

# PROFESSIONAL DEVELOPMENT TRAINING CALENDAR

January - March 2026

YOUR ONE-STOP-SHOP FOR 2026 TRAINING OPPORTUNITIES IN BROOME, CHENANGO, AND TIOGA COUNTIES





Click here to sign up!



# FOR MORE INFORMATION CALL:

(607) 723-8313 ext. 829 or 1-800-281-8741

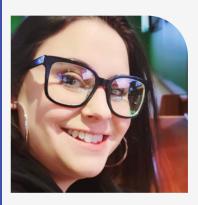
# **MEET OUR STAFF!**

We are ready to meet your training needs with our knowledgeable and highly experienced trainers



**CATHY LEE** 

Cathy has been providing adult professional development training, wellness classes and CPR for most of her career. She has also had the opportunity to teach children in Head Start classes at Family Enrichment Network. Health and Wellness is her area of expertise and is a personal passion. Her background includes a Master's Degree in Public Administration from Penn State and certifications in Personal Training, Pilates and Group Exercise. She is certified through NYAEYC and ASPIRE as Content Specialist and through National CACFP as a CACFP Child Nutrition Professional . She also holds a certification in Early Childhood Outdoor Learning Environments from North Carolina State University. It is important to keep up with new developments in the field, so she is always increasing her knowledge by attending training programs sponsored by various organizations. It is her goal to continuously offer new, updated and enjoyable classes that will enhance and strengthen early childhood education.



**ALLIE DRAKE** 

Allie started at FEN October 2023. She has been in childcare for the last six years mainly working in UPK through both Vestal and Binghamton School district, but she also has experience with all ages. She found she had a passion working with children and decided to pursue her masters in developmental psychology with an ultimate goal in helping children. Allie loves learning new things as well as educating others. In her free time she loves spending time with her friends, board games are her go-to activity. She also loves spending time with her family, including their two-year-old Labrador retriever!



**ISABELLE GORHAM** 

Isabelle graduated from the University at Albany in 2017 with a degree in psychology and criminal justice. With a passion for people, she has spent many years working with the public in various settings and for various reasons. While she may be new to the Family Enrichment Network family, Isabelle is not new to working with kids, or to the child care or education systems. Since graduating, she has spent her time working in a variety of roles in child care and retail settings that have allowed her to master the skills required for her job in the CCRC (including child care best practices, social skills, business operations, marketing, branding, and much more)! Over the last few years Isabelle realized that helping others was her true calling in life, and now at FEN, she loves that her main focus is on helping child care providers create safe spaces for children to grow and learn. Outside of work, she likes to be home with her two year-old son, playing games, and stopping to smell the roses.



**VICTORIA ALLEN** 

Victoria graduated from SUNY Cortland in 2013 with a degree in Psychology and minor in Children with Exceptionalities. During college she worked as a 1:1 aide as well as before-school and per diem care. After graduation she worked at the Cornell Child Care Center, Early Head Start with Tompkins Community Action, and at the Lourde's Child Care Center. She recently closed her home day care to start working with FEN. When not at work, Victoria loves to spend time with her 2 young daughters, read and attend concerts.

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**MARY FOX** 

Mary graduated from Broome Community College in 2003 with an associate's in early childhood education. She has twenty plus years of experience working in the early childhood education field. As a toddler teacher & preschool teacher. She enjoys spending time with her family and friends. Especially her two grandchildren.



**ABBIE BENNETT** 

Abbie has worked for FEN for 15 years as an early head start teacher before taking over the training and coaching specialist position in September of this year. She is excited to try something new and help other daycares out with whatever they need. She has a Bachelor's Degree in Psychology, taking many early education classes. Prior to starting at FEN, she worked with children in some way, either as a nanny, family owned daycare or a childcare setting. When she is not at work she and her fiancé enjoy spending as much time on the golf course as they can. She also has a 10 year old step daughter and a 10 year old chocolate lab.

# Child Care Resource Center Contact Information

607-723-8313

<u>Cathy Lee:</u> Health and Wellness Supervisor <u>cjlee@familyenrichment.org</u> x824

<u>Allie Drake:</u> Training and TA Supervisor <u>adrake@familyenrichment.org</u> x1620

<u>Isabelle Gorham:</u> CCRC Business Specialist <u>igorham@familyenrichment.org</u> x1616

Victoria Allen: Infant Toddler Specialist vallen@familyenrichment.org x1678

Mary Fox: Tioga CCRC Specialist mfox@familyenrichment.org x.1187

**Abbie Bennet:** Training and Coaching Specialist abennett@familyenrichment.org x.1642

Crystal Taylor: Child Care Specialist <a href="mailto:ctaylor@familyenrichment.org">ctaylor@familyenrichment.org</a> x829

Rachel Dowd: Provider Services Coordinator rdowd@familyenrichment.org x894

Jennifer Perney: Family and Community Services Director jperney@familyenrichment.org x872

# **JANUARY TRAININGS**

Training Title	Date	Location	OCFS Training Categories									
			1	2	3	4	5	6	7	8	9	10
Health and Safety for Providers	1/5, 1/7. 1/9	JC		Х		Х	Х	Х	X	X	X	
(G)FDC Regulations Refresher	1/5	JC							Х			
Fostering Resiliency	1/13	JC										Х
Watch Me! Celebrating Milestones and Sharing Concerns	1/15	Bing	X									
CACFP Y26	1/20	Bing		Х			х					
Five Stages of Child Development	1/21	Owego	Х									
CPR/First Aid	1/21	Bing				Х						
Adult Mental Health	1/27	Virtual			х							
Ways to Deal with Challenging Behaviors	1/29	JC	х		х							

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

- 1 Principles of Childhood Development
- 2 Nutrition & Health Needs of Children
- 4 Safety & Security Procedures
- 5 Business Record Maintenance & Mgmt.
- 6 Child Abuse & Maltreatment Identification/Prevention
- 7 Statutes & Regulations Pertaining to Child Day Care
- 3 Child Day Care Program Development 8 Statutes & Regulations Pertaining to Child Abuse
  - 9 Education & Prevention of Shaken Baby Syndrome
  - 10 Adverse childhood experiences, trauma & resiliency

### **QUALITYstarsNY Categories:**

Child Observation and Assessment (COA 6 / COA8) Curriculum Planning & Implementation (CPI 6) Environmental Rating Scales (ERS) Training (HE 1 / CE1) Obesity Prevention Training (PH 6) Supporting English Language Learners (FIS 9 / FIS 10)

January - March 2026

# **JANUARY TRAININGS**

# **BROOME**

# Health and Safety for Providers Allie Drake

January 5, 7, 9 from 9:00 AM to 2:45 PM

Cherry St, Johnson City

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 of this course is required for all new family or group family day care applicants in New York State prior to licensure or registration, as well as for existing family or group family day care providers who change location or modality. This course is required for all new FDC and GFDC providers by NYS OCFS.

Cost: \$250 or EIP/Voice Scholarships OCFS Category: 2, 4, 5, 6, 7,

\*\*\*Registration: MUST call to register

# (G)FDC Regulations Refresher Isabelle Gorham

January 5 from 6:00 PM to 7:00 PM

Cherry St, Johnson City

This training is for any provider/ECE professional who wants to review the New York State regulations. We will go over the regulations for FDC and GFDC. We will go over the basics of the regulations that have not changed, and then cover any new regulations - with a focus on anaphylaxis as this policy has been updated Nov.1, 2024.

Cost: Free OCFS Category: 7

# Fostering Resiliency Isabelle Gorham

January 13 from 6:00 PM to 7:00 PM

Cherry St, Johnson City

This training is for providers who are looking to support children that may experience or have already experienced an adverse childhood event, also known as an ACE. It is recommended that providers take an ACES training prior to attending this training to ensure the proper background knowledge. This training will focus on resiliency: how to build it, maintain it, and why it is so important in childrens' lives. Resiliency is a skill, and we, as early childhood caregivers, have the ability to teach kids about this amazing tool that will be useful for the rest of their lives.

Cost: Free OCFS Category: 10

# Watch Me! Celebrating Milestones and Sharing Concerns Victoria Allen

January 15, 6:00 PM to 7:00 PM

Fayette St, Binghamton

As an early care and education provider, you play a critical role in the health and well-being of children. You are also very well-positioned to help identify children who might need extra help in their development. This training will help you fulfill this role by providing tools and best practices for monitoring the development of children in your care and talking about it with their parents.

Cost: Free OCFS Category: 1 QSNY Standard: COA

# **CACFP Y26** Cathy Lee

January 20 from 6:00 PM to 7:30 PM

Fayette St, Binghamton

This training session will review annual requirements for participating in the CACFP (Child and Adult Care Food Program) for those who already have basic knowledge of the program. Participants will become familiar with all procedures needed to successfully manage their food program in order to obtain the highest possible reimbursement for healthy meals served to children in their care. This program includes updates for the year 2026 and encourages participant interaction.

Cost: Free OCFS Category: 2, 5

January - March 2026

# **JANUARY TRAININGS**

# **CPR/First Aid/AED** Cathy Lee

January 21 from 5:30 PM until complete

Fayette St, Binghamton

This is an instructor-led, in-person, classroom-based approach to training where the core knowledge content is provided by using scenario-based video segments or slide presentation, followed by demonstration of skills and the opportunity for instructor-facilitated student practice. CPR/AED and First Aid skills will be taught and practiced as they relate to adults, children and infants. Participants will be able to perform effective CPR, use an AED and be trained in basic first aid techniques. Space is limited.

Cost: \$80 per person or EIP/Voice Scholarships Group discounts are available OCFS Category: 4 \*\*\*Registration: MUST call to register

# Ways to Deal with Challenging Behaviors Abbie Bennett

January 29, 6:00 PM to 7:30 PM

Cherry St, Johnson City

This training will go over the definition of challenging behavior. We will talk about ways to manage challenging behaviors and figuring out the "why" in challenging behaviors. We will be going over the importance of consistency and routines. We will discuss ideas on how to deal with challenging behaviors and strategies to help with challenging behaviors.

Cost: Free OCFS Category: 1, 3

# **TIOGA**

# Five Stages of Child Development Mary Fox

January 21 from 6:00 PM to 7:30 PM

Taylor Rd, Owego

In this Training, you will learn what child development is and gain an understanding of the five key stages that shape children's growth from birth through adolescence. We will explore how children develop physically, cognitively, socially, and emotionally across each stage, and discuss why these milestones are important for supporting their well-being and learning. Participants will also learn how to recognize typical patterns of development and how to use this knowledge to create supportive, age-appropriate learning environments.

Cost: Free OCFS Category: 1

# **VIRTUAL**

### Adult Mental Health Allie Drake

January 27 from 6:00 PM to 7:30 PM Virtual

This training will discuss the mental health challenges in staff, including second-hand trauma. We will discuss coping skills and self-help skills that will make teachers more successful.

Cost: Free OCFS Category: 3

# **FEBRUARY TRAININGS**

Training Title	Date	Location	OCFS Training Categories									
			1	2	3	4	5	6	7	8	9	10
Directors Health and Safety	2/9, 2/10, 2/11	JC	X	Х	Х	Х	X	X			Х	
Kindness and Consideration in Language	2/10	JC					X					
CACFP Y26	2/17	Bing		Х			Х					
Emerging Curriculum	2/18	Owego			Х							
CPR/First Aid	2/18	Bing				Х						
Protecting Children Against Trauma, Abuse, Neglect, and TBI	2/24	Virtual						Х		Х	Х	
Excel/Sheets: 101	2/25	JC					Х					
The Importance of Play	2/26	JC	Х		Х							

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

- 1 Principles of Childhood Development

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# **FEBRUARY TRAININGS**

# **BROOME**

# **Directors Health and Safety** Allie Drake

February 9, 10, 11 from 9:00 AM to 2:30 PM Cherry St, Johnson City

Directors are responsible for hiring, training, and maintaining staff who provide a healthy and safe environment for children. This 15-hour course will help CCC/SACC directors look at policies and procedures that reinforce high-quality health and safety practices. Directors will receive in-depth information from Caring for Our Children, the national standard of Best Practice, and will be encouraged to examine their policies in order to make positive changes that promote best practice care.

Cost: \$250 or EIP/Voice Scholarships

OCFS Category: 1, 2, 3, 4, 5,

6, 9

\*\*\*Registration: MUST call to register

# Kindness and Consideration in Language Isabelle Gorham

February 10 from 6:00 PM to 7:00 PM

Cherry St, Johnson City

This training is for anyone interested in understanding more about the importance of using kind and considerate language in the workplace. We will go over some key reasons why the words we choose are important, what to be aware of, and ways to implement more intentional language into our everyday conversations.

Cost: Free OCFS Category: 5

# **CACFP Y26** Cathy Lee

February 17 from 6:00 PM to 7:30 PM

Fayette St, Binghamton

This training session will review annual requirements for participating in the CACFP (Child and Adult Care Food Program) for those who already have basic knowledge of the program. Participants will become familiar with all procedures needed to successfully manage their food program in order to obtain the highest possible reimbursement for healthy meals served to children in their care. This program includes updates for the year 2026 and encourages participant interaction.

Cost: Free OCFS Category: 2, 5

# CPR/First Aid/AED Cathy Lee

February 18 from 5:30 PM until complete

Fayette St, Binghamton

This is an instructor-led, in-person, classroom-based approach to training where the core knowledge content is provided by using scenario-based video segments or slide presentation, followed by demonstration of skills and the opportunity for instructor-facilitated student practice. CPR/AED and First Aid skills will be taught and practiced as they relate to adults, children and infants. Participants will be able to perform effective CPR, use an AED and be trained in basic first aid techniques. Space is limited.

Cost: \$80 per person or EIP/Voice Scholarships Group discounts are available OCFS Category: 4 \*\*\*Registration: MUST call to register

# **FEBRUARY TRAININGS**

### Excel/Sheets: 101 Isabelle Gorham

February 25 from 6:00 PM to 7:00 PM

Cherry St, Johnson City

This training is for providers who are interested in learning more about how to utilize Microsoft Excel or Google Sheets to streamline record-keeping or other business operations. We will go over the basic functions of these kinds of spreadsheets, and possible ways to use them to meet your business needs. Participants will leave with an introductory level understanding of Excel/Sheets, and be able to create and maintain basic business records using both spreadsheet models.

Cost: Free OCFS Category: 5

### The Importance of Play Abbie Bennett

February 26 from 6:00 PM to 7:30 PM

Cherry St, Johnson City

This training will go over why play is important for children and the six reasons why both structured and unstructured play is important. We will talk about the difference between free play and guided play and give examples of both. We will go over the downsides to free play and the key roles of educators.

Cost: Free OCFS Category: 1, 3

# **TIOGA**

# **Emerging Curriculum** Mary Fox

February 18 from 6:00 PM to 7:30 PM

Taylor Rd, Owego

In this Training, you will learn what Emerging Curriculum is and how it supports meaningful, child-led learning. We will explore how children's interests, observations, and daily experiences can shape curriculum discussions and how educators can respond by creating environments and activities that extend children's thinking. Participants will also gain an understanding of what children benefit from in an Emerging Curriculum approach. This Training will provide practical strategies you can use directly in your program to foster a responsive, child-centered learning environment.

Cost: Free OCFS Category: 3 QSNY Category: CPI 6

# **VIRTUAL**

# Protecting Children Against Trauma, Abuse, Neglect, and Traumatic Brain

Injury Allie Drake

February 24 from 6:00 PM to 8:00 PM

Virtual

This training will help participants understand the importance of protecting children. As a childcare provider, you have a relationship with both children and their families. This training will discuss how this can be useful in detecting abuse or neglect of children in your care. This training will also discuss shaken baby syndrome or abusive head trauma and the severity of it.

Cost: Free OCFS Category: 6, 8, 9

# **MARCH TRAININGS**

Training Title	Date	Location	OCFS Training Categories									
			1	2	3	4	5	6	7	8	9	10
Contracts and Policies: Session 6	3/2	JC					Х		Х			
Prevention and Identification of Child Mistreatment	3/11	JC						X				
CPR/First Aid	3/16	Bing				Х						
CACFP Y26	3/17	Bing		Х			Х					
Learning Through Sensory Play	3/19	Owego			Х							
Creating an Inclusive Environment for All	3/24	Virtual	Х		Х							
The Importance and Benefits of Using Visual Cues in the Classroom	3/26	JC	×		x							

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### **QUALITYstarsNY Categories:**

Child Observation and Assessment (COA 6 / COA8)

Curriculum Planning & Implementation (CPI 6)

Environmental Rating Scales (ERS) Training (HE 1 / CE1)

Obesity Prevention Training (PH 6)

Supporting English Language Learners (FIS 9 / FIS 10)

# **MARCH TRAININGS**

# **BROOME**

### Contracts and Policies: Session 6 Isabelle Gorham

March 2 from 5:30 PM to 8:30 PM

Cherry St, Johnson City

In this course, participants will learn about the basic components that all family and employee contracts should have, will learn how to write family and employee contracts, and will learn how to file and store family and employee contracts.

Cost: Free OCFS Category: 5, 7

### **Prevention and Identification of Child Mistreatment** Isabelle Gorham

March 11 from 6:00 PM to 7:00 PM

Cherry St, Johnson City

This training is for providers who want to be better prepared for identifying and handling child mistreatment. We will go over the most common signs/symptoms, methods of and requirements for reporting, and how child care providers can play an important role in keeping kids safe and healthy. By the end of training, caregivers should feel confident about preventing, identifying, and reporting child mistreatment.

Cost: Free OCFS Category: 6

# CPR/First Aid/AED Cathy Lee

March 16 from 5:30 PM until complete

Fayette St, Binghamton

This is an instructor-led, in-person, classroom-based approach to training where the core knowledge content is provided by using scenario-based video segments or slide presentation, followed by demonstration of skills and the opportunity for instructor-facilitated student practice. CPR/AED and First Aid skills will be taught and practiced as they relate to adults, children and infants. Participants will be able to perform effective CPR, use an AED and be trained in basic first aid techniques. Space is limited.

Cost: \$80 per person or EIP/Voice Scholarships Group discounts are available OCFS Category: 4 \*\*\*Registration: MUST call to register

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March 17 from 6:00 PM to 7:30 PM

Fayette St, Binghamton

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Cost: Free OCFS Category: 2, 5

# **MARCH TRAININGS**

# The Importance and Benefits of Using Visual Cues in the Classroom Abbie

Bennett

March 26 from 6:00 PM to 7:30 PM

Cherry St, Johnson City

In this training we will talk about the importance and benefits of using visual cues in the classroom. We will go over a number of different examples of visual cues and how to use them in the classroom. We will talk about how to use them during transitions.

Cost: Free OCFS Category: 1, 3

# Tioga

# **Learning Through Sensory Play** Mary Fox

March 19 from 6:00 PM to 7:30 PM

Taylor Rd, Owego

In this training, we will talk about what sensory play is and how it supports children's learning and development. Sensory play involves activities that engage the senses – such as touch, sight, sound, smell, and movement- to help children explore and make sense of the world around them. We will discuss different types of sensory experiences, how to set up meaningful sensory experiences, and the developmental benefits children gain from sensory play.

Cost: Free OCFS Category: 3 QSNY Category: CPI 6

# **Virtual**

# Creating an Inclusive Environment for All Allie Drake

March 24 from 6:00 PM to 7:30 PM

Virtual

This training will discuss how to create an inclusive classroom for all. We will discuss inclusivity for languages, disabilities and learning differences

Cost: Free OCFS Category: 1, 3



# DON'T SEE WHAT YOU NEED? CLICK HERE OR SCAN TO LET US KNOW!



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# **ADDITIONAL INFORMATION**

# FAMILY ENRICHMENT NETWORK OFFICE LOCATIONS

**Binghamton** 

29 Fayette St

**Johnson City** 

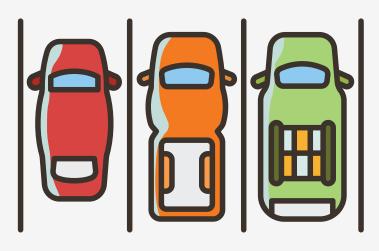
24 Cherry St

Norwich

21 S Broad St

Owego

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



# **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.

<u>Binghamton:</u> You can park on the same side of the street as our building. (We no longer rent parking in the lot across the street, so parking there is at your own risk.)

<u>Owego:</u> The entrance to the building is on the left side and parking is available in that area.

**Norwich**: You can park in the public parking lot (off Main St, turn into Theatre Lane to parking lot, or off Broad Street turn into the ally way next to the movie theater to access the parking lot) or utilize street parking.

# TRAINING POLICIES AND INFORMATION

### \*\* 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, 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.

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

Scholarship funding to participate in training may be available through the Educational Incentive Program (EIP). EIP is a If Family Enrichment Network closes the voluntary scholarship program and may be available to help cover the costs of trainings. inclement weather, all trainings are also Please apply for EIP at www.ecetp.pdp.albany.edu. We do not want closed, call the main number and listen to 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 In Johnson City, the front doors do lock after not have to pay a co-pay. If you are 75% eligible for EIP, you will need to pay the remaining balance due. For more information or to apply for a scholarship, please visit www.ecetp.pdp.albany.edu. You may also contact EIP at eip@albany.edu or 800-295-9616 or 518-442-6575. \*Apply early, as funding is limited and could run out.

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

Family Enrichment Network is an approved training organization with CSEA/VOICE. Scholarship funding may be available for family, group family, and legally exempt providers. Visit voicecsea.org to obtain a CSEA ID and for more information.

### \*\* FEN Scholarship \*\*

A FEN Scholarship may be available to help you cover the training cost. Proof of income will be reviewed, as well as program financial the entire training in order to receive information. Economic hardships will be evaluated on an individual basis. MAT, Fall Conference, CPR/First Aid, and CDA. The FEN Scholarship is designed for single, evening classes. Call Crystal for more information.

### \*\* Refund Policv \*\*

All trainings, conferences and/or workshops are NON-Refundable, unless cancelled by us.

### \*\* Late Policy \*\*

Participants who arrive 15 minutes or more after the start of the training will not be admitted to the training unless previously discussed with the trainer. Please get in contact with the trainer if you will be late.

### \*\* 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. 829.

### \*\* Inclement Weather \*\*

agency for all programs because of cancelled. To find out if the agency has the message at (607) 723-8313.

### \*\* Accessibility \*\*

the trainings begin. Please arrive on time. The Fayette St. door is locked at all times. Please ring the bell for access. Be patient as staff need to come down stairs to open the door.

### \*\* Accommodations\*\*

If you require special accommodations please reach out to our staff to discuss how we can best meet your needs.

### \*\* 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 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 is appropriate to the training.