



## The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 38

Explore your personal professional learning goals through a variety of webinars, resources, websites, and other virtual learning opportunities that support your ongoing journey and well-being.

### Supporting Educator Wellbeing During Times of Challenge - An Online Virtual Institute from ECCDC

- Experimenting with Mindfulness to Support Your Wellbeing, with Janet Emmett – **May 20, 2021** from **6:00 to 9:00 pm**: [click here](#)
- Creating a Caring Culture: The Leadership Role, with Barbara Kaiser - **May 21, 2021** from **9:00 to 11:00 am**: [click here](#)
- Beyond Survival: The Importance of Resilience, with Barbara Kaiser – **May 25, 2021** from **6:30 to 8:30 pm**: [click here](#)
- Live on Purpose with Purpose: Bringing Your Most Positive Self to Work, with Debbi Sluys – **May 27, 2021** from **6:30 to 8:30 pm**: [click here](#)
- Self-Care Strategies for Leaders: How a Practice of Self-Care Can Enhance a Leader’s Performance and Impact Their Team, with Elizabeth Skronski – **May 28, 2021** from **9:00 am to 12:00 pm**: [click here](#)
- Supporting Wellness in Early Learning Settings through Offering Plant Based Menu Options; with Valerie Trew – **May 29, 2021** from **9:30 to 10:30 am**: [click here](#)
- Smoothies for Nutritional Health Food Demonstration – **May 29, 2021** from **1:30 to 2:00 pm**: [click here](#)
- Surfing the Waves of Pandemic Loss, with Angel G. Graham – **May 31, 2021** from **6:30 to 8:30 pm**: [click here](#)
- Deepening Emotional Resilience through Building Balanced Empathy for Educators; with Elizabeth Skronski – **June 3, 2021** from **6:00 to 9:00 pm**: [click here](#)



## Online Webinars and Training for Educators and Administrators

- Supporting Risk and Challenge – **May 15, 2021** from **9:30 to 11:00 am**: [click here](#)
- Nature-based Learning Environments: What Every Early Childhood Program Leader Needs to Know – **May 19, 2021** from **2:00 to 3:30 pm**: [click here](#)
- STEAM for Infants and Toddlers – **May 19, 2021** from **6:30 to 8:00 pm**: [click here](#)
- Theories of Play – **May 26, 2021** from **6:30 to 8:00 pm**: [click here](#)
- Take It Outside A Nature Perspective Series – Outdoor Play Throughout the Year – **May 31, 2021** from **6:30 to 8:00 pm**: [click here](#)
- Staff Retention from Inception: Effective Interviews and Onboarding in ECE **June 9, 2021** from **2:00 to 3:30 pm**: [click here](#)
- Wonder of Wonders! Harnessing the Wonder of Play through Provocations **June 10, 2021** from **2:00 to 3:30 pm**: [click here](#)

## Resources for Information on Covid-19

- Coronavirus disease (COVID-19) Updates for Canada: [click here](#)
- Provincial and territorial resources for COVID-19: [click here](#)
- Public Health Ontario: [click here](#)
- Latest COVID-19 Updates for Ontario: [click here](#)
- Niagara Region COVID-19 Statistics: [click here](#)
- College of Early Childhood Educators COVID-19 Updates: [click here](#)
- Ontario Providing Additional Financial Support for Young Learners: [click here](#)
- Roots of Empathy – Covid-19 Resources: [click here](#)
- Connect Families to COVID-19 Benefits and Relief: [click here](#)

## Health and Wellness

- Embodied Yoga Masterclasses from **May 23 to 28, 2021**: [click here](#)
- My Journey to TEAR Down Implicit Bias Through Embedded Reflective Practices: [click here](#)
- I AM Enough...and so are YOU! [click here](#)
- The Neuroscience Of Embodiment: [click here](#)
- Now Let's Break It: A Critical Component of the Change Process: [click here](#)
- Mental Health Awareness Month: [click here](#)



## Online Podcasts and Videos & Early Learning Websites

- Dialogue Education: Arguably the most important offshoot of adult learning theory: [click here](#)
- Out Of This World Moon Dough: [click here](#)
- Simply Stated Episode #2 – Resilience: [click here](#)
- Simply Stated Episode #3 - Risk Factors: [click here](#)
- Simply Stated Episode #4 - Protective Factors: [click here](#)
- How Childcare Providers Are Feeling After a Year of COVID-19: [click here](#)
- Understanding and Navigating the Parent-Teacher Relationship: [click here](#)
- DIY Unicorn Horn Soap: [click here](#)
- A Province-wide Conversation with Kindergarten RECEs - **May 19, 2021 at 7:00 pm**: [click here](#)
- Fostering Language Development During COVID - Early Childhood Settings - The Hanen Centre: [click here](#)
- Engaging Your Families In Early Childhood Classroom Settings: [click here](#)
- “He Was Talking and Then He Just Stopped”: A Look at Regression in Autism: [click here](#)

## Small Business Resources and Remote Office Environments

- Using Microsoft Excel – **May 25, 2021 at 11:00 am**: [click here](#)
- Effective Communication in Early Childhood Education: [click here](#)
- Financial Supports Available to Small Businesses: [click here](#)
- The federal government subsidy (CERS) designed to assist with commercial rent or property expenses has been reconfigured. For more info: [click here](#)
- The Canada United Small Business Relief Fund has been extended: [click here to apply](#)

## Outdoor Activities & Resources

- Canadian Wildlife Federation Gardening For Wildlife Course – **April 21 to May 19, 2021**: [click here](#)
- Folks in New Jersey Are Caring For More Than 800 Baby Turtles Rescued From Storm Drains: [click here](#)
- The Summit – Future Cities Canada – **May 19, 2021 from 10:00 am to 3:00 pm**: [click here](#)
- Outdoor Activities for Kids: [click here](#)
- How to Germinate Your Seeds Using an Instant Pot: [click here](#)



early childhood community development centre



## Want to Know More about ECCDC Services?

- Check us out online at [www.eccdc.org](http://www.eccdc.org) or in person at **3550 Schmon Parkway, Thorold**.
- We are open for safe curbside pick up and drop off of resources. We are also making resource deliveries directly to centres. Please contact the ECCDC at **905.646.7311 ext. 304** to make arrangements.
- The ECCDC offers a resource lending library of pedagogical materials, specialized workroom, an on-site conference room and a boardroom available for booking.
- Want to purchase items from a distance? We offer an online **EStore** of items including Personal Protective Equipment: [click here](#)
- Our organization supports early learning programs with organizational supports including indoor and outdoor environmental design services, team building, board development, curriculum planning and everything in between!
- The ECCDC designs and delivers professional learning opportunities in person and via webinar on a range of topics. We can customize and deliver to small or large groups, and we always have sessions advertised for anyone to join. [Click here](#) to see what we have scheduled or register for one of our sessions.

## Uplifting Stories of the Week

- Family Builds Giant Dinosaur From Take-Out Containers During Hotel Quarantine: Naming It 'Bagasaurus': [click here](#)
- Do you have any uplifting stories you would like to share? [Click here](#) to email the Early Childhood Community Development Centre and it may be included in a future edition of The Couch Exchange.