

Bite-Size PD Series

Please register for each session you would like to attend. After completing the registration process, you will automatically receive a confirmation email and be given the option to add the session to your calendar. Space is limited, so please register early to secure your spot.

For registration assistance, please email Robert Powell at RPowell@partnership4resilience.org or Amber Heern at aheern@partnership4resilience.org.

Norms for Joining a Bite-Size Session

- Be present. Please join on time and keep your camera on.
- Actively listen and contribute. Participation and interaction are greatly encouraged.
- Be respectful to others. Please stay muted when not speaking.
- Keep an open mind and value the perspective of others.

Types of Certification:

For Educators on a PEL, the IEA will provide 1.5 PDHs per session.

For LSW, LCSW, LCP, or LCPC, the SIU School of Medicine will provide 1.5 CEUs per session.

For Early Childhood Educators, P4R will provide a 1.5 hour certificate of completion.

October 15th 3:30 - 5:00 p.m. Register Now!	<u>Strengthening MTSS with Trauma-Informed Practices</u> - Presented by Crissy Mombela, M.Ed. with the Partnership for Resilience and Sarah Schriber with Reimagine Justice Illinois - Trauma negatively impacts students and staff's ability to thrive in school. This Bite-Size PD will examine different types of trauma and the three characteristics of a trauma-informed strategy. We will then discuss a practical trauma prevention and intervention protocol you can use to enhance all tiers of your school's MTSS.
October 22nd 3:30 - 5:00 p.m. Register Now!	<u>School Bullying vs. Peer Conflict: Best Practices for Interruption</u> - Presented by Sarah Schriber with Reimagine Justice Illinois - In education, we discuss school bullying often and yet it persists, with devastating immediate and life-long consequences. Often adults and students do not intervene because they are unsure whether the behavior they're witnessing is bullying, conflict, or harmless teasing. In this Bite-Sized PD session, learn about the distinctions among these behaviors and best practices for addressing negative behaviors.

November 7th 3:30 - 5:00 p.m. Register Now!	<u>The Wellness Reboot: Ctrl+Alt+Del for the Overwhelmed Professional</u> - Presented by Jessica Juarez, M.Ed., LPC, NCC, and Fausto Alejandro López, M.Ed. with Praxis Institute - In this intensive 90-minute workshop, educators and youth workers will learn to recognize the early signs of burnout and develop proactive strategies to reboot their well-being. Moving beyond basic self-care tips, this workshop emphasizes actionable steps and systemic approaches to refreshing your professional outlook, focusing on both individual and organizational strategies. Participants will leave with a toolkit of resources to help them thrive in their demanding roles, ready to hit "refresh" on their wellness journey.
November 19th 3:30 - 5:00 p.m. Register Now!	<u>Inclusive Classrooms: Leveraging Student Engagement & Boosting Student Motivation</u> - Presented by Dra. Alexandra Escobar of Affirming Voices - This interactive session will delve into practical strategies for cultivating a welcoming and affirming environment that empowers all learners, regardless of their backgrounds or abilities. Participants will explore inclusive and culturally responsive teaching approaches that actively incorporate student voices and choices into the learning process. Through engaging in collaborative activities and discussions, participants will uncover actionable insights for adapting their teaching practices to foster inclusivity. By focusing on building strong relationships and creating a sense of belonging, this session aims to enhance student engagement and motivation, equipping participants with the tools needed to create classrooms where every student can thrive.
December 4th 3:30 - 5:00 p.m. Register Now!	<u>Restorative/Transformative Practices 101: Understanding the Foundations and the Impact</u> - Presented by Sarah Schriber with Reimagine Justice Illinois - Since the passage of SB 100 a decade ago, the term "restorative justice" has become commonplace. Still many people do not fully understand what this needs- and values-based set of practices is and how to use it to build community and address harm in schools. In this Bite-Sized PD session, learn about the foundations of restorative justice, how it dovetails with social and emotional skills development, and short-term and longer-term strategies for putting it to use.