



NORTH WESTERN REGION

inaeyc

Indiana Association for the
Education of Young Children

You Are Not Alone!

Nov. 30, 2021 / 6:00 - 7:30 PM CST / 7:00 - 8:30 PM EST | Zoom

description

Are you exhausted? Hurting?
Traumatized? ***You Are Not Alone!***

It's time to turn things around. Join us for encouragement, inspiration, coping tips, and other positive things that will make a real difference in how you're feeling about your work right now. We are with you, and together we can move forward stronger than ever!

Guest presenter: Valerie Wise, Licensed Clinical Social Worker, Self-Care Expert and Life Coach

You will have the opportunity to participate in and learn breathing exercises and an open discussion / sharing time.

CKC 6.8 the importance of self-care and how to manage their own physical and mental health, including the effects of their own exposure to adversity and stress (1.5 hours)

training

CKC: 6.8 / 1.5 hour

registration

<https://bit.ly/2ZcGtob>

Registration deadline is November 30, 2021. This FREE event is open to members and non-members who work in the early childhood field or are working toward a CDA certification.

questions

Regarding the meeting: Beckey Thompson
574.855.8861 beckeythompson@gmail.com

Regarding Registration: Indiana AEYC
855.484.2392 conference@inaeyc.org

An Affiliate of **naeyc**