



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 Mary Ann Rivera at marivera@partnership4resilience.org or Jenny Bruner at jbruner@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.

Wednesday, September 20th 4:00-5:30 p.m. Register Now!	<i>Recognizing Social Emotional Needs in the Classroom</i> • Presented by Rose Mesick, LCPC, with Children's Research Triangle/Project LAUNCH • Description: Children come to the classroom inundated with stressors from inside and outside school. This session will provide you with ideas for helping kids cope with stress and help you promote resiliency in the classroom. <i>Note: This session is sponsored by Project LAUNCH. Project LAUNCH provides behavioral health services for children from birth to 8 years old. However, this session will be beneficial for anyone working with children and youth of any age.</i>
Tuesday, September 26th 3:30-5:00 p.m. Register Now!	<i>Anxiety in School-Age Children</i> • Presented by Dr. Anne Wells, LCP and Research Director with the Children's Research Triangle/Project LAUNCH • Description: Have you ever encountered students with a great deal of worries? Learn what "the experts" say about working with these students and share your wisdom with your peers. <i>Note: This session is sponsored by Project LAUNCH. Project LAUNCH provides behavioral health services for children from birth to 8 years old. However, this session will be beneficial for anyone working with children and youth of any age.</i>
Tuesday, October 3rd 3:30-5:00 p.m. Register Now!	<i>Classroom Meetings/ Morning Meetings to Build SEL Skills and Create a Positive Learning Environment</i> • Presented by Aleza Berube, M. Ed. with the Stress and Trauma Treatment Center • <i>Relationships are the onramp for all learning</i> (Hammond 2012) and intentionally building relationships in your classroom leads to positive outcomes for you and your students. In this bite-sized PD, learn how to craft simple and effective classroom meetings where students learn SEL skills, build a sense of belonging in your classroom community, and start the day off ready to learn.

Wednesday, October 11th 4:00-5:30 p.m. Register Now!	<i>Understanding the IEP for Educators (General Ed. Teachers & Paraprofessionals)</i> - Presented by Crissy Mombela, M. Ed. and Director of REACH for the Partnership for Resilience - Have you ever wondered how you are going to honor all the accommodations and modifications of the students' IEP in your classroom? In this session, we will discuss ways to ensure accommodations and modifications are implemented within the general education classroom. Activities and strategies will focus on collaboration, student voice, and empowerment for all parties involved. The IEP tells a story and a general education teacher is an important part of that story. Grab your favorite pens, highlighters and notebooks to dive in and support one another in this process.
Wednesday, October 18th 4:00-5:30 p.m. Register Now!	<i>Social Emotional Learning</i> - Presented by Rose Mesick, LCPC, with Children's Research Triangle/Project LAUNCH - Description: SEL has become a trendy and at times, a controversial topic in the world of education. But what is it, really? This training touches on the research behind social emotional learning as an evidenced-based education practice, examines the benefits of supporting the development of emotional intelligence skills in the classroom and explores a variety of application methods that are accessible for elementary level educators. <i>Note: This session is sponsored by Project LAUNCH. Project LAUNCH provides behavioral health services for children from birth to 8 years old. However, this session will be beneficial for anyone working with children and youth of any age.</i>
Tuesday, October 24th 3:30-5:00 p.m. Register Now!	<i>Regulation and Co-Regulation Strategies</i> - Presented by Rose Mesick, LCPC, with Children's Research Triangle/Project LAUNCH - Description: Emotional regulation skills are an important part of social emotional learning and are imperative for personal and academic growth in young people. First, this training will discuss the important role emotional regulation plays in healthy development, creating and maintaining relationships and achieving academic and career success. Then, participants will explore and practice strategies for facilitating effective emotional regulation skills within individual interactions, in the classroom structure and within the overall school culture. <i>Note: This session is sponsored by Project LAUNCH. Project LAUNCH provides behavioral health services for children from birth to 8 years old. However, this session will be beneficial for anyone working with children and youth of any age.</i>
Wednesday, November 1st 4:00-5:30 p.m. Register Now!	<i>Living in Alignment: Fostering Resilience and Stress Management through Mindfulness</i> - Presented by Crissy Mombela, M. Ed. and Director of REACH for the Partnership for Resilience - Description: Grab your yoga mat, journal and your favorite relaxing tea! This session is designed to consider how mindfulness exercises can assist in managing stress and stay balanced. An overview of the eight dimensions of wellness will be provided along with resources & strategies for each. <i>Note: This session is designed to look at individual care, not collective or organizational care. It may not address the root causes of stress or burnout stemming from excessive workloads and organizational factors. A more comprehensive approach is needed for this.</i>
Wednesday, November 8th 4:00-5:30 p.m. Register Now!	<i>Culturally Responsive Teaching and the Brain</i> - Presented by Aleza Berube, M. Ed. with the Stress and Trauma Treatment Center - Description: Join us for an interactive and joyful bite-sized PD on how to become more culturally responsive in your teaching practices. Based on Zaretta Hammond's book with the same title, we will explore strategies to build trust, align your teaching with multiple cultural norms, and become a warm demander in the classroom.

Tuesday, November 14th 3:30-5:00 p.m. Register Now!	<i>Understanding the Intersection Between Trauma and Disabilities</i> - Presented by Tori Albarracin, M.A. with Children's Research Triangle/Project LAUNCH - Description: This training can be provided to caregivers, teachers, and other helping professionals. Objectives include gaining an understanding of trauma and disabilities as separate concepts, followed by gaining a deeper understanding of how they intersect. Other objectives include obtaining strategies to navigate relationships and situations involving trauma and disabilities effectively and respectfully. <i>Note: This session is sponsored by Project LAUNCH. Project LAUNCH provides behavioral health services for children from birth to 8 years old. However, this session will be beneficial for anyone working with children and youth of any age.</i>
Wednesday, November 28th 4:00-5:30 p.m. Register Now!	<i>Engaging and Motivating Students</i> - Presented by Dr. Kimberly Thier, Director of Special Education and Quality Assurance - Description: 'Classroom management' and 'challenging behavior' are keywords that easily grab the attention of most educators participating in professional learning. The focus for this virtual session is to build on the research-based practices already being implemented in your classroom while considering key aspects of behavioral theory and social emotional development. Participants will leave with practical strategies to enhance their classroom-wide practices and adjust for individual student needs. This session is designed for general and special education teachers; coaches and support personnel in PK-12 settings.
Wednesday, December 6th 4:00-5:30 p.m. Register Now!	<i>Depression in School-Age Children</i> - Presented by Dr. Samantha Orbach, Training Coordinator with the Children's Research Triangle/Project LAUNCH - Description: Depression in children differs in significant ways from adult depression. This session will explore the signs and signs and symptoms of depression in school age children and talk about strategies for working with these youth. <i>Note: This session is sponsored by Project LAUNCH. Project LAUNCH provides behavioral health services for children from birth to 8 years old. However, this session will be beneficial for anyone working with children and youth of any age.</i>
Tuesday, December 12th 3:30-5:00 p.m. Register Now!	<i>Autism</i> - Presented by Dr. Anne Wells, LCP and Research Director with the Children's Research Triangle/Project LAUNCH - Description: Working with students on the autism spectrum can be challenging. In this training, you will learn strategies to promote communication and interpersonal relatedness in the classroom and on the playground. <i>Note: This session is sponsored by Project LAUNCH. Project LAUNCH provides behavioral health services for children from birth to 8 years old. However, this session will be beneficial for anyone working with children and youth of any age.</i>

PDHs and CEUs provided by

