



February



FOSTER & KINSHIP CARE EDUCATION PROGRAM (FKCE) - 2026

Email FKCE@barstow.edu to register!

FKCE Workshop Schedule via Zoom Conference

Date	Time	Topic	Trainer
Mon. 2/2/2026	6-8 pm	Mental Health Conversations in Families	Olivia J. Chavira
Tues. 2/3/2026	9-11am	Addiction: How It Affects The Family	Betty Cowley
Tues. 2/3/2026	6-8 pm	Adopción (Spanish)	Lelia Montiel
Wed. 2/4/2026	9-11am	Parenting Calmly Under Pressure	Christine Stellino
Wed. 2/4/2026	6-8 pm	Autism 101: Understanding the Spectrum and Support Strategies	Vanessa Palacios
Thurs. 2/5/2026	9-11am	The Impact of Domestic Violence on Children	Dr. Wesley Sanders
Fri. 2/6/2026	6-8 pm	Mental Health and the Black Family	Dr. Abram Milton
Mon. 2/9/2026	6-8 pm	The Five Critical Needs of Children	Olivia J. Chavira
Tues. 2/10/2026	9-11am	Avoiding Burnout	Betty Cowley
Tues. 2/10/2026	6-8 pm	Cuidado de niños médicamente frágiles (Spanish)	Lelia Montiel
Wed. 2/11/2026	9-11am	Turning Setbacks into Learning Moments	Christine Stellino
Wed. 2/11/2026	6-8 pm	Teen Substance Abuse Awareness	Vanessa Palacios
Thurs. 2/12/2026	9-11am	Preparing for Transition: Life After Aging Out of Foster Care	Dr. Wesley Sanders

President's Day

Tues. 2/17/2026	9-11am	Modeling Positive Behavior	Betty Cowley
Wed. 2/18/2026	9-11am	Overcoming Parental Burnout: Self-Care Strategies for Thriving Families	Christine Stellino
Wed. 2/18/2026	6-8 pm	Turning Negative into Positives: Attitude Adjustment	Vanessa Palacios
Thurs. 2/19/2026	9-11am	Fostering Cultural Competence in Foster and Kinship Care	Dr. Wesley Sanders
Fri. 2/20/2026	6-8 pm	Supporting Identity in Children of Color	Dr. Abram Milton
Mon. 2/23/2026	6-8 pm	Self Care for Parents: Showing Up for You to be Better for Them	Olivia J. Chavira
Tues. 2/24/2026	9-11am	Raising Confident Children	Betty Cowley
Tues. 2/24/2026	6-8 pm	Diagnósticos comunes en niños (Spanish)	Lelia Montiel
Wed. 2/25/2026	9-11am	Team Parenting: Improving Communication and Decision making together	Christine Stellino
Wed. 2/25/2026	6-8 pm	Understanding Childhood Anxiety	Vanessa Palacios
Thurs. 2/26/2026	9-11am	Tools for Parents with Children with Disabilities	Dr. Wesley Sanders
Fri. 2/27/2026	6-8 pm	Self-Care Tips for Young Men	Dr. Abram Milton

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

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

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

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

