



The MEHRIT Centre

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

The Professional Learning Community of Perth County and the City of Stratford presents:

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

Date: May 11, 2022

Time: 6:30pm to 8:00pm

Foundation: Well-being

Information: 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.

Crystal Carbino is a Registered Early Childhood Educator with a passion for inspiring powerful positive relationships, dedicated to sharing the impact of self-regulation on academic achievement and overall well-being. Crystal is currently the Early Years Facilitator for the Simcoe County District School Board; Crystal has gained an enormous amount of experience facilitating professional development for educators. Crystal is proud to call herself a Self-Reg Champion having complete TMC's Foundations in Self-Regulation Certification, Self-Reg Learning Facilitators Certification and Self-Reg and Early Childhood Development Certification.

Registration: Free Microsoft Teams session at Eventbrite:

<https://www.eventbrite.ca/e/care-for-the-caregiver-self-regulation-focus-on-ec-es-resilience-ccarbino-tickets-319752166337>

! The City of Stratford has changed its virtual platform to use Microsoft Teams instead of Zoom. Join by clicking on the orange box, view the event. Below the picture that comes up, scroll down and click on Join Now (orange box). Choose How do you want to join your Team's meeting? (Download team apps, continue in this browser, or open teams).

If you have any questions, please contact Justyna Pyzowska at JPyzowska@stratford.ca