

## DETAILS

- We invite current and future early childhood educators, family child care providers, center staff, community partners and parents in Stanislaus County to join us.
- Professional growth hours will be offered.
- Offered remotely through Zoom.
- For instructions on how to join Zoom go to <https://support.zoom.us/help>

## REGISTRATION

To attend this training register online:

- Log into your [www.caregistry.org](http://www.caregistry.org) account
- Click on Training Calendar
- Search for Course/Training Title
- Click View Event Details
- Click Enroll Now

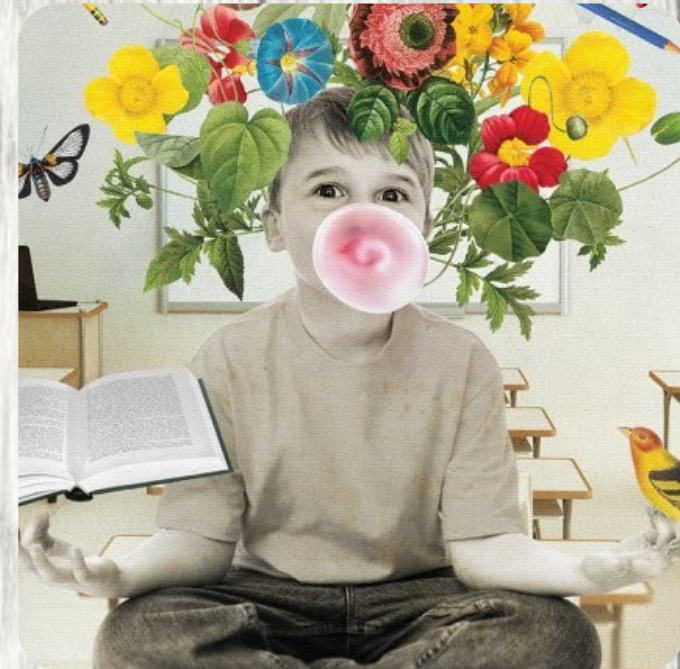
Registration will be sent via email.

This conference is provided through Stanislaus County Office of Education, Child Care Resource and Referral Program.



For additional information, please call: Stanislaus County Office of Education, Child Care Resource and Referral Program at 209-238-6400

## *Understanding Trauma and Self-Regulation in Children*



**Saturday, April 24, 2021**  
**8:00am-11:00am**

**Conducted Online**  
**Via ZOOM**



## **SCHEDULE**

**Saturday, April 24, 2021**

**7:45am Log-in to Zoom**

**8:00am Welcome**

**8:15am Keynote Speakers**

**9:15am Break**

**9:30am Keynotes Continued**

**10:30am Closing**

Participants will learn about trauma and the impacts that it has on the body. The focus will be on learning how to identify how trauma impacts the stress response and identify triggers and behavioral responses in children. Participants will learn how to support children co-regulation and self-regulation of emotions. This training will also provide information on protective factors of fostering connections with others and creating a sense of safety. Body-based and practical interventions will be taught to support children in learning self-regulation skills in various environments.



### **BERNADET KALDANI**

Bernadet Kaldani is a licensed marriage and family therapist has been working with kids, youth and families since 2012. Bernadet started her work in the mental health field as a clinician integrated in a K-5 school-based setting working directly with students, teachers, and parents.

Bernadet is trained and a certified trainer for the Child Adolescent Needs Strengths (CANS) through the Praed Foundation and both Adult and Youth Mental Health First Aid through The National Council for Behavioral Health.



### **ANDREA BARNETT**

Andrea Barnett is a licensed clinical social worker. She has been working with children in the school-based setting for the last 15 years. Andrea has been supporting children and teachers in helping them understand and overcome ways that mental health impacts learning. She specializes in understanding trauma and its impact it has with children and their education.

Andrea has specialty training in the 5 protective factors, resiliency, suicide prevention and Child Adolescent Needs Strengths (CANS).