

Travel, continued

the cowboy town of Jackson Hole. Next, pass through Grand Teton National Park; towering more than a mile above the valley of Jackson Hole, the Grand Teton rise to 13,770 feet. Arrive at the amazing Yellowstone National Park. From the mountains to the prairies, the scenery is simply amazing. See one of the country's most famous landmarks, Mount Rushmore, before visiting the Crazy Horse Monument, a memorial dedicated to the Native Americans of our great land and later arrive at Custer State Park, in the Black Hills of South Dakota.

(12 days, 17 meals)

Departure Date: Sep 25 – Oct 6, 2010

Tropical Costa Rica

Highlights: San Jose, Poas Volcano, Cano Negro Refuge, Arenal Volcano Hot Springs, Monteverde Cloud Forest, Guanacaste.

Your visit to Monteverde includes an exciting opportunity to fly through the cloud forest on a zip line canopy tour or to take a guided walk among the treetops on a series of hanging bridges – it's your choice! Unwind for two nights at a thermal spa resort surrounded by tropical rain forest. Explore the 20,000 acre nature preserve of Cano Negro home to the largest viewable selection of indigenous wildlife in Costa Rica. Visit the magnificent Poas Volcano and walk to the edge of one of the world's largest craters. Embark on a guided river boat trip in a panga (covered canoe), making frequent stops to watch and photograph the wildlife of Cano Negro Park. Learn about the nature of Costa Rica's unique vegetation on a guided nature walk through the cloud forest. Spend two nights in the fascinating cloud forest of Monteverde. Tour one of the world's largest butterfly gardens and learn about these beautiful and delicate insects. Enjoy a two night stay at a typical lodge in the town of Fortuna, which has breathtaking views of the majestic Arenal Volcano. Explore the rich cloud forest during a nature walk through the Monteverde Cloud Forest Reserve. Visit - a local arts cooperative and observe age-old handcrafting techniques using the area's natural resources. This charming town is known for its authentic handicrafts. Tour a local oxcart factory in the charming town of Sarchi, known for its local handicrafts. See a hummingbird gallery containing more than 14 different species! Experience some of the world's most exotic bird-life. Relax at a family-owned hot springs oasis in the geothermal region that surrounds the Arenal Volcano.

(9 days, 14 meals)

Departure Date: Oct 16 - 24, 2010



Foster/Kinship Care

To register for these classes, please call (562) 908-3435.

Parenting Classes

**Location: Los Nietos Community Center
11640 Slauson Ave.
Whittier, CA 90606**

Time: 9:30 a.m. - 12:30 p.m.

Dates: Tuesdays

January 5 – Effective Discipline

This class will teach parents/caregivers how to incorporate simple techniques in controlling obnoxious behavior. Parents will learn effective methods on how to get their kids to start doing their chores and at the same time strengthen their relationship with them.

Presenter – Mary Hibbard

January 12 – Managing Learning Disabilities

This class will give parents a more in-depth understanding when it comes to learning disabilities. Parents will also learn how to help their children manage their disabilities and even take some of the struggles out of learning.

Presenter – Lori Switanowski

January 19 – The Motivation Breakthrough

What does it take to motivate the “forgotten” student that traditional methods just don't seem to reach? We will discuss ideas on how to “unlock” the secrets to turning on the “tuned out” child.

Presenter – Mary Hibbard

January 26 – Let's Make Reading Fun

This class will teach parents how to interact with their children and how to make reading fun. Many tips and ideas as well as group work will be implemented to facilitate this interaction.

Presenter – Lydia Slawson

February 2 – Keeping Kids Safe on the Internet

There are many dangers in the internet that can be harmful to children and the whole family. This class will help parents understand these dangers that are easily accessed through the internet and discuss how they can protect their children by being aware of their activities.

Presenter- Joseph Walker

February 9 – Preventing Eating Disorders and Obesity in Children

This class will explore ways on how parents can help their children develop healthy eating habits and positive self image to help avoid eating disorders. Various eating disorders as well as symptoms and when to seek professional intervention will be addressed.

Presenter – Jeannie O'Neil

February 16 – Parenting Burnout: Recharging Your Batteries

Caregivers and parents often leave themselves last when it comes to caring. This class will examine the reason behind the lack of looking after themselves and new ways in which to shift their priorities. Identification of stressors and exploration of some lifestyle changes will be explored.

Presenter – Catherine Meurer

February 23 – Depression & Suicidal Thoughts

Children who suffer from depression see themselves as unimportant. This class will focus on the symptoms that parents need to be aware of and what to do to help children overcome this serious problem.

Presenter – Lori Switanowski

March 2 – How to be a Positive Role Model for Children

Children learn and do what they see and parents play a huge role in modeling. This class will have an emphasis on how parents can make a positive impact in their lives.

Presenter – Catherine Meurer

March 9 – Exercise! Keeping Active and Healthy

In this class the importance of exercise and the role it takes on keeping the whole family healthy will be discussed.

Presenter – Jeannie O'Neil

March 16 – How to Communicate Better with Teens

When it comes to communicating with adolescents parents sometimes feel like they are speaking to someone from a different planet. Parents don't have to walk their walk or talk their talk to get the maximum in communication. This class will include tips, ideas and tricks of the trade.

Presenter – Christina Auer-Arriaga

March 23 – Family Night, What Do We Do?

This class will focus on instilling character building, traits, beliefs and values. Sharing ideas on how to make family night a happy and educational time for the whole family will be explored.

Presenter – Joseph Walker

March 30 – Understanding Post Traumatic Stress Disorder

Many people have the misconception that PTSD only happens to soldiers and police officers. This class will discuss on how this disorder affects the daily lives of children who have witnessed traumatic events.

Presenter – Mary Hibbard

April 6 – Helping the Sexually Abused Child

This class will help parents and caregivers recognize the signs of sexual abuse as well as how to support a child who has been through this devastating experience. The stages of normal human development and issues related to the sexually abused child will also be covered.

Presenter – Catherine Meurer

April 13 – The Why's and How's of Aggressive Behavior

There are reasons why some children are aggressive. This class will unveil some of those reasons and tips on how to help control these aggressive behaviors.

Presenter – Lori Switanowski

April 20 – Recovery from Grief and Loss

This class will help parents recognize, understand, and cope with the pain connected with grief and loss. Understanding the effects of loss will help parents enable children to enter into more intimate and loving family relationships. The emotional and behavior results will be discussed ad why some children are more resilient than others.

Presenter – Catherine Meurer

April 27 – Independent Living Resources Available to Youth

It is important that caregivers know what resources are available to youth in the foster care system. This class will give caregivers the knowledge of what the Independent Living Program /Youth Development Services id and how it enhances emancipation for youth.

Presenter – Catherine Meurer

May 4 – Understanding Permanency Options

It is important for children to feel secure and permanency is a way of feeling like you truly belong. This class will cover the details of adoption, guardianship, concurrent planning, and much more.

Presenter – Mary Hibbard

May 11 – Living with ADHD

Children with ADHD can have a hard time with both verbal and written direction, and with sticking to tasks that are not very interesting to them. On the other hand they may get lost for hours “hyper focus” on activities they enjoy.

This class will discuss how ADHD affects children from a “child’s” point of view and explore ways of helping them in daily tasks and in school.

Presenter – Lori Switanowski

May 18 – Achieving a Successful Emancipation

It is important that youth are equipped with knowledge and skills needed to live a productive life. Emancipation is the successful passage to adulthood. This class will give parents pointers on how to help youth become a responsible and contributing member of the community.

Presenter – Catherine Meurer

May 25 – Understanding the Role of the Department of Children and Family Services (DCFS)

This class will explore the key partners in the DCFS System. The process of how children come into care; how placement to permanency works; your rights and those of the children; and how the complaint process works, including your benefit to hearing rights will be discussed.

Presenter – Catherine Meurer

To register for these classes, please call (562) 908-3435.

Nutrition Classes

**Location: Los Nietos Community Center
11640 Slauson Ave.
Whittier, CA 90606**

Time: 10 a.m. - 1 p.m.

Dates: Wednesdays

January 6 – Nutrition after the Holidays

The holidays can sometimes add a few pounds. Come and learn some new healthy and delicious recipes that will get the whole family back into healthy eating habits.

Presenter – Jeannie O’Neil

February 3 – Cooking With Love for Your Family

Food is even more nutritious and delicious when it is made with love. Come and learn new recipes and ideas that will satisfy the whole family.

Presenter – Jeannie O’Neil

March 3 – Low Cholesterol Cooking

This class will give parents ideas and tips on how to cook sensible with an emphasis on low cholesterol and low fat foods.

Presenter – Jeannie O’Neil

April 7 – Spring is Here! Strawberries Are So Good!

Strawberries are a delicious and nutritious fruit. Come learn what you can do with strawberries so children love to eat them.

Presenter – Jeannie O’Neil

May 5 – Early Start to Healthy Summer Eating

Let’s get a head start and learn recipes that are refreshing and nutritious for the hot weather.

Presenter – Jeannie O’Neil

General Information

Parking on Campus is by Permit Only –

Attention all students and visitors. A parking permit is required at all times. You must purchase a daily parking permit for \$1.00 per vehicle at the Parking Information Booth as you arrive on campus through the main entrance off Workman Mill Road (Lot #2). Exact Change Is Appreciated. Parking is free on weekends. Prominently display the permit in your car window. Please park only in Student Lots. Citations will be issued for noncompliance with parking regulations.

Transportation/Bus Service – MTA schedule, fare and bus stop information may be obtained by calling 1(800)-COMMUTE. Norwalk Transit provides service to the college: call (562) 929-5550 for schedule, fare, and bus stop information. Foothill Transit also provides service to the college: call 1(800)-743-3463 for schedule, fare, and bus stop information.

Getting Around the Rio Hondo College Campus Tram – Rio Hondo College provides tram service to transport students around campus. The tram comes every 10 minutes and picks up students at the Parking Information Booth (Lot #2) and eight other locations (see map on inside back cover). The tram operates Mondays-Thursdays from 7:25am to 10:25pm, and Fridays from 7:25am to 4:00pm. The tram pauses from 10:15-10:45am and 5:15-5:45pm. No tram service on weekends.

Services for People with Disabilities – If you have unique needs and want to attend Community Services classes/programs/ workshops, please contact our Disabled Students Program & Services at (562) 908-3420.

Rio Hondo Astrophysical Observatory

The Rio Hondo Astrophysical Observatory is open to the general public, free of charge, on the following Friday nights, between 8 p.m. and 10 p.m.

**Feb 5, 19
Mar 5, 12, 19
Apr 9, 16, 23
May 7, 14, 21
Jun 4, 18**

The observatory has a 16 inch reflecting telescope, one of the largest available to the public in Southern California. The Observatory being opened depends upon weather. It is only open on clear (not cloudy) evenings.

For additional information, call (562) 463-7566 or (562) 908-3472.