

## SELF-CARE & MENTAL HEALTH

**The Ohio Early Childhood Conference | April 24-26, 2025 | Kalahari Resort | Sandusky, OH**

### **Thursday, April 24, 2025**

1:00 pm – 2:30 pm

**Be Gone Pesky Ghosts! Decreasing Rumination and Thought Traps Part 1**

Patrick McKelvey

3:00 pm – 4:30 pm

**Be Gone Pesky Ghosts! Decreasing Rumination and Thought Traps Part 2**

Patrick McKelvey

5:00 pm – 6:30 pm

**Bonus Session**

**Laugh The Stress Away**

**Featured**

Joe French

### **Friday, April 25, 2025**

8:30 am -10:00 am

**Teacher Well-Being Project**

Laura Herrold Johnson

8:30 am -10:00 am

**Sparking Joy: Cultivating Positivity and Resilience**

**Featured**

Susan MacDonald

1:00 pm – 2:30 pm

**Trauma Responsive Leadership Part 1**

Joanna Malachowsky & Farheen Kapra

3:00 pm - 4:30 pm

**Trauma Responsive Leadership Part 2**

Joanna Malachowsky & Farheen Kapra

3:00 pm – 6:00 pm

**Braving Burnout**

Erin Finley

### **Saturday, April 26, 2025**

8:00 am - 10:00 am

**Building Your Bounce: Promoting Adult Resilience**

Brandy Theis

1:00 pm – 2:30 pm

**The Empowered Teacher: Creating Calm in the Classroom**

Nancy Secrest

3:00 pm – 4:30 pm

**Peak Professionalism and Peace: Only a TAP Away!**

Tijana Coso

3:00 pm – 4:30 pm

**I Need a Break: The Importance of Downtime in Early Childhood Education**

LaToya Dixon

3:00 pm – 4:00 pm

**Mindful Communication**

Yunus Brevik