



Newsletter:  
Aug. 25, 2011

[www.kidscrossing.com](http://www.kidscrossing.com)

## Free Family Information Workshop

Normal PTSD Responses to Victimization

### 9 Virtues/Behaviors that Promote Happiness after Victimization:

Somato/Flight or Fight Responses happen during every victimization. Trembling, Uncontrollable Shaking, Disbelief, Numbness, Anger & Shock are some of the immediate responses in adults, within children the normal response is to freeze or withdraw. After the actual event happens intrusive thinking, anger, acting out behaviors, sadness, and recurring thoughts of the event are all a possibility as well. Sometimes these responses lead to PTSD.

If you are a family member or foster family supporting a loved one through a criminal victimization, there are many things you can do to support them through it and help your loved ones adjust.

Please come and learn the normal effects & impact of traumatic/criminal victimization, and healthy coping strategies for victims and family members during this time of crisis.

At Kids Crossing

1440 E. Fountain Blvd, Colorado Springs, CO  
Sept. 8<sup>th</sup>, 2011 from 6-8 pm

#### Presenters:

Kim M. Green, Somatic Trauma Therapist, has been working with the somato/flight or fight response with victims for 15 years through the Trauma Therapy Project at Franciscan Community Counseling. She has worked with hundreds of victims, family members & foster families helping them to thrive instead of just survive after traumatic victimization.

Andrew Van Dyke, has been working as a therapist for 13 years and has his Masters Degree in Psychotherapy. His doctoral research has focused on studying people who have maintained happiness throughout their lifetimes despite adverse experiences including trauma and PTSD.

This workshop is graciously brought to you by Fostering Hope, Kids Crossing, Franciscan Community Counseling & the V.A.L.E. grant.

**SCHOOL SUPPLIES:** We still have school supplies available at the Colorado Springs office — items such as crayons, glue, scissors, markers, portfolios, lined notebook paper, backpacks, and lunch bags, as well as a few miscellaneous items, like coloring books and journals. We also have personal hygiene products: shampoo, combs, toothbrushes, toothpaste, deodorant, etc. These items are available to any Kids Crossing foster parent. Please come by between 9am and 4pm or contact Leslie at 719-667-7068 or [lcampbell@kidscrossing.com](mailto:lcampbell@kidscrossing.com).

Santa's Hot Rod Helpers

## CAR SHOW

Sponsored By:

Santa's Hot Rod Helpers and Kids Crossing  
Entry Fee is a donation of a NEW TOY or Cash Donation!  
Any denomination and ALL are welcome, Hot Rods, Motorcycles, Trucks, Customs, 4X4's, Bicycles, Corvettes, Euros, Mopars, Rat Rods, Low Riders and more!

September 24, 2011

Located at

Larsen's Automotive & Tire  
701 W. 4<sup>th</sup> Street • Pueblo, Colorado  
(719) 543-0218

Registration 8:00 to 10:00.

Show 9:00 to 4:00 or until Auction is over.

Awards will follow the Auction!

If you would like to donate items for the auction, please contact

Dave Baca (719) 406-9688 or

Larsen's Automotive (719) 543-0218.

100% of all proceeds go to help

Local Children and Families in the Pueblo City & County Community have a better Holiday!

[SHRHPueblo@gmail.com](mailto:SHRHPueblo@gmail.com)



★ Here's a **HEARTY WELCOME** to our new homes!

Daren & Kimberly • Denver  
Scott & Dorenda • Colo. Springs  
James & Amber • Colo. Springs  
Doug & Pam • Colo. Springs  
Peter & Rebecca • Pueblo  
James & Jatón • Pueblo  
Kimberly & Art • Pueblo

★ CONGRATULATIONS! Desmond has started a new job!

★ WAY TO GO! Stacy just landed a new job!

★ SPECIAL RECOGNITION! Foster father, Francis has been working very hard to keep an adolescent placement in his home.

★ KUDOS! Foster mother, Jackie has been working well with a biological family and keeping two adolescent brothers together in her home.

★ GOING ABOVE & BEYOND! Foster mother, Margaret has been working hard to get services for a special needs child in her home.

**"Keep doing what you do so well!"**

# FOSTER PARENT GROUPS & TRAINING

## Pueblo

- ❖ **Associates for Psychotherapy & Education**
  - ◆ 924 Indiana Avenue, Pueblo.
  - ◆ Registration: 564-9039.
  - ◆ Fee: \$10.
  - ◆ Tuesday evenings at 6pm.
  - ◆ Aug. 30: Anxiety in Children.
  - ◆ Sept. 6: Bullying — How to Bring Safety to Our Schools.
  - ◆ Sept. 13: Loved Ones & Cancer.
  - ◆ Sept. 27: Sleep Better When You Don't.

- ♥ **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.

## Denver



### Denver Foster Parents Monthly Support Group Meetings

#### NEXT SCHEDULED MEETING:

TUESDAY • SEPTEMBER 13 • 6:30 - 8:30 PM

**TOPIC: INFORMED SUPERVISION.** This training is **MANDATORY** for parents/staff who care for older children. This is the training that enables parents/staff to care for children with sexual issues—and it is facilitated in a way that helps parents/staff work with children who have criminal thinking patterns, as well. Todd Helmer, one of our sex offender therapists in Colo. Springs, will be coming up to provide the training.

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

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

**REFRESHMENTS:** Beverages and something sweet will be provided. Feel free to bring your dinner.

**TRAINING CREDIT:** 2 hours.

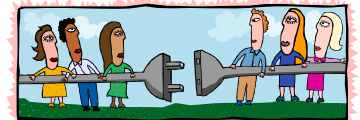
**CONTINUING SCHEDULE:** First Monday of each month at 6:30pm. (The September meeting was rescheduled due to Labor Day holiday.)

## Colo. Springs



- ❖ **OPEN HOUSE • 1 HOUR**  
Tues., Sept. 6, 5:30 to 6:30pm,  
1440 E. Fountain Blvd., Colo. Springs. Open House is for anyone interested in learning more about foster care and Kids Crossing. Please RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.

### Colo. Springs Foster Parent Group Meetings



#### **IMPORTANT INFO FOR ALL GROUP MEETINGS:**

- ◆ Child care will be provided for those who RSVP.
- ◆ KC will provide beverages. Please bring a snack to share.

#### **1. TRAINING GROUP:**

- ◆ Topic: "Touchy Too Muchy" — **Childhood Sexuality PART II.**
- ◆ 2nd Friday • 2 hours
- ◆ Sept. 9 • 10 to noon
- ◆ RSVP to catania.jones@youthventures.net.

#### **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: Sept. 23 • 10 to 11 a.m.
- ◆ RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.

#### **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 Sept. 1st • 10 to 11 a.m.
- ◆ RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com.

#### **CPR/FIRST AID CLASSES:**

- ◆ Kids Crossing, 1440 E. Fountain Blvd.
- ◆ Sept. 14 from 6 to 10pm. First Aid at 6. CPR at 8.
- ◆ Sept. 24 from 9am to 1pm. First Aid at 9; CPR at 11.
- ◆ Register at 667-7050 or jporter@kidscrossing.com.