

New to Early Learning Network Notes – October 30, 2023

Introductions.

Wellbeing – Mindful Mike Gratitude exercise

Reflection on Resources – Please see PowerPoints for further details and links

Wellbeing – Ways to support our wellbeing

Round Table Discussion

QCCN Update

ECCDC Support

Next Steps

- Meeting topics include: Resilience and Motivation
- Next meeting date January 22, 2023 – Virtual