



Expanded Food and Nutrition Education Program

EFNEP is a nutrition education program sponsored by CSU Extension. We offer FREE classes in English or Spanish that help you learn more about cooking, healthy eating, and getting the most for your food dollars.

EFNEP classes include:

- Nutrition information you can trust
- Food demonstrations
- Taste-testing
- Fun hands-on activities
- Quick and easy recipes
- Low impact exercise activities

All for FREE!

EFNEP Class Topics:

- Get Moving
 - Vary Your Veggies...Focus on Fruit
 - Make Half Your Grains Whole
 - Building Strong Bones
 - Go Lean with Protein
 - Make a Change
 - Celebrate! Eat Smart and Be Active
- Demonstrations, activities and recipes at every class!



Hands-On
Food and Fun!

Sign Up Now: 545-3882
 Tuesday and Thursday Mornings
 For 8 classes (try to come to all)
 Starts September 13 Ends October 6
 9:00am -10:00am
 At Kids Crossing



If you need any special accommodation(s) to participate in this event, please contact Colorado State University Extension at 719-583-6566. Your request must be submitted at least five (5) business days in advance of the event. Colorado State University, U.S. Department of Agriculture and Pueblo County cooperating. Extension programs are available to all without discrimination.



Newsletter • May 20, 2011

www.kidscrossing.com



Main Office, Colorado Springs
 1440 E. Fountain Blvd.
 Colorado Springs, CO 80910
 Phone: 719-632-4569
 Fax: 719-632-6573

Denver 303-861-8915
 Pueblo 719-545-3882

BOOKS & MOVIES: TRAINING CREDIT

Foster parents can read/watch the following books/movies and turn in a book report to get 2 hours of training credit. Your local library will have many of these titles. However, if you cannot find them there, please contact your Home Supervisor to see if they are available to borrow through Kids Crossing. The "Book Report and Video Form" is available for download on our website at www.kidscrossing.com — under Training Opportunities.

- The Lost Boy: A Foster Child's Search for the Love of a Family by Dave Pelzer
- A Child Called It by Dave Pelzer by Dave Pelzer
- A Man Named Dave by Dave Pelzer
- The Sexualized Child in Foster Care: A Guide for Foster Parents and other Professionals by Sally G. Hoyle
- The Women Who Raised Me: A Memoir by Victoria Rowell
- Beyond Consequences, Logic and Control by Heather Forbes and Brian Post
- Parenting the Hurt Child: Helping Adoptive Families Heal and Grow by Dr. Gregory Keck
- Adopting the Hurt Child: Hope for Families with Special Needs Kids-A Guide for Parents and Professionals, Dr. Gregory Keck
- Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys by Dr. Gregory Keck
- Parenting with Love and Logic by Foster Cline and Jim Fay
- Returnable Girl (young fiction), Pamela Lowell
- A Knock on the Door: Stories by Biological Parents Who Have Children in Foster Care, by Youth Communications
- Another Place at the Table by Kathy Harrison
- Plenty Good Room by Cheri Paris Edwards
- Finding the Right Spot by Janice Levvy (for ages 4-8)
- Families Change: A Book for Children Experiencing Termination of Parental Rights by Julie Nelson (for ages 4-8)
- The Star by Cynthia Miller Lovell (for ages 4-8)

Movies:

- My Flesh and Blood (2002)
- Just an Overnight Guest
- Switching Parents
- The Blind Side
- Losing Isaiah
- I am Sam
- Taken in: The Lives of Children in Foster Care Antwone Fisher

These are just a few possibilities. If foster parents or staff have additional recommended books or movies, please email them to mparkowski@kidscrossing.com. Thank you.

Our Stars

★ CONGRATULATIONS!!!

We want to congratulate all of our fantastic 2011 high school graduates, who have worked so hard to achieve this important milestone in their lives, and also to congratulate their fantastic foster parents, who have supported their students in so many ways to help make this major event possible. Thank you all!!!

Alex • Widefield
Hannah • Pueblo West
Jessica • Branson
Josh • Southern Peaks
Julia • East
Desmond • PCC
Steven • Aguilar

★ WELCOME to NEW Kids Crossing Foster Homes!

- ♥ Kate & Ben • Denver
- ♥ Elizabeth & Bryce • Denver

★ **WELL DONE!** We want to thank foster dad, Roy for all the activities you do for the boys in your home.

★ **WAY to GO!** Foster parents, Jeff & Sonja have focused on keeping the boys in their home their priority, despite all the changes going on.

Keep doing what you do so well!

FOSTER PARENT GROUPS & TRAINING OPPORTUNITIES AT KIDS CROSSING & ELSEWHERE:

Pueblo

- ❖ **BEYOND CONSEQUENCES**
 - ◆ Kids Crossing, Pueblo office.
 - ◆ Eight weeks on Thursday evenings, beginning July 7th, going through August 25th. From 6:30 to 8:30pm.
 - ◆ Must attend all 8 classes.
 - ◆ RSVP to Roxann at 545-3882.
 - ◆ Unfortunately, daycare cannot be provided.

- ❖ **CORE**
 - ◆ Kids Crossing, Pueblo office.
 - ◆ July 13 • 6pm to 10pm
 - ◆ July 16 • 9am to 5pm, with lunch on your own.
 - ◆ Must attend both classes.
 - ◆ RSVP to Roxann at 545-3882.
 - ◆ Unfortunately, daycare cannot be provided.

- ❖ **LOVE & LOGIC TRAINING:**
 - ◆ Catholic Charities.
 - ◆ 429 West 10th St. Suite 102.
 - ◆ Phone: 544-4233 ext 120 or 112.
 - ◆ Fee: \$25 a person or \$30 a couple.

- ❖ **CPR & FIRST AID CLASS:**
 - ◆ Good for 2 years. \$35 for both.
 - ◆ New Life Bible Church, 2320 Prairie Avenue.
 - ◆ Call Renee for reservations at 251-8878 or 561-0941.

Colo. Springs

- ❖ **OPEN HOUSE • 1 HOUR**

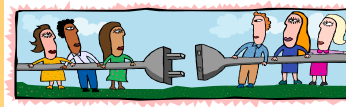
Tues., June 7th, 5:30 to 6:30pm, 1440 E. Fountain Blvd., Colo. Springs

Open House is for anyone interested in learning more about Kids Crossing and/or foster care.

Please RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.

Colo. Springs

Colo. Springs Foster Parent Group Meetings



IMPORTANT! FOR ALL GROUP MEETINGS:

- ◆ RSVP with Melissa at 667-7044 or mparkowski@kidscrossing.com.
- ◆ Child care will be provided for those who RSVP.
- ◆ KC will provide beverages. Please bring a snack to share.

1. TRAINING GROUP:

- ◆ Topic: Thinking Errors (Distortions) by David Atencio.
- ◆ 2nd Friday • 2 hours
- ◆ June 10 • 10 to noon

2. DISCUSSION SUPPORT GROUP:

- ◆ Foster parents have the opportunity to discuss frustrations they have encountered, hear advice from other foster parents, share positive stories, and meet other foster parents to help build a support system.
- ◆ 4th Friday.
- ◆ June 24 • 10 to 11 a.m.

3. MENTORING GROUP:

- ◆ This group is for foster parents who have been licensed at least 3 years and are interested in mentoring new foster parents.
- ◆ 1st Thursday - **Every Other Month**
- ◆ Next meeting July 7th • 10 to 11 a.m.

❖ LOVE AND LOGIC • 14 HOURS

- ◆ Kids Crossing, Colo. Springs office.
- ◆ Sat. July 30 AND Sat. August 6
- ◆ 9 a.m. to 5 p.m. with lunch on your own.
- ◆ Participants must attend both days.
- ◆ Workbooks are \$10 for those participants who wish to purchase them.
- ◆ RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.
- ◆ No child care will be provided.

❖ CPR/FIRST AID TRAINING:

- ◆ Kids Crossing, Colo. Springs office.
- ◆ Three classes are available with instructor, Mark Schaefer:
 1. First Aid (3-year certificate)
 2. Adult CPR (2-year certificate)
 3. Infant CPR (2-year certificate)
- ◆ Cost is \$35 for first class, plus \$5 for each additional class. \$45 for all three.
- ◆ UPCOMING TRAINING DATES:
 - Wed. May 25 • 6pm 10pm
 - Sat. May 28 • 9am to 1pm
 - Wed. June 22 • 6pm 10pm
 - Sat June 25 • 9am to 1pm
- ◆ First Aid training is scheduled for the first 2 hours of the class, then CPR for 2 hours.
- ◆ Child care is not available for this training.
- ◆ For registration and questions, please contact Jackie Porter at 667-7050 or jporter@kidscrossing.com.

Denver

❖ CPR/FIRST AID TRAINING:

- ◆ **Wed. May 25 • 5:30 p.m.**
- ◆ Kids Crossing's Aurora office. The class is being held in the basement conference room, which is located in the same building as the office.
- ◆ Instructor, Darlene Staten.
- ◆ Cost for both certifications is \$40 per person or \$70 a couple
- ◆ For registration and all questions regarding this training, please contact the instructor, Darlene Staten at 720-621-1141.
- ◆ Please make sure you eat first or bring your dinner, because class will go for approximately 4 hours.
- ◆ Child care is not provided for this training.

Denver



Denver Foster Parents Monthly Support Group Meetings

NEXT SCHEDULED MEETING:

MONDAY • JUNE 6th • 6:30 PM

TOPIC: Margo from the Utilization Review Department and Placement Team is coming out to discuss the County perspective with foster parents, i.e. what foster families want to know, could use more county support on, systems questions, placement investigation questions, have always wanted to ask, etc.

RSVP IF YOU PLAN TO ATTEND: Contact Amy at 303-861-8915 or aharder@kidscrossing.com.

CHILD CARE: Child care will be available — please let Amy know if you will need child care.

REFRESHMENTS: Snacks and beverages will be provided

TRAINING CREDIT: 1.5 hours.

CONTINUING SCHEDULE: Beginning in April, we will resume meeting the first Monday of each month at 6:30pm.

Check us out on FACEBOOK...

Colorado Springs Office
kc@kidscrossing.com

Denver Office
kcdenver@kidscrossing.com

Pueblo Office
Kids Crossing Pueblo

...where you'll find the latest news on training & everything else!