

Spring 2014 Workshops

6:00 PM - 8:00 PM

(Each workshop lasts approximately 2 hours)

Wednesday, April 2nd

Celebrate Earth Day: Activities and Learning Fun!

Get some great ideas to teach about the natural world and how to help little ones care for the environment. We will share the “We Recycle” program from the Wisconsin DNR and learn about our water resources with a visual learning experience. It is fascinating, fun, and helps us to teach kids to be responsible for their choices.



Wednesday, April 16th

“Recipe: Understanding Human Behavior”, with Special Guest Speaker, Dolores Kokinos of The Empowerment Café

***Please note: there is a fee to attend this session! This session costs \$20 per person. Please make checks payable to Empowerment Café. **Minimum attendance is 15 people.** Otherwise this session will be cancelled.

Ever wonder why people react, behave and make the choices they do? Are you frustrated with other peoples’ behaviors being inconsistent? You will never have to wonder again why someone is behaving the way they are. This class will uncover the root cause of behaviors and you will learn the psychology of healthy emotional development in layman’s terms. Dolores Kokinos, owner of The Empowerment Café, has developed an amazing tool, The Empowerment Principles, that helps people of all ages be more confident and self-assured in any situation.

Wednesday, May 7th – Guest Speaker TBA

Understanding Mental Health and Trauma in Infants and Young Children

Watching very young children at play, it’s natural to assume that their lives are as free of cares and worries, and simply about having fun. Yet many people may be surprised to learn that trauma and emotional distress are actually quite prevalent among pre-school children. In fact, research shows that when exposed to traumatic events, even children as young as 18 months can develop serious psychological problems later in childhood and in adulthood. As they grow, these children take with them the effects of traumatic events, and are more likely to experience problems with substance abuse, depression, and stress management as a result.

Childcare professionals can help children develop resilience in the face of these developmental obstacles. Learn how to recognize trauma and mental health issues and what you can do!

Childcare Provider Training Registration Form

Please mark which workshops you will be attending:

	<u>Price</u>
<input type="checkbox"/> April 2 - Celebrate Earth Day: Activities and Learning Fun!	Free
<input type="checkbox"/> April 16 - Recipe: Understanding Human Behavior, with Special Guest Speaker, Dolores Kokinos of The Empowerment Café	\$20.00
<input type="checkbox"/> May 7 - Understanding Mental Health and Trauma in Infants and Young Children	Free

Total Included: _____

**Please make checks payable to:
Empowerment Café.

Name _____

Address _____

Center/Daycare _____

Email _____

Phone _____

**All classes are held at:
Green County UW-Extension Office**

Please return all registrations to:

Bridget Mouchon, Family Living Agent

Green County UW-Extension

2841 6th Street

Monroe, WI 53566

608-328-9440

bridget.mouchon@ces.uwex.edu

Special Points of Interest

Green County's home and center-based Childcare providers can earn continuing education credits by participating in the Childcare Providers Workshop Series.

This workshop series consists of three sessions. All sessions will be held on Wednesday evenings in the Multipurpose rooms of the Justice Center.

Please keep in mind:

- ☺ Participants can choose one or more sessions to attend.
- ☺ Participants will receive a certificate with a two hour Registry Label for participating on site.
- ☺ All workshops include a program and a question and answer period with on-site discussion facilitated by Bridget Mouchon, Green County UW-Extension Family Living Agent.
- ☺ Child care is not provided during these workshops. Therefore, we cannot accommodate small children during the workshops.

Register Now!!

For more information contact:

Bridget Mouchon, Family Living Agent
Green County UW-Extension

2841 6th Street
Monroe, WI 53566

Tel: 608.328.9440

Fax: 608.328.9519

Email: bridget.mouchon@ces.uwex.edu



Green County

An EEO Affirmative Action employer, the University of Wisconsin
- Extension provides equal opportunities in employment and
programming including Title IX and ADA requirements.

Spring 2014 Childcare Providers Training



Topics Include:

- ◇ Celebrate Earth Day: Activities and Learning Fun!
- ◇ "Recipe: Understanding Human Behavior", with Special Guest Speaker, Dolores Kokinos of The Empowerment Café
- ◇ Understanding Mental Health and Trauma in Infants and Young Children



Green County