



March



FOSTER & KINSHIP CARE EDUCATION PROGRAM (FKCE) - 2026

Email FKCE@barstow.edu to register!

FKCE Workshop Schedule via Zoom Conference

Date	Time	Topic	Trainer
Mon. 3/2/2026	6-8pm	Trauma Informed Communication at Home	Olivia J. Chavira
Tues. 3/3/2026	9-11am	How Foster Care Impacts Child Development	Betty Cowley
Tues. 3/3/2026	6-8pm	Cómo lidiar con el trastorno de estrés postraumático en los niños (Spanish)	Lelia Montiel
Wed. 3/4/2026	9-11am	Conflict Free Co-Parenting: Resolving Disagreements	Christine Stellino
Wed. 3/4/2026	6-8pm	Abusive Behavior: Strategies for Prevention and Intervention	Vanessa Palacios
Thurs. 3/5/2026	9-11am	Tools for Creating Emotionally Healthy Families	Dr. Wesley Sanders
Fri. 3/6/2026	6-8pm	Supporting a Child with ADHD	Dr. Abram Milton
Mon. 3/9/2026	6-8pm	Mental Health First Aid for Families	Olivia J. Chavira
Tues. 3/10/2026	9-11am	Therapy: A Resource for Everyone	Betty Cowley
Tues. 3/10/2026	6-8pm	Efectos de la crianza temporal en nuestros niños (SPANISH)	Lelia Montiel
Wed. 3/11/2026	9-11am	Teaching Children to Navigate Conflicts Constructively	Christine Stellino
Wed. 3/11/2026	6-8pm	Trauma-Informed Care: Understanding, Healing, and Support	Vanessa Palacios
Thurs. 3/12/2026	9-11am	The Importance of Self-Regulation for Children & Parents	Dr. Wesley Sanders
Spring Break			
Mon. 3/16/2026	6-8pm	Raising Mentally & Emotionally Strong Children	Olivia J. Chavira
Tues. 3/17/2026	9-11am	Setting Boundaries with Technology Use	Betty Cowley
Tues. 3/17/2026	6-8pm	Construir apegos saludables (Spanish)	Lelia Montiel
Wed. 3/18/2026	9-11am	Gentle Leadership: Steering Behavior with Warmth and Clarity	Christine Stellino
Wed. 3/18/2026	6-8pm	Understanding Antisocial Behavior and Social Anxiety	Vanessa Palacios
Thurs. 3/19/2026	9-11am	Embracing Diversity: Transracial Family Dynamics	Dr. Wesley Sanders
Fri. 3/20/2026	6-8pm	Keeping Social Media Mentally Healthy	Dr. Abram Milton
Mon. 3/23/2026	9-11am	Parenting with Confidence	Olivia J. Chavira
Tues. 3/24/2026	9-11am	Parenting Dynamics: Strategies to Thriving Through the Teenage Years	Betty Cowley
Tues. 3/24/2026	6-8pm	Trauma y Retrasos en el desarrollo (Spanish)	Lelia Montiel
Wed. 3/25/2026	9-11am	Calm Under Pressure: Techniques to Stay Grounded through Stress	Christine Stellino
Wed. 3/25/2026	6-8pm	Helping Children Overcome Phobias	Vanessa Palacios
Thurs. 3/26/2026	9-11am	Safe Surrender Laws: Protecting Infants and Supporting Families	Dr. Wesley Sanders
Fri. 3/27/2026	6-8pm	Understanding Eating Disorders in Children	Dr. Abram Milton
Mon. 3/30/2026	6-8pm	The Power of Repair: Working through Conflict & Strengthening Connections	Olivia J. Chavira
Tues. 3/31/2026	9-11am	Tweens and Teens: Emotional Waves and Growth	Betty Cowley
Tues. 3/31/2026	6-8pm	Trabajar con los padres biológicos (Spanish)	Lelia Montiel

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

The FKCE Program provides quality education, supports opportunities for caregivers of children and youth in out-of-home care so that providers may meet their educational, emotional, behavioral needs. Services are open to the

public (16+ years) at no cost. For questions or more information please email fkce@barstow.edu

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

A certificate will be provided within 5 business days, after completing workshop and submitting required paperwork.

