

EARLY CHILDHOOD WORKSHOPS



THE PHOENIX CUPS

The Phoenix Cups Framework will help participants understand how to meet their most essential life needs and the needs of those around them by discovering what “cups” they need to keep whole, how these cups influence behavior, as well as how to use them to build relationships in all aspects of life. (60 minutes)



Early Childhood Programs



Online



SEHD



FREE



WORKPLACE CULTURE

This training will help early childhood administrators with ideas and tips to support a positive workplace culture. (90 minutes)



Early Childhood Programs



Online



SEHD



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COMPASSION FATIGUE

This training will offer participants a better understanding of the physical and mental exhaustion and emotional withdrawal experienced by those who care for sick or traumatized individuals over an extended period of time. (90 minutes)



Early Childhood Programs



Online



SEHD



FREE

ABOUT THE TRAINER

Jessica Alexander has been dedicated to the field of Early Childhood for the past ten years. She holds a bachelors and a masters in psychology, and an endorsement as an Infant Family Specialist with the Colorado Association for Infant Mental Health. She has worked as a Parent Support Home Visitor for SafeCare Colorado and Parents as Teachers. She was an Infant Teacher for six years at the Adult and Family Education program at Colorado Springs School District 11 and loves watching babies and families grow as a family unit and learn together through all the developmental stages of early learning! Now as an ECMH Wellness Manager she loves sharing her knowledge with caregivers to ensure that children have the best support and experiences in their childhood and beyond! If you would like to discuss training options or develop a training for your team, please contact Jessica!



JESSICA ALEXANDER, MA, IMH-E®

Foundations Early Childhood Wellness Manager

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SOCIAL-EMOTIONAL HEALTH + DEVELOPMENT: TRAUMA 1

This training will go over promoting social-emotional development in a trauma-sensitive environment, helping both educators and students have a successful learning environment. Workshop participants will earn points toward the Colorado Shines rating. (90 minutes)

SOCIAL-EMOTIONAL HEALTH + DEVELOPMENT: TRAUMA 2

This training is the second part of Trauma 1 and it is highly recommended you take Trauma 1 before taking Trauma 2. This training goes more in-depth about the effects trauma on the young brain and what you can do to help promote a trauma-sensitive classroom, both for adults and children. Workshop participants will earn points toward the Colorado Shines rating. (90 minutes)



Early Childhood Programs



Online



SEHD



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SUPPORTING CHILDREN WITH CHALLENGING BEHAVIORS

The Challenging Behaviors training gives educators tips and tools to help support challenges with children and adults that they may encounter during their school year. Participants will explore trauma-informed practices to understand the why behind children's behaviors. (90 minutes)



Early Childhood Programs



Online



COA



FREE



BUILD YOUR BOUNCE – EARLY CHILDHOOD RESILIENCY TRAINING FOR FAMILIES + CAREGIVERS

Build Your Bounce provides simple strategies for building resilience, including reflection opportunities and tools for monitoring personal social and emotional health. Identifying our strengths, goals, and strategies to help with our Relationships, Internal Beliefs, Initiative, and Self-Control. These resources can help you develop resilience and cope with life's challenges effectively. (90 minutes)



Families + Caregivers



Online



CGDL



FREE