

Reconnect FOR Resilience™

Virtual Training Series for Early Childhood Educators

Reconnect for Resilience™ offers a set of easy-to-use tools to stay well in the face of adversity. In this 14-hour class, participants learn what happens to our brains and bodies when we are stressed, and are given tools to stay healthy, connected, and resilient during tough times.

This trauma-informed and resiliency-focused program teaches about the biological effects of stress and promotes a culture of resilience in homes, schools, organizations, and communities. Using a strengths-based, somatic approach, it then introduces practical strategies that can be used to self-regulate, restore self-compassion, and re-connect to others. Our simple, teachable format is designed for anyone to learn and share, and the strategies we teach can help people of all ages and backgrounds.

Through demonstrations and group practice, participants learn how to use these tools for themselves and with others. When these tools are practiced regularly, they can provide relief for individuals, caregivers, educators, and other helping professionals who can then pass them on to their friends, families, or the people they serve.

WHEN

Tuesdays and Thursdays
February 16 through March 9, 2021
3:00 to 5:00 p.m. daily (EST)

WHERE

This seven-session virtual training series will be held via Zoom. Information about how to connect with us online will be made available prior to the start of the event.

REGISTRATION FEE

This event is offered at no cost through the generous support of the Pisgah Health Foundation. Early childhood educators living and working in Buncombe, Haywood, Henderson, Madison, and Transylvania counties are eligible to attend.

Due to limited space and very high demand, *participants should consider their ability to attend each part of the series before registering*. If you cannot use your ticket, please let us know so that others can move off of the waiting list.

CONTINUING EDUCATION

The training is approved by the North Carolina Division of Child Development and Early Education (DCDEE). Early educators will receive 14 contact hour credits (CHCs) for participation.



All participants will receive a certificate of completion. If your licensing board or accrediting body requires formal CEUs, they will be available on-site through our sponsor for an additional \$50. This fee is due at check-in on Day One and can be paid by cash or check made payable to Mountain Area Health Education Center (MAHEC). MAHEC designates this continuing education activity as meeting the criteria for 1.4 CEUs as established by the National Task Force on the Continuing Education Unit.

REGISTER ONLINE

<http://tiny.cc/PHF1>



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