### REGISTRATION FORM —

2020 Annual Child Abuse Prevention and Education Council Spring Conference

# "Supporting Children, Building Community"

Thursday, April 23rd, 8:00 a.m. to 4:15 p.m. / Great Lakes Center for the Arts, Bay Harbor

Registrant Information Make additional copies for multi-registrants. Payment by credit card is available online.

Name

Name				
Address				
Phone		Email		
		Reg	gistration confirmation will be sent via email.	
Payments				
Registration fee is \$75 (\$25 Checks should be made out				
□ Regular (\$75) Check # □ Foster Parent (FREE)  Payment by credit card is available online.		ent (FREE) 🗆 K-12 Educa	☐ K-12 Educators within Char-Em ISD (PAID)  \$25 after April 4 <sup>th</sup>	
Continuing Educati	On Pending approval. You	will be required to sign in and co	omplete an evaluation. Certificates will be available at closing.	
☐ Educator SCECHs	□ Nursing CEs	□ Psychologists	□Social Work CEs SW permanent licensure#	

Break-out Sessions Mark one choice for lunch and one choice for the afternoon

### Lunch Breakout SESSIONS

Choose one

\_ Mind Management: A Caretaker's Guide to Stress Management

Presented by Gloria Sherman, B.A., M.Ed., LPC

No matter what your position, you know the stress of working with parents and children. How you react to and handle stress directly impacts how effective you are at work and at home. Stress also impacts your physical and emotional health. Learn practical ways to manage your stress so you can be in top physical and emotional health to handle the day to day challenges effectively.

## \_\_Expanding the "YES" Brain While Decreasing the "NO" Brain

Presented by Gloria Sherman, B.A., M.Ed., LPC

Learn techniques to develop children who are flexible, curious, resilient, and willing to try new things and learn from mistakes. Help children develop an internal compass that leads to true success. Learn the four fundamentals of the "Yes" Brain: Balance, Resilience, Insight and Empathy.

#### The Anishinaabe

Presented by Anthony Davis, Sr.

The Anishinaabe community teaches its children through the community's behaviors, its cultural teachings, The Creation Story, Seven Grandfathers and numerous other cultural components, all of which are necessary for a good life.

### \_\_\_\_ Social Media and Teen Relationships

Presented by Megan King, RA

In this session we will discuss how teens use social media and how their social media use impacts their dating relationships as well as their relationships with caring adults. There will be an emphasis on skills to prevent teen dating abuse.

## \_\_\_\_ Suicide Prevention and You

Presented by Lisa Clavier, Certified safeTALK trainer, Master ASIST (Applied Suicide Intervention Skills Training)

We all play a role in suicide prevention. Discussion will focus on misconceptions about suicide while learning ways to be alert and creating a community safer from suicide.

# \_\_ Emotional Intelligence: A Key to Increased Happiness

Presented by Brooke Johncox

A trainer for Bucket Fillers, presenter will introduce the practice of bucket filling with words and actions for children and adults to protect good thoughts and feelings while developing skills to become a caring and responsible person capable of managing life's difficulties.

Afternoon Breakout SESSIONS

2:00 - 3:00 p.m. Choose one

> Mail form and payment to: CAPE Council, P.O. Box 414, Petoskey, MI 49770

For more information or to register online visit www.UpNorthChildAbuseCouncil.org

