



April 23-25, 2026  
Sandusky, OH

# Self-Care & Mental Health Sessions

**The Ohio Early Childhood Conference | April 23-25, 2026 | Kalahari Resort | Sandusky, OH**

**Thursday, April 23, 2026**

7:00 am – 7:45 am

**Gentle Yoga with Crystal Singing Bowls (Not for Credit)**

Nancy Fisher, Group Fitness & Yoga Instructor, Mercy Health

1:00 pm – 2:00 pm

**From Stress to Strength: Functional Tapping for Early Childhood Professionals**

Tijana Coso, Founder & Educator, The Tapping Project

**BONUS**

5:00 pm – 6:00 pm

**Battling Burnout!**

Anisha Angella, CEO & Founder, The Early Childhood Coach

**Friday, April 24, 2026**

7:00 am – 7:45 am

**Gentle Yoga with Crystal Singing Bowls (Not for Credit)**

Nancy Fisher, Group Fitness & Yoga Instructor, Mercy Health

8:00 am – 10:00 am

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

Patrick McKelvey, Clinical Lead Supervisor – IECMH Consultation and Training, Nationwide Children's Hospital

1:00 pm – 2:30 pm

**Teaching and Afraid**

Sherry Roush, Preschool Teacher & Todd Mays, Teacher Assistant, Toledo Public Schools

3:00 pm – 5:00 pm

**(Not) Waiting to Exhale: Emotional Management Skills for Leaders**

Patrick McKelvey, Clinical Lead Supervisor – IECMH Consultation and Training, Nationwide Children's Hospital

**Saturday, April 25, 2026**

1:00 pm – 2:30 pm

**Supporting Young Minds: Creating Balance in the Classroom**

Nancy Secrest, Director of Mental Health & Advocacy, & Amy Hamilton, The Balanced Child

1:00 pm – 2:30 pm

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

Tanyelle Hannah, Conscious Discipline® Instructor, Hannah's Heart