



# PROFESSIONAL DEVELOPMENT TRAINING CALENDAR

October - December 2024

YOUR ONE-STOP-SHOP FOR 2024 TRAINING  
OPPORTUNITIES IN BROOME, CHENANGO,  
AND TIOGA COUNTIES

SIGN UP HERE!



[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.



**CORTNEY NORNHOLD**

Cortney has built her career around being an advocate for children and supporting families. Her vision is to foster children's love of learning, to encourage them to try new and exciting things, and to give them a solid foundation to build on. In 2013, Cortney received her degree in early childhood education. In 2022, She earned her T-TAP training credential and her PITC certification. In April of 2023, she became a Pyramid Model Master Cadre trainer. Cortney offers many different trainings throughout the year and teaches the CDA class. When she is not working, she loves to spend time with her three children. Her hobbies include hiking, painting, crocheting, jigsaw puzzles, and playing board games.



**RACHEL DOWD**

Rachel graduated from Ithaca College in 2017 with a degree in psychology where she found a love for and interest in child development. She spent the first few years after college working at Racker Centers in Ithaca, honing her skills and developing a passion for special education and childcare, while also working as a coach for the Ithaca College women's crew team. Since then she has been working in special education programs and preschool programs while spending her free time coaching college and youth rowing. She is now a T-TAP credentialed trainer for FEN. When she's not at work Rachel enjoys hiking, exploring, and reading books ranging from cheesy romance to magical fantasy. She also loves spending time with her wonderful fiancé, Emily, and their three cats and five rats!

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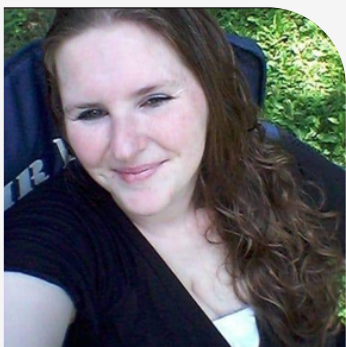
**ALLIE DRAKE**

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.



**LORI GRAHAM**

Lori is a native of Chenango County. Born and raised in Norwich, she graduated Morrisville State College in 2010 with a degree in Early Childhood Education. Lori has worked off and on in school aged childcare for the last 14 years. She enjoys gardening, camping, and spending time with her two daughters and 2 cats.

# OCTOBER TRAININGS

Training Title	Date	Location	OCFS Training Categories											
			1	2	3	4	5	6	7	8	9	10		
Family Involvement	10/9	Virtual	X		X									
Inclusion of Infants and Toddlers with Disabilities	10/17	Norwich	X		X									
CPR/First Aid/ AED	10/21	Binghamton				X								
CACFP Y24	10/22	Binghamton		X				X						

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

- 1 - Principles of Childhood Development
- 2 - Nutrition & Health Needs of Children
- 3 - Child Day Care Program Development
- 4 - Safety & Security Procedures
- 5 - Business Record Maintenance & Mgmt.
- 6 - Child Abuse & Maltreatment Identification/Prevention
- 7 - Statutes & Regulations Pertaining to Child Day Care
- 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)

# OCTOBER TRAININGS

## BROOME

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

October 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

### **CACFP Y24** Cathy Lee

October 22 from 6:00 PM to 8:00 PM

Fayette St, Binghamton

*This training session will review annual requirements for participating in the CACFP ( Child and Adult Food Care 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 2024 and encourages participant interaction.*

Cost: Free  
OCFS Category: 2, 5

## CHENANGO

### **Inclusion of Infants and Toddlers with Disabilities** Cortney Nornhold

October 17 from 6:00 PM to 8:00 PM

The Place, Norwich

*This interactive session will increase childcare providers' knowledge of the inclusion of children with differing abilities. Participants will have opportunities for small and large group discussions to highlight successes, challenges, strategies, and resources for overcoming challenges to inclusion.*

Cost: Free  
OCFS Category: 1, 3  
QSNY: COA8

## VIRTUAL

### **Family Involvement** Allie Drake

October 9 from 5:30 PM to 7:00 PM

Virtual

*This training will help address one of the most important things in a classroom, family engagement. This training will go over ideas on how to get parents more involved including family events, projects, and classroom participation. This training will also help develop methods to communicate with parents best.*

Cost: Free  
OCFS Category: 1, 3

# 2024 FALL CONFERENCE

## You're Invited!

Monday, October 14th  
7:30 AM to 3:30 PM  
249 Washington St  
Binghamton, NY



With keynote speaker  
**Mike Veny**

Join us for workshops,  
information tables,  
shopping, and more!



# NOVEMBER TRAININGS

Training Title	Date	Location	OCFS Training Categories											
			1	2	3	4	5	6	7	8	9	10		
Pyramid Model: Birth-8 1a	11/6 & 11/13	Virtual	X		X									
Watch Me! Celebrating Milestones & Sharing Concerns	11/7	Johnson City	X		X									
Observation and Assessment	11/12	Binghamton	X		X									
ACEs 101	11/14	Virtual												X
CPR/First Aid/ AED	11/18	Binghamton				X								
CACFP Y24	11/19	Binghamton		X			X							
Creating a Trauma-Sensitive Environment	11/20	Virtual						X						X
Caregiver Wellness and Wellbeing	11/26	Johnson City			X									

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**QUALITYstarsNY Categories:**

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- Supporting English Language Learners (FIS 9 / FIS 10)

# NOVEMBER TRAININGS

## BROOME

### **Watch Me! Celebrating Milestones & Sharing Concerns** Cortney Nornhold

November 7 from 6:00 PM to 8:00 PM

Cherry St, Johnson City

*This workshop increases participants' knowledge around developmental milestones and early identification with activities, resources, and materials. This training is part of the CDC's Learn the Signs, Act Early Campaign.*

Cost: Free

OCFS Category: 1, 3

QSNY: COA8

### **Observation and Assessment** Allie Drake

November 12 from 6:00 PM to 8:00 PM

Fayette St, Binghamton

*We have all these tools but how do we use them? This training will help understand different observation and assessment tools and how to use them. Using these tools can help guide your curriculum in a way that helps the child succeed. This training will also teach how bias may impact observation.*

Cost: Free

OCFS Category: 1, 3

QSNY: COA 6, COA 8, HE 1,

CE 1

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

November 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

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November 19 from 6:00 PM to 8:00 PM

Fayette St, Binghamton

*This training session will review annual requirements for participating in the CACFP ( Child and Adult Food Care 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 2024 and encourages participant interaction.*

Cost: Free

OCFS Category: 2, 5



# NOVEMBER TRAININGS

## **Caregiver Wellness and Wellbeing** Rachel Dowd

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

Cherry St, Johnson City

*We all know we should “put our own oxygen mask on before helping others” but that doesn’t mean that teachers do it. As teachers we prioritize others all day long, often putting our own needs last. In this training we will discuss our own wellbeing and how we can take care of ourselves while in a caretaker role.*

Cost: Free  
OCFS Category: 3

## VIRTUAL

## **Pyramid Model: Birth-8 1a** Cortney Nornhold

November 6 & 13 from 6:00 PM to 8:00 PM

Virtual

*Module 1a focuses on the elements of the Pyramid Model Framework, early brain development and understanding cultural influences on expectations regarding early childhood development and behaviors. \*\*\*Must attend both days to receive credit*

Cost: Free  
OCFS Category: 1, 3

## **ACEs 101** Rachel Dowd

November 14 from 5:30 PM to 8:30 PM

Virtual

*This training aims to broaden the state's understanding of ACE's and their impact on young children, their families, and the field of early childhood education. The 101-Level ACE Institute Training for Child Care Providers and Educators is the first training in a series designed to broaden the awareness of the effects of ACE's on children. This is the foundational training in which providers will learn the basic brain science surrounding the ACE's research. In later training, providers will apply this knowledge and gain practical strategies for trauma informed practice in early childhood education and care.*

Cost: Free  
OCFS Category: 10

## **Creating a Trauma-Sensitive Environment** Allie Drake

November 20 from 5:30 PM to 7:30 PM

Virtual

*This training talks about the basics of trauma, ACE, and PCEs. Descriptions of what these things are and how they impact children, present and future. The training describes 6 different categories of ways we can help children who may be dealing with trauma or ACEs. How teachers and providers can adjust the environment to help these children and families. Along with what to do if abuse or neglect is suspected.*

Cost: Free  
OCFS Category: 6, 10

# DECEMBER TRAININGS

Training Title	Date	Location	OCFS Training Categories											
			1	2	3	4	5	6	7	8	9	10		
Provider Health and Safety	12/9, 12/10, 12/12	Johnson City	X		X									
Dealing with Challenging Behaviors	12/10	Virtual			X									
Health and Safety Refresher	12/18	Virtual							X		X			
Oh, What a Thrill	12/19	Owego	X		X	X								

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# DECEMBER TRAININGS

## BROOME

### **Provider Health and Safety** Allie Drake

December 9, 10, 12 from 8:30 AM to 2:30 PM

Cherry St, Johnson City

*3 Day Series: This competency-based 15-hour training provides a foundation for practices that promote and protect the health and safety of children in home-based childcare. 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.*

Cost: \$250

OCFS Category: 1, 3

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

## Tioga

### **Oh, What a Thrill** Cortney Nornhold

December 19 from 6:00 PM to 8:00 PM

Taylor Rd, Owego

*Research shows children have an instinctual need to test their bodies and minds. In fact, many children thrive when they are able to overcome obstacles to become confident and capable learners. In this workshop, participants will define the six categories of risky play, identify the benefits of such play, and brainstorm activities to safely allow children to take risks in their programs*

Cost: Free

OCFS Category: 1, 3, 4

## Virtual

### **Dealing with Challenging Behaviors** Rachel Dowd

December 10 from 6:00PM to 7:30 PM

Virtual

*All behavior is communication. Learn about the different functions of challenging behavior in early childhood education and how prevention techniques can help you manage them. Learn more about how to de-escalate behaviors that are already happening and get a better understanding of them.*

Cost: Free

OCFS Category: 3

### **Health and Safety Refresher** Allie Drake

December 18 from 6:00 PM to 8:00 PM

Virtual

*A refresher course about health and safety in a childcare setting, both at home and center-based. This training goes over how to keep a safe, and healthy environment giving all children in care the ability to thrive.*

Cost: Free

OCFS Category: 6, 8

**DON'T SEE WHAT YOU  
NEED?**

**CLICK HERE OR SCAN  
TO LET US KNOW!**



## **Child Care Resource Center Contact Information**

**607-723-8313**

**Cathy Lee:** *Health and Wellness Coordinator* [cjlee@familyenrichment.org](mailto:cjlee@familyenrichment.org) x824

**Cortney Nornhold:** *Infant Toddler Specialist* [cnornhold@familyenrichment.org](mailto:cnornhold@familyenrichment.org) x1187

**Rachel Dowd:** *Training and Coaching Specialist* [rdowd@familyenrichment.org](mailto:rdowd@familyenrichment.org) x894

**Allie Drake:** *Training and Coaching Specialist* [adrake@familyenrichment.org](mailto:adrake@familyenrichment.org) x1620

**Isabelle Gorham:** *CCRC Business Specialist* [igorham@familyenrichment.org](mailto:igorham@familyenrichment.org) x. 1616

**Lori Graham:** *Chenango CCRC Specialist* [lgraham@familyenrichment.org](mailto:lgraham@familyenrichment.org) x1522

**Crystal Rozelle:** *Child Care Specialist* [crozelle@familyenrichment.org](mailto:crozelle@familyenrichment.org) x829

**Jennifer Perney:** *Child Care Resource Center Director* [jperney@familyenrichment.org](mailto:jperney@familyenrichment.org)  
x872

# ADDITIONAL INFORMATION

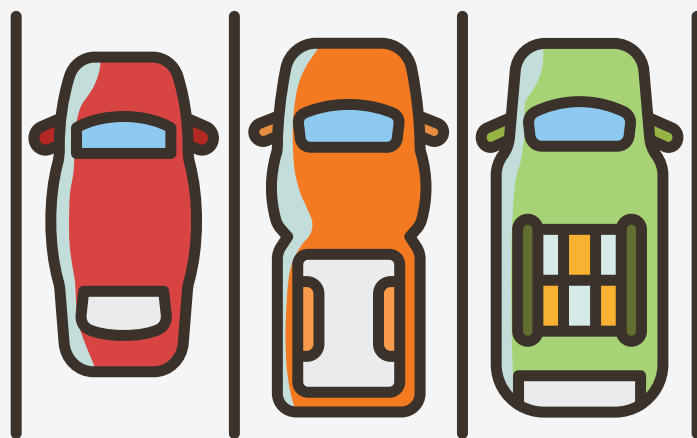
## FAMILY ENRICHMENT NETWORK OFFICE LOCATIONS

**Binghamton**  
29 Fayette St

**Johnson City**  
24 Cherry St

**Norwich**  
22 E Main St  
(in The Place)

**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.

**Binghamton:** 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.)

**Owego:** 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).

# 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 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. 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.

\*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 [voiccecsea.org](http://voiccecsea.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 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 Policy \*\***

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

## **\*\* 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 \*\***

If Family Enrichment Network closes the agency for all programs because of inclement weather, all trainings are also cancelled. To find out if the agency has closed, call the main number and listen to the message at (607) 723-8313.

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

In Johnson City, the front doors do lock after 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 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 is appropriate to the training.

