



MAINE RESILIENCE BUILDING NETWORK

Free training opportunities to learn about the impact of early adversity and resilience building strategies

Early Child Care and Public Preschool Providers Caring for Children Birth-PreK No Cost Professional Development Training

The Maine Resilience Building Network is hosting **FREE** virtual professional development sessions for Early Child Care and Public Preschool providers across Maine. Two different topics will be explored including an introduction to Adverse Childhood Experiences (ACEs) and the foundations of resilience, along with a session focused on putting your ACEs knowledge into action in the classroom or center that explores strategies that build and support resilience. You may attend both topics or one depending on your learning needs.

Professional Development Descriptions:

1. **Strong Kids, Strong Families, Strong Communities: The Impact of ACEs and Resilience Building**-learn about Adverse Childhood Experiences research, early brain development science and the role of protective factors such as positive relationships to build resilience.
2. **Fostering Resilient Learning Environments: Educating Students in Calm, Connected, and Science-Informed Ways**- learn about neuroscience to understand stress, the nervous system, and regulation. Asset-informed, trauma-sensitive approaches that strengthen child-teacher connections to support social emotional learning and well-being will be shared. Science is showing that resilience and flourishing is possible even in the midst of adversity. Educators and childcare providers will leave with tools and resources that support and promote resilience and well-being.

The two training topics will be offered multiple times to ensure everyone will be able to fit it into their schedule. We encourage everyone to invite a colleague. *1.5 contact hours are available for each session.*

Registration is required. To see all Registration dates: [MRBN Event Page](#)

Date/Time	Topic & Registration Link
January 4, 2022 6:30-8:00pm	Impact of ACEs Register Here
January 6, 2022 6:30-8:00pm	Fostering Resilient Environments Register Here
January 11, 2022 6:30-8:00pm	Impact of ACEs Register Here
January 13, 2022 6:30-8:00pm	Fostering Resilient Environments Register Here
January 18, 2022 6:30-8:00pm	Fostering Resilient Environments Register Here
January 25, 2022 6:30-8:00pm	Fostering Resilient Environments Register Here
February 1, 2022 6:30-8:00pm	Fostering Resilient Environments Register Here
February 8, 2022 6:30-8:00pm	Fostering Resilient Environments Register Here