The Roadmap to Resilience Conference

St. Luke’s Social and Conference Center

June 2, 2015, 7:30AM-3:00PM

Presented By:

Infant-Toddler and Early Childhood Mental Health Consultation

Southeast Regional Key

6 PQAS Hours and Resiliency Keynote

Breakfast and Lunch

Resources, Prizes and Much More!
The Roadmap to Resilience Conference
Tuesday, June 2, 2015  7:30AM-3:00PM
St Luke’s Social and Conference Center
35 N Malin Rd, Broomall, PA 19008

Building Your Bounce: Adult Resilience
Join us as we welcome Karen Ciarone from the Devereux Center for Resilient Children!
Caregivers who are stressed are more irritable. Caregivers who are stressed are more likely to be inconsistent. Caregivers who are stressed are more tired. Caregivers who are stressed lose a feeling of joy for life. Building Your Bounce: Promoting Adult Resilience is a presentation designed to meet you where you are and take you to a place of greater strength, determination and resiliency. Participants are sure to leave this keynote address with energy, enthusiasm, and a commitment to make a few positive changes in their lives that will lead to greater happiness and fulfillment that will undoubtedly resonate in the work they do every day with children and families.

$30 Conference Fee Includes:
- 6 PQAS Hours
- Breakfast and Lunch
- A Copy of Building Your Bounce: Simple Strategies for a More Resilient You
- Resources, Prizes and Much More!

Schedule:
7:30-8:00- Registration & Breakfast
8:00-9:00- Keynote
9:15-12:15- Breakout Session 1
12:15-1:00- Lunch
1:00-3:00- Breakout Session 2

St. Luke’s is located in Broomall, Delaware County, minutes from the Upper Darby/Broomall Exit of Route 476 and easily accessible from West Chester Pike. Broomall is also located just 15 minutes south of King of Prussia, and 15 minutes west of the 69th St Terminal in Upper Darby. Free Parking available on site!

Questions? Contact the SERK Office
Call: 267-773-4400  Fax:267-765-2397
Email: serkpd@phmc.org
The Roadmap to Resilience Conference  
Tuesday, June 2, 2015  7:30AM-3:00PM  
St Luke’s Social and Conference Center

Registration Form  
PD Sessions will be assigned on a first come, first served basis-- so sign up EARLY!

<table>
<thead>
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* KEYNOTE SESSION 8:00am-9:00am: BUILDING YOUR BOUNCE *

Please select your PD sessions below. Please identify your first and second choice.

<table>
<thead>
<tr>
<th>PD Session 1:  9:15am to 12:15pm</th>
<th>PD Session 2:  1:00pm to 3:00pm</th>
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<tbody>
<tr>
<td>Building Your Bounce: Strategies for a Resilient You</td>
<td>Mindfulness for Early Childhood Educators: Developing Habits of Mind for Learning</td>
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<td>Building Spaces for Reflective Discipline for Infants and Toddlers</td>
<td>Essential Connections: Ten Keys to Culturally Sensitive Childcare</td>
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<td>Welcoming All Children</td>
<td>Understanding the Stages of Child Development</td>
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<tr>
<td>Strengthening Relationships with Children, Families and Colleagues-Part 1</td>
<td>Infant Toddler Family and Community Partnerships</td>
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**To Complete Registration:**

**Step 1.** Login to www.pakeys.org to purchase The Roadmap to Resilience Conference in the PD registry. (Instructions Attached)

**Step 2.** Fax or Email a complete registration form to the SERK office to select workshop sessions.  
(Email: serkpd@phmc.org/Fax: 267.765.2397/Call: 267.773.4400)

**You must BOTH register and pay in the PD Registry AND send in a registration form to be registered.**
<table>
<thead>
<tr>
<th>Session Description</th>
<th>Time</th>
<th>Breakout Session 1</th>
<th>Breakout Session 2</th>
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<tr>
<td><strong>Building Your Bounce: Strategies for a Resilient You</strong>&lt;br&gt; (Karen Cairone, M.Ed., Consultant, Keynote)</td>
<td>9:15AM-12:15PM</td>
<td>In this fast-paced society in which we live, all too often we do not take time to reflect on how we are taking care of ourselves. As those in the field of early childhood know, the quality of services provided to children and families is directly related to the manner in which the adults care for themselves. This workshop will delve deeper into understanding adult resilience along with strategies that can help build resilience in adults who care for young children.</td>
<td><strong>Mindfulness for Early Childhood Educators: Developing Habits of Mind for Learning</strong>&lt;br&gt; (Monica Sullivan, Health Federation)</td>
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<td><strong>Building Spaces for Reflective Discipline for Infants and Toddlers</strong>&lt;br&gt; (Caroline Campana, DVAEYC)</td>
<td></td>
<td>This professional development event has been designed for center based lead and assistant teachers that work with infants and toddlers. This training aligns with the PA ELS Social and Emotional Development. Teachers will learn practical and effective strategies for implementing positive discipline into the infant and toddler classroom utilizing the social and emotional pyramid model.</td>
<td><strong>Essential Connections: Ten Keys to Culturally Sensitive Childcare</strong>&lt;br&gt; (Jennifer Bradshaw, I-T/SERK)</td>
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<td><strong>Welcoming All Children</strong>&lt;br&gt; (Dr. Phillipa Campbell, Thomas Jefferson University)</td>
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<td>Upon completion, the learner will be able to: Understand the concept of inclusion and its relationship to young children with and without special needs, identify ways to use inclusive practices in the classroom, understand and converse using “People First” language and recognize the importance and how to utilize a “strengths-based” approach for inclusion.</td>
<td><strong>Understanding the Stages of Child Development</strong>&lt;br&gt; (Tanesha Pride, ECMHC/SERK)</td>
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<td><strong>Strengthening Relationships with Children, Families and Colleagues-Part 1</strong>&lt;br&gt; (Bernadette Lewis, ECMHC/SERK)</td>
<td></td>
<td>Participants will share, discuss and implement best practices that can be used to develop and strengthen relationships with children, families and colleagues. They will leave with a different level of awareness of how their own experiences, temperament and backgrounds influence the relationships they have with children, families and colleagues. Participants will reflect on their feelings about parent participation and leave with ideas on ways to build a stronger home-school connection in their own program.</td>
<td><strong>Infant-Toddler Family and Community Partnerships</strong>&lt;br&gt; (Sarita Brown, I-T/SERK)</td>
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Karen Cairone, M.Ed., Consultant

Karen is a graduate of Lafayette College and received her Master’s degree in Education from Rutgers University. Karen worked as the Disabilities and Mental Health Specialist for Head Start prior to joining Devereux in 1999. Karen was hired as an Early Childhood Specialist with the Devereux Early Childhood Initiative where she provided training and technical assistance on children’s social and emotional health for programs across the country.

Karen is currently a consultant and certified trainer for the Devereux Center for Resilient Children. She is the co-writer and co-producer of the Facing the Challenge DVDs, Classroom Moments DVD and accompanying training. Karen is also a co-author for DCRC’s 2011 award winning publication, Socially Strong, Emotionally Secure: 50 Activities to Promote Resilience in Young Children. Most recently she has co-authored Promoting Resilience in Preschoolers: A Strategy Guide for Early Childhood Professionals and Promoting Resilience For Now and Forever: A Family Guide for Promoting the Social and Emotional Health of Preschool Children.

In addition, Cairone presently works for the Educational Development Center for their Learning and Teaching Division. She develops training materials, including an online interactive learning module on program planning, and designs and delivers training and technical assistance for the Head Start National Center on Program Management and Fiscal Operations at EDC.

Aside from her work with DCRC and EDC, Cairone serves on the Consulting Editors Panel for the National Association for the Education of Young Children’s (NAEYC) Young Children Magazine, as well as within NAEYC’s book division. She writes and edits for Highlights Magazine, and is a writer and producer with Video Active Productions/Turnkey Productions.

In March of 2015, Cairone was named as an Exceptional Emerging Leader by the Exchange Leadership Initiative. She and her fellow awardees will work together to strengthen the early childhood profession, and remain always focused on bettering the world for all children and their families.
How to Register for Professional Development

1) Login to www.pakeys.org
2) Click on the PD Registry tab found on the left hand toolbar
3) Click on the Course Catalog tab across the top toolbar
4) Locate the search box on bottom right and type the key words "Roadmap to Resilience"
5) Scroll down through the event description and review the workshop options. Select Register for this Scheduled Event.
6) Click buy on the session to add to your cart
7) Go to your shopping cart to complete the payment