

January 4, 2010

## JANUARY

### Fostering Resilience in Children and Youth



(CC: IV, V; CDA: 3, 4; CBTA: 4)

"Where do I start fostering resiliency in children?" "What are the most important things to do?" "How long should it take to see results?" These are the types of questions that caregivers have about the topic or resiliency. This seminar will define the concept of resilience while identifying risk factors, protective factors, and developmental assets. Finally, this seminar will highlight the four basic steps involved in fostering resilience in children and youth. (Prerequisite: We strongly suggest you take Supporting Minnesota's "Suddenly Military" Children and Families During Deployments and Reunions prior to enrolling.)

**Tuesday, January 12**                      **6:45 – 8:45 PM**

**Cost:** \$17.00

**Dunn Bros Grill and Café**, 14775 Victor Hugo Blvd. N., Hugo, MN 55038

*Plan to arrive in time to order a beverage or meal to eat during the seminar. Do not bring in food or beverage from the outside, including Festival Foods.*

### It's Circle Time Again



(CC: II; CDA: 2, 3; CBTA: 4, 5)

During circle time, children learn what it means to be part of a classroom community and develop the skills to participate effectively in a group. We'll examine your use of circle time and how you can use it to set the tone for the day and even reduce overall discipline challenges. Bring one successful activity you use and one challenge you face implementing circle time.

**Tuesday, January 19**                      **7:00 – 9:00 PM**

**Cost:** \$17.00

**Giese Memorial Library**, 26855 Forest Boulevard, Wyoming, MN 55092

## Pediatric CPR and First Aid

(CC: VI; CDA: 1; CBTA: 1)

**Advance registration is required** and is due at least **5** days prior to the seminar. Sorry, no walk-ins and no children. Cost includes in-service certificate, AHA 2-year certification, and wallet card (mailed separately). This is suitable for Rule 2 & 3 requirements.

**Saturday, January 30**

**CPR: 8:45 AM – 11:45 AM**

**First Aid: 12:30 PM – 3:30 PM**

3 in-service hrs for each seminar

Class size limited!  
Don't wait...

**Cost:** \$45.00 for one (1) seminar (Choose *either* CPR *or* first aid.) Lunch is NOT included.

\$85.00 for *both* seminars. Lunch is included if you register for BOTH sessions.

**Giese Memorial Library**, 26855 Forest Boulevard, Wyoming, MN 55092

## FEBRUARY

### What to Expect and When to be Concerned



(CC: I; CDA: 7, 8; CBTA: 5)

This interactive seminar will provide an overview of the red flags for developmental delays in young children, how to share developmental concerns with families, and local referral resources. Attendees will receive useful brochures describing typical child development and red flags for atypical development and other resource information. (From the Center for Inclusive Child Care)

**Tuesday, February 2**                      **7:00 – 9:00 PM**

**Cost:** \$17.00

**Giese Memorial Library**, 26855 Forest Boulevard, Wyoming, MN 55092

**SEMINARS ARE POSTED AT [WWW.PLA-INC.ORG](http://WWW.PLA-INC.ORG). PLEASE VISIT FREQUENTLY FOR UPDATES.**

## 8<sup>th</sup> Annual Child Care Professional Institute

**Saturday, February 27 7:00 AM – 4:15 PM**

6 in-service hrs

**Hosanna Lutheran Church**, 9300 North Scandia Trail, Forest Lake, MN 55025

**Cost:** Varies. Early bird registration ends January 31. Obtain forms online [pla-inc.org](http://pla-inc.org) or call **651.464.8777** for a brochure. Networking, SIDS/SBS video, fire extinguisher service!

### PROGRAM SERVICES

**Consulting** If you prefer a personalized session (or need training in a hurry), consider on-site consulting. The session content is determined by you. Day and evening times available. Maximum group size is three. Call or email for details.

**CDA Advisor/Reviewer** If you are ready for your observation or renewal report, contact us to schedule an appointment.

**Seminars on the Road** Host a seminar in your home, center, or a nearby library or restaurant. Customize the topics for your needs. Choose the date and time that suits you. Invite staff, parents, helpers, substitutes, etc. This is an excellent option for community family child care organizations. Minimum group size: dependent upon location. Call for details.

**CPR and First Aid Seminars on the Road** Schedule your own! No need to wait for us to put it on the calendar. Join us for your initial certification or re-certification. Select from: Adult or Pediatric CPR, AED (automated external defibrillator), and First Aid. Gather your colleagues, family, friends, and neighbors for a day or evening session. Call for pricing options. (Suitable for Rule 2 and 3 child care professionals.) *Currently available only in the seven county twin cities area.*

**40-Hour PITC Caregiver Certification Cohort** Interested in joining a cohort to learn more about infants and toddlers? Gather with others for a comprehensive study of children age birth to 5 years. We will meet over several weeks at a convenient location. A minimum of ten is needed

to hold this series, which is based on materials from the Program for Infant Toddler Caregivers. Upon completion, participants will receive a certificate for 40 hours; all 40 hours are acceptable for licensing and grants. Call or email for pricing and scheduling options. *Currently available only in the seven county twin cities area.*

### OTHER OPPORTUNITIES

*If you have submissions for this category or ETC., please email [info@pla-inc.org](mailto:info@pla-inc.org).*

#### Balance Amid Stress

Learn the warning signs of stress and what you can do to help yourself relax, physically and mentally.

**WHEN: Monday, January 11 7:00 – 9:00 PM**

**WHERE:** St. Peter's Catholic Church, 1250 S. Shore Drive, Forest Lake, MN 55025

**INSTRUCTOR:** Linda Cherek

**QUESTIONS:** Jim Kalsness, 651.982.2200

#### Domestic Abuse: Working with Adults and Youth Impacted by Family Violence

Learn about different types of abuse, intervention strategies and tools to use when working with children and youth, and gain a better understanding of the complex issues involved. (Co-sponsored by Lakes Area Youth Service Bureau and The Refuge Network. )

**WHEN: Thursday, January 14**

8:00 AM - 12:30 PM

**WHERE:** Wyoming United Methodist Church, 5459 East Viking Blvd., Wyoming, Minnesota, 55092.

**INSTRUCTOR:** Michael McGrane, MSW, LICSW, has worked with perpetrators and victims since 1973. He founded the domestic abuse services for Wilder Foundation, is an author, facilitator, and instructor, and is also in private practice.

**COST:** \$25.00. Register by January 8th by sending a check (noting name and organization) to LAYSB: 244 N Lake St., Forest Lake, MN 55025. **Questions?** Contact Jackie Hays at 651-464-3685 or [Jackie.Hays@ysblakesarea.org](mailto:Jackie.Hays@ysblakesarea.org).

**The Family Education Network of Central Minnesota** is offering a training for educators, principals, social workers and counselors entitled Supporting Children of the National Guard and Reserve Institute. The training will be held on January 26 & 27 from 8:00 am-4:00 pm at the Northland Inn in Brooklyn Park. School staff may sign up for the conference at [www.militarychild.org/education/guard-and-reserve-institutes/](http://www.militarychild.org/education/guard-and-reserve-institutes/).

## ETC.

**Crisis Planning for Families** Having a child with challenging behaviors or mental illness can be stressful and at times families need help. Learn the role of county crisis teams, de-escalation techniques and how to create effective crisis plans. All workshops are free, but pre-registration is required. See [www.namihelps.org](http://www.namihelps.org) or call 651.645.2948.

**Mothers with Infants** Mothers 18 years or older with a child age 6 weeks to 12 months may be eligible to receive a \$30 Target gift card. The Wilder Foundation is scheduling 30-minute phone interviews about your experiences feeding your infant. Call by January 20, 2010 to see if you are eligible for an interview and receive a gift card. Jessica Wagner, 651.280.2800 or toll free 888.328.9572.

**Do you know of a woman who is currently undergoing chemotherapy?** If so, please pass the word to her that there is a cleaning service that provides FREE housecleaning - 1 time per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Paula Caron owns North Lakes Cleaning Services, and is a member of Cleaning for a Reason. Paula's company provides cleaning services in Forest Lake and surrounding areas. She can be reached at 651.426.7847. To find other Cleaning for a Reason businesses in your area, enter your zip code area at [www.cleaningforareason.org](http://www.cleaningforareason.org).

**Adults & Childrens Alliance** When purchasing or renewing liability insurance from ACA, list **PLA-INC.** as your Community Partner. By writing **PLA-INC.** or **9075** on the application form, we

will receive funds for training from ACA. There is NO additional cost to you.

**CCPNCC** The Child Care Provider Network of Chisago County is dedicated to upholding a strong support system that will empower each early childhood educator by providing training and networking opportunities to promote quality child care. For information, contact Sue at 651.462.5651 or [smmtower@aol.com](mailto:smmtower@aol.com).

**The Mental Wellness Campaign for Anoka County** is partnering with Wilder Research to conduct a community survey to measure the attitudes, beliefs, and knowledge of Anoka County residents regarding mental health. It will help assess if community attitudes have changed and will also provide guidance for the Campaign's future educational efforts. The survey will be conducted until mid-February. Survey respondents have the option of entering a drawing for cash and other incentives. To complete the survey, please follow this link: [www.wildersurveys.org/anoka](http://www.wildersurveys.org/anoka) or call Wilder Research at 651-280-2800.

**TeachersPayTeachers.com** Check out this website for free and low-cost resources. You can even sell items you've created. There is NO cost to join for basic services.

**The Child Indicator Newsletter** is available at [childtrends.org](http://childtrends.org). It contains important information in the areas of research and support for youth and families including information on the newly released KIDS COUNT Data Book and a Search Institute Report entitled Teen Voice 2009: The Untapped Strengths of 15-Year-Olds.

**The Price of Influence** Did you know that new research shows that privileged teens may be more self-centered - and depressed - than ever before? Check out the article at <http://www.apa.org/monitor/2009/01/teens.aspx>.

**To register for PLA-INC. seminars or the Institute, visit [www.pla-inc.org](http://www.pla-inc.org) or call 651.464.8777.**