, grief, and depression. Foster children sometimes get placed and removed from several homes so, if they had formed new bonds or just miss birth families, they may experience depression. Discussion will include the stages and process of loss and grief.

#### **November 8 • Survival Skills for the Transition Hour**

The goal is to help parents understand why this period of removal or placement is so difficult for some children, as well as adults. The goal of this workshop is to prepare foster parents and relative caregivers with the necessary information and tools so that they can effectively manage and deal with transitions issues. Discussion will include suggestions for survival skill information and resources.



**FOSTER & KINSHIP CARE EDUCATION**

