

2022 Calendar - Professional Learning Community of Perth County and The City of Stratford

The Art of Cultivating Self-Care for Educators with Shelley Secrett

March 9, 2022 6:30pm – 8:00pm

ECEs are professional and passionate experts of taking care of others every day with their full hearts, hands, and minds. It can be easy for educators to forget about their own needs and self-care which can lead to stress, fatigue, depression, and lack of passion for teaching. In this interactive and inspiring workshop, participants will re-ignite their energy by engaging in discussions about myths of self-care, brainstorming stressors specific to this field and sharing current self-care strategies with each other.



Cultural Humility with Susan MacPhail

April 28, 2022 6:30pm – 8:00pm

In this workshop Susan will reflect on how to support diversity, equity, and inclusion by focusing on what Cultural Humility looks like in action. Susan will explain how it can practically support the work of an individual providers, team, program, or service providers. She will discuss the origins and overview of Cultural Humility: principles and philosophy, evidence-based principles, and practices of Cultural Humility, how Cultural Humility compliments our work towards health equity, anti-racism and trauma and violence informed care. She will expand on how Cultural Humility can support us in continuing conversations and deepening our understandings in creating a sense of belonging and inclusion and help us create more meaningful relationships



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Care for the Caregiver: A Self-Regulation focus on Early Childhood Educator Resilience with Crystal Carbino from the Mehrith Centre

May 11, 2022 6:30pm – 8:00pm

Dr. Shanker's quote reminds us that, to best serve the needs of young children, we must also address the needs of the adults who care for and teach them.

The challenges of the COVID-19 pandemic have placed new demands on the shoulders of Early Childhood Educators (ECEs) and other caregivers of young children.

Accordingly, this online event will focus the Self-Reg lens on ECE's well-being and resilience. Crystal Carbino will offer practical Self-Reg strategies educators can use to become aware of and address stressors that affect their energy, tension and, as a result, their relationships and work with children.



The MEHRIT Centre "The well-being of children is inseparable from the well-being of the critical adults in their lives." - Dr. Stuart Shanker

Provocations: Miraculous Metamorphosis of the Monarch Butterfly with Barb Hacking

June 22, 2022 6:30pm – 8:00pm

Join Barb Hacking in learning about the miraculous metamorphosis of the Monarch butterfly, their migration and how you can create a pollinator habitat to attract Monarchs into your classroom and life. Barb is the author of "When a Butterfly Speaks...Whispered Life Lessons" and "Celebrating the Return of the silent Messengers". Barb is currently working on the third book in the trilogy. She has raised Monarch Butterflies in her primary classroom for 30 years. Barb is finishing her tenth year of retirement. She is the coordinator for the Ted Blowes Memorial Pollinator Peace Garden in Stratford and she releases butterflies there throughout the summer. She loves to visit the Monarchs' overwintering mountains in Mexico each February.

