

The Butte College Foster/Kinship Care Education Program Presents Workshops Featuring Trainer: Susan Patricio MS, RN



When: Tuesday Mornings 9am to noon (dates listed below)

**Where: The Paradise Ridge Family Resource Center
6249 Skyway Paradise, CA 95969**

The Six Core Strengths For Healthy Childhood Development

This Seven Part Series is being presented by Susan Patricio MS, RN and is based on the research of Dr. Bruce Perry, M.D., Ph.D. Dr. Perry, from the Child Trauma Institute in Houston, Texas is a leading researcher on the effects of trauma and neglect in children, and how these affect overall health and wellness of children. We will examine how to best support children in our homes, schools, and communities.

Week 1, May 15, 2012: DEVELOPING POTENTIAL: In this introductory program Dr. Perry discusses the core strengths that provide youth with the framework for a life rich in family, friends, and personal growth. Teaching children these core strengths will allow youth to learn to live and prosper together with people of all kinds, each bringing different strengths to create a greater whole.

Week 2: May 22, 2012 ATTACHMENT: The cornerstone to all other core strengths, attachment is the capacity to form and maintain healthy emotional bonds with another person. We will look at the importance of attachment and the impact of attachment on the development of the other core strengths.

Week 3: May 29, 2012, SELF-REGULATION: Developing and maintaining the ability to notice and control primary urges (hunger, sleep, frustration, anger, fear) is SELF-REGULATION. Pausing a moment between an impulse and an action is a life tool but it's a strength that must be learned-we are not born with it.

Week 4: June 5, 2012, AFFILIATION: Affiliation allows us to form and maintain relationships and to create something stronger, more adaptive, and more creative than the individual. Human beings are biologically designed to live, play, grow, and work in groups and the family is a youth's first and most important group.

Week 5: June 12, 2012, AWARENESS: Awareness is the ability to recognize the needs, interests, strengths, and values of others. Infants begin life self-absorbed and slowly develop awareness – the ability to see beyond themselves and to sense and categorize the other people in their world.

Week 6: June 19 2012, TOLERANCE: Tolerance is the capacity to understand and accept how others are different from you. The tolerant youth is more flexible and adaptive. When a youth learns to accept difference in others, he becomes able to value the things that make each of us special and unique.

Week 7: June 26, 2012, 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. The development of respect is a lifelong process, yet its roots are in early childhood. Having respect enables a youth to accept others and to see the value in diversity.

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!!

