

August 2025—May 2026



# FOSTER & KINSHIP CARE EDUCATION

Training catalog for Fall 2025—Spring 2026

*“the more we know....*

*the more they grow!!”*



# August 2025

**Disiplina Positiva en la Practica:** Designed to support caregivers and resource parents using effective, respectful discipline strategies. Participants will learn how to build emotional connections with children while setting clear and consistent boundaries. Through hands-on activities and guided discussions, the course explores techniques grounded in empathy, mutual respect, and positive communication. Caregivers will gain practical tools to manage challenging behaviors without relying on punishment or external rewards. By the end of the course, they will be better equipped to create safe, supportive environments for the children in their care. Lelia Montiel

**Trauma-Informed Communication at Home** is a class designed to help caregivers understand how trauma impacts a child's behavior and communication. Participants will learn how to create a safe and supportive home environment through compassionate, mindful communication strategies. The course emphasizes active listening, emotional regulation, and building trust with children who have experienced trauma. Caregivers will explore practical tools for de-escalating conflict and strengthening relationships. By the end of the class, participants will feel more confident in responding to children with empathy and understanding. Olivia Chavira

**Smooth Transitions: Preparing Children for a New School Year** is a class designed to help caregivers support children as they navigate the emotional and practical challenges of starting a new school year. Participants will learn strategies to ease anxiety, build routines, and set realistic expectations. The course focuses on creating a sense of safety, structure, and confidence for children during times of change. Caregivers will gain tools to communicate effectively about transitions and foster a positive attitude toward school. By the end of the class, participants will be better equipped to help children start the school year feeling prepared and supported. Betty Cowley

**Positive Discipline: Advanced Strategies for Caregivers** is designed for those who have a foundational understanding of positive discipline and are ready to deepen their skills. This class explores more complex behavior challenges and offers effective, respectful strategies for addressing them. Participants will learn how to maintain connection and consistency while navigating power struggles, defiance, and emotional outbursts. The course emphasizes problem-solving, emotional coaching, and long-term behavior change. Caregivers will leave with advanced tools to foster accountability, resilience, and mutual respect in the home. Christine Stellino

**Children and Anxiety: Returning Back to School** is a class designed to help caregivers recognize and respond to signs of anxiety in children during the transition back to school. Participants will explore common triggers such as separation, academic pressure, and social challenges. The course offers practical strategies to support emotional regulation, build resilience, and create a sense of safety and routine. Caregivers will also learn how to communicate effectively with children about their fears and concerns. By the end of the class, participants will be equipped to help children feel more confident and secure as they return to the classroom. Vanessa Palacios

**Peaceful Parenting** is a class that empowers caregivers with tools to parent with calm, clarity, and compassion. Participants will learn how to set respectful boundaries while maintaining strong, nurturing connections with children. The course emphasizes emotional awareness, mindful communication, and non-punitive discipline strategies. Caregivers will gain practical techniques to reduce power struggles, manage stress, and respond to challenging behaviors with empathy. By the end of the class, participants will feel more confident in creating a peaceful and supportive home environment. Dr. Wesley Sanders

**Helping Your Child Understand Their Anger** is a class designed to support caregivers in guiding children through big emotions in healthy, constructive ways. Participants will learn how to recognize the root causes of anger and help children identify and express their feelings safely. The course offers practical strategies for teaching emotional regulation, problem-solving, and calming techniques. Caregivers will also explore ways to model healthy responses to frustration and build stronger emotional connections. By the end of the class, participants will be equipped to help children turn anger into growth, understanding, and resilience. Dr. Abram Milton

**Convertir sueños en títulos SPANISH:** For many foster youth and their families, the dream of higher education can feel distant or out of reach. This workshop is designed to help foster youth, former foster youth, and parents of foster youth navigate the path to higher education and transform their aspirations into academic achievements. We'll explore practical steps to set educational goals, access resources, and stay motivated through the challenges unique to the foster care experience. Participants will learn how to develop a personalized plan for pursuing a degree, find scholarships and financial aid opportunities, and build resilience in the face of obstacles. Whether you're a foster youth thinking about your next steps, a former foster youth looking to further your education, or a parent supporting your child's academic journey, this workshop will provide you with the tools and support to turn dreams into degrees. Lelia Montiel

<p><b>Helping Teens Build Healthy Relationships</b> is a class designed to equip caregivers with the tools to guide teens in forming respectful, safe, and meaningful connections. Participants will explore the characteristics of healthy vs. unhealthy relationships, including boundaries, communication, consent, and emotional safety. The course also addresses peer pressure, social media influences, and early dating experiences. Caregivers will learn how to open up supportive, judgment-free conversations with teens about relationships. By the end of the class, participants will feel more confident helping teens navigate friendships, dating, and social dynamics with confidence and self-respect.</p>	<p>Betty Cowley</p>
<p><b>Empowering Children through Respectful Discipline</b> is a class that teaches caregivers how to guide children's behavior with kindness and firmness. Participants will learn strategies that promote autonomy, responsibility, and self-discipline without using punishment or shame. The course focuses on building trust and mutual respect while setting clear, consistent boundaries. Caregivers will gain tools to encourage positive behavior through encouragement, natural consequences, and problem-solving. By the end of the class, participants will feel confident in fostering children's growth and empowerment in a supportive environment.</p>	<p>Christine Stellino</p>
<p><b>Understanding Testing and Manipulation</b> is a class designed to help caregivers recognize and respond to behaviors where children test limits or attempt to manipulate situations. Participants will learn the reasons behind these behaviors and how they serve as communication tools. The course offers strategies to set firm, consistent boundaries while maintaining positive relationships. Caregivers will gain skills to respond calmly and effectively, reducing power struggles and promoting cooperation. By the end of the class, participants will be better equipped to foster respect and healthy interactions with the children in their care.</p>	<p>Vanessa Palacios</p>
<p><b>Ages and Stages: Having Expectations of Children</b> is a class that helps caregivers understand typical developmental milestones and set realistic, age-appropriate expectations. Participants will learn how children's abilities and behaviors change as they grow, allowing for more effective guidance and support. The course emphasizes balancing encouragement with appropriate limits to foster growth and confidence. Caregivers will gain practical tools to tailor their expectations and communication based on each child's unique stage. By the end of the class, participants will feel more confident in supporting children's development with patience and understanding.</p>	<p>Dr. Wesley Sanders</p>
<p><b>Supporting a Child with Depression</b> is a class designed to help caregivers recognize the signs and symptoms of depression in children. Participants will learn how to provide compassionate support and create a safe environment that encourages open communication. The course covers practical strategies to help children manage their emotions and build resilience. Caregivers will also explore resources and tools for seeking professional help when needed. By the end of the class, participants will feel better equipped to support a child's mental health and promote their well-being.</p>	<p>Dr. Abram Milton</p>
<p><b>Manejo Del Comportamiento</b> is a class designed to equip caregivers with effective strategies to guide and shape children's behavior positively. Participants will learn techniques to set clear expectations, establish consistent routines, and respond to challenging behaviors constructively. The course emphasizes using positive reinforcement, natural consequences, and respectful communication. Caregivers will gain tools to create a structured and supportive environment that promotes cooperation and emotional growth. By the end of the class, participants will feel confident in managing behaviors while fostering a nurturing relationship with the children in their care.</p>	<p>Lelia Montiel</p>
<p><b>Raising Mentally and Emotionally Strong Children</b> is a class that helps caregivers nurture resilience, self-awareness, and emotional intelligence in children. Participants will learn how to support children in managing stress, overcoming challenges, and building healthy coping skills. The course focuses on fostering positive self-esteem and encouraging open emotional expression. Caregivers will gain practical tools to create a safe, supportive environment that promotes mental and emotional well-being. By the end of the class, participants will be better equipped to raise children who are confident, adaptable, and emotionally healthy.</p>	<p>Olivia Chavira</p>
<p><b>Compassion Fatigue: How to Recognize and Recover</b> is a class designed to help caregivers identify the signs of compassion fatigue and understand its impact on their well-being. Participants will learn practical strategies for self-care, stress management, and setting healthy boundaries. The course emphasizes the importance of emotional resilience and seeking support to prevent burnout. Caregivers will explore techniques to recharge mentally and physically while maintaining their ability to provide compassionate care. By the end of the class, participants will feel empowered to recognize compassion fatigue early and take steps toward recovery and balance.</p>	<p>Betty Cowley</p>

<p><b>Raising Emotionally Strong Kids in uncertain Times</b> is a class designed to help caregivers support children through the challenges of today's ever-changing world. Participants will learn how to foster emotional resilience, adaptability, and a sense of security despite external stressors. The course emphasizes open communication, coping strategies, and maintaining routines to help children navigate uncertainty. Caregivers will gain tools to build their child's confidence and emotional intelligence, preparing them to face difficulties with a positive mindset. By the end of the class, participants will be equipped to raise emotionally strong children who can thrive in challenging times.</p>	Christine Stellino
<p><b>Fetal Alcohol Syndrome</b> is a class that provides caregivers with a comprehensive understanding of the effects of alcohol exposure during pregnancy. Participants will learn about the physical, behavioral, and cognitive challenges that children with FAS may face. The course emphasizes early intervention strategies, individualized support, and how to create a nurturing environment for children with FAS. Caregivers will gain tools to manage common behaviors associated with FAS and promote positive developmental outcomes. By the end of the class, participants will feel more equipped to provide the understanding and care needed for children with Fetal Alcohol Syndrome.</p>	Vanessa Palacios
<p><b>The Impact of Domestic Violence on Children</b> designed to help caregivers understand the emotional, behavioral, and developmental effects of domestic violence on children. Participants will explore how exposure to violence can influence a child's sense of safety, trust, and relationships. The course provides strategies for creating a stable, supportive environment to help children heal and thrive. Caregivers will also learn how to recognize signs of trauma and how to communicate effectively with children about their experiences. By the end of the class, participants will be better equipped to support children impacted by domestic violence with empathy and care.</p>	Dr. Wesley Sanders
<p><b>Teen Mental Health in School: Challenges and Building Support</b> is a class that helps caregivers and educators understand the unique mental health challenges teens face in school environments. Participants will explore common issues such as anxiety, depression, peer pressure, and academic stress. The course focuses on how to recognize signs of distress and provide appropriate support both at home and in school settings. Caregivers and educators will learn strategies for building a supportive network, advocating for mental health resources, and fostering open communication with teens. By the end of the class, participants will be better prepared to help teens navigate school-related stress and build resilience in the face of mental health challenges.</p>	Dr. Abram Milton
<p><b>Asistencia con La Autoadministracion de Medicamentos</b> is a class designed to guide caregivers in safely supporting children and youth who are learning to manage their own medications. Participants will learn best practices for promoting independence while ensuring proper dosage, timing, and storage of medications. The course covers legal and safety considerations, communication with healthcare providers, and monitoring adherence. Caregivers will gain tools to build confidence in youth while maintaining safety and accountability. By the end of the class, participants will feel prepared to assist children in developing responsible medication management skill</p>	Lelia Montiel
<p><b>Parenting with confidence</b> is a class that empowers caregivers to trust their instincts while using effective, research-based strategies to guide their parenting journey. Participants will learn how to set clear expectations, enforce boundaries, and encourage positive behavior with confidence. The course focuses on building self-awareness, emotional regulation, and strengthening the caregiver-child relationship. Caregivers will gain tools to handle common challenges and boost their confidence in making decisions that best support their child's development. By the end of the class, participants will feel more assured in their ability to navigate the complexities of parenting with a calm, steady approach.</p>	Olivia Chavira
<p><b>Rebuilding Trust After Disruption or Placement Changes</b> designed to help caregivers support children through the challenges of trust and attachment following disruptions or placement changes. Participants will learn strategies for creating a stable, nurturing environment to rebuild emotional safety and connection. The course focuses on understanding the impact of trauma, offering consistent care, and fostering open communication to help children feel secure. Caregivers will gain practical tools to rebuild trust and strengthen their relationships with children who have experienced transitions. By the end of the class, participants will feel more equipped to navigate the complexities of re-establishing trust and emotional stability in their caregiving roles.</p>	Betty Cowley
<p><b>Fueling Confidence: Practical Ways to Encourage Self-Belief</b> provides caregivers with tools to help children develop a strong sense of self-worth and resilience. Participants will explore effective techniques for promoting positive self-talk, setting achievable goals, and celebrating effort over perfection. The course emphasizes the importance of encouragement, active listening, and fostering a growth mindset. Caregivers will learn how to model confidence and resilience in everyday interactions. By the end of the class, participants will be equipped to nurture children's confidence and self-belief, setting them up for success both in school and life.</p>	Christine Stellino

**Youth and CSEC Youth and CSEC (Commercial Sexual Exploitation of Children)** is a class designed to help caregivers Vanessa Palacios recognize the signs of sexual exploitation and provide effective support to vulnerable youth. Participants will learn about the risks, grooming tactics, and environmental factors that contribute to CSEC. The course focuses on trauma-informed care, building trust, and creating protective environments to help youth regain a sense of safety and dignity. Caregivers will explore strategies for discussing sensitive topics and connecting youth with appropriate resources and services. By the end of the class, participants will feel more equipped to protect and advocate for youth at risk of or affected by commercial sexual exploitation.

**Tools for Preventing Allegations of Child Abuse** designed to educate caregivers on best practices to maintain Dr. Wesley Sanders safe, professional, and respectful interactions with children. Participants will learn how to recognize situations that may lead to misunderstandings or false allegations. The course covers clear communication, appropriate boundaries, and documentation techniques to protect both children and caregivers. Caregivers will gain practical strategies for creating a transparent and trustworthy caregiving environment. By the end of the class, participants will feel confident in their ability to prevent allegations and foster safe, positive relationships.

**Motivating Your Child to Take Action Against Procrastination** a class that helps caregivers understand the causes of Dr. Abram Milton procrastination and how to support children in overcoming it. Participants will learn strategies to boost motivation, improve time management, and encourage a proactive mindset. The course emphasizes setting achievable goals, creating structured routines, and offering positive reinforcement to promote action. Caregivers will also explore how to help children manage distractions and build self-discipline. By the end of the class, participants will feel equipped to guide children in developing habits that foster productivity, responsibility, and confidence.



# September 2025

<b>Impact of Abandonment on Childhood Resilience;</b> explores how early experiences of abandonment affect a child's emotional development, attachment, and ability to adapt to stress. This workshop equips caregivers with insights and practical tools to support resilience and healing in children impacted by separation or loss.	Betty Cowley
<b>Teaching Kids to Navigate Peer Conflict;</b> This workshop provides caregivers with strategies to help children manage peer conflict in healthy, constructive ways. Participants will learn how to guide kids in building empathy, communication skills, and emotional regulation to foster stronger, more respectful peer relationships.	Christine Stellino
<b>Impact of Multiple Placements on Children</b> This workshop examines the emotional, behavioral, and developmental effects of frequent placement changes on children in care. Caregivers will learn how to recognize signs of placement-related trauma and gain tools to provide stability, trust, and support during transitions.	Vanessa Palacios
<b>Bullying Impact on Children with Disabilities</b> This workshop explores the unique challenges children with disabilities face when experiencing bullying, including its emotional and developmental impacts. Caregivers will learn how to recognize signs of bullying, advocate effectively, and support children in building confidence and resilience.	Dr. Wesley Sanders
<b>Overcoming Test Anxiety—Practical Advice:</b> Test anxiety is a common challenge for many students, often leading to feelings of stress, fear, and a lack of confidence. This workshop is designed to help students and parents understand the causes of test anxiety and provide practical strategies for overcoming it. We will explore effective techniques for calming the mind, managing stress, and building confidence before and during exams. Participants will learn relaxation exercises, time-management tips, and strategies for approaching tests with a positive mindset. Additionally, parents will gain insights on how to support their child in reducing anxiety and developing healthy study habits. This session will leave you with the tools you need to approach tests with confidence and calm.	Dr. Abram Milton
<b>Utilizar Mejores Practicas para Brindar Cuidado y Supervision a ninos LGBTQ</b> Este taller ofrece a los cuidadores estrategias basadas en mejores prácticas para apoyar a niños y jóvenes LGBTQ en entornos de cuidado. Los participantes aprenderán cómo crear espacios seguros, inclusivos y afirmativos que fomenten el bienestar emocional y la autoaceptación.	Lelia Montiel
<b>Introversión and Extroversión in Children</b> This workshop explores the traits of introverted and extroverted children, highlighting how each temperament impacts learning, relationships, and behavior. Caregivers will gain practical tools to support and nurture children's unique personalities while encouraging healthy social and emotional development.	Olivia Chavira
<b>Recognizing Childhood Depression Early</b> This workshop helps caregivers identify early signs and symptoms of depression in children to promote timely intervention and support. Participants will learn practical strategies to respond effectively and connect children with appropriate resources for emotional well-being.	Betty Cowley

<b>Brain Based Discipline: Understanding Triggers and Responses</b> This workshop explores how children's brain development influences their behavior and emotional responses, helping caregivers understand the root causes behind challenging actions. Participants will learn to identify common triggers and how to respond with empathy and effective strategies that promote positive behavior. By applying brain-based discipline techniques, caregivers can foster healthier communication, reduce conflict, and support children's self-regulation skills.	Christine Stellino
<b>Youth and Depression</b> This workshop focuses on understanding depression in young people, including its symptoms, causes, and effects on their daily lives. Caregivers will learn how to recognize early warning signs and create a supportive environment that encourages open communication. Participants will also explore strategies to connect youth with appropriate mental health resources and promote resilience.	Vanessa Palacios
<b>Understanding Autism</b> This workshop provides an overview of autism spectrum disorder, highlighting key characteristics, strengths, and challenges faced by individuals on the spectrum. Caregivers will gain insight into how autism affects communication, behavior, and sensory processing. Participants will learn practical strategies to support and empower autistic children in building confidence and thriving in their environments.	Dr. Wesley Sanders
<b>Empowering Parents to Support Children with Autism</b> This class provides parents with practical tools and knowledge to better understand and support their children with autism. Participants will learn about communication techniques, behavior strategies, and ways to foster independence. The course emphasizes building strengths and creating supportive home environments. Families will explore resources and advocacy tips to navigate educational and community services. Ideal for parents and caregivers seeking confidence and skills to help their children thrive.	Dr. Abram Milton
<b>La Ley Federal de Bienestar Infantil Indígena (ICWA)</b> Este taller ofrece una introducción a la Ley Federal de Bienestar Infantil Indígena (ICWA), explicando sus objetivos para proteger los derechos y la cultura de los niños indígenas en sistemas de cuidado y adopción. Los participantes aprenderán sobre los requisitos legales y las mejores prácticas para asegurar que las decisiones de cuidado respeten la herencia cultural y los lazos familiares. Además, se abordarán estrategias para colaborar con las tribus y apoyar a las familias indígenas de manera respetuosa y efectiva.	Lelia Montiel
<b>The 5 Love Languages of Children</b> This workshop explores the five love languages—words of affirmation, quality time, receiving gifts, acts of service, and physical touch—and how children uniquely express and receive love. Caregivers will learn to identify their child's primary love language to strengthen emotional connections and foster a sense of security. Participants will gain practical tools to communicate love in ways that resonate deeply with each child's individual needs.	Olivia Chavira
<b>When Families Fracture: Healing Separation</b> This workshop addresses the emotional impact of family separation on children and caregivers, focusing on the challenges of coping with loss and change. Participants will learn strategies to support healing, rebuild trust, and promote resilience during times of transition. The session also highlights the importance of communication, empathy, and maintaining connections to foster long-term well-being.	Betty Cowley
<b>Cultivating Empathy and Perspective-Taking</b> This workshop focuses on helping caregivers and educators foster empathy and the ability to see situations from others' perspectives in children. Participants will explore techniques to encourage emotional understanding, compassion, and respectful communication. By cultivating these skills, caregivers can support healthier relationships and social development in children.	Christine Stellino

<p><b>Youth and Psychotropic Medication</b> This workshop explores how social media affects the mental health of children and youth, including both positive influences and potential risks such as anxiety, depression, and self-esteem challenges. Caregivers will learn strategies to help young people develop healthy online habits, set boundaries, and build resilience. Participants will also gain tools to foster open dialogue and support balanced digital engagement.</p>	Vanessa Palacios
<p><b>Suicide Prevention in Children</b> this workshop equips caregivers with the knowledge to recognize warning signs and risk factors of suicide in children. Participants will learn practical intervention strategies and how to create a safe, supportive environment that encourages open communication about mental health. The session also highlights available resources and ways to connect children with professional help when needed.</p>	Dr. Wesley Sanders
<p><b>Navigating the Impact of Social Media On Mental Health</b> This workshop explores how social media affects the mental health of children and youth, including both positive influences and potential risks such as anxiety, depression, and self-esteem challenges. Caregivers will learn strategies to help young people develop healthy online habits, set boundaries, and build resilience. Participants will also gain tools to foster open dialogue and support balanced digital engagement.</p>	Dr. Abram Milton
<p><b>Comprender la diferentes opciones de Permanencia en California</b> Este taller ofrece una guía clara sobre las diversas opciones de permanencia para niños y jóvenes en el sistema de cuidado en California, incluyendo adopción, tutela, cuidado permanente y reunificación familiar. Los participantes aprenderán los procesos legales, beneficios y desafíos de cada opción para tomar decisiones informadas que favorezcan el bienestar del niño. Además, se discutirán recursos y apoyos disponibles para familias y cuidadores en cada tipo de permanencia.</p>	Lelia Montiel
<p><b>Talking About Substance Abuse</b> This workshop provides caregivers with tools and strategies to openly and effectively discuss substance abuse with children and youth. Participants will learn how to recognize warning signs, address misconceptions, and foster honest conversations that promote prevention and support. The session also covers ways to connect young people with resources and encourage healthy decision-making.</p>	Olivia J. Chavira
<p><b>Safe Spaces: Interviewing Kids with Care</b> This workshop trains caregivers and professionals in creating a safe, supportive environment when interviewing children to gather accurate information without causing additional trauma. Participants will learn trauma-informed techniques that prioritize the child's emotional well-being and build trust. The session emphasizes sensitivity, active listening, and age-appropriate communication to ensure children feel heard and respected.</p>	Betty Cowley
<p><b>Collaborative Decision-Making for Co-Parents</b> This workshop focuses on building effective communication and cooperation between co-parents to make decisions that prioritize the child's best interests. Participants will learn strategies to navigate conflicts, foster mutual respect, and create shared parenting plans. The session aims to empower co-parents with tools to support a stable, nurturing environment despite challenges.</p>	Christine Stellino
<p><b>Importance of Family Communication</b> This workshop highlights how open, honest, and respectful communication strengthens family bonds and supports healthy relationships. Participants will explore practical techniques to improve listening skills, express emotions effectively, and resolve conflicts constructively. By fostering positive communication, families can create a supportive environment that promotes understanding and emotional well-being.</p>	Vanessa Palacios
<p><b>Internet Safety: Protecting our Children</b> This workshop equips caregivers with essential knowledge and tools to safeguard children from online risks such as cyberbullying, inappropriate content, and privacy breaches. Participants will learn how to set healthy boundaries, monitor digital activity, and educate children about safe internet practices. The session emphasizes creating open communication to empower kids to navigate the digital world confidently and responsibly.</p>	Dr. Wesley Sanders



**Resolving Family Conflicts Effectively** This workshop teaches caregivers practical strategies to manage and resolve family conflicts in healthy, constructive ways. Participants will learn communication skills, conflict resolution techniques, and ways to foster empathy and understanding among family members. By promoting positive interactions, families can build stronger relationships and create a more peaceful home environment. Dr. Abram Milton

**Planes de Educacion Individualizados en California (IEP)** Este taller ofrece una guía completa sobre el proceso de desarrollo y aplicación de los Planes de Educación Individualizados (IEP) para estudiantes con necesidades especiales en California. Los participantes aprenderán a entender los derechos legales, colaborar con el equipo educativo y abogar eficazmente por el éxito académico y personal del niño. Además, se explorarán estrategias para apoyar a los estudiantes en el hogar y maximizar los beneficios del IEP. Lelia Montiel

**Breaking the Silence: Strategies for Suicide prevention** This workshop empowers caregivers and professionals to recognize the signs of suicide risk and respond with confidence and compassion. Participants will learn effective strategies for opening conversations, reducing stigma, and providing critical support to at-risk youth. The session also highlights resources and action steps to create safe environments that promote hope and healing. Olivia J. Chavira

**Self Worth vs Bullying: Building Confidence** This workshop focuses on helping children build self-worth and resilience to effectively cope with bullying. Caregivers will learn strategies to empower children, boost their confidence, and foster positive self-image. Participants will also explore ways to create supportive environments that discourage bullying and promote emotional strength. Betty Cowley

# October 2025

<b>Respectful Communication Across Households</b> This workshop teaches caregivers and co-parents how to maintain respectful and effective communication when coordinating care across different households. Participants will learn strategies to manage conflicts, set clear boundaries, and prioritize the child's well-being through collaboration. The session emphasizes building trust and consistency to create a stable, supportive environment for children.	Christine Stellino
<b>Helping Youth Build Self-Esteem and Confidence</b> This workshop equips caregivers with tools to nurture and strengthen youth's self-esteem and confidence through positive reinforcement and supportive interactions. Participants will explore techniques to help young people recognize their strengths, set goals, and overcome self-doubt. The session emphasizes creating environments that encourage resilience, independence, and a healthy sense of self-worth.	Lelia Montiel
<b>Strategies for Raising Confident Youth:</b> Confidence is key to helping young people navigate challenges and achieve their goals. This workshop will provide parents, caregivers, and educators with practical strategies to nurture self-esteem, resilience, and confidence in youth. We will explore how to create an environment that fosters a growth mindset, encourages positive self-talk, and helps youth develop a strong sense of identity. Participants will learn how to empower youth to take on challenges, learn from failure, and celebrate their strengths. By the end of the workshop, you'll have the tools to guide youth in building the self-confidence they need to thrive both socially and academically.	Dr. Wesley Sanders
<b>Moving Through Grief and Loss Together:</b> Grief and loss are inevitable, but navigating them as a family or community can be challenging. This workshop helps families and caregivers process grief in healthy ways while supporting one another. We'll explore the emotional stages of grief, strategies for supporting loved ones, and the importance of open communication. Participants will learn how to foster connection, resilience, and healing while honoring memories and moving forward together.	Dr. Abram Milton
<b>Sensibiliada Cultural en el Cuidado de Crianza En California</b> Este taller aborda la importancia de la sensibilidad cultural para brindar un cuidado respetuoso y efectivo a niños y jóvenes de diversos orígenes en California. Los participantes aprenderán a reconocer y valorar las diferencias culturales, adaptando sus prácticas para apoyar la identidad y el bienestar de cada niño. Además, se explorarán estrategias para fortalecer la comunicación y la colaboración con familias y comunidades culturalmente diversas.	Lelia Montiel
<b>Depression: Everything you need to know;</b> This comprehensive workshop covers the signs, symptoms, causes, and effects of depression across all ages. Participants will learn how to recognize depression early, understand its impact on daily life, and explore effective treatment options. The session also provides practical strategies to support individuals coping with depression and promote mental wellness.	Olivia J. Chavira
<b>Kinship Care: Grandparents Raising Kids;</b> This workshop supports grandparents who are raising their grandchildren by addressing the unique challenges and rewards of kinship care. Participants will learn about legal rights, accessing resources, and strategies for managing family dynamics and caregiving responsibilities. The session emphasizes building resilience and fostering strong, nurturing relationships across generations.	Betty Cowley
<b>Creating Consistency Across Homes;</b> This workshop helps caregivers and co-parents develop strategies to provide children with stability and routine despite living in multiple homes. Participants will learn how to communicate effectively, coordinate expectations, and establish consistent rules and routines that support children's emotional well-being. The session emphasizes collaboration to create a seamless and supportive environment across households.	Christine Stellino

<p><b>When Children Don't Like the Sound of No:</b> This workshop explores why children often resist hearing “no” and how caregivers can respond with patience and effective discipline strategies. Participants will learn techniques to set clear, consistent boundaries while fostering cooperation and emotional regulation. The session emphasizes building trust and resilience to help children accept limits in a positive way.</p>	Vanessa Palacios
<p><b>Co-Parenting: Resource Parents &amp; Biofamily:</b> Co-parenting between resource parents (foster parents) and biological families is crucial for the well-being of children in care. This workshop is designed to help resource parents, biological families, and professionals build strong, cooperative relationships that prioritize the child's needs. We will explore strategies for effective communication, setting clear expectations, and navigating the complexities of sharing parenting responsibilities. Participants will learn how to build trust, handle difficult conversations, and work together to create a unified approach to the child's care and development. The goal is to ensure that children feel supported by both their biological family and resource family, while fostering a sense of stability and security.</p>	Dr. Wesley Sanders
<p><b>Strategies for Anxiety Management:</b> Anxiety can impact anyone, regardless of age or background, and managing it effectively is key to living a balanced life. This workshop provides practical tools and strategies for recognizing, understanding, and managing anxiety. Participants will learn various techniques to reduce anxiety in daily life, including mindfulness exercises, relaxation methods, and cognitive-behavioral strategies. We'll also discuss how to identify triggers, build resilience, and create personalized plans to manage anxiety in both short- and long-term situations. Whether you're dealing with anxiety yourself or supporting someone else, this workshop will provide actionable insights to improve emotional well-being and foster calm in stressful situations.</p>	Dr. Abram Milton
<p><b>La Salud Sexual y Reproductiva</b> Este taller ofrece información esencial sobre la salud sexual y reproductiva, enfocándose en la educación, prevención y cuidado integral para jóvenes. Los participantes aprenderán a abordar temas sensibles con respeto y claridad, promoviendo decisiones informadas y responsables. Además, se discutirán recursos disponibles para apoyar el bienestar físico y emocional en esta área.</p>	Lelia Montiel
<p><b>Addressing Perfectionism and Building Self-Compassion:</b> Perfectionism can create a constant cycle of stress, self-criticism, and unattainable standards. This workshop is designed to help individuals recognize perfectionistic tendencies and replace them with healthier, more compassionate ways of thinking. Participants will explore the roots of perfectionism, how it affects emotional well-being, and practical strategies for letting go of the need to be perfect. We'll focus on building self-compassion and fostering a mindset of growth, acceptance, and resilience. Through a combination of reflection, mindfulness, and actionable exercises, attendees will learn how to embrace imperfection, practice self-kindness, and achieve greater balance in their lives.</p>	Olivia J. Chavira
<p><b>Visitation: How to Prepare:</b> Visitation between children in foster care and their biological families is an important part of maintaining relationships and supporting the child's well-being. However, it can be a challenging experience for both children and adults involved. This workshop is designed for foster parents, resource parents, and professionals to help prepare for visitations in a way that ensures the child feels supported and safe. Participants will learn how to manage emotions, set clear expectations, and create a positive environment that facilitates healthy interactions. We'll also discuss strategies for debriefing with the child after visits and how to handle difficult situations that may arise. By the end of the session, you'll be equipped with the tools to help children navigate visitations with confidence and understanding</p>	Betty Cowley
<p><b>Calm Parenting in Crisis Moments</b> This workshop teaches caregivers how to stay calm and grounded during challenging or crisis situations with children. Participants will learn practical techniques to manage their own emotions, de-escalate conflict, and respond with patience and empathy. The session emphasizes building stronger relationships through mindful and composed parenting, even in stressful moments.</p>	Christine Stellino
<p><b>Impact of Having an Incarcerated parent</b> This workshop explores the emotional, social, and developmental effects on children who have a parent in incarceration. Caregivers will learn to recognize the unique challenges these children face, including feelings of loss, stigma, and instability. Participants will gain strategies to provide support, build resilience, and foster a sense of security and hope.</p>	Vanessa Palacios

<b>Tools for Supporting Children with Disabilities</b> This workshop provides caregivers with practical tools and strategies to effectively support the diverse needs of children with disabilities. Participants will learn how to create inclusive environments, adapt communication, and promote independence while fostering emotional and social development. The session emphasizes collaboration with families and professionals to ensure holistic care tailored to each child's strengths and challenges.	Dr. Wesley Sanders
<b>Addressing and Reducing Substance Use</b> This workshop equips caregivers with knowledge and strategies to recognize, address, and reduce substance use among youth. Participants will learn effective communication techniques, intervention approaches, and how to connect young people with appropriate resources and support. The session emphasizes prevention, early intervention, and creating a safe, supportive environment for recovery and growth.	Dr. Abram Milton
<b>Mejores Practicas para Proveer Cuidado y Supervisión a Niños con Necesidades Especiales</b> Este taller ofrece a los cuidadores estrategias efectivas y basadas en la evidencia para atender las necesidades únicas de niños con discapacidades o condiciones especiales. Los participantes aprenderán a adaptar el cuidado y la supervisión para promover la seguridad, el desarrollo y el bienestar emocional de estos niños. Además, se enfatiza la importancia de la colaboración con profesionales y familias para brindar un apoyo integral y respetuoso.	Lelia Montiel
<b>Toddler Development: How to navigate toddler tantrums and behavior</b> This workshop helps caregivers understand the developmental stages behind toddler tantrums and challenging behaviors. Participants will learn practical strategies to respond calmly, set clear boundaries, and support toddlers' emotional regulation. The session emphasizes nurturing patience and consistency to promote healthy growth and positive behavior.	Olivia J. Chavira
<b>Importance of House Rules:</b> House rules play a crucial role in creating structure, promoting respect, and ensuring a safe environment for children and families. This workshop is designed for parents, caregivers, and educators to understand the value of setting clear, consistent rules at home. Participants will learn how to establish fair and effective house rules, communicate expectations with children, and maintain consistency. We will also discuss how house rules can foster responsibility, improve behavior, and create a positive, respectful atmosphere in the home.	Betty Cowley
<b>Parenting through Stress and Anxiety</b> This workshop supports caregivers in managing their own stress and anxiety while parenting, helping them maintain calm and effective caregiving. Participants will explore coping strategies, self-care techniques, and ways to model emotional resilience for their children. The session emphasizes creating a nurturing environment that supports both the parent's well-being and the child's healthy development.	Christine Stellino
<b>Teens and Dating Violence</b> This workshop raises awareness about the signs, risks, and impacts of dating violence among teenagers. Participants will learn how to recognize unhealthy relationship patterns and provide support to teens experiencing or at risk of dating abuse. The session also offers strategies to promote healthy relationship skills and encourage open communication.	Vanessa Palacios
<b>Strategies for Drug and Alcohol Awareness:</b> Raising awareness about the dangers of drug and alcohol use is essential for protecting the health and well-being of children and adolescents. This workshop is designed for parents, caregivers, and professionals to gain the tools and knowledge needed to address substance use effectively. Participants will learn about the signs and risks of drug and alcohol use, as well as strategies for prevention, early intervention, and open communication with youth. We will explore how to create a supportive environment where children feel comfortable discussing substance use and learn how to model healthy behaviors. By the end of the session, attendees will be equipped with practical strategies to foster awareness, prevent substance use, and support healthy choices for young people.	Dr. Wesley Sanders
<b>Healing After Trauma: Understanding PTSD:</b> Post-Traumatic Stress Disorder (PTSD) can develop after experiencing or witnessing traumatic events, affecting emotional, mental, and physical well-being. This workshop is designed to help participants understand the nature of PTSD, its symptoms, and how it impacts individuals of all ages. We'll explore strategies for healing, including coping mechanisms, therapy options, and building resilience. Participants will also learn about the importance of creating a safe, supportive environment for those affected by PTSD, as well as how to encourage healing and growth. By the end of the session, attendees will have a deeper understanding of PTSD and practical tools for supporting recovery.	Dr. Abram Milton

<p><b>Formas Razonables y Prudentes de Crianza</b> Este taller ofrece a los cuidadores una comprensión clara de cómo aplicar el estándar de cuidado razonable y prudente en la crianza diaria, especialmente en contextos de cuidado temporal o adoptivo. Los participantes aprenderán a tomar decisiones que equilibren la seguridad del niño con oportunidades para su desarrollo social, emocional y recreativo. Además, se analizarán ejemplos prácticos y se brindarán herramientas para fomentar la independencia y el bienestar en un entorno supervisado y de apoyo.</p>	<p>Lelia Montiel</p>
<p><b>Teen parenting: Understanding and Supporting Teen parents (Part 1)</b> This workshop provides an overview of the unique challenges and needs faced by teen parents as they navigate parenthood. Participants will learn strategies to offer practical support, build parenting skills, and encourage healthy relationships for both the teen parent and their child. The session aims to empower teen parents by fostering confidence, resilience, and access to community resources</p>	<p>Olivia J Chavira</p>
<p><b>Teaching Social Skills</b> This workshop equips caregivers with practical strategies to help children develop essential social skills like communication, cooperation, and empathy. Participants will learn how to model positive behaviors, facilitate peer interactions, and support children in navigating social challenges. The session emphasizes fostering confident, respectful, and well-adjusted relationships both at home and in the community.</p>	<p>Betty Cowley</p>
<p><b>Finding Consistency in Uncertainty</b> This workshop helps caregivers navigate the challenges of providing stability and routine during times of change and uncertainty. Participants will learn practical strategies to maintain consistency in caregiving, manage their own stress, and support children's emotional resilience. The session emphasizes building trust and security even when circumstances feel unpredictable.</p>	<p>Christine Stellino</p>
<p><b>Helping Youth Understand and Express Their Feelings</b> This workshop teaches caregivers effective ways to support youth in identifying, understanding, and expressing their emotions in healthy ways. Participants will explore tools and techniques to foster emotional literacy, improve communication, and build self-awareness. The session emphasizes creating a safe and supportive environment that encourages openness and emotional growth.</p>	<p>Vanessa Palacios</p>
<p><b>Understanding and Supporting Children with Fetal Alcohol Syndrome:</b> Fetal Alcohol Syndrome (FAS) is a serious condition resulting from alcohol exposure during pregnancy, leading to physical, behavioral, and cognitive challenges in children. This workshop is designed for parents, caregivers, and professionals to gain a deeper understanding of FAS, its symptoms, and how it impacts children's development. Participants will learn about the signs of FAS, strategies for supporting affected children, and how to create an environment that encourages growth and independence. We'll also explore interventions and resources available to families, along with tips for managing common challenges, such as learning difficulties and emotional regulation.</p>	<p>Dr. Wesley Sanders</p>
<p><b>Addressing and Reducing Substance Use:</b> Substance use can have a profound impact on individuals, families, and communities. This workshop is designed to help parents, caregivers, and professionals understand the complexities of substance use and provide practical tools for addressing and reducing it. We will explore the risk factors and warning signs of substance use, as well as strategies for prevention and intervention. Participants will learn effective communication techniques for talking to children and adolescents about substance use, as well as how to support individuals who are struggling with addiction. The workshop will also cover resources for seeking professional help and building a supportive environment for recovery.</p>	<p>Dr. Abram Milton</p>



# November 2025

<b>Nutrición y salud mental</b> Este taller explora la conexión entre la alimentación y la salud mental, destacando cómo una nutrición adecuada puede influir en el estado de ánimo, la energía y el bienestar emocional. Los participantes aprenderán a identificar hábitos alimenticios que apoyen la salud mental en niños, adolescentes y adultos. Además, se ofrecerán consejos prácticos para promover una alimentación balanceada en el hogar como parte de un enfoque integral del cuidado.	Lelia Montiel
<b>Teen Parenting: Understanding and supporting Teen Parents</b> This workshop explores the unique challenges faced by teen parents, including balancing adolescence with the responsibilities of raising a child. Participants will learn how to provide emotional, practical, and developmental support that empowers young parents and promotes healthy outcomes for both parent and child. The session also highlights community resources and strategies to encourage resilience, self-sufficiency, and positive parenting skills.	Olivia J. Chavira
<b>Understanding Non-Suicidal Self Injury:</b> Non-suicidal self-injury (NSSI) refers to the deliberate, self-inflicted harm to one's body without the intent to die, often as a coping mechanism for emotional pain or distress. This workshop is designed to help parents, caregivers, and professionals better understand the behaviors associated with NSSI, how to recognize the signs, and how to respond with empathy and support. Participants will learn about the underlying emotional and psychological factors that contribute to self-injury, as well as strategies for helping individuals develop healthier coping mechanisms. The session will also cover ways to create a safe, supportive environment and promote open communication to prevent further self-harm.	Betty Cowley
<b>Nurturing Independence in the Early Years</b> This workshop focuses on supporting young children as they develop independence through everyday routines and age-appropriate responsibilities. Caregivers will learn strategies to encourage problem-solving, confidence, and self-help skills while maintaining a safe and supportive environment. The session emphasizes balancing guidance with freedom to foster healthy growth and autonomy in early childhood.	Christine Stellino
<b>Understanding Fetal Alcohol Syndrome:</b> Fetal Alcohol Syndrome (FAS) is a condition caused by alcohol exposure during pregnancy, leading to a range of physical, cognitive, and behavioral challenges in children. This workshop is designed for parents, caregivers, and professionals to gain a deeper understanding of FAS, its effects, and how to support children affected by this condition. Participants will learn about the signs and symptoms of FAS, the long-term impact on development, and strategies for providing support in educational, social, and emotional settings. The workshop will also cover the importance of early diagnosis, intervention, and available resources for families and children living with FAS.	Vanessa Palacios
<b>Helping Children with Grief and Loss:</b> Grief and loss are challenging for children, but with the right support, they can heal and build resilience. This workshop helps parents, caregivers, and educators understand how children process grief and ways to support them. Participants will learn to recognize emotional, physical, and behavioral signs of grief, create a supportive environment, and guide children in coping with loss. We'll also discuss age-appropriate communication and available resources for families.	Dr. Wesley Sanders
<b>Enhancing Sleep Quality in Your Family:</b> Good sleep is essential for the overall health and well-being of every family member. This workshop is designed to provide parents and caregivers with practical strategies to improve the sleep quality of both children and adults. Participants will learn about the importance of sleep for physical and emotional development, how to establish healthy sleep routines, and techniques for addressing common sleep challenges such as bedtime resistance, night wakings, and sleep anxiety. We will also explore the impact of screen time, stress, and nutrition on sleep, and how to create a calm and restorative sleep environment. By the end of the session, you'll have the tools to help everyone in your family get the restful sleep they need.	Dr. Abram Milton
<b>Identifying Triggers; Why, When, Who, What:</b> Understanding and identifying emotional or behavioral triggers is essential for creating a positive environment and managing reactions effectively. This workshop is designed for parents, caregivers, and educators to explore the different triggers that can cause emotional distress or challenging behaviors in children. Participants will learn how to recognize the "why" (the underlying causes), "when" (the moments triggers are most likely to occur), "who" (the individuals involved), and "what" (the specific situations or stimuli that provoke reactions). We'll discuss strategies to address and minimize triggers, promote self-regulation, and create a calm and supportive environment. By the end of the session, attendees will have the tools to help children better understand and manage their responses, improving emotional well-being and relationships.	Betty Cowley
<b>Raising Confident, Adaptable Kids</b> This workshop helps caregivers foster confidence and adaptability in children to prepare them for life's challenges and changes. Participants will learn strategies to build self-esteem, encourage problem-solving, and support emotional flexibility. The session emphasizes creating a nurturing environment that empowers kids to believe in themselves and thrive in a variety of situations.	Christine Stellino

<p><b>Raising Strong-Willed Children:</b> Strong-willed children are determined, independent, and often have a mind of their own. While these traits can be incredibly positive, they can also present challenges when it comes to discipline and communication. This workshop is designed to help parents and caregivers better understand and support strong-willed children. Participants will learn strategies for setting clear boundaries, encouraging positive behavior, and fostering cooperation without stifling the child's independence. We'll explore how to turn challenges into opportunities for growth and how to maintain a healthy balance between nurturing autonomy and guiding behavior.</p>	Vanessa Palacios
<p><b>What to do with Behavior Issues?:</b> Behavior issues are common challenges for parents and caregivers, but with the right tools, they can be effectively addressed. This workshop will help you understand the root causes of children's behavior problems, including emotional needs, communication struggles, and environmental factors. You'll learn practical strategies to set clear expectations, manage disruptive behaviors, and reinforce positive actions. We'll discuss how to create a consistent, supportive environment that promotes healthy emotional expression and cooperation.</p>	Dr. Wesley Sanders
<p><b>Supporting Foster Children Through the Holidays:</b> The holiday season can be a particularly challenging time for foster children, as they may experience feelings of loss, confusion, or displacement. This workshop is designed for foster parents and caregivers to learn how to provide emotional support, create stability, and foster positive holiday experiences for children in foster care. Participants will explore strategies to help children manage feelings of anxiety, grief, or homesickness during the holidays, while also celebrating the season in ways that make them feel safe, loved, and included. We'll discuss creating new traditions, maintaining routines, and offering extra emotional support as children adjust to the holiday season.</p>	Dr. Abram Milton
<p><b>Trastornos por Consumo de Sustancias en Adolescentes</b> Este taller ofrece información esencial sobre los trastornos por consumo de sustancias en adolescentes, incluyendo señales de alerta, factores de riesgo y consecuencias emocionales y físicas. Los participantes aprenderán estrategias para la prevención, intervención temprana y cómo brindar apoyo efectivo a los jóvenes en riesgo o en proceso de recuperación. Además, se explorarán recursos comunitarios y formas de fomentar la comunicación abierta y la toma de decisiones saludables.</p>	Lelia Montiel
<p><b>Structure, Routines, &amp; Schedules for Families</b> This workshop emphasizes the importance of consistent structure, routines, and schedules in promoting a sense of stability and emotional security for children. Participants will learn practical strategies to create predictable daily patterns that support positive behavior, reduce stress, and improve family functioning. The session also provides tips for adapting routines during transitions or challenging times.</p>	Olivia J. Chavira
<p><b>Understanding the LGBTQ Culture:</b> This workshop is designed to foster understanding, empathy, and support for the LGBTQ+ community. Participants will gain insights into the LGBTQ+ culture, including key terms, experiences, and the challenges faced by LGBTQ+ individuals, particularly in the context of family and school environments. The session will cover the importance of creating inclusive, respectful spaces and the role of allies in supporting LGBTQ+ individuals. We will discuss the significance of gender identity, sexual orientation, and how to engage in open, respectful conversations with LGBTQ+ youth. By the end of the workshop, participants will feel more equipped to provide support and guidance, contributing to a more inclusive and understanding environment for LGBTQ+ individuals.</p>	Betty Cowley
<p><b>Disciplina tiempo construyendo SPANISH:</b> Discipline is fundamental for children's development, but it's not just about enforcing rules; it's about building a foundation of respect, trust, and understanding. This workshop is designed for parents, caregivers, and educators who want to learn positive and effective approaches to teaching discipline constructively. During the session, we will explore how to set clear boundaries, encourage self-control and responsibility, and how to use time effectively to teach children to make responsible decisions. Through practical examples, you will learn how discipline can be a tool for growth and strengthening the relationship with children.</p>	Lelia Montiel
<p><b>Empowering Boundaries: Teaching Children Healthy Limits:</b> Setting healthy boundaries is essential for helping children feel safe, respected, and confident in themselves and their relationships. This workshop is designed for parents, caregivers, and educators to learn how to teach children the importance of boundaries, both personal and social. Participants will explore practical strategies for setting clear, consistent limits while fostering independence, self-respect, and empathy. We will discuss how to communicate boundaries effectively, how to handle pushback or resistance, and how to model healthy boundary-setting in everyday situations. By the end of the session, you'll have the tools to empower children to understand and respect their own limits and the boundaries of others.</p>	Vanessa Palacios
<p><b>Impact of Domestic Violence on Children:</b> Domestic violence has far-reaching effects, not only on the direct victims but also on children who witness or experience it. This workshop is designed to help parents, caregivers, and professionals understand the emotional, behavioral, and psychological impact of domestic violence on children. Participants will learn how children may react to witnessing or being involved in violent situations, the long-term consequences of such trauma, and how to provide the necessary support and intervention. We will explore strategies for creating a safe environment, identifying warning signs, and offering emotional support to children affected by domestic violence, as well as resources available for both children and families.</p>	Dr. Wesley Sanders

**Decoding Eating Disorders for Parents:** Eating disorders can be challenging to identify and even harder to Dr. Abram Milton understand, especially for parents who want to support their children through these struggles. This workshop is designed to help parents recognize the signs of eating disorders, understand their emotional and psychological roots, and learn how to respond with compassion and care. Participants will gain insights into common eating disorders such as anorexia, bulimia, and binge eating, and how these conditions can affect a child's physical and mental health. We will also explore effective strategies for communication, offering support, and seeking professional help. By the end of the session, parents will feel more confident in understanding and addressing eating disorders, fostering a safe environment for healing and recovery.

**Los Prejuicios Implícitos** Este taller ayuda a los participantes a identificar y comprender los prejuicios implícitos, es decir, aquellos pensamientos o actitudes inconscientes que pueden influir en nuestras decisiones y comportamientos. Se explorará cómo estos prejuicios afectan las relaciones interpersonales, especialmente en entornos de cuidado, educación y apoyo comunitario. Los asistentes aprenderán estrategias para reconocer sus propios prejuicios y promover un trato más justo, respetuoso e inclusivo. Lelia Montiel

**Cultivating Self-Esteem In Children** This workshop provides caregivers with tools and techniques to help children develop a strong and healthy sense of self-esteem. Participants will learn how to encourage positive self-talk, recognize strengths, and foster resilience through supportive interactions. The session emphasizes creating an environment where children feel valued, confident, and capable of facing challenges. Olivia J. Chavira

**Dealing with Emotions During the Holidays:** The holiday season can bring a mix of joy and stress, and for Betty Cowley some families, it can amplify emotions like anxiety, sadness, or even frustration. This workshop is designed to help parents and caregivers navigate the emotional challenges that can arise during the holidays. Participants will learn strategies for managing stress, maintaining healthy emotional boundaries, and providing support to children who may struggle with the holiday season. We'll discuss how to recognize the signs of emotional distress, balance family expectations, and create a calm, supportive atmosphere at home. You'll leave with practical tools to handle holiday pressures and help everyone in your family enjoy a more peaceful, positive holiday experience.

**Consistent Limits and Loving Boundaries** This workshop teaches caregivers how to set clear, consistent limits while maintaining a loving and supportive approach. Participants will learn strategies to balance discipline with empathy, helping children understand expectations and feel secure. The session emphasizes the importance of boundaries in fostering respect, responsibility, and healthy emotional development. Christine Stellino

**Childhood Stress During the Holidays:** The holiday season, while festive, can bring stress and overwhelm for children due to changes in routine, heightened expectations, and family dynamics. This workshop is designed to help parents, caregivers, and educators understand how childhood stress can manifest during the holidays and how to support children through these challenges. Participants will learn strategies to recognize signs of stress in children, how to create a calming environment, and how to maintain structure while still enjoying the season. We'll explore practical ways to manage holiday pressures, encourage healthy coping skills, and foster a sense of security and comfort for children during this busy time of year. Vanessa Palacios

# January 2026

**Bienestar en los Padres de Crianza Este** taller se enfoca en la importancia del bienestar físico, emocional y mental de los padres de crianza para brindar un cuidado efectivo y sostenible. Los participantes aprenderán técnicas de autocuidado, manejo del estrés y recursos de apoyo para mantener su salud integral. Además, se destacará cómo el bienestar del cuidador impacta positivamente en el desarrollo y estabilidad de los niños bajo su cuidado. Lelia Montiel

**Understanding Perfectionism in Children** This workshop explores the causes and effects of perfectionism in children, including how it can impact their mental health and development. Participants will learn to identify signs of unhealthy perfectionism and understand its connection to anxiety, self-esteem, and motivation. The session offers strategies to support children in embracing growth, resilience, and self-compassion. Olivia J. Chavira

**Safe Guard A Child's Identity:** A child's identity is deeply tied to their sense of self-worth, belonging, and understanding of the world. Protecting and nurturing a child's identity is crucial for their emotional well-being, especially in environments where they may face challenges or instability. This workshop is designed for parents, caregivers, and educators to learn how to safeguard and affirm a child's sense of identity. Participants will explore the importance of fostering a positive self-image, respecting a child's personal history, culture, and individuality, and creating an environment that celebrates their uniqueness. We'll also discuss strategies to help children cope with challenges to their identity and how to empower them to feel confident and valued. Betty Cowley

**Positive Reinforcement that Works** This workshop teaches caregivers how to effectively use positive reinforcement to encourage desirable behaviors and build strong, trusting relationships with children. Participants will learn practical techniques for recognizing and rewarding efforts in ways that motivate lasting change. The session emphasizes consistency, timing, and meaningful praise to foster confidence and positive growth. Christine Stellino

**Bullying: Emotional Impact on Youth:** Bullying is a widespread issue that can have long-lasting emotional and psychological effects on youth. This workshop is designed to help parents, caregivers, and educators understand the emotional toll that bullying can take on children and adolescents. Participants will learn about the different forms of bullying, including physical, verbal, and cyberbullying, and how these experiences can impact a child's self-esteem, mental health, and overall well-being. We will explore strategies for identifying the signs of bullying, supporting children through their emotional struggles, and fostering a safe and supportive environment. Additionally, the workshop will cover how to help children build resilience and self-confidence in the face of bullying. Vanessa Palacios

**Positive Father Engagement:** Strategies for Healthy Parenting: Active and engaged fatherhood plays a crucial role in a child's emotional, social, and cognitive development. This workshop is designed to help fathers (and father figures) explore the importance of their involvement in their child's life and how they can foster a strong, positive relationship. Participants will learn strategies for building healthy communication, setting a positive example, and being actively involved in their child's day-to-day experiences. We'll discuss ways to support emotional well-being, nurture a child's self-esteem, and create a balanced approach to parenting that promotes connection and trust. By the end of the session, fathers will have practical tools to enhance their role as positive, involved, and supportive figures in their child's life. Dr. Wesley Sanders

**Addressing Stress in Foster Children:** Foster children often experience high levels of stress due to past trauma, instability, and the challenges that come with being placed in new environments. This workshop is designed to help foster parents and caregivers understand the unique stressors foster children may face and how to effectively address them. Participants will learn about the physical, emotional, and behavioral signs of stress in children, as well as strategies for creating a stable, supportive environment that promotes healing. We will explore techniques for managing stress through routines, communication, and coping skills, while also addressing the importance of self-care for caregivers. Dr. Abram Milton

**Duelo Y Perdida en el Sistema de Cuidado De Crianza** Este taller aborda el impacto emocional que el duelo y la pérdida tienen en niños y cuidadores dentro del sistema de cuidado de crianza. Los participantes aprenderán a reconocer las señales de duelo, comprender sus etapas y brindar apoyo empático para facilitar la sanación. Además, se explorarán estrategias para fortalecer la resiliencia y crear entornos seguros que ayuden a procesar estas experiencias difíciles. Lelia Montiel



<p><b>How Domestic Violence Affects Children</b> this workshop examines the emotional, behavioral, and developmental effects of witnessing or experiencing domestic violence during childhood. Participants will learn to recognize trauma-related responses and gain tools to support healing, safety, and emotional regulation. The session emphasizes creating stable, supportive environments that promote resilience and recovery.</p>	<p>Olivia J. Chavira</p>
<p><b>Struggles with Personal Hygiene:</b> Personal hygiene is an essential part of a child’s development, impacting both physical health and self-esteem. However, many children—especially those facing challenges like sensory sensitivities, trauma, or behavioral struggles—may resist or struggle with personal hygiene routines. This workshop is designed for parents, caregivers, and educators to explore common reasons children may struggle with hygiene and how to approach the issue with understanding and patience. Participants will learn practical strategies to help children develop good hygiene habits, offer sensory-friendly solutions, and create a consistent and positive hygiene routine. We’ll also discuss how to address underlying emotional or psychological barriers that may be contributing to resistance.</p>	<p>Betty Cowley</p>
<p><b>Building Emotional Intelligence In Children</b> This workshop guides caregivers in helping children recognize, understand, and manage their emotions in healthy ways. Participants will learn strategies to teach empathy, self-awareness, and effective communication skills. The session emphasizes creating supportive environments that nurture emotional growth and strengthen relationships.</p>	<p>Christine Stellino</p>
<p><b>Understanding Conduct Disorder:</b> Intervention and Support: Conduct Disorder (CD) is a serious behavioral condition that can significantly impact a child’s social, emotional, and academic development. This workshop is designed to help parents, caregivers, and professionals understand Conduct Disorder, its signs and symptoms, and how to provide effective intervention and support for children affected by it. Participants will explore the root causes of CD, including environmental, genetic, and social factors, and gain practical strategies for managing challenging behaviors. We will also discuss how to work collaboratively with schools, counselors, and other professionals to create a comprehensive plan for supporting children with CD, while promoting positive behavior, emotional regulation, and healthy relationships.</p>	<p>Vanessa Palacios</p>
<p><b>The Sexualized Child in Foster Care:</b> Children in foster care, particularly those who have experienced trauma, may exhibit sexualized behaviors as a result of abuse or neglect. This workshop is designed to help social workers, caregivers, and resource parents understand the complexities of these behaviors and how to address them with sensitivity and care. Participants will gain insights into the underlying causes of sexualized behavior in children, including trauma, attachment issues, and exposure to inappropriate situations. We will explore strategies for responding to these behaviors in a supportive, non-punitive way, and provide tools for creating a safe and nurturing environment for healing. The session will also cover the importance of clear communication, setting appropriate boundaries, and accessing resources and support for both the child and the caregivers.</p>	<p>Dr. Wesley Sanders</p>
<p><b>Setting and Maintaining Healthy Boundaries:</b> Healthy boundaries are essential for creating safe, respectful, and supportive relationships, whether in a family, work, or social setting. This workshop is designed for parents, caregivers, and professionals who want to learn how to establish and maintain healthy boundaries with children, colleagues, and peers. Participants will explore the importance of boundaries in promoting emotional well-being and personal growth, as well as the role they play in creating stable, trusting relationships. We will discuss practical strategies for setting clear, consistent boundaries, recognizing when boundaries are being crossed, and maintaining those limits in a way that fosters respect and cooperation.</p>	<p>Dr. Abram Milton</p>
<p><b>Working with your Social Worker</b> This workshop helps caregivers build strong, collaborative relationships with social workers to better support the needs of children in care. Participants will learn effective communication strategies, understand the roles and responsibilities of social workers, and explore how to navigate challenges together. The session emphasizes teamwork, mutual respect, and shared goals for the well-being of the child.</p>	<p>Betty Cowley</p>



<b>Firm Kindness: Setting Loving Boundaries that Last</b> This workshop teaches caregivers how to set clear, consistent boundaries with children while maintaining warmth, empathy, and respect. Participants will learn how to balance firmness with compassion to guide behavior and build trust. The session emphasizes long-term relationship-building through loving discipline that supports both structure and emotional connection.	Christine Stellino
<b>Effective Discipline Strategies: Tools for Positive Parenting</b> This workshop provides caregivers with practical, respectful discipline techniques that promote learning and positive behavior without fear or punishment. Participants will explore how to set realistic expectations, use natural consequences, and strengthen parent-child relationships through consistency and encouragement. The session emphasizes fostering responsibility, emotional regulation, and mutual respect in the home.	Vanessa Palacios
<b>Choices, Consequences, and Responsibility:</b> Every choice a child makes comes with a consequence—whether positive or negative—and understanding this connection is essential for their growth and development. This workshop is designed for parents, caregivers, and educators who want to help children develop decision-making skills, understand the impact of their actions, and take responsibility for their behavior. Participants will learn strategies for guiding children through the process of making thoughtful choices, understanding natural and logical consequences, and promoting accountability. We'll also explore how to create an environment where children can learn from their mistakes and feel empowered to make better choices in the future.	Dr. Wesley Sanders
<b>Autoestima</b> Este taller se enfoca en cómo desarrollar y fortalecer la autoestima en niños, adolescentes y adultos a través de la conexión emocional, el reconocimiento personal y el refuerzo positivo. Los participantes aprenderán estrategias para fomentar una autoimagen saludable, promover la autoconfianza y manejar pensamientos negativos. La sesión ofrece herramientas prácticas para crear entornos que valoren el crecimiento, la aceptación y el bienestar emocional.	Lelia Montiel
<b>The Parentified Child: How to Help</b> This workshop explores the emotional and developmental impact on children who take on adult responsibilities within their families, often at the expense of their own needs. Participants will learn how to recognize signs of parentification and provide appropriate support to help children reclaim their childhood. The session offers strategies to rebuild boundaries, promote healing, and foster healthy roles within the family dynamic.	Olivia J. Chavira
<b>Calming Storms: Managing Disruptive Behavior</b> This workshop equips caregivers with tools to understand and respond effectively to disruptive behaviors in children. Participants will learn techniques to de-escalate challenging moments, identify underlying needs, and implement consistent, supportive discipline strategies. The session emphasizes staying calm, connected, and compassionate to promote emotional regulation and long-term behavior change.	Betty Cowley
<b>Encouraging Cooperation through Options</b> This workshop teaches caregivers how to use choice-based strategies to foster cooperation, reduce power struggles, and build mutual respect with children. Participants will learn how offering age-appropriate options empowers children while maintaining clear boundaries and expectations. The session emphasizes nurturing a sense of autonomy that supports positive behavior and stronger relationships.	Christine Stellino

**Starting where the Child is** This workshop emphasizes the importance of meeting children at their current developmental, emotional, and behavioral levels to provide effective support and guidance. Participants will learn strategies to observe, listen, and adapt their approach based on each child's unique needs and experiences. The session highlights building trust and connection as foundational steps for positive growth and healing.

**Building Identity: Self-worth in Foster Youth** This workshop focuses on supporting foster youth in developing a strong, positive sense of identity and self-worth amidst the challenges of the foster care system. Participants will learn strategies to foster resilience, celebrate individuality, and address feelings of loss or stigma. The session emphasizes creating affirming environments that empower youth to build confidence and envision a hopeful future.

**Promoting Healthy Development in Foster Children** This workshop provides caregivers with insights into the unique developmental needs of children in foster care, including emotional, social, and cognitive growth. Participants will learn practical strategies to create nurturing environments that support healing, stability, and positive milestones. The session emphasizes trauma-informed approaches that foster resilience and healthy development despite past adversities.

Dr. Abram Milton

# February 2026

**Adopcion** Este taller ofrece una visión general del proceso de adopción, incluyendo los aspectos legales, emocionales y prácticos que implica formar una familia a través de esta vía. Los participantes explorarán los desafíos y oportunidades que enfrentan tanto los padres adoptivos como los niños, con un enfoque en la construcción de vínculos seguros y duraderos. Además, se compartirán recursos y estrategias para apoyar una transición saludable y amorosa en todas las etapas del proceso adoptivo.

Lelia Montiel

**Mental Health Conversations in Families** This workshop empowers families to talk openly and supportively about mental health, reducing stigma and strengthening emotional connections. Participants will learn age-appropriate language, active listening skills, and strategies to create a safe space for sharing thoughts and feelings. The session emphasizes building trust and normalizing mental health as part of everyday family life.

Olivia J. Chavira

**Addiction: How It Affects The Family:** This workshop aimed at helping families understand the far-reaching impacts of addiction and how it affects every member of the household. This session will explore the emotional, psychological, and relational challenges that arise when a loved one struggles with addiction, including feelings of frustration, fear, and confusion. Participants will learn how addiction can create a cycle of stress, mistrust, and codependency, and will gain insights into the ways family dynamics are altered. The workshop will also provide practical tools for coping with the challenges of living with someone affected by addiction, including strategies for setting boundaries, fostering open communication, and seeking support. Attendees will leave with a deeper understanding of how addiction impacts not only the individual but the entire family unit, and how they can work together to heal and support one another.

Betty Cowley

**Parenting Calmly Under Pressure** This workshop helps caregivers develop tools to stay calm and effective during stressful or high-pressure parenting moments. Participants will learn self-regulation techniques, communication strategies, and how to model emotional resilience for their children. The session emphasizes maintaining connection and consistency, even when facing daily challenges or unexpected crises.

Christine Stellino

**Autism 101: Understanding the Spectrum and Support Strategies:** Is an introductory workshop designed to provide participants with a foundational understanding of autism and the various ways it can manifest in individuals. In this session, we will explore the diverse aspects of the autism spectrum, from the unique strengths and talents of individuals with autism to the challenges they may face in communication, socialization, and navigating routines. Additionally, practical strategies and resources will be shared to effectively support individuals with autism, both at home, in school, and within the community. The workshop will also encourage greater empathy and understanding, equipping participants with tools to create inclusive, respectful, and supportive environments tailored to the needs of those on the spectrum.

Vanessa Palacios

**The Impact of Domestic Violence on Children:** This workshop focuses on raising awareness about the profound effects domestic violence can have on children. In this session, participants will learn about the emotional, psychological, and behavioral challenges that children may experience when exposed to violence in the home, including issues like anxiety, depression, and difficulties with trust and relationships. The workshop will also cover the long-term consequences that witnessing domestic violence can have on a child's development and well-being. Participants will gain insights into how to identify signs of trauma in children and explore strategies for supporting and healing those affected. Additionally, the session will highlight the importance of creating a safe, supportive environment for children to help them recover and thrive despite the challenges they may have faced.

Dr. Wesley Sanders

<p><b>Mental Health Insights for African American Families:</b> This workshop is designed to address the unique mental health challenges faced by African American families while offering strategies to promote emotional well-being. In this session, participants will explore the cultural, social, and historical factors that influence mental health within the African American community, including stigma, access to care, and the impact of systemic issues. The workshop will provide practical tools for fostering open conversations about mental health, building resilience, and supporting family members through stress, anxiety, and other emotional challenges. Participants will also learn about resources and coping strategies that can help strengthen mental health in a culturally affirming way, while emphasizing the importance of self-care, community support, and breaking down barriers to mental health care.</p>	<p>Dr. Abram Milton</p>
<p><b>Cuidado De Ninos Medicamente Fragiles</b> Este taller brinda a los cuidadores el conocimiento y las herramientas necesarias para atender de manera segura y compasiva a niños con condiciones médicas complejas. Los participantes aprenderán sobre manejo de equipos médicos, coordinación con profesionales de salud y cómo brindar apoyo emocional tanto al niño como a la familia. La sesión también enfatiza el autocuidado del cuidador y la importancia de crear un entorno estable, atento y bien informado.</p>	<p>Lelia Montiel</p>
<p><b>The Five Critical Needs of Children:</b> This workshop focused on understanding the essential needs that children must have met in order to thrive emotionally, socially, and academically. In this session, participants will explore the five key areas of child development: safety, love and belonging, self-esteem, self-expression, and the need for structure and boundaries. By examining each of these needs, the workshop will provide parents and caregivers with a deeper understanding of how to create a supportive environment that promotes a child's overall well-being. Participants will also learn practical strategies to meet these needs in everyday life, from fostering positive relationships to ensuring a safe, nurturing space for growth. Attendees will leave with a toolkit of approaches that support the healthy development of children, ensuring they have the foundation to build resilience, confidence, and a strong sense of self.</p>	<p>Olivia J. Chavira</p>
<p><b>Avoiding Burnout:</b> In this session, participants will explore the causes and symptoms of burnout, including stress, exhaustion, and emotional fatigue, and how these can affect their well-being, relationships, and productivity. The workshop will provide practical tools for setting healthy boundaries, managing stress, prioritizing self-care, and creating a balanced routine that supports long-term resilience. Participants will also learn how to identify their limits and cultivate habits that foster emotional and physical renewal, helping them maintain a sustainable level of energy and enthusiasm. By the end of the session, attendees will have a personalized plan to protect their well-being and avoid the overwhelming effects of burnout.</p>	<p>Betty Cowley</p>
<p><b>Turning Setbacks into Learning Moments</b> This workshop helps caregivers guide children through mistakes, failures, and challenges by reframing them as opportunities for growth and resilience. Participants will learn how to support problem-solving, encourage a growth mindset, and build emotional strength through reflective conversations. The session emphasizes creating a safe space where children feel empowered to learn from their experiences and keep moving forward.</p>	<p>Christine Stellino</p>
<p><b>Teen Substance Abuse Awareness:</b> In this session, participants will learn about the common substances used by teens, the risk factors that contribute to substance abuse, and the physical, emotional, and social consequences of addiction. The workshop will also provide practical strategies for preventing substance abuse, opening up conversations with teens, and offering support when issues arise. Attendees will gain insights into creating a safe, non-judgmental environment where teens feel comfortable discussing their struggles, and learn how to guide them toward healthier coping mechanisms. By the end of the session, participants will be equipped with the knowledge and tools to support teens in making positive choices and overcoming challenges related to substance use.</p>	<p>Vanessa Palacios</p>
<p><b>Preparing for Transition: Life After Aging Out of Foster Care:</b> In this session, participants will gain valuable insights into the emotional, financial, and practical aspects of transitioning to independent adulthood. The workshop will cover topics such as finding stable housing, managing finances, pursuing education and career opportunities, building a support network, and addressing mental health needs. Additionally, attendees will learn about available resources, services, and programs designed to support young adults during this critical time of change. By the end of the session, participants will be better equipped with the knowledge and tools necessary to successfully transition into a life of independence and self-sufficiency.</p>	<p>Dr. Wesley Sanders</p>

<p><b>Modeling Positive Behavior:</b> Participants will learn how to demonstrate the values and actions they want to see in their children, emphasizing the importance of leading by example in everyday situations. The session will explore how positive behaviors such as respect, empathy, and responsibility can be modeled consistently, and how children are influenced by the actions and attitudes of the adults around them. Attendees will leave with practical strategies for becoming strong role models, creating a positive environment that encourages healthy, respectful behavior in their children.</p>	<p>Betty Cowley</p>
<p><b>Overcoming Parental Burnout: Self care Strategies for Thriving Families</b> This workshop addresses the causes and signs of parental burnout and offers practical self-care strategies to restore energy, balance, and well-being. Participants will explore ways to manage stress, set boundaries, and prioritize their mental and emotional health without guilt. The session emphasizes that caring for oneself is a vital part of creating a healthy, thriving family environment.</p>	<p>Christine Stellino</p>
<p><b>Turning Negative into Positives:</b> Attitude Adjustment: In this session, participants will learn how to recognize and challenge negative thoughts, replace them with positive affirmations, and adopt an attitude of growth and resilience. The workshop will explore the power of perspective, emphasizing how shifting one's mindset can improve emotional well-being, increase motivation, and enhance relationships. Attendees will leave with practical tools and strategies to shift their attitude, overcome obstacles with a positive outlook, and create a more fulfilling and optimistic approach to life's challenges.</p>	<p>Vanessa Palacios</p>
<p><b>Fostering Cultural Competence in Foster and Kinship Care:</b> In this session, participants will explore the importance of cultural awareness in fostering healthy, supportive relationships with children from diverse backgrounds. The workshop will cover strategies for addressing cultural differences, promoting respect for cultural traditions, and ensuring that children feel valued and understood. Attendees will learn how to integrate cultural competence into daily caregiving practices, fostering an environment where children can maintain strong connections to their heritage while feeling safe and nurtured in their new homes.</p>	<p>Dr. Wesley Sanders</p>
<p><b>Exploring Identity Development in Children of Color:</b> In this session, participants will explore how cultural, racial, and societal influences shape a child's sense of self, self-worth, and belonging. The workshop will cover strategies for supporting children in developing a positive, strong sense of identity, while addressing issues such as racial discrimination, stereotyping, and bias. Attendees will learn how to create an environment that celebrates diversity, fosters cultural pride, and helps children of color navigate and embrace their identities with confidence.</p>	<p>Dr. Abram Milton</p>
<p><b>Diagnosticos Comunes en Ninos</b> Este taller ofrece una visión general de los diagnósticos más comunes en niños, incluyendo condiciones como el TDAH, el autismo, los trastornos de ansiedad y de aprendizaje. Los participantes aprenderán a identificar señales tempranas, comprender el impacto de estos diagnósticos en el desarrollo y cómo apoyar a los niños de manera efectiva. Además, se presentarán recursos y estrategias para trabajar en conjunto con profesionales y familias en la creación de un entorno de apoyo integral.</p>	<p>Lelia Montiel</p>
<p><b>Self Care for Parents: Showing Up for You to be Better for Them</b> This workshop highlights the importance of parental self-care as a foundation for effective and compassionate caregiving. Participants will explore realistic strategies to manage stress, prioritize well-being, and maintain emotional balance in daily life. The session emphasizes that caring for yourself is not selfish—it's essential to being present, patient, and supportive for your children.</p>	<p>Olivia J. Chavira</p>
<p><b>Raising Confident Children:</b> In this session, participants will learn effective strategies for helping children develop a positive self-image, build resilience, and navigate challenges with confidence. The workshop will cover the importance of encouragement, setting achievable goals, and providing constructive feedback. Attendees will also explore ways to create a supportive environment where children feel valued, capable, and empowered to take risks and embrace their strengths. By the end of the session, participants will have practical tools to raise children who believe in themselves and are ready to face the world with confidence.</p>	<p>Betty Cowley</p>



**Team Parenting: Improving Communication and Decision Making together** This workshop focuses on enhancing collaboration between co-parents, caregivers, and professionals to create a unified approach to parenting. Participants will learn effective communication techniques, conflict resolution skills, and strategies for making joint decisions that prioritize the child’s well-being. The session emphasizes building trust, respect, and consistency to support healthy family dynamics. Christine Stellino

**Understanding Childhood Anxiety:** In this session, participants will learn about the common triggers and symptoms of anxiety, how it manifests differently in children, and how it can impact their emotional and social development. The workshop will also cover practical strategies for supporting children through their anxiety, including coping techniques, fostering a supportive environment, and knowing when to seek professional help. Attendees will leave with a deeper understanding of childhood anxiety and tools to help children navigate and manage their fears in a healthy way. Vanessa Palacios

**Tools for Parents with Children with Disabilities:** In this session, participants will learn how to create a nurturing and inclusive environment that meets their child's unique needs, focusing on communication techniques, behavioral strategies, and promoting independence. The workshop will cover how to collaborate effectively with professionals, navigate special education services, and address challenges related to daily routines and social interactions. Attendees will leave with valuable tools to enhance their child's development, advocate for their needs, and create a positive, supportive atmosphere at home and in the community. Dr. Wesley Sanders

**Encouraging Self-Care in Young Men:** In this session, participants will learn practical strategies to help young men develop healthy habits, manage stress, and prioritize their mental health. The workshop will address the challenges young men often face, including societal pressures, emotional expression, and maintaining balance in their lives. Attendees will explore ways to encourage open conversations about self-care, build confidence in seeking help when needed, and promote resilience. By the end of the session, participants will be equipped with tools to support young men in adopting a holistic approach to self-care that fosters long-term well-being. Dr. Abram Milton

# March 2026

<b>Cómo lidiar con el trastorno de estrés postraumático en los niños</b> un taller que brinda a padres y cuidadores las herramientas para reconocer los síntomas del TEPT en los niños. Se enfoca en estrategias prácticas para apoyar su recuperación emocional en el hogar y saber cuándo buscar ayuda profesional. También aborda cómo crear un ambiente seguro y comprensivo que favorezca la sanación.	Lelia Montiel
<b>Trauma Informed Communication at Home</b> teaches families how to communicate with children in ways that are sensitive to past trauma. The course focuses on building trust, emotional safety, and understanding through compassionate, non-triggering language. It equips caregivers with tools to support healing and strengthen relationships at home.	Olivia J. Chavira
<b>How Foster Care Impacts Child Development:</b> In this session, participants will learn about the potential effects of trauma, instability, and disrupted attachments on a child's sense of security, relationships, and overall growth. The workshop will also focus on strategies for supporting foster children in their development, including ways to provide stability, build trust, and address any developmental delays or emotional challenges. Attendees will leave with a deeper understanding of the impact of foster care on child development and practical tools for promoting healing, resilience, and positive outcomes for foster children.	Betty Cowley
<b>Conflict Free Co-Parenting: Resolving Disagreements</b> a class designed to help co-parents navigate conflict and communicate more effectively for the well-being of their children. It offers tools for managing disagreements calmly, setting healthy boundaries, and staying focused on shared parenting goals. Participants learn strategies to reduce tension and promote a cooperative, child-centered approach.	Christine Stellino
<b>Abusive Behavior: Strategies for Prevention and Intervention:</b> In this session, participants will explore the root causes of abusive behavior, such as power dynamics, trauma, and unmet needs, and learn how to identify early warning signs. The workshop will provide practical strategies for preventing abuse, including setting healthy boundaries, fostering open communication, and promoting emotional intelligence. Additionally, it will cover effective intervention techniques, such as how to respond to abusive situations, offer support to victims, and connect individuals with appropriate resources. By the end of the session, attendees will be equipped with the knowledge and tools to recognize, prevent, and intervene in abusive behavior in a compassionate and constructive way.	Vanessa Palacios
<b>Tools for Creating Emotionally Healthy Families:</b> In this session, participants will explore practical strategies for promoting emotional well-being, improving communication, and resolving conflicts in a constructive way. The workshop will cover topics such as setting healthy boundaries, practicing active listening, encouraging empathy, and supporting each family member's emotional needs. Attendees will leave with a toolkit of techniques to create a nurturing environment where emotional health is prioritized, relationships are strengthened, and each family member can thrive.	Dr. Wesley Sanders
<b>ADHD Support Strategies for Foster Parents:</b> In this session, participants will learn about the symptoms, behaviors, and underlying causes of ADHD, and how these may affect a child's daily life and development. The workshop will focus on practical strategies for providing structure, fostering positive behaviors, and improving communication with children who have ADHD. Participants will also explore techniques for managing impulsivity, enhancing focus, and promoting emotional regulation. By the end of the session, foster parents will have a better understanding of ADHD and a range of effective tools to support their child's needs while promoting a positive, nurturing environment.	Abram Milton
<b>Efectos de la crianza temporal en nuestros niños SPANISH:</b> In this session, participants will learn about the challenges faced by children in the foster care system, such as adapting to constant changes, separation from their biological families, and uncertainty about their future. The effects of these experiences on children's emotional development and sense of security will be discussed, along with strategies to provide them with adequate support. Additionally, tools will be offered for foster caregivers to help children build resilience, promote their well-being, and create a stable and loving environment while they navigate this process.	Lelia Montiel

<p><b>Mental Health First Aid for Families</b> course designed to help family members recognize and respond to signs of mental health challenges or crises in loved ones. Participants learn practical strategies for offering initial support and guiding individuals toward appropriate professional help. The training emphasizes empathy, communication, and reducing stigma around mental health.</p>	<p>Olivia J. Chavira</p>
<p><b>Therapy: A Resource for Everyone:</b> In this session, participants will learn about the different types of therapy available, including individual, family, and group therapy, and how each can address emotional, mental, and behavioral challenges. The workshop will explore how therapy can help with stress, anxiety, relationship issues, and personal growth, while also breaking down common misconceptions and stigmas surrounding mental health care. Attendees will leave with a better understanding of how therapy can be a supportive tool for anyone looking to improve their emotional well-being and strengthen their relationships.</p>	<p>Betty Cowley</p>
<p><b>Teaching Children to Navigate Conflicts Constructively</b> helps parents and caregivers guide children in managing disagreements with empathy and respect. The class covers age-appropriate communication skills, problem-solving techniques, and emotional regulation strategies. It empowers children to handle conflict in healthy, non-aggressive ways—at home, in school, and with peers.</p>	<p>Christine Stellino</p>
<p><b>Trauma-Informed Care: Understanding, Healing, and Support:</b> In this session, attendees will learn about the various types of trauma, including physical, emotional, and psychological, and how trauma can impact behavior, relationships, and overall well-being. The workshop will explore key principles of trauma-informed care, such as creating a safe, supportive environment, recognizing trauma triggers, and promoting healing through empathy and understanding. Participants will also discuss practical strategies for supporting individuals who have experienced trauma, helping them feel empowered, and fostering resilience. The goal is to equip attendees with the tools needed to provide trauma-sensitive care, ensuring that those affected by trauma receive the compassion and support necessary for their recovery and growth.</p>	<p>Vanessa Palacios</p>
<p><b>The Importance of Self-Regulation for Children &amp; Parents:</b> In this session, participants will explore what self-regulation is, how it influences behavior, and why it is essential for managing emotions, making thoughtful decisions, and building positive relationships. The workshop will cover strategies for children to develop self-control, cope with stress, and respond to challenging situations in a calm, thoughtful manner. It will also focus on how parents can model and teach self-regulation skills to their children, creating an environment where both adults and children can thrive emotionally and socially. By the end of the session, participants will gain practical tools for fostering self-regulation in themselves and their children, improving family dynamics, and promoting emotional well-being.</p>	<p>Dr.Wesley Sanders</p>
<p><b>Managing Social Media: A guide For Parents</b> equips caregivers with the knowledge and tools to help their children use social media safely and responsibly. The class covers setting boundaries, recognizing online risks, and promoting healthy digital habits. It also addresses how to foster open communication about online experiences and challenges.</p>	<p>Dr. Abram Milton</p>
<p><b>Construir Apegos Saludables</b> un taller diseñado para ayudar a padres y cuidadores a fortalecer el vínculo emocional con sus hijos. Se enfoca en la importancia de la seguridad, la empatía y la consistencia en la crianza para fomentar relaciones de confianza. Los participantes aprenderán estrategias prácticas para apoyar el desarrollo emocional saludable desde la infancia.</p>	<p>Lelia Montiel</p>
<p><b>Raising Mentally &amp; Emotionally Strong Children</b> This class provides parents and caregivers with tools to support children's mental and emotional resilience. Participants will explore ways to nurture healthy coping skills, self-awareness, and emotional regulation. The course emphasizes creating safe, supportive environments that foster confidence and well-being. Practical strategies for communication, empathy, and stress management are included. Ideal for anyone invested in the emotional growth of children.</p>	<p>Olivia J. Chavira</p>
<p><b>Setting Boundaries with Technology Use</b> This class helps families and caregivers establish healthy limits around technology to promote balance and well-being. Participants will learn practical strategies to manage screen time and encourage mindful digital habits. The course explores the impact of technology on attention, sleep, and relationships. Emphasis is placed on communication, consistency, and modeling positive behavior. Ideal for parents, educators, and anyone seeking to create healthier tech environments.</p>	<p>Betty Cowley</p>

<b>Gentle Leadership: Steering Behavior with Warmth and Clarity</b> teaches caregivers how to guide children's behavior using kindness and clear boundaries. The course emphasizes understanding, patience, and consistent communication to promote cooperation without fear or harsh discipline. Participants learn practical techniques to foster respect and positive relationships at home.	Christine Stellino
<b>Understanding Antisocial Behavior and Social Anxiety</b> examines the root causes and common signs of antisocial behavior and social anxiety in children and teens. The course helps participants identify these challenges early and understand their impact on social and emotional development. It offers practical strategies to support healthy interactions and build self-confidence. Caregivers and educators will gain tools to promote empathy and positive relationship skills in young people.	Vanessa Palacios
<b>Embracing Diversity: Transracial Family Dynamics</b> explores the unique challenges and strengths of families raising children across racial and cultural lines. The course provides insight into identity development, cultural awareness, and addressing potential biases within the family. Participants will learn strategies to foster open communication, respect, and inclusion. This training supports families in creating a loving environment that honors and celebrates diversity.	Christine Stellino
<b>Trauma y Retrasos en el Desarrollo</b> examina cómo experiencias traumáticas pueden afectar el crecimiento y desarrollo de los niños. El curso ayuda a identificar señales de retrasos vinculados al trauma y su impacto en el aprendizaje y comportamiento. Se ofrecen estrategias para apoyar el desarrollo emocional y cognitivo de manera sensible y efectiva. Los participantes aprenderán a crear ambientes seguros que favorezcan la recuperación y el progreso.	Lelia Montiel
<b>Parenting with Confidence</b> empowers caregivers with practical tools to build trust and positive connections with their children. The course focuses on strengthening communication, setting clear boundaries, and fostering emotional resilience. Participants learn to navigate challenges with patience and consistency while promoting healthy development. This class helps parents feel more assured and capable in their parenting journey.	Olivia J. Chavira
<b>Parenting Dynamics: Strategies to Thriving Through the Teenage Years</b> offers participants practical tools to navigate the complexities of adolescence with confidence and understanding. The course covers effective communication techniques, boundary-setting, and fostering independence while maintaining connection. Participants will learn how to support their teen's emotional growth and manage common challenges like peer pressure and mood swings. This training empowers families to build stronger relationships and thrive during the teenage years.	Betty Cowley
<b>Calm Under Pressure: Techniques to Stay Grounded through Stress</b> teaches practical methods to manage stress and maintain emotional balance in challenging situations. Participants will learn mindfulness, breathing exercises, and grounding techniques to stay calm and focused. The course emphasizes building resilience and improving overall well-being. It's ideal for anyone seeking to navigate life's pressures with greater ease and clarity.	Christine Stellino
<b>Helping Children Overcome Phobias:</b> In this session, participants will learn how to identify common childhood phobias, such as fear of the dark, animals, or social situations, and understand the underlying causes of these fears. The workshop will cover practical techniques such as gradual exposure, cognitive behavioral strategies, and relaxation exercises to help children confront and manage their phobias. Attendees will leave with tools to create a supportive and compassionate environment that helps children build confidence and resilience in overcoming their fears.	Vanessa Palacios
<b>Safe Surrender Laws—Protecting Infants and Supporting Families:</b> This is workshop designed to educate participants about the legal protections and processes surrounding safe surrender laws, which allow parents to safely and anonymously surrender their infants in times of crisis. In this session, participants will learn about the laws in place to protect both the child and the parent, as well as the resources available to families in need of support. The workshop will explore the emotional and legal implications of safe surrender, the importance of providing education on this option, and how communities can better support at-risk families. Attendees will gain a deeper understanding of how these laws work to prevent harm to infants while offering crucial resources for parents facing difficult decisions.	Dr. Wesley Sanders

**Overcoming Doubt: Tackling Imposter Syndrome:** In this session, participants will explore the root causes of imposter syndrome, such as perfectionism, comparison to others, and fear of failure, and how these feelings can hold them back from reaching their full potential. The workshop will provide practical strategies for challenging negative self-talk, building self-confidence, and embracing accomplishments. Attendees will learn techniques for shifting their mindset, celebrating successes, and overcoming the fear of being "found out" as a fraud. By the end of the session, participants will have the tools to combat imposter syndrome and step into their true capabilities with confidence.

Dr. Abram Milton

**Trabajar Con Los Padres Biologicos** es un taller enfocado en fortalecer la colaboración entre cuidadores, profesionales y padres biológicos en beneficio del bienestar infantil. Se exploran las dinámicas emocionales y los retos que pueden surgir en estas relaciones, así como estrategias para abordarlos con empatía y respeto. Los participantes aprenderán herramientas de comunicación efectiva, establecimiento de límites saludables y resolución de conflictos. También se hablará sobre cómo construir una alianza basada en la confianza y el interés superior del niño. Este curso es ideal para familias de crianza, trabajadores sociales y cualquier persona que apoye a niños en entornos compartidos de cuidado.

Lelia Montiel

**The Power of Repair: Working Through Conflict & Strengthening Connection** explores how addressing and resolving conflicts can actually deepen relationships rather than weaken them. This course teaches participants to recognize moments of disconnection and apply repair strategies that restore trust and understanding. Emphasis is placed on effective communication, empathy, and taking responsibility in disagreements. Attendees will learn practical tools to turn conflicts into opportunities for growth and stronger bonds. Ideal for families, couples, and caregivers, this class supports healthier, more resilient connections.

Olivia J. Chavira

**Tweens & Teens: Emotional Waves and Growth** helps parents and caregivers understand the emotional changes that occur during pre-adolescence and adolescence. The course explores common mood swings, challenges, and the impact of social pressures on young people's development. Participants will learn strategies to support emotional regulation, build resilience, and foster open communication. The class also highlights ways to strengthen trust and connection during this often turbulent stage. It's designed to empower families to navigate growth with empathy and confidence.

Betty Cowley



# April

**Thriving as a Parent in Times of Stress and Uncertainty:** In this session, participants will explore strategies for managing stress while maintaining a positive and supportive environment for their children. The workshop will cover practical techniques such as mindfulness, effective communication, self-care, and setting healthy boundaries, to help parents reduce overwhelm and stay grounded during challenging times. Attendees will learn how to foster emotional well-being within the family, build resilience in themselves and their children, and maintain a sense of stability despite uncertainty. By the end of the session, parents will have the tools to thrive through adversity and strengthen their families during tough times.

Christine Stellino

**Understanding Bipolar Disorder:** In this session, participants will learn about the different types of bipolar disorder, including Bipolar I, Bipolar II, and cyclothymia, as well as the common symptoms such as extreme mood swings, depression, and mania. The workshop will also explore treatment options, including medication, therapy, and lifestyle changes, and provide strategies for supporting loved ones living with the disorder. Attendees will gain valuable insights into recognizing the signs of bipolar disorder, how it impacts relationships, and how to create a supportive environment for individuals affected by this condition.

Olivia J. Chavira

**Children's Brain Development: Insights for Parents and Caregivers:** In this session, participants will learn about the various stages of brain development from infancy through adolescence, and how experiences, environment, and relationships influence brain growth. The workshop will focus on how positive interactions, such as nurturing, play, and communication, can promote healthy brain development. Attendees will leave with practical strategies to foster a stimulating environment, encourage learning, and support emotional regulation as children grow and develop.

Dr. Wesley Sanders

**Understanding and Managing Behavioral Disorders:** In this session, participants will learn about common behavioral disorders, such as ADHD, oppositional defiant disorder (ODD), and conduct disorder, and how these conditions can impact a child's behavior, relationships, and academic performance. The workshop will provide practical strategies for managing challenging behaviors, including setting clear expectations, using positive reinforcement, and implementing consistent routines. Attendees will leave with tools to better support children with behavioral disorders, promote positive behavior, and create a structured, nurturing environment for growth and development.

Dr. Abram Milton

**Problemas de Sueño en los Niños** aborda las causas comunes y los efectos de las dificultades para dormir en la infancia. El curso ofrece estrategias prácticas para establecer rutinas saludables y mejorar la calidad del sueño. Los participantes aprenderán a identificar signos de trastornos del sueño y cuándo buscar ayuda profesional. Esta formación ayuda a las familias a promover un descanso reparador esencial para el desarrollo y bienestar infantil.

Lelia Montiel

**Understanding ADHD: Tools for Focus, Emotional Regulation and Executive Functioning** provides an overview of ADHD and its impact on attention, emotions, and daily organization. The course offers practical strategies to help children and teens improve focus, manage emotions, and strengthen executive functioning skills. Participants will learn how to support positive behaviors and create structured environments that foster success. This training empowers caregivers and educators to better understand and assist individuals with ADHD.

Olivia J. Chavira

**Preparing For Placement:** In this session, participants will learn about the practical, emotional, and legal aspects of preparing for a child's arrival, including understanding the child's needs, setting up the home environment, and ensuring a smooth transition. The workshop will focus on building a welcoming and supportive atmosphere for children, addressing trauma and attachment issues, and communicating effectively with children in care. Attendees will also explore how to manage their expectations, prepare their families, and access resources to support the child's well-being during the placement. By the end of the session, participants will feel more confident and prepared to provide a stable, nurturing environment for children in care.

Betty Cowley

<p><b>One Voice Together: Consistent guidance Across Households</b> helps caregivers and co-parents create a unified approach to parenting despite living in separate homes. The course focuses on building communication, setting shared expectations, and maintaining consistency for the child's well-being. Participants learn strategies to reduce conflicts and foster cooperation between households. This training supports families in providing stability and clear guidance for children across different environments.</p>	Christine Stellino
<p><b>Teen Dating Violence: Recognizing, Preventing, and Supporting:</b> In this session, participants will learn about the signs of emotional, physical, and digital abuse in teen relationships, and how to have open, honest conversations with teens about healthy relationships, respect, and consent. The workshop will cover practical strategies for preventing dating violence, including promoting self-esteem, setting boundaries, and teaching conflict resolution skills. Additionally, participants will explore how to offer support to teens who may be experiencing abuse, including how to connect them with resources and professional help. By the end of the session, attendees will have the tools to help teens build safe, respectful relationships and take action if violence occurs.</p>	Vanessa Palacios
<p><b>Transracial Parenting: Embracing Diversity in Families:</b> In this session, participants will explore the challenges and joys that come with parenting children of different racial or cultural backgrounds. The workshop will focus on fostering a positive sense of identity in children, promoting cultural awareness, and addressing issues such as racism and discrimination. Attendees will learn strategies for creating an inclusive and supportive family environment, where diversity is celebrated and every family member feels valued. By the end of the session, participants will have practical tools to help children develop a strong, positive identity while embracing and honoring their diverse backgrounds.</p>	Dr. Wesley Sanders
<p><b>Recognizing and Responding to Child Abuse:</b> In this session, participants will gain a deeper understanding of the different types of abuse—physical, emotional, sexual, and neglect—and how these can manifest in a child's behavior, emotions, and physical appearance. The workshop will cover how to approach sensitive conversations with children, as well as the appropriate steps to take if abuse is suspected, including reporting procedures and connecting families with support services. Attendees will leave with practical tools and resources for keeping children safe, creating supportive environments, and providing the help children need to heal and recover.</p>	Dr. Abram Milton
<p><b>Los Abuelos Que Son Padres</b> This workshop explores the growing phenomenon of grandparents who take on the primary caregiving role for their grandchildren. Participants will examine the emotional, legal, social, and economic challenges faced by these caregivers, while also recognizing their strengths, resilience, and the vital role they play in family and community life.</p>	Lelia Montiel
<p><b>Reducing Shame Around Mental Health</b> This class explores how shame impacts our understanding and response to mental health. Participants will learn how stigma develops, how it affects individuals and communities, and strategies to foster openness and support. Through discussion and reflection, we aim to replace judgment with empathy. The goal is to empower participants to speak more freely about mental health and support others in doing the same.</p>	Olivia J. Chavira
<p><b>Collaborating with the School, Support Systems, and Your Social Worker:</b> In this session, participants will learn how to communicate effectively with educators, school counselors, and social workers, and understand the role these professionals play in supporting their child's emotional, academic, and social development. The workshop will also cover how to access available resources, advocate for the child's needs, and create a collaborative plan for success. Attendees will leave with practical tools for navigating school systems, building a strong support network, and working together to support the child's overall growth and well-being.</p>	Betty Cowley

<p><b>Bridge Building: Resolving Disagreement with Respect</b> This class focuses on practical tools for navigating conflict and disagreement with empathy and respect. Participants will explore how to listen actively, speak thoughtfully, and find common ground without compromising core values. Through real-life examples and guided dialogue, we'll practice building bridges rather than walls. The course encourages open-mindedness and understanding across differences. Ideal for anyone seeking healthier communication in personal, professional, or community settings.</p>	Christine Stellino
<p><b>Supporting Children with Incarcerated Parents</b> This class explores the unique emotional, social, and developmental challenges faced by children with incarcerated parents. Participants will learn how to provide compassionate support, reduce stigma, and foster resilience in affected youth. The course includes practical strategies for caregivers, educators, and community members. Emphasis is placed on trauma-informed care and creating safe, supportive environments. Ideal for those working with children in schools, social services, or caregiving roles.</p>	Vanessa Palacios
<p><b>What is Sudden Infant Death Syndrome (SIDS)?:</b> In this session, participants will gain a deeper understanding of what SIDS is, the possible contributing factors, and how to reduce the risk of SIDS through safe sleep practices. The workshop will cover key topics such as sleep positioning, safe sleep environments, the importance of breastfeeding, and avoiding exposure to secondhand smoke. Attendees will also learn how to recognize potential risk factors and how to create the safest environment for infants to sleep in, ensuring that both parents and caregivers are empowered with knowledge to protect their baby's health and well-being. By the end of the session, participants will have the tools and confidence to implement effective strategies that can reduce the risk of SIDS and ensure safe sleep for infants.</p>	Dr. Wesley Sanders
<p><b>Exploring Parenting and Attachment Styles:</b> In this session, participants will learn about the different attachment styles—secure, anxious, avoidant, and disorganized—and how these patterns affect a child's emotional well-being, relationships, and overall development. The workshop will explore how specific parenting behaviors, such as responsiveness, consistency, and emotional availability, contribute to fostering a secure attachment, while also discussing strategies for improving attachment when challenges arise. Attendees will gain insights into their own parenting style and learn practical tools to build stronger, more positive connections with their children, ensuring healthy emotional growth and fostering trust and security in their relationships.</p>	Dr. Abram Milton
<p><b>Una guía para cuidadores sobre drogas callejeras communes</b> Esta clase ofrece información clara y actualizada sobre las drogas callejeras más comunes y su impacto en la salud física y mental. Los participantes aprenderán a identificar señales de uso, riesgos asociados y cómo responder de manera segura y efectiva. Se abordarán estrategias de prevención, comunicación y apoyo desde un enfoque compasivo y sin juicio. Ideal para padres, abuelos, tutores y cualquier persona que cuide de jóvenes o adultos en riesgo. El objetivo es empoderar a los cuidadores con conocimientos que puedan salvar vidas.</p>	Lelia Montiel
<p><b>Suicide Prevention for Caregivers and Parents</b> this class provides essential tools to help caregivers and parents recognize warning signs of suicide and respond with confidence and care. Participants will learn how to create open, supportive conversations around mental health and connect loved ones to professional help. The course emphasizes early intervention, active listening, and reducing stigma. Real-life scenarios and practical guidance are included to build awareness and preparedness. Designed for anyone caring for children, teens, or vulnerable adults.</p>	Olivia J. chavira
<p><b>Parenting Children with a History of Childhood Trauma:</b> In this session, participants will gain a deeper understanding of how trauma impacts a child's emotional, psychological, and behavioral development. The workshop will explore strategies for building trust, fostering security, and promoting healing, while addressing common challenges such as attachment issues, anxiety, and difficult behaviors. Attendees will learn trauma-informed parenting techniques that prioritize empathy, patience, and consistency, as well as ways to create a stable routine that helps children feel safe and supported. By the end of the session, participants will have practical tools and strategies to help children overcome the effects of trauma and develop resilience in their journey toward healing and growth.</p>	Betty Cowley

<p><b>Finding Stability: Parenting Skills for Stressful and Uncertain Times</b> This class offers practical parenting tools to help families navigate stress, uncertainty, and change with greater resilience. Participants will explore techniques for managing their own emotions, supporting their children's well-being, and creating a sense of stability at home. The course emphasizes calm communication, routines, and connection during difficult times. Real-life challenges are addressed with empathy and realistic solutions. Ideal for parents and caregivers seeking support in today's complex world.</p>	Christine Stellino
<p><b>Empowering Youth with ADHD: Practical Tools and Strategies:</b> In this session, participants will learn about the symptoms of ADHD, how it affects academic performance, social relationships, and self-esteem, and the importance of early intervention. The workshop will provide practical tools and strategies for managing ADHD symptoms, such as creating structured routines, using positive reinforcement, and fostering effective communication. Additionally, participants will explore ways to advocate for ADHD-friendly accommodations in school and build a support network for the youth. By the end of the session, attendees will have actionable techniques to help youth with ADHD thrive academically, socially, and emotionally, while boosting their confidence and resilience.</p>	Vanessa Palacios
<p><b>Setting Realistic Expectations for Children: A Guide for Parents:</b> In this session, participants will explore how to balance high standards with understanding each child's unique abilities and developmental stages. The workshop will focus on the importance of setting clear, consistent goals while allowing room for mistakes and growth. Attendees will learn how to recognize when expectations may be too high or too low, and how to adjust them to support their child's self-esteem and motivation. By the end of the session, parents will have practical tools for creating realistic, positive expectations that promote a child's emotional well-being, independence, and success.</p>	Dr. Wesley Sanders
<p><b>Managing Discipline and Parental Authority:</b> In this session, participants will explore effective discipline strategies that promote respect, responsibility, and self-regulation, while also ensuring parental authority is established in a healthy way. The workshop will cover approaches such as positive reinforcement, setting clear expectations, and using consequences that are fair and consistent. Participants will learn how to avoid power struggles, foster open communication, and maintain a loving yet authoritative approach to parenting. By the end of the session, attendees will have practical tools for managing discipline in a way that strengthens their role as a caregiver while promoting a positive, cooperative family dynamic.</p>	Dr. Abram Milton
<p><b>El impacto del cuidado de crianza en los hijos biológicos</b> Esta clase explora cómo la presencia de hijos biológicos en hogares de cuidado afecta la dinámica familiar y emocional. Se analizarán los retos y beneficios que enfrentan tanto los niños de crianza como los hijos biológicos. Los participantes aprenderán estrategias para fomentar la convivencia armoniosa y el bienestar de todos los niños. El curso ofrece herramientas para manejar celos, conflictos y fortalecer los lazos familiares. Ideal para cuidadores, padres y profesionales que trabajan con familias diversas.</p>	Lelia Montiel
<p><b>What Gentle Parenting Is and Isn't</b> This class explores the core principles of gentle parenting and clears up common misconceptions about the approach. Participants will learn how gentle parenting focuses on empathy, respect, and positive communication rather than permissiveness or lack of discipline. The course offers practical strategies to build strong, trusting relationships with children. Through discussion and examples, attendees will understand how to set boundaries with kindness and consistency. Ideal for parents and caregivers seeking a compassionate yet effective parenting style.</p>	Olivia J. Chavira
<p><b>Mandated Reporting: Ensuring Child Safety:</b> In this session, led by expert Betty Cowley, participants will learn about the legal requirements and ethical responsibilities of mandated reporters, including how to recognize signs of abuse or neglect, and the steps to take when reporting concerns to authorities. The workshop will cover common challenges faced by mandated reporters, how to document and respond to suspected abuse, and the importance of creating a safe environment for children. By the end of the session, attendees will be equipped with the knowledge and tools to take appropriate action when they suspect a child is at risk, ensuring they can contribute to safeguarding children and upholding their well-being.</p>	Betty Cowley

<p><b>Energy Renewal: Practical Self-Care for Restoring Resilience</b> This class offers practical self-care strategies to help participants recharge their physical, emotional, and mental energy. Through guided exercises and reflection, attendees will learn how to identify burnout signs and build sustainable habits for resilience. The course emphasizes balancing responsibilities with personal well-being. Participants will explore tools to maintain energy and reduce stress in daily life. Ideal for caregivers, professionals, and anyone seeking to restore balance and vitality.</p>	<p>Christine Stellino</p>
<p><b>After Therapy: Now What:</b> In this session, participants will explore the transition from therapy to everyday life, addressing common challenges such as maintaining new coping strategies, managing setbacks, and applying therapeutic tools to real-life situations. The workshop will provide strategies for staying connected to personal goals, building a support system, and knowing when to seek additional help if needed. Participants will also discuss how to integrate the insights gained in therapy into long-term self-care and emotional well-being. By the end of the session, attendees will have practical tools for continuing their journey of growth and maintaining the positive changes they've made after therapy.</p>	<p>Vanessa Palacios</p>
<p><b>Confidence Builders: Self—worth in Foster Youth</b> This class focuses on empowering foster youth to build a strong sense of self-worth and confidence. Participants will explore strategies to overcome challenges related to identity, belonging, and past trauma. The course includes activities and discussions designed to foster resilience and positive self-image. Emphasis is placed on developing skills for healthy relationships and personal growth. Ideal for foster youth, caregivers, and professionals supporting this population.</p>	<p>Dr. Wesley Sanders</p>



# May 2026

<b>Managing Discipline and Parental Authority:</b> In this session, participants will explore effective discipline strategies that promote respect, responsibility, and self-regulation, while also ensuring parental authority is established in a healthy way. The workshop will cover approaches such as positive reinforcement, setting clear expectations, and using consequences that are fair and consistent. Participants will learn how to avoid power struggles, foster open communication, and maintain a loving yet authoritative approach to parenting. By the end of the session, attendees will have practical tools for managing discipline in a way that strengthens their role as a caregiver while promoting a positive, cooperative family dynamic.	Dr. Abram Milton
<b>Ayudar a las familias a manejar el estrés</b> Esta clase ofrece herramientas prácticas para que las familias identifiquen y gestionen el estrés cotidiano. Los participantes aprenderán técnicas de comunicación, manejo emocional y resolución de conflictos para crear un ambiente familiar más armonioso. Se abordarán estrategias para fortalecer el bienestar individual y colectivo. El curso está diseñado para padres, cuidadores y cualquier persona interesada en mejorar la salud emocional familiar. Ideal para quienes buscan apoyo en tiempos desafiantes.	Lelia Montiel
<b>Navigating Grief in Children and Families</b> This class helps participants understand how grief affects children and family dynamics. It offers strategies to support healthy expression of emotions and coping skills across all ages. Participants will learn how to create safe spaces for healing and open communication. The course addresses common challenges and provides tools to foster resilience. Ideal for caregivers, educators, and anyone supporting families through loss.	Olivia J. Chavira
<b>Empowering Grandparents as Primary Caregivers:</b> In this session, participants will learn about the unique challenges and rewards of being a primary caregiver later in life, such as navigating generational differences, managing health concerns, and accessing resources. The workshop will focus on strengthening coping skills, setting realistic expectations, and building a support network for grandparents in caregiving roles. Additionally, attendees will explore strategies for maintaining healthy relationships with their grandchildren, providing stability and love, and ensuring their own well-being while balancing caregiving responsibilities. By the end of the session, participants will have the tools, confidence, and resources to successfully navigate the responsibilities of being a grandparent caregiver and ensure a positive environment for both themselves and their grandchildren.	Betty Cowley
<b>Effective Coparenting—Nurturing Children Through Strong Cooperative Practices:</b> In this session, participants will explore the importance of cooperation, clear communication, and mutual respect in coparenting. The workshop will cover key topics such as setting consistent boundaries, managing disagreements constructively, and ensuring both parents are actively involved in their child's upbringing. Attendees will learn strategies for aligning parenting approaches, sharing responsibilities, and supporting each other, even in challenging circumstances. By the end of the session, participants will have practical tools to strengthen their coparenting partnership and provide their children with a stable, nurturing environment that promotes healthy emotional and social development.	Christine Stellino
<b>Understanding Down Syndrome: Insights, Support, and Advocacy:</b> In this session, participants will learn about the developmental, cognitive, and physical aspects of Down syndrome, as well as common medical concerns. The workshop will focus on practical strategies for promoting inclusion, fostering independence, and addressing the educational and social needs of individuals with Down syndrome. Attendees will also explore how to advocate for necessary resources and services, both within the community and educational systems, to ensure individuals with Down syndrome receive the support they need. By the end of the session, participants will have the tools, knowledge, and confidence to support individuals with Down syndrome in thriving and achieving their full potential.	Vanessa Palacios
<b>Unhealthy Relations in Dysfunctional Families:</b> In this session, attendees will explore common patterns of behavior that contribute to dysfunction, such as poor communication, manipulation, emotional neglect, and unresolved conflicts. The workshop will focus on understanding how these dynamics affect the emotional and psychological well-being of family members, particularly children. Participants will learn strategies for improving communication, setting healthy boundaries, and fostering positive change within the family system. By the end of the session, attendees will have a deeper understanding of dysfunctional relationships and will be equipped with practical tools to break negative cycles, create healthier family interactions, and support the healing process for all family members.	Dr. Wesley Sanders
<b>Guiding Your Child Through Adolescence:</b> In this session, participants will learn about the physical, emotional, and social changes that occur during adolescence and how these changes can impact their child's behavior and development. The workshop will focus on building strong communication, understanding the importance of setting boundaries while allowing independence, and supporting the emotional well-being of teenagers. Participants will also explore strategies for handling common adolescent struggles, such as peer pressure, identity formation, and academic stress. By the end of the session, parents will have practical tools and insights to guide their teens through this transitional period with confidence, fostering a healthy relationship and promoting their overall growth and well-being.	Dr. Abram Milton

<p><b>Comprensión de los derechos educativos</b> Esta clase brinda una introducción clara a los derechos educativos de estudiantes y familias. Los participantes aprenderán sobre leyes, recursos y procesos para asegurar una educación justa y accesible. Se discutirán cómo defender esos derechos y navegar sistemas escolares con confianza. Ideal para padres, tutores, educadores y profesionales que trabajan con estudiantes. El objetivo es empoderar a las familias para apoyar el éxito académico de sus hijos</p>	<p>Lelia Montiel</p>
<p><b>Structures, Routines, and Schedules for Families</b> This class explores how establishing clear structures and routines can create stability and reduce stress in family life. Participants will learn practical strategies to design schedules that fit their unique needs and promote healthy habits. The course emphasizes consistency, flexibility, and communication to support family harmony. Real-life examples and tools will help families implement routines effectively. Ideal for parents, caregivers, and anyone looking to improve daily family organization.</p>	<p>Olivia J. Chavira</p>
<p><b>Resource Parenting: Understanding Roles, Rights, &amp; Responsibilities:</b> In this session, participants will explore the rights of both the child and the resource parent, as well as the responsibilities that come with providing a stable, nurturing environment. The workshop will cover the importance of advocating for the child's well-being, understanding the foster care system, and building strong relationships with birth families, caseworkers, and other professionals. Attendees will also learn strategies for managing challenges, such as trauma, behavioral issues, and transitioning children in and out of care. By the end of the session, resource parents will have a clearer understanding of their essential role and be equipped with practical tools to navigate the complexities of fostering and supporting children in care.</p>	<p>Betty Cowley</p>
<p><b>Thriving Together: Effective Coparenting for Positive Child Outcomes:</b> In this session, participants will explore the key principles of successful coparenting, including communication, cooperation, and consistency, even when parents are not living together. The workshop will provide strategies for resolving conflicts, setting shared goals, and maintaining a unified approach to discipline and decision-making. Attendees will also learn how to support their child's emotional well-being and stability by creating a respectful, collaborative coparenting dynamic. By the end of the session, participants will have the tools to work together effectively, ensuring their child receives the consistent love and support needed for healthy development and a positive future.</p>	<p>Christine Stellino</p>
<p><b>Behavioral Disorders and Support Strategies:</b> This workshop designed to help parents, caregivers, and educators understand and support children with behavioral disorders. In this session, participants will explore the various types of behavioral disorders, such as oppositional defiant disorder (ODD), conduct disorder, and attention-deficit hyperactivity disorder (ADHD), and learn how these conditions can impact a child's daily life and development. The workshop will focus on practical support strategies, including positive reinforcement, behavior modification techniques, and creating structured routines to help children manage their behaviors. Participants will also discuss the importance of collaboration with professionals, schools, and other caregivers to create a comprehensive support plan. By the end of the session, attendees will have the knowledge and tools to implement effective strategies that foster positive behavior, emotional growth, and success in children with behavioral disorders.</p>	<p>Vanessa Palacios</p>
<p><b>Bullying Impact on Children with Disabilities:</b> In this session, participants will explore how bullying affects children with disabilities in unique ways, including the impact on their emotional, social, and academic development. The workshop will highlight the specific vulnerabilities these children may face, such as communication barriers, social isolation, or physical differences, and how these factors can increase the likelihood of being targeted. Participants will also learn how to recognize the signs of bullying and how to effectively intervene and provide support. The session will offer strategies for creating inclusive environments, promoting empathy, and building resilience in children with disabilities. By the end of the workshop, attendees will be equipped with the tools to prevent bullying, advocate for children with disabilities, and foster a more supportive and understanding community.</p>	<p>Dr. Wesley Sanders</p>

<p><b>Demystifying Mental Illness for Parents:</b> In this session, participants will gain a clear overview of common mental health disorders such as anxiety, depression, ADHD, and mood disorders, learning about the symptoms, causes, and treatment options. The workshop will focus on breaking down the stigma surrounding mental illness and provide parents with practical tools to support their child's emotional well-being. Topics will include how to recognize warning signs, how to communicate effectively with children experiencing mental health struggles, and how to navigate the mental health system to access the right resources and care. By the end of the session, parents will feel more empowered, informed, and confident in their ability to support their child's mental health and seek help when needed.</p>	Dr. Abram Milton
<p><b>Diagnósticos de TEAF (FASD)</b> Esta clase ofrece una introducción a los Trastornos del Espectro Alcohólico Fetal (TEAF), sus causas y características principales. Los participantes aprenderán a reconocer los signos y síntomas para una detección temprana y adecuada. Se discutirán los desafíos asociados y las mejores prácticas para apoyar a quienes viven con TEAF. El curso está dirigido a cuidadores, educadores y profesionales de la salud interesados en comprender y manejar este diagnóstico. El objetivo es promover una atención informada y compasiva.</p>	Lelia Montiel
<p><b>Cultivating Self Esteem In Children</b> This class explores effective ways to nurture confidence and a positive self-image in children. Participants will learn strategies to encourage self-expression, resilience, and healthy decision-making. The course emphasizes the importance of praise, support, and creating safe environments for growth. Practical tips for parents and caregivers will be provided to build lasting self-esteem. Ideal for anyone involved in the care and development of children.</p>	Olivia J. Chavira
<p><b>Visitations- The Good, Bad &amp; Ugly:</b> In this session, participants will examine the potential benefits of visitations, such as maintaining connections with biological families, fostering a sense of continuity for children, and promoting positive relationships. The workshop will also address the challenges, including emotional stress, conflicts between caregivers and birth families, and the possible impact on the child's emotional well-being. Participants will discuss strategies for managing difficult visitations, setting clear boundaries, and ensuring that visitations are productive and supportive for all parties involved. By the end of the session, attendees will have a better understanding of how to navigate the complexities of visitations, ensuring that they are handled in a way that prioritizes the best interests of the child.</p>	Betty Cowley
<p><b>Building Peace: Conflict Resolution Skills for Personal and Professional Success:</b> In this session, participants will learn key techniques for managing conflicts in a calm and constructive way, such as active listening, empathy, and finding common ground. The workshop will focus on understanding the underlying causes of conflicts, improving communication, and fostering collaboration, even in challenging situations. Participants will also explore how to remain composed under pressure, negotiate win-win solutions, and use conflicts as opportunities for growth and understanding. By the end of the session, attendees will be equipped with practical skills to resolve conflicts peacefully, improve relationships, and create more harmonious environments both at home and in the workplace.</p>	Christine Stellino
<p><b>Protecting Our Little Lungs- The Effects of Smoking on Babies &amp; Children:</b> In this session, participants will learn about the serious risks associated with smoking around children, including respiratory problems, developmental delays, and long-term health conditions like asthma and bronchitis. The workshop will also cover secondhand and thirdhand smoke exposure, and how these can affect children's physical and cognitive development. Additionally, strategies for creating smoke-free environments, supporting families in quitting smoking, and advocating for healthier habits will be discussed. By the end of the session, attendees will be equipped with the knowledge and tools to protect children from the dangers of smoking and promote a healthier future for them.</p>	Vanessa Palacios
<p><b>Fostering Emotional Wellness in Families:</b> In this session, participants will explore the importance of emotional health within the family unit, learning how to recognize and manage emotions in themselves and their loved ones. The workshop will focus on building communication skills, creating a supportive and nurturing home atmosphere, and implementing strategies to cope with stress, conflict, and change. Participants will also learn how to encourage positive emotional expression, resilience, and empathy within the family, fostering stronger connections and better overall mental health. By the end of the session, families will be equipped with practical tools to nurture emotional wellness and create a stable, loving environment where everyone can thrive.</p>	Dr. Wesley Sanders

<p><b>Finding the Right Mental Health Support for your Family:</b> In this session, participants will learn about different types of mental health professionals, treatments, and resources available for children, adolescents, and adults. The workshop will provide strategies for identifying mental health concerns, understanding the importance of early intervention, and selecting the right support options for your family's unique circumstances. Participants will also explore how to advocate for their loved ones, communicate effectively with mental health professionals, and ensure consistent care. By the end of the session, attendees will have the knowledge and tools to seek and secure the right mental health support, ensuring that their family receives the care they need for overall well-being.</p>	Dr. Abram Milton
<p><b>Como Cuidar a los Niños que han sido Abusados Sexualmente</b> Esta clase ofrece orientación sensible y práctica para apoyar a niños que han sufrido abuso sexual. Los participantes aprenderán a reconocer señales, responder con empatía y crear un ambiente seguro y protector. Se abordarán estrategias para promover la recuperación emocional y fortalecer la confianza. El curso está dirigido a padres, cuidadores, educadores y profesionales de la salud. El objetivo es brindar herramientas para cuidar con respeto y fomentar la sanación.</p>	Lelia Montiel
<p><b>Mental Health Conversations in Families</b> This class guides participants on how to openly and compassionately discuss mental health within the family. It covers ways to reduce stigma, listen actively, and create supportive environments for all members. Participants will learn practical communication skills to foster understanding and connection. The course emphasizes empathy, respect, and emotional safety. Ideal for parents, caregivers, and anyone wanting to strengthen family mental health dialogue.</p>	Olivia J. Chavira
<p><b>Surviving the Summer with a Household of Kids:</b> In this session, participants will explore strategies for creating a structured yet fun summer routine that balances activities, downtime, and family time. The workshop will focus on practical tips for keeping kids engaged, maintaining positive behavior, and managing sibling dynamics during long days at home. Additionally, attendees will learn how to set realistic expectations, plan budget-friendly activities, and incorporate self-care into their routines. By the end of the session, parents and caregivers will feel equipped with tools to handle the busy summer months, ensuring that everyone stays happy, healthy, and connected.</p>	Betty Cowley
<p><b>Aligned Decisions: Decision-making as a United Front</b> This class explores how families and teams can make decisions collaboratively and with shared purpose. Participants will learn strategies for effective communication, conflict resolution, and building consensus. The course emphasizes respect for diverse perspectives while working toward common goals. Practical tools will help create unity and clarity in decision-making processes. Ideal for families, caregivers, and professionals seeking stronger teamwork and cooperation.</p>	Christine Stellino
<p><b>The Ripple Effect: The Impact of Multiple Placements on Children:</b> In this session, participants will learn about the challenges children face when moving between homes, such as attachment issues, feelings of instability, and difficulties in forming lasting relationships. The workshop will highlight how frequent placements can affect a child's sense of security, trust, and overall development. Participants will also discuss strategies to minimize the negative impacts of multiple placements, such as providing consistent routines, creating a sense of permanency, and fostering positive relationships with caregivers and support systems. By the end of the session, attendees will be better equipped to understand the ripple effect of multiple placements and develop strategies to provide children with the stability and emotional support they need to thrive.</p>	Vanessa Palacios
<p><b>Understanding and Preventing Sexual Exploitation:</b> In this session, participants will learn about the signs and warning indicators of sexual exploitation in both children and adults, including how abusers manipulate or coerce victims. The workshop will cover key factors that contribute to vulnerability, such as trauma, lack of education, and online dangers, and offer strategies for recognizing and addressing these issues. Participants will also explore ways to protect children, create safer environments, and empower them with the knowledge and skills to set healthy boundaries. Additionally, the session will provide resources for seeking help, including support services, legal rights, and community initiatives.</p>	Dr. Wesley Sanders
<p><b>Suicide Prevention: Essential Skills for Parents:</b> In this session, participants will learn about the risk factors, signs of distress, and common misconceptions surrounding suicide. The workshop will focus on building open communication with children, creating a safe space for them to express their feelings, and how to respond effectively when concerns arise. Participants will also explore how to provide emotional support, foster resilience, and seek professional help when necessary. By the end of the session, parents will feel empowered with practical strategies to prevent suicide, protect their children's mental health, and take proactive steps to support their well-being.</p>	Dr. Abram Milton