

In partnership with Columbia College FKCE program,
Small Town Counseling CA, Inc will be providing a

FREE LIVE WEBINAR SERIES IN MAY 2020

For Resource Parents (formerly known as foster parents), Parents and
Caregivers. Educators and Providers are also welcome.

Foster and Kinship
Care Education
(FKCE) Program



Must Register to Attend. Register at
SMALLTOWNCOUNSELINGCA.COM



ABOUT THE TRAINER **Alyssa Najera,** LCSW

Alyssa is a licensed psychotherapist, Child Welfare Services (CWS) Social Worker and Supervisor Alumni, and owner of Small Town Counseling CA, Inc, a mental health practice that promotes mental wellness and education on trauma and anxiety through mental health services and training.

Alyssa has provided a combination of clinical counseling and case management services to children, adolescents and adults in school-based (K-12), private practice, and County Child Welfare settings.

She previously served on a multidisciplinary team as a Forensic Interviewer for Child Sexual Abuse and continues to support child victims of crime through her clinical work. In her work with adults, Alyssa helps individuals manage stress and anxiety, manage and prevent professional burnout, and process childhood trauma.

With personal roots in Escalon and professional roots in Stanislaus and Tuolumne County, Alyssa has a deep love and appreciation for small towns and values the power of community.

TUESDAY
05

4:30 - 6:00 PM

Controlling what you can When Things Feel out of Control; Coping with COVID-19

Learn tools on how to:

- Manage stress and anxiety
- Navigate conversations with kids on social distancing and COVID-19
- Cultivate safety for the kids in your home
- And find your new norm

THURSDAY
07

4:30 - 6:30 PM

Trauma informed Parenting Part I (introductory)

Understand what trauma can look like and how it affects children, brain development and emotion regulation.

Learn how trauma manifests in children and common responses to prolonged exposure to stress and trauma.

THURSDAY
14

4:30 - 6:30 PM

Trauma Informed Parenting Part II (intermediate)

Understand how Adverse Child Experiences (ACEs) may impact the youth in your home and learn trauma specific interventions and tools to assist you in creating a safe and positive environment. Leave with a tool kit to assist you with creating safety in your Home.

Register at SmallTownCounselingCA.com, Follow the link on the Homepage