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## FAMILY ENRICHMENT NETWORK OFFICE LOCATIONS

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### Johnson City

24 Cherry Street

### Norwich

21 South Broad Street

### Owego

1277 Taylor Road  
(in the Abide in the Vine building)

# CONTACT FAMILY ENRICHMENT NETWORK CCR & R STAFF



Call	Phone	For information about
<b>JOHNSON CITY OFFICE</b>		
Leslie Vermaat, Trainer	723-8313 ext. 884	Training, online training, mentoring
Cathy Lipski, QI Specialist	723-8313 ext. 894	Grants, program assistance, start-up question, training, CPR/First Aid Training
Megan Brown, Infant Toddler Specialist	723-8313 ext. 826	Infant Toddler program questions, training
Lisa Rosa, CACFP Coordinator	723-8313 ext. 824	CACFP/food program, LE questions, program updates
Crystal Rozelle, CACFP Monitor	723-8313 ext. 825	CACFP, EIP questions/training registration, LE questions, program updates
Elaine Johnson, Legally Exempt Specialist	723-8313 ext. 832	Legally Exempt questions (LE)
Jennifer Perney, CCR&R Director	723-8313 ext. 872	Comments, concerns and complaints
<b>NORWICH OFFICE</b>		
Julie Henry, Chenango CCR&R Coordinator	373-3555 ext. 1522	General questions, program updates, training needs, LE questions,
<b>OWEGO OFFICE</b>		
Ann Shear, Tioga CCR&R Coordinator	687-6721 ext. 1186	CDA classes/training questions, licensing help, LE questions

## Meet the Professional Development Team

Family Enrichment Network is ready to meet your training needs with our knowledgeable and highly experienced trainers.



Ann Shear  
Tioga CCR&R Coordinator



Julie Henry  
Chenango CCR&R Coordinator



Lisa Rosa  
CACFP Coordinator



Leslie Vermaat  
Training and Technical Assistance



Megan Brown  
Infant Toddler Specialist



Cathy Lipski  
Quality Improvement Specialist

**G e n e r a l   I n f o r m a t i o n  
a n d  
T r a i n i n g   P o l i c i e s**

**\*\* Registration Information \*\***

You must register for trainings **two weeks prior** to the date. All EIP paperwork, FEN scholarship paperwork, VOICE/CSEA number, and/or payments must be received to be considered registered. You must notify us of any scholarship submission. Your training enrollment is pending until we receive any scholarship award notification/voucher, so you need to apply early! You are not registered for a training at FEN unless you contact us!

Please make all checks payable to Family Enrichment Network, Inc.

If paying by credit card, you must have an email address. Please call for details.

Call Crystal at 723-8313 ext. 825 or email her at [crozelle@familyenrichment.org](mailto:crozelle@familyenrichment.org) to register.

**\*\* EIP Information \*\***

Scholarship funding to participate in training may be available through the Educational Incentive Program (EIP). For more information or to apply for a scholarship, please visit

[www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu). You may also contact EIP at [eip@albany.edu](mailto:eip@albany.edu) or 800-295-9616 or 518-442-6575.

Trainings are eligible for EIP if conducted by a NYS Credentialed Trainer. This is indicated in the training listing.

**\*\* CSEA VOICE Information \*\***

Scholarship funding may be available through CSEA VOICE for family, group family, and legally exempt providers. Visit [voicceseas.org](http://voicceseas.org) to obtain a CSEA ID and for more information.

**\*\* Cancellations \*\***

We reserve the right to cancel trainings if fewer than 3 people are registered, or in case of inclement weather. If you are registered, you will be contacted in the case of a cancellation. If you are unable to attend a training you are registered for, please cancel your registration by calling 723-8313 ext. 825.

**\*\* Refund Policy \*\***

All trainings, conferences and/or workshops are NON-Refundable.

**\*\* Parking Information \*\***

Johnson City: If you are coming to a training in the evening or the weekend, please use the visitor parking lot on the right side of the building in Johnson City, or park on the street. Please do not park in the fenced-in bus and employee parking lot.  
Owego: The entrance to the building is on the left side and parking is available in that area.

Norwich: The training space at our Norwich office is located in the back of the building. Turn into the alley near the movie theater and park in the back parking lot.

**\*\* Accessibility \*\***

In Johnson City, the front doors do lock after the trainings begin. Please arrive on time. If you need to leave the building after a training begins, take someone with you to let you back inside.

**\*\* Training Certificates \*\***

Training certificates will be distributed at the training if you registered and paid in advance. If you are not registered for a training, but walk in, a training certificate will be provided upon completion of class AND after payment is received. There will be a \$5.00 charge for duplicate training certificates requested. You must complete the entire training in order to receive training credit. There is no option to take a partial training.

**\*\* Children \*\***

To respect the professional training of others, please do not bring children to the trainings. There is no child care available and you will be asked to leave.

**\*\* Training Etiquette \*\***

Please be respectful of others by turning your cell phone to vibrate and limiting talking to that which

## IMPORTANT PAYMENT INFORMATION

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**SUNY Professional Development Program Educational Incentive Program (EIP):** EIP is a voluntary scholarship program and may be available to help cover the costs of trainings. Please apply for EIP at [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu). We do not want EIP applications or a copy of your income taxes. We only need proof of EIP eligibility (for example, approval letter, denial letter). If you are 100% eligible for EIP funding, you do not have to pay a co-pay. If you are 75% eligible for EIP, you will need to pay the remaining balance due. EIP vouchers must be signed and turned in for each training.

**CSEA/VOICE Professional Development Training Program:** Family Enrichment Network is an approved training organization. Family and group family child care providers can obtain their CSEA ID and apply for training scholarships through <http://voicecsea.org/>.

**FEN Scholarship:** A FEN Scholarship may be available to help you cover the training cost, if eligible. Eligibility for the FEN Scholarship will be reviewed annually. Proof of income will be reviewed, as well as program financial information. Economic hardships will be evaluated on an individual basis; this will determine your co-pay amount. Upon award, you will receive a voucher for each class you are approved for. You must turn in the voucher as payment for each training.

You will not be enrolled in training until payment is made or proof of scholarship is provided.

Classes not eligible for scholarships are listed. To be eligible for EIP, classes must be approved through SUNY PDP and conducted by a credentialed or verified trainer. Classes are submitted for approval by our trainers.

Classes not currently approved for EIP include MAT and the Health and Safety Training (for non-registered/licensed providers).

All classes should be eligible for the CSEA/VOICE scholarship, as Family Enrichment Network is an approved training organization.

Classes not eligible for the FEN Scholarship include MAT, Health and Safety Training (start-up grants may be available for providers in the process of registration or licensing), Fall Conference, CPR/First Aid, and CDA. The FEN Scholarship is designed for single, evening classes.

**Please call the training registration specialist with questions about how payment works.**

# TRAINING CATEGORIES

## Office of Children and Family Services (OCFS) Categories:

- |  |  |
|--|--|
| 1 - Principles of Childhood Development        | 6 - Child Abuse and Maltreatment Identification/Prevention |
| 2 - Nutrition and Health Needs of Children     | 7 - Statutes and Regulations Pertaining to Child Day Care  |
| 3 - Child Day Care Program Development         | 8 - Statutes and Regulations Pertaining to Child Abuse     |
| 4 - Safety and Security Procedures             | 9 - Education and Prevention of Shaken Baby Syndrome       |
| 5 - Business Record Maintenance and Management |  |

## Core Body of Knowledge (CBK) Competency Areas:

- |  |                                    |
|--|------------------------------------|
| 1 - Child Growth and Development       | 5 - Health, Safety and Nutrition   |
| 2 - Family and Community Relationships | 6 - Professionalism and Leadership |
| 3 - Observation and Assessment         | 7 - Administration and Management  |
| 4 - Environment and Curriculum         |                                    |

## Child Development Associate (CDA) Training Areas:

- |  |  |
|--|--|
| 1 - Planning a Safe, Healthy Learning Environment            | 5 - Managing an Effective Program                              |
| 2 - Advancing Children's Physical & Intellectual Development | 6 - Maintaining a Commitment to Professionalism                |
| 3 - Supporting Children's Social and Emotional Development   | 7 - Observing and Recording Children's Behavior                |
| 4 - Building a Productive Relationship with Families         | 8 - Understanding Principles of Child Development and Learning |

# BROOME COUNTY TRAININGS

Located at: Family Enrichment Network, 24 Cherry Street, Johnson City

## JANUARY

### **Director Health and Safety**

Directors are responsible for hiring, training, and maintaining staff who provide a healthy and safe environment for children. This course will help directors look at policies and procedures that reinforce high-quality health and safety practices. Directors will receive in-depth information on the Child Care Development Block Grant training requirements and will be encouraged to examine their policies in order to make positive changes that promote best practice care.

You must register with both SUNY PDP and FEN for this training.

[www.ecetp.pdp.albany.edu/findtraining.aspx](http://www.ecetp.pdp.albany.edu/findtraining.aspx)

Presenter: Leslie Vermaat  
 Date: Jan. 8, 10 & 15, 2019  
 Time: 8am– 1pm each day  
 Training credit: 15 hours total  
 OCFS Categories: 2, 4, 5, 6, 7, 8, & 9  
 Cost: \$250  
 Target Audience: CCC, SACC & LE Group Directors

### **CPR/First Aid**

Date: Jan. 19, 2019  
 Time: 9:00am-1:00pm  
 Training credit: 4 hours  
 Cost: \$80  
 Target Audience: ALL

### **Small Talk - Eco-Healthy Child Care: Plastics**

This topic of Eco Health Child Care will help participants learn how to recognize potentially hazardous plastic products and replace them with healthier, environmentally safe products.

Presenter: Cathy Lipski  
 Date: Jan. 23, 2019  
 Time: 6:30-7:30pm  
 Training credit: 1 hour  
 Cost: Free  
 Target Audience: FCC, GFCC

### **CACFP: Community Helpers Nutrition Calendar**

Come and learn about the new nutrition calendar and its many benefits. We will review activities and lessons that correlate with the monthly themes in the calendar. You will learn the benefits of using the calendar for keeping records. We will also discuss the new meal pattern requirements and answer some of your concerns regarding the new requirements.

Presenter: Lisa Rosa  
 Date: Jan. 31, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Categories: 2, 3 & 5  
 CBK Competencies: 1 & 5  
 CDA Training Areas: 2  
 Cost: Free if enrolled in CACFP  
 \$70-not enrolled in CACFP/EIP eligible  
 Target Audience: FCC, GFCC and Legally Exempt if enrolled in CACFP



## FEBRUARY

### **Competent Supervision**

The most critical job of a child care provider is to keep children safe through competent supervision. But what exactly is competent supervision and how is it achieved? You will learn 5 components that are a “must” and get lots of strategies to provide the best supervision possible. Nothing is more important!

Presenter: Leslie Vermaat  
 Date: Feb. 5, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Category: 4 & 7  
 CBK Competencies: 5  
 CDA Training Areas: 1  
 Cost: \$70/ EIP  
 Target Audience: ALL

## BROOME CONTINUED...

Located at: Family Enrichment Network, 24 Cherry Street, Johnson City

### CPR/First Aid for Couples

For Valentine's Day, spend a special day learning CPR/First Aid with your partner.

Date: Feb. 9, 2019  
 Time: 9:00am-1:00pm  
 Training credit: 4 hours  
 Cost: \$80 for first person—  
 \$40 for second person  
 (\*\*second person not eligible for scholarships)  
 Target Audience: ALL



### Small Talk - Constructive Communication

The way we communicate can create a huge impact on our relationships with others. This session will discuss methods to encourage positive, active, and constructive communication with children and adults.

Presenter: Cathy Lipski  
 Date: Feb. 27, 2019  
 Time: 6:30-7:30pm  
 Training credit: 1 hour  
 Cost: Free  
 Target Audience: FCC, GFCC

## MARCH

### Health and Safety

This competency based 15-hour training provides a foundation for practices that promote and protect the health and safety of children in home-based child care. Successful completion is required for all new group and family child care providers prior to becoming licensed or registered, as well as existing providers who change location or modality.

You must register with both SUNY PDP and FEN for this training.

[www.ecetp.pdp.albany.edu/findtraining.aspx](http://www.ecetp.pdp.albany.edu/findtraining.aspx)

Presenter: Leslie Vermaat  
 Date: March 5, 7 & 12, 2019  
 Time: 8am- 1pm each day  
 Training credit: 15 hours total  
 OCFS Categories: 2, 4, 5, 6, 7, 8, & 9  
 CBK Competencies: 5 & 7  
 CDA Training Areas: 1, 5, & 6  
 Cost: \$250  
 Target Audience: ALL

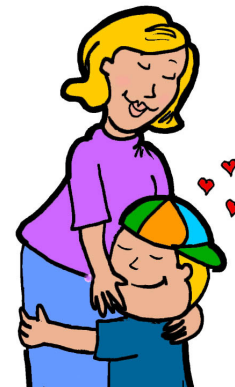
### CPR/First Aid

Date: March 13, 2019  
 Time: 5:00-9:00pm  
 Training credit: 4 hours  
 Cost: \$80  
 Target Audience: ALL

### Social-Emotional (S-E) Skills for Early Learning

Research shows that children who participate in S-E learning do better academically, have improved behavior, more friends, and healthier relationships. The program, Second Step, is a curriculum that promotes the development of these S-E skills in young children. This training will provide an introduction to Second Step, which can help you teach your children to manage emotions, have empathy, solve problems, and communicate assertively.

Presenter: Leslie Vermaat  
 Date: March 19, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Category: 1 & 3  
 CBK Competencies: 1 & 4  
 CDA Training Areas: 3 & 8  
 Cost: \$70/ EIP  
 Target Audience: ALL





# BROOME CONTINUED...

Located at: Family Enrichment Network, 24 Cherry Street, Johnson City

### Small Talk - The Amazing Plastic Brain

What happens to a child’s brain during the learning process? Attend this session and you will better understand how the brain develops.

Presenter: Cathy Lipski  
 Date: March 27, 2019  
 Time: 6:30-7:30pm  
 Training credit: 1 hour  
 Cost: Free  
 Target Audience: FCC, GFCC

### Webcast (formerly Videoconference):

Date: April 11, 2019  
 Time: 6:45pm-9:15pm  
 Target Audience: ALL

### Sexual Harassment Training

In recent years, the topic of sexual harassment in the workplace has been brought into the national spotlight. The purpose of this training is to have a common understanding of what sexual harassment is and who is not acceptable in the workplace.

Presenter: Julie Henry  
 Date: April 10, 2019  
 Time: 6:00–7:00pm  
 Training credit: 1 hour  
 OCFS Category: 5  
 Cost: \$10  
 Target Audience: GFDC, Center, SACC

## APRIL

### CPR/First Aid

Date: April 6, 2019  
 Time: 9:00am-1:00pm  
 Training credit: 4 hours  
 Cost: \$80  
 Target Audience: ALL

### Director Health and Safety

Directors are responsible for hiring, training, and maintaining staff who provide a healthy and safe environment for children. This course will help directors look at policies and procedures that reinforce high-quality health and safety practices. Directors will receive in-depth information on the Child Care Development Block Grant training requirements and will be encouraged to examine their policies in order to make positive changes that promote best practice care.

You must register with both SUNY PDP and FEN for this training.

[www.ecetp.pdp.albany.edu/findtraining.aspx](http://www.ecetp.pdp.albany.edu/findtraining.aspx)

Presenter: Leslie Vermaat  
 Date: April 9, 11 & 16, 2019  
 Time: 8am– 1pm each day  
 Training credit: 15 hours total  
 OCFS Categories: 2, 4, 5, 6, 7, 8, & 9  
 Cost: \$250  
 Target Audience: CCC, SACC & LE Group Directors

### Small Talk - I am a Teacher, Not a Babysitter, Part 1

An early childhood professional has the personal characteristics to provide programs to facilitate a child’s learning.

Presenter: Cathy Lipski  
 Date: April 24, 2019  
 Time: 6:30-7:30pm  
 Training credit: 1 hour  
 Cost: Free  
 Target Audience: FCC, GFCC

## MAY

### CPR/First Aid

Date: May 8, 2019  
 Time: 5:00pm-9:00pm  
 Training credit: 4 hours  
 Cost: \$80  
 Target Audience: ALL



## BROOME CONTINUED...

Located at: Family Enrichment Network, 24 Cherry Street, Johnson City

### Child Abuse and Abusive Head Trauma (SBS)

In this workshop we will review the general responsibilities of a mandated child abuse reporter, the indicators of child abuse and reasonable cause to suspect. This training will also focus on the brain development of children and why it is so vitally important to prevent Shaken Baby Syndrome.

Presenter: Leslie Vermaat  
 Date: May 14, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Category: 6, 8, & 9  
 CBK Competencies: 1, 5, & 6  
 CDA Training Areas: 1 & 2  
 Cost: \$70/ EIP  
 Target Audience: ALL



### CACFP: Community Helpers Nutrition Calendar

Come and learn about the new nutrition calendar and its many benefits. We will review activities and lessons that correlate with the monthly themes in the calendar. You will learn the benefits of using the calendar for keeping records. We will also discuss the new meal pattern requirements and answer some of your concerns regarding the new requirements.

Presenter: Lisa Rosa  
 Date: May 16, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Categories: 2, 3 & 5  
 CBK Competencies: 1 & 5  
 CDA Training Areas: 2  
 Cost: Free if enrolled in CACFP  
       \$70-not enrolled in CACFP/EIP eligible  
 Target Audience: FCC, GFCC and  
       Legally Exempt if enrolled in CACFP

### Small Talk - I am a Teacher, Not a Babysitter, Part 2

A continuation of the discussion conveying the importance and professionalism of child care providers.

Presenter: Cathy Lipski  
 Date: May 22, 2019  
 Time: 6:30-7:30pm  
 Training credit: 1 hour  
 Cost: Free  
 Target Audience: FCC, GFCC

## JUNE

### Health and Safety

This competency based 15-hour training provides a foundation for practices that promote and protect the health and safety of children in home-based child care. Successful completion is required for all new group and family child care providers prior to becoming licensed or registered, as well as existing providers who change location or modality. You must register with both SUNY PDP and FEN for this training.

[www.ecetp.pdp.albany.edu/findtraining.aspx](http://www.ecetp.pdp.albany.edu/findtraining.aspx)

Presenter: Leslie Vermaat  
 Date: June 4, 6, & 11, 2019  
 Time: 8am- 1pm each day  
 Training credit: 15 hours total  
 OCFS Categories: 2, 4, 5, 6, 7, 8, & 9  
 CBK Competencies: 5 & 7  
 CDA Training Areas: 1, 5, & 6  
 Cost: \$250  
 Target Audience: ALL

### Small Talk - Inspire Big Dreams

Imagine how much better this world would be if we dreamed like children again. IT is possible! It all starts with helping children value the importance of their own dreams.

Presenter: Cathy Lipski  
 Date: June 26, 2019  
 Time: 6:30-7:30pm  
 Training credit: 1 hour  
 Cost: Free  
 Target Audience: FCC, GFCC

# CHENANGO COUNTY TRAININGS

Located at: Family Enrichment Network, 21 S Broad Street, Norwich

## JANUARY

### **CPR/First Aid**

Date: January 12, 2019  
 Time: 9:00am-1:00pm  
 Training credit: 4 hours  
 Cost: \$80  
 Target Audience: ALL

### **It's Tax Time!**

Tax time can be stressful! We will explore and share simple bookkeeping tips and resources that can make tax time easier.

Presenter: Julie Henry  
 Date: January 17, 2019  
 Time: 6:00-7:30pm  
 Training credit: 1 1/2 hours  
 OCFS Category: 5  
 CBK Competencies: 7  
 CDA Training Areas: 5  
 Cost: \$10  
 Target Audience: ALL



### **Cavity Free Kids**

Cavity Free Kids is oral health education for young children and their families. We will look at the importance of baby teeth, what causes cavities, tooth healthy food and beverages and activities and lessons for your programs. We will also look at good oral hygiene through "Brush, Floss, Swish", Going to the Dentist and tools to engage families.

Presenter: Julie Henry  
 Date: January 23, 2019  
 Time: 6:00-8:00pm  
 Training credit: 2 hours  
 OCFS Category: 2 & 3  
 CBK Competencies: 4 & 5  
 CDA Training Areas: 1, 2 & 4  
 Cost: FREE  
 Target Audience: ALL

## FEBRUARY

### **Sexual Harassment Training**

In recent years, the topic of sexual harassment in the workplace has been brought into the national spotlight. The purpose of this training is to have a common understanding of what sexual harassment is and who is not acceptable in the workplace.

Presenter: Julie Henry  
 Date: February 6, 2019  
 Time: 6:00-7:00pm  
 Training credit: 1 hour  
 OCFS Category: 5  
 Cost: \$10  
 Target Audience: GFDC, Center, SACC

### **Preparing for and Responding to Challenging Behaviors**

This workshop will focus on a variety of common but challenging behaviors and will discuss several different strategies for dealing with them. We'll also discuss the regulations regarding behavior management.

Presenter: Julie Henry  
 Date: February 21, 2019  
 Time: 6:00-7:30pm  
 Training credit: 1 1/2 hours  
 OCFS Category: 1, 2 & 7  
 CBK Competencies: 1, 2, 4 & 5  
 CDA Training Areas: 2, 3, 4 & 8  
 Cost: \$10  
 Target Audience: ALL



## MARCH

### **CPR/First Aid**

Date: March 7, 2019  
 Time: 5:00pm-9:00pm  
 Training credit: 4 hours  
 Cost: \$80  
 Target Audience: ALL

# CHENANGO CONTINUED...

Located at: Family Enrichment Network, 21 S Broad Street, Norwich

## SAVE THE DATE

### **Super Saturday**

This day long training will be comprised of sessions on a variety of topics to cover all training categories. More information will be mailed.

Presenter: Julie Henry  
 Date: March 23, 2019  
 Time: 9:00am-2:00pm  
 Training credit: 5 hours  
 Cost: \$10  
 Target Audience: ALL

## APRIL

### **Webcast (formerly Videoconference):**

Date: April 11, 2019  
 Time: 6:45pm-9:15pm  
 Target Audience: ALL

### **Recycle and Reuse**

Let's talk about how to get children and parents involved in recycling and re-using. We will have hands on activities using different recycled items to incorporate into the daily routine.

Presenter: Julie Henry  
 Date: April 18, 2019  
 Time: 6:00-7:30pm  
 Training credit: 1 1/2 hours  
 OCFS Category: 2 & 3  
 CBK Competencies: 4 & 5  
 CDA Training Areas: 1  
 Cost: \$10  
 Target Audience: ALL

## MAY

### **Outdoor Safety: Being Prepared!**

Spring is here and so is the time to get outside and play! The goal is to be prepared to keep children safe. We will talk about inspecting our play area for any hazards following winter and review the regulations.

Presenter: Julie Henry  
 Date: May 8, 2019  
 Time: 6:00-7:30pm  
 Training credit: 1 1/2 hours  
 OCFS Category: 4 & 7  
 CBK Competencies: 4  
 CDA Training Areas: 1 & 2  
 Cost: \$10  
 Target Audience: ALL

### **CPR/First Aid**

Date: May 23, 2019  
 Time: 5:00pm-9:00pm  
 Training credit: 4 hours  
 Cost: \$80  
 Target Audience: ALL

## JUNE

### **Let's Get Physical!**

In this workshop, we will talk about the benefits of physical activity. We'll explore different ways to provide gross motor activities for children. Let's make some simple games that require little or no cost to take home.

Presenter: Julie Henry  
 Date: June 20, 2019  
 Time: 6:00-7:30pm  
 Training credit: 1 1/2 hours  
 OCFS Category: 1, 2, 3 & 7  
 CBK Competencies: 1, 4 & 5  
 CDA Training Areas: 2  
 Cost: \$10  
 Target Audience: ALL

## Provider Talks

**Back by popular demand!**

**The "Provider Talks" networking times will be returning soon throughout the county. More information on topics and dates will be coming from Julie!**

# TIOGA COUNTY TRAININGS

Located at: Family Enrichment Network/ Abide in the Vine 1277 Taylor Road, Owego

## JANUARY

### What's New and Planning Ahead for Winter/Spring

This training will review the most recent "Dear Provider" letter from OCFS and discuss changes affecting family child care providers, or any other issues/child care trends they should be aware of. We'll also review the current training calendar for January through June and make individualized professional development plans. Assistance with EIP/FEN/VOICE scholarship applications will be available.

Presenter: Ann Shear  
 Date: January 9, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Categories: 5 & 7  
 CBK Competencies: 7  
 CDA Training Areas: 5  
 Cost: FREE  
 Target Audience: ALL

### Business Tips from Tom Copeland

In this session, we will review some timely tips from child care business guru Tom Copeland, including topics like "proper shoe policies" and sharing a child's info with school. We'll also take a look at what's new for this year's tax deductions specific to child care providers.

Presenter: Ann Shear  
 Date: January 23, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Categories: 5 & 7  
 CBK Competencies: 7  
 CDA Training Areas: 5  
 Cost: \$70/ EIP eligible  
 Target Audience: FCC, GFCC ONLY



## FEBRUARY

### ACES-Trauma Informed Child Care

This session will focus on Adverse Childhood Experiences (ACEs) and how they can affect a person from childhood through adulthood. Participants will have an opportunity to determine their own ACE score and will use that information to reflect on "trauma informed care" and how we can help children overcome these obstacles.

Presenter: Ann Shear  
 Date: February 6, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Categories: 1, 3, & 7  
 CBK Competencies: 1  
 CDA Training Areas: 3  
 Cost: \$70/ EIP eligible  
 Target Audience: ALL



## MARCH

### Provider Care: Avoiding Stress and Burn Out

Providing quality child care includes taking care of ourselves so we can be at the top of our game when providing optimal experiences for the children in our care. Join us for a relaxing evening while finding out what your stress triggers might be and simple things you can do to avoid burn-out.

Presenter: Ann Shear  
 Date: March 6, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Categories: 6, 8, & 9  
 CBK Competencies: 5  
 CDA Training Areas: 1  
 Cost: \$70/ EIP eligible  
 Target Audience: ALL

# TIOGA CONTINUED...

Located at: Family Enrichment Network/ Abide in the Vine 1277 Taylor Road, Owego

## **CACFP: Community Helpers Nutrition Calendar**

Come and learn about the new nutrition calendar and its many benefits. We will review activities and lessons that correlate with the monthly themes in the calendar. You will learn the benefits of using the calendar for keeping records. We will also discuss the new meal pattern requirements and answer some of your concerns regarding the new requirements.

Presenter: Lisa Rosa  
 Date: March 19, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Categories: 2, 3 & 5  
 CBK Competencies: 1 & 5  
 CDA Training Areas: 2  
 Cost: Free if enrolled in CACFP  
 \$70-not enrolled in CACFP/EIP eligible  
 Target Audience: FCC, GFCC and  
 Legally Exempt if enrolled in CACFP

## APRIL

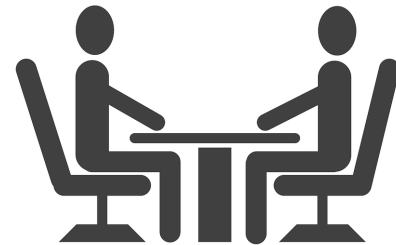
### **What To Do When Babies Cry and Child Abuse Case Studies**

A leading cause of Shaken Baby Syndrome is caregiver frustration when a baby just won't stop crying. In this session, we'll develop strategies you can use when faced with a baby you can't soothe or comfort. After a review of regulations, reporting requirements, and indicators of child abuse, we'll also take a look at some "what would you do?" case studies. Not every case is black and white and this session might answer some questions about those grey areas.

Presenter: Ann Shear  
 Date: April 3, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Categories: 6, 8, & 9  
 CBK Competencies: 5  
 CDA Training Areas: 1  
 Cost: \$70/ EIP eligible  
 Target Audience: FCC/GFCC

## **Webcast (formerly Videoconference):**

Date: April 11, 2019  
 Time: 6:45pm-9:15pm  
 Target Audience: ALL



## MAY

### **Parent Interviews**

Have you ever been approached for child care by a family whose situation/personal choices go against everything you believe? How do you deal with those situations? In this session, we'll discuss how to avoid discrimination when interviewing parents whose values are different from yours.

Presenter: Ann Shear  
 Date: May 1, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Categories: 4 & 7  
 CBK Competencies: 2  
 CDA Training Areas: 4  
 Cost: \$70/ EIP eligible  
 Target Audience: FCC/GFCC

# TIOGA CONTINUED...

Located at: Family Enrichment Network/ Abide in the Vine 1277 Taylor Road, Owego

## JUNE

### **Sexual Harassment Training**

In recent years, the topic of sexual harassment in the workplace has been brought into the national spotlight. The purpose of this training is to have a common understanding of what sexual harassment is and who is not acceptable in the workplace.

Presenter: Julie Henry  
 Date: June 4, 2019  
 Time: 6:00–7:00pm  
 Training credit: 1 hour  
 OCFS Category: 5  
 Cost: \$10  
 Target Audience: GFDC, Center, SACC



### **CPR/First Aid**

Date: June 12, 2019  
 Time: 5:00-9:00pm  
 Training credit: 4 hours  
 Cost: \$80  
 Target Audience: ALL

### **What’s New and Planning Ahead for Summer/Fall**

This training will review the most recent “Dear Provider” letter from OCFS and discuss changes affecting family child care providers, or any other issues/child care trends they should be aware of. We’ll also review the current training calendar for July through December and make individualized professional development plans. Assistance with EIP/FEN/VOICE scholarship applications will be available.

Presenter: Ann Shear  
 Date: June 5, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Categories: 5 & 7  
 CBK Competencies: 7  
 CDA Training Areas: 5  
 Cost: FREE  
 Target Audience: ALL

### **Summer Activities**

Time to get outside to play! Taking your program outside can be a great way to breathe fresh air into your program. We’ll talk about some simple, easy things you can do as well as how you can really change things up and go as far as taking your entire program outside for the summer. Did you know that in Europe, there are child care programs that are conducted totally outdoors, even in the winter?

Presenter: Ann Shear  
 Date: June 19, 2019  
 Time: 6:30-8:30pm  
 Training credit: 2 hours  
 OCFS Categories: 1, 3, & 7  
 CBK Competencies: 1, 4, & 7  
 CDA Training Areas: 2, 3, & 5  
 Cost: \$70/ EIP eligible  
 Target Audience: ALL





Family Enrichment Network  
24 Cherry Street  
Johnson City, NY 13790-0997



The mission of Family Enrichment Network is to provide supportive services for the optimal development of children and families. This mission includes a strong commitment to partnering with families and community agencies to develop and provide programs to achieve the best results for children and families. We believe in coordinating children and family services using a comprehensive and collaborative approach to improve their quality of life while ensuring the greatest value for our investment in child, adult, and parent development .

To learn more about our mission, and share in our vision that all children and families have the opportunity to grow and develop to their full potential, please visit our website at [www.familyenrichment.org](http://www.familyenrichment.org).