



# October



## FOSTER & KINSHIP CARE EDUCATION PROGRAM (FKCE) - 2025

Email [FKCE@barstow.edu](mailto:FKCE@barstow.edu) to register!

### FKCE Workshop Schedule via Zoom Conference

Date	Time	Topic	Trainer
Wed. 10/1/2025	9-11AM	Respectful Communication Across Households	Christine Stellino
Wed. 10/1/2025	6-8PM	Helping Youth Build Self-Esteem and Confidence	Vanessa Palacios
Thurs. 10/2/2025	9-11AM	Strategies for Raising Confident Youth	Dr. Wesley Sanders
Fri. 10/3/2025	6-8PM	Moving Through Grief and Loss Together	Dr. Abram Milton
Mon. 10/6/2025	9-11AM	Sensibilidad cultural en el cuidado de crianza en California (Spanish)	Lelia Montiel
Mon. 10/6/2025	6-8PM	Depression: Everything you need to know	Olivia J. Chavira
Tues. 10/7/2025	9-11AM	Kinship Care: Grandparents Raising Kids	Betty Cowley
Wed. 10/8/2025	9-11AM	Creating Consistency Across Homes	Christine Stellino
Wed. 10/8/2025	6-8PM	When Children Don't Like the Sound of No	Vanessa Palacios
Thurs. 10/9/2025	9-11AM	Co-Parenting: Resource Parents & Biofamily	Dr. Wesley Sanders
Fri. 10/10/2025	6-8PM	Strategies for Anxiety Management	Dr. Abram Milton
Mon. 10/13/2025	9-11AM	La salud sexual y reproductiva (Spanish)	Lelia Montiel
Mon. 10/13/2025	6-8PM	Addressing Perfectionism and Building Self-Compassion	Olivia J. Chavira
Tues. 10/14/2025	9-11AM	Visitation: How to Prepare	Betty Cowley
Wed. 10/15/2025	9-11AM	Calm Parenting in Crisis Moments	Christine Stellino
Wed. 10/15/2025	6-8PM	Impact of Having an Incarcerated Parent	Vanessa Palacios
Thurs. 10/16/2025	9-11AM	Tools for Supporting Children with Disabilities	Dr. Wesley Sanders
Fri. 10/17/2025	6-8PM	Addressing and Reducing Substance Use	Dr. Abram Milton
Mon. 10/20/2025	9-11AM	Mejores Practicas para Proveer Cuidado y Supervisión a Niños con Necesidades Especiales (Spanish)	Lelia Montiel
Mon. 10/20/2025	6-8PM	Toddler Development: How to navigate toddler tantrums and behavior	Olivia J. Chavira
Tues. 10/21/2025	9-11AM	Importance of House Rules	Betty Cowley
Wed. 10/22/2025	9-11AM	Parenting through Anxiety and Stress	Christine Stellino
Wed. 10/22/2025	6-8PM	Teens and Dating Violence	Vanessa Palacios
Thurs. 10/23/2025	9-11AM	Strategies for Drug and Alcohol Awareness	Dr. Wesley Sanders
Fri. 10/24/2025	6-8PM	Healing After Trauma: Understanding PTSD	Dr. Abram Milton
Mon. 10/27/2025	9-11AM	Formas razonables y prudentes de crianza (Spanish)	Lelia Montiel
Mon. 10/27/2025	6-8PM	Teen Parenting: Understanding and supporting Teen Parents (Part 1)	Olivia J. Chavira
Tues. 10/28/2025	9-11AM	Teaching Social Skills	Betty Cowley
Wed. 10/29/2025	9-11AM	Finding Consistency in Uncertainty	Christine Stellino
Wed. 10/29/2025	6-8PM	Helping Youth Understand and Express Their Feelings	Vanessa Palacios
Thurs. 10/30/2025	9-11AM	Understanding and Supporting Children with Fetal Alcohol Syndrome	Dr. Wesley Sanders
Fri. 10/31/2025	6-8PM	Addressing and Reducing Substance Use	Dr. Abram Milton

**It is REQUIRED to pre-register for each workshop to receive a meeting ID#.**

The FKCE Program provides quality education and support opportunities for caregivers of children and youth in-out-of home care so that the providers may meet their educational, emotional, behavioral needs. Services are open to the public (16+ years) at no cost. For questions or more information please email [fkce@barstow.edu](mailto:fkce@barstow.edu)

**You will receive a confirmation email with procedure and details to participate in the workshop.**

**Certificate will be provided within 5 business days after completing workshop and submitting required paperwork.**

