

The Consortium for Resilient Young Children (CRYC) has been a leader in the region for the last 15 years in promoting the resilience and wellness of young children and their families. As we face the impacts of the COVID-19 pandemic, it is our intention to lift up the resilience of our communities, families and young children by coming together to share responsive practices and resources we will all need to...

**BOUNCE FORWARD!**

## MORE BOUNCING FORWARD

### RESILIENT CHILDREN AND FAMILIES COMMUNITY CONSULTATION

#### Responsive Practices

Professionals are provided guidance in the use of specific best practice during a 30-minute ZOOM “bite-size” learning session.

#### Session Details:

• **June 17, 1:30pm: Connecting with Families through Conversations**

- **Connecting Through Conversations** Although we are physically distant, we can still be emotionally supportive to the families we serve. Learn simple conversation tips and techniques to build trusting relationships with families and support their needs during this time. Through strong relationships and authentic connections we can nurture a family’s resilience.

*Presented by: Sarah Zawaly*

• **June 24, 1:30pm: A Trauma-Informed Way to Return to Work**

- **A Trauma-Informed Return** Preparation is key to reducing stress. In this session we will process our concerns for the future and plan for the return to work through a trauma-informed lens. Physical and Psychological safety strategies will be identified and discussed to support a healthy transition back to the classroom. *Presented by: Bob Welker*

• **July 8, 1:30pm: Stay Grounded – Being Good to Yourself**

- **Stay Grounded** Recognizing it is good for others for you to be good to yourself is the first step to self-compassion. In this training early childhood professionals will learn strategies to increase their self-compassion and build their social-emotional skills to handle the daily stressors we are currently facing.

*Presented by: Whitney Cundiff*

#### Registration Process:

- Email Madeline Lindner at [mlindner@costars.org](mailto:mlindner@costars.org) with your name, program/organization, and which session(s) you will be attending
  - You must register at least 24 hours prior to the session you wish to attend.
- You will receive a confirmation email with the registration link to your requested session. If the session you have requested is at capacity (20 participants), you will be informed and invited to join the next available session (Registration links are for a single person only, not a group of people).

#### Participation:

- Click on the Zoom link on the date and time of your confirmed session.
- You will be accepted into the session by the host.

