

The Butte College Foster/Kinship Care Education Program Presents
Trainer: Sara Tingey-Gordon

“The Six Core Strengths for Healthy Childhood Development”



Date: Friday May 18 & Saturday May 19, 2012

Time: 9am to 4pm both days

Location: 2491 Carmichael Dr. Suite 300 Chico, CA 95928

This 2 Day training is based on the work of Dr. Bruce Perry, M.D., Ph.D. This course focuses on teaching how to cultivate the 6 core strengths present in healthy well adjusted children.

The core strengths examined in this class include:

- **Attachment:** The capacity to form and maintain healthy emotional bonds with another person.
- **Self-Regulation:** Developing and maintaining the ability to notice and control primary urges (hunger, sleep, frustration, anger, fear) is a lifelong process.
- **Affiliation:** Is the glue for a healthy human functioning. It allows us to form and maintain relationships and to create something stronger and more adaptive.
- **Attunement:** Awareness is the ability to recognize the needs, interests, strengths, and values of others.
- **Tolerance:** Is the capacity to understand and accept how others are different from you.
- **Respect:** Appreciating one’s self-worth and the value of others grows from the preceding five strengths. An aware, tolerant youth with good affiliation, attachment, and self-regulation strengths gains respect naturally.

Please call Butte College Foster/Kinship Care Education at 530-897-6235 to sign-up for any of these classes. **If you are new to the program or have not attended training recently please arrive 15 minutes early to fill out mandatory paperwork or fill it out from the website and bring it with you.** www.butte.edu/careerservices/fosterkinship/

Or go to www.butte.edu/careerservices and click on Foster/Kinship Care Education Program



Thanks for your cooperation, it really helps!! Choose Your Attitude AND Make It A Great Day!!

