

# Community Action to Reach out to Infants

## Spring 2021 (CARI) Cohort Series



- ⇒ Eligible completers receive 48 hours of respite care
- ⇒ Meet other resource parents of infants in Alameda County
- ⇒ Learn about drug exposure, what to look for, and how to nurture healthy development

**RSVP by clicking on the links. For questions, contact Felicia Brown by phone at 510-670-6035 or by email at [Felicia.BrownGoins@acgov.org](mailto:Felicia.BrownGoins@acgov.org)**

### Spring 2021 CARI Class Schedule

<b>Loss &amp; Grief</b> Wednesday, 2/3; 6-9pm <a href="#">RSVP HERE</a>	Investigation of Loss and Grief experiences of children and adults who are living with the effects of trauma and separation from birth families will be explored. Students will develop an understanding of behavior triggers. Discussion will include analysis of the loss and grief stages.
<b>Special Medical Needs</b> Thursday, 2/4; 6-9pm <a href="#">RSVP HERE</a>	Exploration of the medical/developmental/emotional problems of children affected by drugs and alcohol will be examined. Students will discuss common medical problems of children affected by drugs and alcohol. Additionally, the complex role of care providers for children who are affected by drugs and alcohol and the access to support services for care providers will be investigated.
<b>Attachment &amp; Bonding</b> Thursday, 2/11; 6-9pm <a href="#">RSVP HERE</a>	A study of the initial ties that develop between newborn babies and their mothers will be explored. The physical survival and social development thread related to nurturance and forming human attachment will be discussed. A group learning activity will be included to support learning practice.

To satisfy certification requirements for the Spring semester, learning events must be completed by Saturday, March 13, 2021

## Classes

<b>Co-Dependency</b> Thursday, 2/18; 6-9pm <a href="#">RSVP HERE</a>	Students will explore the meaning of co-dependency. Identify symptoms of co-dependent behaviors and will use self-reflection to examine how co-dependent people behave. Compassion fatigue theory will be reviewed to support student learning. Pre/Post test included.
<b>HIV/AIDS Awareness</b> Thursday, 2/25; 6-9pm <a href="#">RSVP HERE</a>	The trends and health experiences of children and adults will be analyzed using Center for Disease Control and Alameda County Public Health data. Students will learn the difference between AIDS, HIV, and STDs which impact healthy child development.
<b>Expectation &amp; Milestones</b> Saturday, 2/27; 9am-12pm <a href="#">RSVP HERE</a>	Developmental nurturance, physical, social, emotional, and cognitive growth areas will be examined. Students will learn about the impact of trauma and infant-child development. Constructive play and child development theory will be discussed.
<b>Understanding Learning Disabilities</b> Saturday, 2/27; 1-4pm <a href="#">RSVP HERE</a>	Medically Fragile factors that impede or delay growth and development will be explored and discussed as students examine how certain factors shape the adults who exposed children may become. In-vitro and specific cognitive development will be studied. Emphasis will be placed on maximizing a child's well-being and positive development.
<b>Infant Stimulation</b> Thursday, 3/4; 6-9pm <a href="#">RSVP HERE</a>	Supportive techniques and child development strategies will be examined to help parents understand the importance of infant stimulation. Baby massage, color and face and touch exploration along with music and sound enhancements will be included.
<b>Nutrition</b> Saturday, 3/6; 9am-12pm <a href="#">RSVP HERE</a>	The history of farm food and nutrition will be studied to understand healthy eating and planning. Discussion includes measurement chart review, simple healthy snacks and drinks, seasonal guide to fruit and vegetables, and smart balanced meals to grab and go. Calorie choices and child eating preferences included.
<b>History &amp; Theory of Drug Addiction</b> Saturday, 3/6; 1-4pm <a href="#">RSVP HERE</a>	Exploration of addiction behavior theory through discussion and inquiry of issues related to birth parents and care providers will be examined. Socio-emotional and socio-economic dynamics will be reviewed. Students will engage in group learning activities and focus on healthy family behavior patterns.
<b>Community Resources</b> (Panel & Graduation) Saturday, 3/13; 9am-12pm <a href="#">RSVP HERE</a>	A community panel of resource, adoptive, and birth parents will be presented to foster understanding about the lives of children and adult experiences in the foster care system. A Q&A forum will be included. Students will be exposed to personal stories of families who have been affected by trauma.