

SELF CARE & MENTAL HEALTH TRACK

The Ohio Early Childhood Conference | April 25-27, 2024 | Kalahari Resort | Sandusky, OH

Thursday, April 25, 2024

1:00 pm – 2:00 pm

Mental Health Skill-Building for Educators: Plug-And-Play, Light Lift Wellness Resources for Use in Pre-K to 12 Classrooms (Child Mind Institute)

Dave Anderson & Saffiya Addison

Featured

3:00 pm – 4:30 pm

Learning to Sail Through the Storm: Identifying the Hurt and Embracing the Moments

Pamela Perrino

Featured

3:00 pm – 6:00 pm

Finding Your Happy Place In and Out of the Classroom: Healthier for You and the Families and Children You Serve

Marie Economos & Heather Reister

5:00 pm – 6:30 pm

BONUS SESSION

Laugh The Stress Away

Joe French

Featured

Friday, April 26, 2024

8:00 am -10:00 am

Learning to Lean In: A Conversation in Rethinking Taking Care of Ourselves and Others

Patrick McKelvey

1:00 pm – 2:30 pm

From Exhaustion to Empowerment: Building a Culture of Well-Being in Early Childhood Settings

Dr. Debbie Silver

Featured

3:00 pm – 4:30 pm

JOY in the Journey: How to Keep my Heart in it When it's HARD (Conscious Discipline®)

Tanyelle Hannah

Featured

3:00 pm – 6:00 pm

Empower Your Inner Happiness

James Flynn

5:00 pm – 6:30 pm

BONUS SESSION

Noticing the Small Stuff: A Matter of Perspective

Pamela Perrino

Featured

Saturday, April 27, 2024

8:30 am - 10:00 am

Let's Recharge and Thrive: Fostering Resilience, Preventing Burnout and Nurturing Compassionate Teaching

Dr. Kathleen Harris & Dr. Melissa Tamburrino

Featured

8:30 am - 10:00 am

Outside Matters: How Nature Can Enable Us to Feel Healthier, More Creative, More Empathetic and Engaged as Teachers

Carol Juergemeier & Emily Johnson

3:00 pm – 4:30 pm

The Empowered Teacher: Creating Calm in the Classroom

Nancy Seacrest & Amy Jo Hamilton