



# CALM Social Emotional Training Practical Strategies for Early Childhood Educators Wednesday, December 8th from 4-5pm

With Instructor Jennifer Mundy LMFT

[Click Here to Register through Workforce Registry](#)

In this session, you will

- Learn strategies to reduce stress, practice self-care and add joy & meaning to the holiday.
- Learn relaxation & calming strategies as well as fun meaningful activities to share with families.
- Learn concepts about the window of tolerance and how we can help children stay within their window.
- Learn grounding & mindfulness techniques to support you through the stressors of the holiday season.

For questions: please email [\*\*sbccpc@sbceo.org\*\*](mailto:sbccpc@sbceo.org)



This professional development opportunity is brought to you by Santa Barbara County Quality Counts, Santa Barbara County Education Office, and Santa Barbara County Child Care Planning Council. All training hours will be credited through Workforce Registry found here [www.caregistry.org](http://www.caregistry.org).