

Thursday, March 3  
Session A 9:15 a.m. -12:15 p.m.

**A-1 Open Your Eyes:**

*Human Trafficking is Everywhere*

**Presenter: Trisha Gutierrez-Magwood**

This class will provide a broad overview of the types of Human Trafficking and the impact on the Child Welfare System. Learn to identify possible victims of sex trafficking and the programs specifically designed to help this population

**A-2 Goal Settings**

**Presenter: Jackie Jones**

A goal is a specific measurable result. Goals are a way of measuring progress and evaluating the effectiveness of the actions taken.

This workshop will enable parents and students alike to investigate the reasons for their procrastination. It will allow them to plan both long-range and short-term goals, with target completion dates. Each goal will be broken down into steps. Participants will be encouraged to set goals that will help them stretch and grow.

**A-3 Parent Project Sr. Overview**

**Presenter: Gary Stanoff**

Responding to the strong-willed teen—how to motivate and influence teens.

Parents and any adults parenting the strong-willed kid ages 11-18.

Parents will learn the three most powerful ways in motivate and influence teens. They will learn how teens think and how to understand them better.

**A-4 Mandated Reporter Training**

**Presenter: Tyffany Wanberg**

This workshop will provide an overview of the significant definitions, requirements and protections of the California Child Abuse & Neglect Reporting Act. You will learn: How the law defines child abuse and neglect, What the law requires of you as a mandated reporter, What protections the law provides for a mandated reporter, How to spot evidence of child abuse, How to report child abuse, What happens after a report is filed and Definitions of some of the commonly used terms

Thursday, March 3 - Luncheon 12:15 to 2:15p.m.



Key Note: **Michael Place**



**"Making Foster Care Work for the Consumer"**  
**How self-advocacy helped me heal from emotional trauma.**

While in care, Michael realized that the system had a responsibility to care for his well-being. Ultimately, Michael says "this realization made all the difference." In this keynote address, Michael will share some tips he has for children and youth in care who want to become advocates for themselves and the social workers and caregivers who want to support youth in engaging in their very own plan of care.

Michael believes that youth in care can make foster care work for them through intentional practices, that he will share from his first hand experiences.

**A-5 Raise the Child You've Got-**

**Not the One You Want**

**Presenter: Nancy Rose**

Children have a fundamental need to be seen and accepted for who they are—and they thrive when they are. This acceptance is a crucial factor in ensuring children's lifelong well-being, and yet parents today seem to have lost sight of its importance.

Leading with Acceptance teaches parents how to understand and accept their child's CoreSelf as the starting point in their parenting. It empowers parents, foster parents and caregivers to raise children to become the best version of who they are...which is the ultimate success!

**A-6 Mindfulness**

**Presenter: Rose Laugtug**

How can being in the present help you? You may be surprised to know that mindfulness can make big long-term changes in your life just by taking small steps. You can use mindfulness to change habits, give you a break from worrying, recharge your batteries, promote self-esteem in yourself and others, but most importantly helping you understand why being truly present in the moment can allow you to see how joyful and pleasurable life can be taken each moment at a time. I remember the 1970's mantra made famous by Baba Ram Dass - Be here now!

**A-7 Is this Typical or is this Trauma**

**Presenter: Jennifer Andersen**

When parenting a child who has experienced trauma, it can sometimes be difficult to decide if challenging behaviors are due to his or her history or just part of growing up.

This workshop will explore what are developmentally appropriate behaviors related to foster care/adoption, and what are possible red flags for further intervention. Tips and tools to help manage challenging behaviors, regardless of their origin, will also be shared.

Thursday, March 3

Session B - 2:15 to 5:15 p.m.

**B-1 A Personal Board of Directors**

**Helping youth succeed through**

**innovative mentorship models.**

**Presenter: Michael Place**

After care, Michael found himself with huge ambitions on making a difference in the child welfare community, but unclear on how to make that difference. Through mentorship, Michael was introduced to the concept of a "Personal Board of Directors" (PBD). Something he says, is making a huge difference in his career plans. During this workshop, Michael will help participants learn what a PBD is, learn the value of a PBD for youth in foster care, and to develop strategies for helping other foster youth put together their very own PBD.



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**B-2 Mental Illness-An insiders view**

**Presenter: Rose Laugtug**

This country's next "shameful" topic to take on is mental illness. This is a time to hear my story as a child of a bipolar mother and an alcoholic father. Needless to say, I myself did not escape mental illness or addiction, nor did my children or siblings. This is a forum to ask questions, share stories, get support and resources, and to see how mental illness demonstrates itself in young children, teens, and adults. Many foster youth are depressed. What can you do to help them?

**B-3 Youth Advocacy & Empowerment**

**Presenter: Greg Begin**

In this seminar we will look at youth empowerment and how to make it part of your work with them. We'll explore direct, easy-to-understand strategies aimed at empowering youth and discuss why it is so essential to their development. Learn how to turn everyday decisions into opportunities to build your youth's confidence. You'll also discover common practices that may have a negative impact on a youth's empowerment and growth and how to correct and prevent them.

**B-4 Nuts & Bolts:**

**Solano County Child Welfare Services**

**Presenter: Presenter: Solano County CWS Staff**

What's new in Solano County? In this workshop, county staff will share what's new in Solano County Child Welfare Services. They will share successes and challenges. You will also have a chance to ask question and share

**B-5 4 Things Every Parent Must Do**

**Presenter: Tony Yadon - Parents by Choice**

The foundations for children's success in school, in relationships and in life in general are laid down in the early years of a child's life. At each stage, from infancy through the teen years, parents have an important role in encouraging children to develop confidence and reach their potential. This workshop will discuss the four things every parent must do to help their children navigate childhood stages and succeed in life. Do you wonder if you're spending your energy on the right things? Confused by the sea of parenting advice? This workshop will help you focus on the things that really matter!

**B-6 Impact of Trauma on Children-**

*A thoughtful look at trauma-informed care*

**Presenter: Rowena Mengotto, MFT ,**

*Julia Richardson, LMFT*

Review definition of trauma, learn the common signs and symptoms of trauma and how it impacts children and families, and strategies in trauma healing including self-care practices.

**B-7 Help Me Grow**

**Presenter: Lin Duangnapa & Rebecca McDonald**

Why are developmental screenings necessary? What is it and how do I get one? What resources are available and how do I find them? These questions and more will be answered in this upbeat, informative workshop.

**Thursday, March 3**

**Session C - 6:30 p.m. to 8:30**

**C-1 Nurture Yourself & Your Children**

**Presenter: Rose Laugtug**

I personally believe that if everyone in the world simply took care of themselves, we would have a more peaceful world. Imagine a life that is peaceful and calm, soothing, loving, tender. Doesn't everyone deserve that? Taking care of one's self is at the bottom of Maslow's Hierarchy of needs. Nurturing children teaches them to take care of themselves. When they do that, they have better self-esteem and trust in their abilities. We will discuss different ways one can nurture self and others to lead to moments of peace in this very chaotic world.

**C-2 Intro to Positive Parenting**

**Presenter: Tony Yadon-Parents By Choice**

The Positive Parenting Program (Triple P) is one of the world's most effective parenting programs. It is one of the few based on evidence from ongoing scientific research, with more than 90 trials and studies around the world showing it works -- regardless of a family's culture or situation. Positive Parenting works by giving parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships. It also helps parents manage misbehavior and prevent problems occurring in the first place.

**C-3 School Issues**

**Presenter: Kerry Pilley**

IEP-504-SDC-FA-???? What does it all mean? How does a child qualify? What services/resources are available? These questions and more will be answered. Bring your question and get specific advice.

**C-4 Healing & Life Lessons Through Storytelling**

**Presenter: Greg Begin**

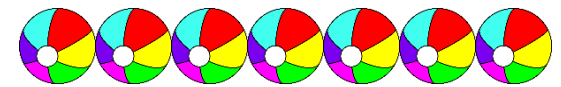
Stories have been a tool for teaching life lessons as long as there have been people to tell them and others to listen. Stories have the ability to reach us in ways that few other things can. We will look at how to make storytelling a natural and easy part of your work with youth. Here you will practice telling a couple tales, to learn what makes for good storytelling in a way that encourages others to listen. We will also look at the importance of knowing what story you should choose to tell at any given time. This is a no pressure class that promises to be fun for all

**C-5 Child Welfare Case Review and**

*hearing YOUR voice to improve practice!*

**Presenter: Kim McDowell, MSW**

What do the state and federal government look for in County Welfare cases? What concerns or strengths do you see in your work with child Welfare Staff? Beginning in 2015, the state began conducting statewide case reviews, hoping to see where Child Welfare practice needs improvement. This session will educate care providers about their role in these case reviews (A VERY IMPORTANT ROLE), and see what the reviews hope to accomplish in the bigger picture within Child Welfare



**Solano Training Conference 2016**

**"Catch A Wave"**

**March 3-6, 2016**

**www.fosterluv.com cell 707-718-7162**



Friday, March 4

Session D - 9:15 a.m. to 12:15 p.m.

**D-1 North Bay Regional Center an Overview**

**Presenter: Pamela**

Participants will learn about edibility criteria, what service coordination is, what NBRC expects of clients/families and what clients/families can expect from NBRC

**D-2 Embracing Birth Family: The Risk & Rewards of Extended Family Contact**

**Presenter: Jennifer Andersen, LCSW**

With the multitude of new ways we connect with family (visits, calls, Facebook, blogs, etc.), now more than ever, foster and adoptive parents are challenged with how to help their children navigate birth family contact including contact with siblings. This workshop will present the benefits of birth family and sibling contact, while also providing tools to cope with difficult relationships or possible negative aspects of contact.

**D-3 Preventing Caregiver Burnout**

**Presenter: Terry Ann Steffen-AAoA Solano**

This fun and interactive session will introduce you to the science behind burnout. We will also discover what burnout looks like and what burnout does to your body. Then we will explore some proven, easy, and surprising actions you can take to reduce burnout.

We will then learn to de-stress and you will leave the class stress-free and empowered to stay that way.

**D-4 Parenting the Hormonally Gifted ...**

**Teen Sexuality**

**Presenter: Michael Sanders**

Let's talk about SEX!!! It's everywhere; in movies, on TV, in music, on billboards & in the thoughts of teenagers. Let's explore this topic and help teens to have a healthy perspective of sex.

**D-5 Trauma competent Caregiving**

**Presenters: Krystal Johnson, LCSW,**

**Shahrukh Chishty, M.S. & Shantal Shamoiel, PsyD**

Children in care are more likely to have been exposed to multiple forms of traumatic experiences, such as physical or sexual abuse, neglect, family and/or community violence, trafficking or commercial sexual exploitation, bullying, or loss of loved ones. In addition to the circumstances of abuse or neglect that led to their removal, children may be subject to further stresses after entering the system, including separation from family, friends, and community, as well as the uncertainty of their future. Repetitive and significant encounters with trauma and stress have real consequences for the physical, social, and emotional wellbeing of children. The trauma experienced by children in foster care is often complex and, if left untreated, can permanently affect the growth and development of a child and invite lasting repercussions felt decades later. Symptoms of trauma may include behavioral problems, attention/concentration issues, separation anxiety, and extreme impulsivity. The journey toward healing for children who come from a difficult history of abuse, neglect and loss can be a challenging one. It is essential for these children that their caregivers have the skills to provide trauma competent care.

**D-6 Understanding Children**

**Presenter: Joseph L. Thomas**

This session will examine and offer suggestions on how adults can meet children's four deficiency needs. We will introduce children's four growth needs and aid adults in verifying when these needs occur. We will offer five practical suggestions on how adults can help children to discover their calling.

**D-e Raise the Child You've Got-**

**Not the One You Want**

**Presenter: Nancy Rose**

See A-5!

Friday, March 4

**Banquet - 6:30 to 9:30**

**Key Note- Michael Sanders**

**"Catch a Wave"**



**Don't just care...FOSTER CARE**

**One thing we can ALL do**

**is care for someone...and**

**caring is not simply what you SAY,**

**but rather what you DO.**

**It has often been said,**

**"It's not WHAT you do,**

**but rather HOW you do it."**

**I have found when we care for teens,**

**we foster their ability to care**

**for themselves and others,**

**so don't just care...FOSTER CARE!**

**Sleeping rooms are available at  
a special rate of \$90 per night.**

*This is a great time to get away, learn something new,  
network with others who understand and TAKE A BREAK.*

**Remember the better care you take of yourself,  
the more you have to give to others.**

**Call the Hotel directly to reserve your room,**

**Tell them you are with Solano College-Foster & Kinship  
Education Conference for the special rate. 707-422-4111**



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Friday, March 4

Session E - 1:30 p.m. to 4:30 p.m.

**E-1 Autism**

**Presenter: Jackie Jones**

This session on Autism will be both informative and interactive. As well as the symptoms of Autism, participants will discuss the current educational role within the school framework, and the community role. The impact of Autism on the whole family will be addressed, and resources will be available.

**E-2 Suicide Prevention**

**Presenter: Gary Stanoff**

Learn how to Identify the signs of someone wanting to hurt themselves. Also what you can do to keep them safe. This is information we hope we never need...but...don't want to be in a situation wishing we had known how to prevent a tragedy

**E-3 Aging: What's Normal, What's not**

**Presenter: Terry Ann Steffen-AAoA Solano**

Do you ever find yourself asking these age old questions: Am I losing my memory? Could it be dementia? Do I ever lose my keys, or can't find my car in the parking lot? Do I ever wonder if this is normal? What about forgetting a weekly meeting that I've gone to for years?

This phenomenal presentation, created by Teepa Snow, is especially relevant for kinship folks who are aging and worried about Alzheimer's and dementia. How will this impact the children they are raising?

You will leave this presentation with a new understanding of your own process of aging, what to do if you suspect dementia, and how to minimize the effects on those you care for.

**E-4 Disciplining Your Child**

**Presenter: Joseph L. Thomas**

This session will examine the two fundamental questions every parent must ask themselves when it comes to discipline. How parents respond to these questions will determine the blueprint for how they approach the complete parenting process. We will define discipline and introduce conduct nurturing as an effective instrument to endorse positive behavior.

**E-5 How Are The Children ...An Introduction to Well-Being**

**Presenter: Michael Sanders**

One of the most accomplished tribes in Africa uses the greeting, "Kasserian Ingeri" which translates, "how are the children?" The traditional response is, "All the children are well." Most systems have focused on child safety and even more recently, permanency; but what about their well-being? This conversation introduces a tool to assist caregivers and professionals to both understand and improve the well-being of children in foster care.

**E-6 I've Adopted, Now What?**

**Presenter: Jennifer Andersen, LCSW**

All families experience difficulties now and then. Families that are formed through adoption, however, encounter unique challenges. This workshop is appropriate for both parents thinking of adoption and those who have already finalized. We will explore State and local resources available to adoptive parents after finalization, including the eligibility criteria and possible limitations of services. Parents who attend this workshop will receive a printed resource guide.

**E-7 ILSP, Housing & Services**

**Presenter: Ruth Nunez-First Place for Youth**

Learn what supports and resources are available for you teen and non-minor dependents.



Friday, March 4

Session F - 4:45 p.m. to 6:15 p.m.

**F-1 Ask the Vogel's**

**Presenter: Corinne & Roger Vogel**

Infants and Toddlers Roundtable: "Sharing the Caring Experience"

Let's get together to share practical, down to earth information, gathered by being "in the trenches", such as accessing services, early intervention, working with birth parents, transitions...



**F-2 Safe Sleeping**

**Presenter: Susan Whalen & Mariejoy Supapo**

Caregivers will learn how to provide a safe sleep environment for infants and to reduce the risk of Sudden Infant Death Syndrome. We will discuss new research, who is at risk, and what non-parental caregivers need to be aware of. Learn what it takes to keep babies healthy and happy at sleep time.

**F-3 Raising & Developing Character Leaders**

**Presenter: Joseph L. Thomas**

This session will articulate the six attributes which make up character and explore the three things that influence children's character.

**F-4 Technology Today: What you need to know**

**Presenter: Tyffany Wanberg and Team**

Yes, your kids are smarter than you! Our kids know more about today's technology than we do. This workshop is your opportunity to learn how to become a technology super spy. Participants are encouraged to bring their children's cell phones, iPods, computers and other equipment. This is a hands on class to provide caregivers with an opportunity to discover exactly what their children are tweeting, texting and listening to.

**F-5 How Can I Help**

**Presenter: Greg Begin**

We have all come into this line of work with an honest desire to help others. We often face challenges of trauma, suffering and loss. It becomes abundantly evident in dealing with youth and families that our help is needed, but what is truly helpful? In this class we spend our time focusing on the act of helping others and identifying how we can try to maximize our efforts so our good intentions have the greatest impact.



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Saturday, March 5

Session G - 9:15 a.m. 12:15 p.m.

**G-1 9:00 am Open Your Eyes:**

**Human Trafficking is Everywhere**

**Presenter: Trisha Gutierrez-Magwood**

This class will provide a broad overview of the types of Human Trafficking and the impact on the Child Welfare System. Learn to identify possible victims of sex trafficking and the programs specifically designed to help this population

**G-2 How Are The Children ...**

**An Introduction to Well-Being**

**Presenter: Michael Sanders**

See E-6

**G-3 Visitation & Transition**

**Presenter: Tyffany Wanberg & Kerry Pilley-Purcel**

Transition=Change. We all struggle with periods of transition. For care providers, one of the biggest challenges is supervised visitation and moves. Participants will learn how to identify transition points and learn strategies on how to help children successfully navigate these challenging periods. Participants will also learn coping strategies to help them deal with the range of emotions during transition periods.

**G-4 Providing Love & Care**

**In Spite of Lying & Stealing**

**Presenter: Sherry Currie Proctor**

Lying and stealing are problem behaviors that makes most of us uncomfortable when faced with them. This is especially true when the offences are coming from your child. At one time or another, telling a little white lie, or borrowing things that don't belong to you are common practice. Unfortunately, these behaviors usually go hand-in-hand. Today you will learn how to identify when these behaviors transition from common practice to "serious problem." You will learn what motivates these behaviors, which will allow you to meet the child's needs more effectively, and embrace the sense of commitment needed to provide continued love and support.

**G-5 Parenting in Oz**

**Presenter: Rolf Van Leeuwen**

Trauma Informed Parenting provides the tools needed to heal the trauma that underlies children's "misbehaviors." This training is NOT about "managing difficult behaviors", it is about healing the underlying trauma. When the underlying stress and trauma is addressed, the behaviors will change —this is NOT a behavioral based approach to helping traumatized children. .

"Parenting In Oz" uses the colorful imagery of the Wizard of Oz to help parents visualize the ever-present fears at the core of childhood trauma. For example, the tin man who has no heart is used to represent emotional deficits and attachment issues. The cowardly lion represents fear and anxiety. The scarecrow who lacks a brain represents cognitive deficits and confused and irrational thinking. Witches and flying monkeys represent the unexpected flashbacks and re-experiencing of the trauma as a path to understand the deficits and behaviors created by these fears.

Equally importantly, *Parenting in Oz* uses the metaphor and imagery of an emergency room to redefine the job description of parenting a traumatized child. Foster parents are not simply the "typical, well intentioned, and caring parent", instead they should be viewed (and view themselves) as professional, healing parents whose goal is to treat and heal the hidden emotional wounds of a traumatized child.

**G-6 Strengthening Family Ties:**

**How to Create a Happy, Safe & Secure Home for Everyone After Placement**

**Presenter: Jennifer Andersen, LCSW**

Whether it be through birth, foster-care or adoption, a new child always changes the dynamics in a family. This workshop will explore the challenges of welcoming a new child into your home, both immediately after placement and beyond the initial "honeymoon" period. Particular focus will be on "claiming" including specific actions parents can take to help the whole family become more harmonious, resilient and united as a team.

**G-7 Goal Setting**

**Presenter: Jackie Jones**

See A-2

Saturday, March 5

Luncheon 12:15 to 2:15 p.m.

Keynote: **Nancy Rose**

**"Raise the Child You've Got ...  
Not the One You Want"**

Saturday, March 5

Session H - 2:15 p.m. to 5:15 p.m.

**H-1 Medically Fragile Children**

**Presenter: Danette Lebaron, MD & Corinne Vogel**

Are you afraid to care for foster children with medical problems? Many foster children have special medical needs and there is a lack of willing foster parents to care for them. You don't need to be a medical professional to be a foster parent to a medically fragile child - you only need a willingness to learn. This seminar will go through the common needs of medically fragile children and what caring for them looks like on a daily basis. We will also share stories, support options, and resources which will give you the tools you need to care for these special foster children.

**H-2 Communication is Key**

**Presenter: Greg Begin**

Greg believes that clear communication skills are one of the most important things to develop when working with youth. In this seminar you will look at ways to communicate effectively with youth, in the ways they'll understand. We will also explore the vital skill of how to listen. Building a good relationship depends your ability to speak and listen; learn how to do it so your youth will listen and speak in return.

**H-3 Parenting the Hormonally Gifted**

**... Teen Sexuality**

**Presenter: Michael Sanders**

See D-5



**H-4 Raise the Child You've Got -  
Not the One You Want**

**Presenter: Nancy Rose**

See A-5!

**H-5 Understanding Teens**

**Presenter: Joseph L. Thomas**

This session will examine the influence of teen culture and how adults can combat negative images. We will explore the media's misinterpretation of teens and the true age of maturity. We will aid adults in understanding why teens engage in risky and/or foolish behavior.

**H-6 7 Habits of Highly Effective People**

**Presenter: Sherry Currie-Proctor**

*The 7 Habits of Highly Effective People*®, has been a top-attended program for over 20 years. The program is designed from Dr. Stephen R. Covey's best selling book by the same title. The program will leave you with "right now" tools that are applicable for situations you face everyday. Especially challenging situations that deal with communication and relationships. The change in the way you approach these types of situations begins with you. It begins right now, with *The Seven Habits of Highly Effective People*.

**H-7 Parenting in OZ**

**Presenter: Rolf Van Leeuwen**

See G-6

**Saturday, March 5**

**Session I 6:30 p.m. to 8:30 p.m.**

**I-1 Improve Your Child's Academic Skills**

**Presenter: Jackie Jones**

Often parents feel as though they need help in order to help their child with their education! This session will assist you, the parent, to increase the level of academic skills for your child. Helpful techniques will be given to improve reading, (decoding and comprehension) written language and math. If you have been told that your child needs help to improve in these areas, then this is the place to find it. The session will address grade levels of participants needs, and handouts will be available.

**I-2 Improving Your Difficult Relationships**

**Presenter: Danette Lebaron**

We all have "those" people in our lives - the ones who push all our buttons. Is it your children, your significant other, your co-workers, your neighbors, your friends, your parents, your in-laws, or all of the above who bring out your worst behavior? Are you tired of repeating the same detrimental cycles in your relationships with others? In this workshop, we will focus on identifying which relationships in your life need work, your negative responses to the irritating behaviors of others, and more positive ways you can respond when faced with strife. You'll walk away from this workshop with the tools you need to change your relationships with others forever.

**I-3 Hair/Skin Care for African American Children**

**Presenter: Nychelle White,**

**Stacey Droszcz & Martianna Randle**

Come learn how to properly Care for your Child's hair. What products to use and what products are affordable, How often you should be washing their hair depending on their hair types. Also Learn How to Care for their Skin

**I-4 Child Welfare Case Review and**

**hearing YOUR voice to improve practice!**

**Presenter: Kim McDowell, MSW**

What do the state and federal government look for in County Welfare cases? What concerns or strengths do you see in your work with child Welfare Staff? Beginning in 2015, the state began conducting statewide case reviews, hoping to see where Child Welfare practice needs improvement. This session will educate care providers about their role in these case reviews (A VERY IMPORTANT ROLE), and see what the reviews hope to accomplish in the bigger picture within Child Welfare

**I-5 Bloom Where You're Planted**

**Presenter: Rose Laugtug**

Using the art of Mary Engelbright to inspire, we will explore a variety of ways for you to discover how to flourish in spite of challenging experiences. I love to have people take a "souvenir" from class to help remind them of what was learned. If you like you can make your own little garden. Come learn how to properly Care for your Child's hair. What works best and affordable products will be shared

**I-6 Goal Setting with Your Youth**

**Presenter: Greg Begin**

We all know how important goal setting is for success in life. Yet we often have difficulty getting our youth to see the value of it. This class will help you learn how to encourage your youth to be willing participants in their own goal setting. This seminar will focus on ways to utilize goal setting in a way that is youth friendly.

**Sunday, March 6**

**Sunday workshops are for the  
whole family:**

*Please choose age appropriate workshops  
& attend with your children/Youth*

**Sunday, March 6**

**Session J - 10:15 to 11:45 a.m.**

**J-1 (Children w/ Adults) Bloom Where You're Planted**

**Presenter: Rose Laugtug**

Using the art of Mary Engelbright to inspire, we will explore a variety of ways for you to discover how to flourish in spite of challenging experiences. I love to have people take a "souvenir" from class to help remind them of what was learned. If you like you can make your own little garden

**J-2 (Teens & Adults) 7 Habits of Highly**

**Effective Teens**

**Presenter: Sherry Currie-Proctor**

Being a teenager can be challenging. In *The 7 Habits of Highly Effective Teens*, author Sean Covey applies the timeless principles of the 7 Habits to teens and the tough issues and life-changing decisions they face. The workshop provides a step-by-step guide to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, get along with their parents, and much more. *The 7 Habits of Highly Effective Teens* is destined to become the last word on surviving and thriving as a teen and beyond.



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**J-3 (Teens with Adult) Skin Care & Hygiene for Girls**  
**Presenter: Nychelle White, Stacey Droszcz & Martianna Randle**

Skin care and Hygiene Class for GIRLS - Encourage good habits Now, This class will discuss and teach proper skin care and hygiene for your teen girl. We will talk everything from acne, to body odor, to period etc.

**J-4 2 (All Children with Adults) Life Books**  
**Presenters: REACH, Jackie Jones**

**& Kerry Pilley-Purcell**

Life books are a great tool to talk to children/youth about their experiences with foster care or adoption. Come to this class to get started and start a life book album. Already have a life book? Bring it along! We'll have stickers, paper and glue to help you add more memories to you book. You are encouraged to bring pictures

**J-5 Building Relationships & Coping Skills**  
**through Family Activities**

**Presenters: Kinship Navigator**

Let's have fun together! Do you know that children and caregivers can strengthen their relationship(s) and learn coping skills while having fun? Participate in this workshop to learn and practice how to use basic craft supplies to engage entire families in activities that support positive behavior and the use of coping skills. You'll even take a crafty intervention home with you!

**Sunday, March 6- Practice Day**  
**Session K- 12:45 p.m. -2:15 p.m.**

**K-1 (All Children w/ Adult) Nurture through Nutrition**  
**Presenters: Rose Laugtug**

Learn the role good nutrition plays in learning and general wellbeing through games, discussions, and making healthy snacks.

**K-2 (Children with Adults) Life Books**  
**Presenters: REACH, Jackie Jones**  
**& Kerry Pilley-Purcell**

See J-4

**K-3 (Teens & Parents) Your Relationship: The Respected Parent & The Teachable Teen**

**Presenter: Joseph Thomas**

This session will provide a value exercise to prioritize and promote goals through your teen's craft. We will examine the importance of setting realistic high expectations and explore the motivation behind living vicariously through teens. We will explore the physical and psychological effects of lecturing and offer a suggested plan for engaging in conversations. We will explore the benefits of asking questions and the power of hearing a different voice.

**K-4 (All Age with Adult) Healing & Life Lessons**  
**Through Story Telling**

**Presenter: Greg Begin**

Stories have been a tool for teaching life lessons as long as there have been people to tell them and others to listen. Stories have the ability to reach us in ways that few other things can. We will look at how to make storytelling a natural and easy part of your work with youth. Here you will practice telling a couple tales, to learn what makes for good storytelling in a way that encourages others to listen. We will also look at the importance of knowing what story you should choose to tell at any given time. This is a no pressure class that promises to be fun for all.

**K-5 (Teens with Adult) Proper Make-up Applications**  
**Presenter: Nychelle White,**

**Stacey Droszcz & Martianna Randle**

Bring your Teen in to learn the ins and outs of how to properly apply make up. How to choose the colors that look the best with their skin tones, how to blend, How to make it look Natural. This class is not to learn how to put on heavy make up.

**K-6 Building Relationships & Coping Skills**  
**through Family Activities**

**Presenters: Kinship Navigator**

See J-5

**Sunday, March 6**

**Session L - 2:25 p.m. to 3:55 p.m.**

**L-1 (All Children w/ Adult) Nurture through Nutrition**

**Presenters: Rose Laugtug**

See K-1.

**L-2 (All Children with Adults) Life Books**

**Presenters: REACH, Jackie Jones**

**& Kerry Pilley-Purcell**

See J-4

**L-3 (All Age with Adult) Healing & Life Lessons**  
**Through Story Telling**

**Presenter: Greg Begin**

See K-4

**L-4 (Teens & Adult) Let's Talk Teens**

**Presenter: Sherry Currie-Proctor**

Today's teens struggle with many challenges that their parents often times aren't aware of. Fear of whether or not they will make that senior year and graduate from high school, anxiety of transitioning into adulthood and the responsibility that comes with it, If they will have the support they need to succeed after leaving care, building and maintaining healthy relationships, and the list goes on and on. This roundtable platform will provide teens a comfortable and safe place to share their concerns with other teens in their same shoes, and gain support, tips, and tools to help them conquer these fears.

**L-5 (Teens with Adult) Hair Care for Girls**

**Presenter: Nychelle White,**

**Stacey Droszcz & Martianna Randle**

Come Learn to love your Natural Hair- Bring your girls 12 and up to learn how to care for their own hair. What products work best, for their type of hair, how often they should be washing it, combing, how to put in a ponytail, simple braid, etc.

**L-6 Building Relationships & Coping Skills**  
**through Family Activities**

**Presenters: Kinship Navigator**

See J-5

