



## MARCH 2019

### TBRI (Trust-Based Relational Intervention) Caregiver Training #2— Empowering

Sat, Mar 2 | 9am-5pm | OC United, 436 Commonwealth Ave, Fullerton

This session focuses on addressing physical needs and will: Enhance participant understanding about physiological/internal roots of children's behavior, provide tools for making the environment feel safe and predictable, address the practice of meeting sensory needs, and create a bridge between theory and application of principles. Taught by TBRI® Practitioner Renae M. Dupuis.

Register at: <https://ocunited.org/what-we-do/fostercare/respite/tbri/>

### Building a Trauma-Informed Environment Workshop

Sat, Mar 16 | 8:30am-12:30 pm | OC United, 436 W. Commonwealth Ave.

A half-day overview of strategies for building a trauma-informed environment. Parents, Teachers, Ministry, Childcare Workers, and others, please join us to earn about the impact of trauma on the brain, TBRI® and the principles that will help you to build a connected and safe environment for children from hard places. \$15 donation suggested

Register: [ocunited.org/respite](http://ocunited.org/respite)

### RESILIENCE Screening

Sat, Mar 16 | 4-5pm | OC United, 436 W. Commonwealth Ave.

Register: [ocunited.org/respite](http://ocunited.org/respite)

### Prudent Parenting Class

Sat, Mar 16 | 1-3pm | OC United, 436 W. Commonwealth Ave.

Reasonable Prudent Parenting Standards (RPPS), SB-358 "supports the empowerment of a caregiver to exercise common sense and good judgment to access circumstances and events in which a foster child may participate." This training will cover the specifics of the RPPS and how you should apply it to your foster parenting.

Register at: [scfkce@saddleback.edu](mailto:scfkce@saddleback.edu) or (949) 582-4884

### Developing Resiliency | Parenting Class

Tue, Mar 19 | 6:30-8:30pm | Mariners Church, 5001 Newport Coast Dr, Irvine

Resilience is the ability to return to being healthy and hopeful after bad things happen. Research has shown that if caregivers provide a safe environment for children and teach them how to be resilient, they can help reduce the effects of Adverse Childhood Experiences (ACEs). This class will help parents/caregivers to: gain an understanding of ACEs, learn how to help children to identify feelings and manage emotions, and explore the process of creating physically and emotionally safe environments.

Register at: [fostercare.marinerschurch.org/foster](http://fostercare.marinerschurch.org/foster)  
Go to bottom of page "Learning Group" click on "learn more"

## FOR INFORMATION & RESOURCES

Renae M. Dupuis, Trauma Specialist & Program Director  
[renaed@ocunited.org](mailto:renaed@ocunited.org) | (714) 515-3094

OC United | 418 W. Commonwealth Ave | Fullerton, CA

## FEBRUARY 2019

### Building a Trauma-Informed Environment Workshop

Sat, Feb 16 | 8:30am-12:30 pm | OC United, 436 W. Commonwealth Ave.

A half-day overview of strategies for building a trauma-informed environment. Parents, Teachers, Ministry Workers, Childcare Workers, and others, please join us to earn about the impact of trauma on the brain, TBRI® and the principles that will help you to build a connected and safe environment for children from hard places.

Register: [ocunited.org/respite](http://ocunited.org/respite)

### Grief and Loss for Children | Parenting Class

Tue, Feb 19 | 6-8pm | OC United, 436 Commonwealth Ave, Fullerton

We all experience the loss of something or someone dear and the grief that follows can seem unbearable. Grief and loss are normal life processes and, by understanding the stages of grief, parents can help their children mourn a loss such as a separation from family.

Register at: [scfkce@saddleback.edu](mailto:scfkce@saddleback.edu) or (949) 582-4884

## APRIL 2019

### Resiliency Workshop & RESILIENCE Screening

Sat, Apr 20 | 1-3pm | OC United, 436 Commonwealth Ave, Fullerton

Join us as we gather for a Resiliency Workshop, including a Community Screening of the award-winning film, RESILIENCE: The Biology of Stress & The Science of Hope—a critically acclaimed documentary chronicling a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease.

Register at: [ocunited.org/what-we-do/fostercare/respite/resiliency-workshop/](http://ocunited.org/what-we-do/fostercare/respite/resiliency-workshop/)

## ONGOING

### Dude's Night Out | Wellness & Community

Last Wednesday of each month | 6:30-8:30pm | Burger Parlor, Fullerton, CA

### RESPITE Education & Support Group for Parents of Kids from Hard Places

2nd & 4th Sundays of each month | 2-3:30pm | OC United

Childcare available— Register by Thu before. Contact Renae [renaed@ocunited.org](mailto:renaed@ocunited.org)

⇒ Connect with our online Facebook Community at:  
[www.facebook.com/groups/RESPITE.OCUnited](http://www.facebook.com/groups/RESPITE.OCUnited)

