



Illinois
Pyramid Model
State



Promoting Social Emotional
Competence in Illinois' Young Children

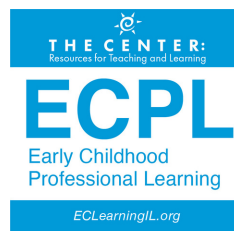


WELLNESS: TAKING CARE OF YOURSELF

This 2-hour course will support staff to:

- Understand the impact of adult well-being on children's social emotional development.
- Identify symptoms of stress, compassion fatigue, secondary trauma and vicarious trauma.
- Learn strategies for reducing stress and increasing wellness.
- Understand how mindfulness can reduce stress and improve well-being.
- Practice mindfulness.
- Develop a self-care plan.

**FREE ACCESS FOR
PFA/PFAE PROGRAM
STAFF**



**CONTACT ERIN KALANIK OR
CALL 406-698-5231 AND
MENTION EARLY CHILDHOOD
PROFESSIONAL LEARNING
(ECPL).**

www.ECLearningIL.org