

Dr. Ariane Marie-Mitchell

Riverside University Health System/ LLU
Adverse Childhood Experiences and Toxic Stress

Dr. Marie-Mitchell will present on Adverse Childhood Experiences (ACEs) and Toxic Stress. She will review why ACEs matter for both health and social outcomes. Review what we know about how to build resilience in individuals, families, organizations and communities. Participants will have an opportunity to share their insights and how to apply an understanding of ACEs and resiliency to their work.

Jean Alexander-Booth

First 5 Riverside
Strengthening Families

Strengthening Families is a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs, communities in building five protective factors that reduce stress in families and helps to prevent child abuse and neglect.

Corinne Foley

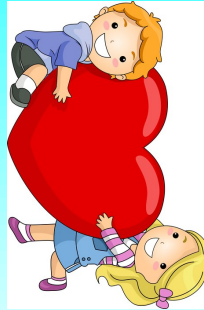
Special Education Local Plan Areas (SELPA)
Cultivating a Growth Mindset

Consider whether you have a fixed or a growth mindset. Come and explore how adopting a growth mindset will profoundly affect the way you lead your life. You have the opportunity to change and grow until your very last breath in life. Take the first important steps to creating your desired new reality.

Carmen Reyna, MSW, Breanna Tucker, MSW

University of Southern California (USC)
Regina Siez, MSW, PPS, Social Worker
Temecula Valley Unified School District
Meditation and Stress Relief Techniques

Research indicates that incorporating stress relieving activities can have a significant positive effect on a child's overall academic performance. The student interns from the USC, Masters in Social Work Program, developed and implemented a mindfulness program for Temecula Valley USD. The program includes music and dance therapy, art therapy, and meditation with favorable results. These activities taught student show to self-regulate their bodies in response to emotional stressors at appropriate developmental stages.



Consortium For Early Learning Services
21250 Box Springs Road, Suite 113
Moreno Valley, CA 92557



**HEART FOR HEALTH
CONFERENCE**

February 3, 2018
Marion Ashley
Community Center
Menifee

CONSORTIUM
FOR EARLY LEARNING SERVICES

**"Positively Impacting the
Lives of Children"**

HEART FOR HEALTH PROFESSIONAL DEVELOPMENT



WHO SHOULD ATTEND?

ECE Professionals, Family Child Care Providers,
Teachers, Health Care Providers,
Grandparents Raising Grandchildren,
Parents, Foster Care/Kinship Providers

Menifee

When: Saturday, February 3, 2018

7:30 am – 3:20 pm

Where: Marion Ashley Community Center

25625 Briggs Road
Menifee, CA 92585

Registration fee includes:

- * Continental Breakfast & Lunch
- * Tote Bag with Training Materials, Cookbook, Water Bottle, and Community Resources
- * Lakeshore Giveaway
- * Professional Growth Certificate



Call Ronica Cervantes (951) 778.5003



Event Agenda

7:30—8:00 am	Registration/Breakfast
8:00—8:15 am	Welcome and Introductions
8:15—10:15 am	Dr. Ariane Marie-Mitchell RUHS/Loma Linda University <i>Adverse Childhood Experiences and Toxic Stress</i>
10:20—11:50am	Jean Alexander-Booth First 5 Riverside <i>Strengthening Families™</i>
11:50—12:30 pm	Lunch Dominic Morales Lakeshore Learning
12:30—2:00 pm	Corinne Foley SELPA <i>Cultivating a Growth Mindset</i>
2:05—3:05pm	Carmen Reyna Breanna Tucker USC Interns Regina Siez, MSW, PPS Temecula Valley USD <i>Meditation and Stress Relief Techniques</i>
3:05—3:20pm	Closing Remarks Evaluations and Certificates

Registration Form

Mail this portion with your payment

One registration form per person-Please check one box

Pre-Registration is required

Non-Transferable/No Walk-Ins/No Refunds

Name of
Organization: _____

Name of
Participant: _____

Address: _____

City/Zip: _____

Phone: _____

Email: _____
(Please print clearly)

Registration is \$50 per person

Registration Deadline Menifee—January 27, 2018

Send this registration form and payment to:

Consortium For Early Learning Services

21250 Box Springs Rd., Suite 113

Moreno Valley, CA 92557

Make checks/money orders payable to:

Consortium for Early Learning Services

(No cash, please)

Online Registration Available at

<http://consortiumELS.org/>

Space is limited

