



MAY 2019

Developing Resiliency | Parenting Class

Tue, May 7 | 6-8pm | OC United, 436 W. Commonwealth Ave.

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: scfkce@saddleback.edu or (949) 582-4884

Mom's Night In

Sat, May 11 | 8-11pm | OC United, 436 Commonwealth Ave, Fullerton

Fost/ Adopt/ Kinship Moms are invited to join us for a RELAXING, no-pressure Mom's Night In at OC United. We'll have a casual dinner, experience some pampering, connect with other moms, and just relax. Yoga, sweat pants, and messy hair encouraged! \$5 donation suggested (but not required) & one food/drink item. Potluck details for snacks/sides/desserts will be distributed at beginning of May.

Contact Renae at renaed@ocunited.org

Building a Trauma-Informed Environment Workshop

Sat, May 11 | 9am-1:30 pm | The Gathering, 905 Atlantic Ave, Long Beach

A half-day overview of strategies for building a trauma-informed environment. Parents, Teachers, Ministry, Childcare Workers, and others, please join us to learn 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

TBRI (Trust-Based Relational Intervention) Caregiver Training #3 – Connecting

Sat, May 18 | 9am-5pm | OC United, 436 Commonwealth Ave, Fullerton

This session focuses on addressing attachment needs and will help participants to: gain knowledge about what secure attachment looks like between children and caregivers, learn helpful ways to build connection with children, understand the impact of attachment history on behavior, gain insight of how one's own attachment style influences the way we care for children, and learn appropriate proactive strategies to empower children with behavioral tools Taught by TBRI® Practitioner Renae M. Dupuis.

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

ONGOING

Dude's Night Out | Wellness & Community

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

FOR INFORMATION & RESOURCES

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

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

APRIL 2019

Who's Taking Care of the Caregiver? | Parenting Class

Tue, Apr 2 | 6-8pm | OC United, 436 Commonwealth Ave, Fullerton

Stress and Pain are nearly unavoidable in our daily life; they are part of the human condition. When we care for children and youth who are themselves stressed from life circumstances, we need to take care of ourselves in order to take care of the children placed in our home.

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

Empowered To Connect Simulcasts

A two-day live-streamed conference for pre or post-adoptive or foster families and professionals. It is designed to help participants better understand how to connect with children from hard places in order to help them heal and become all that God intended for them to be. Offered two different weekends to provide both parents opportunities to participate. Snacks, drinks, & materials will be provided. Suggested donation \$10/person.

LIVE || EV Free Fullerton – April 5 & 6 – 9am-5pm

REPLAY || OC United – April 26 & 27 – 9am-5pm

www.ocunited.org/respite

Empowered to Connect Parent Training : Connect Course

Weds, Aug 22, 29, Sep 5, 12, 19, Oct 3, 10, 17, 24 | 6:30-8:30pm | OC United

An interactive learning experience specifically for adoptive and foster parents, based on TBRI principles. *(May be audited by Social Workers, Ministry Workers, Agency Members, Teachers, Pastors, & Childcare workers).*

Childcare available with early registration: Register at: www.ocunited.org/respite

Grief and Loss for Children | Parenting Class

Thu, Apr 25 | 6-8pm | Olive Crest, 2130 E. 4th St., Suite 200, Santa Ana

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 grief, parents can help their children mourn a loss such as a separation from family.

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

ONGOING

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

⇒ Connect with our online Facebook Community at:
www.facebook.com/groups/RESPITE.OCUnited