



Baltimore City Child Care Resource Center presents
The 2025 Emotional Wellness Conference

“Rediscovering Your Passion”



Date: Saturday — March 15, 2025

Time: 8:15 am — 4:00 pm, Registration begins at 7:30 a.m.

Registration fee: \$25.00

[includes continental breakfast, lunch, conference materials, gift, and a certificate for 6 Core of Knowledge hours]

Location: The conference will be held at
Notre Dame of Maryland University, 4701 N. Charles St. 21210,
Knott Science Building



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The 2025 Emotional Wellness Conference

“Rediscovering Your Passion”

Agenda

8:15 a.m. — 8:30 a.m.

8:30 a.m. — 10:30 a.m.

10:30 a.m. — 10:45 a.m.

10:45 a.m. — 11:45 a.m.

11:45 a.m. — 12:45 p.m.

12:45 p.m. — 2:15 p.m.

2:30 p.m. — 4:00 p.m.

Welcome

General Session – Celebrating Child Care Professionals:
Your Why; Your Worth; and Your Wellness

Morning Break

Keynote – Renewing Passion for Teaching:
Reigniting the Flame

Lunch Break and Vendor Presentations

Breakout Sessions

Breakout Sessions

General Session — Celebrating Child Care Professionals: Your Why; Your Worth; and Your Wellness

[COK 2 Hours Child Development]

This presentation will address the power of caregiver-child relationships in the context of child care programs. The evidence on the critical role of child care professionals in the mental health of young children will be reviewed, as well as strategies to promote young children's social-emotional skills in child care settings. Finally, the importance of caring for caregivers so they can care for children will be emphasized.



About Brenda Jones Harden

Brenda Jones Harden, is the Ruth Harris Ottman Professor of Child and Family Welfare at the Columbia University School of Social Work and Professor Emerita of Human Development at the University of Maryland. She directs the Prevention and Early Adversity Research Laboratory, where she and her research team examine the developmental and mental health needs of young children who have experienced early adversity and toxic stress, particularly those who have been maltreated, are in foster care, or have experienced other forms of trauma. A particular focus is preventing maladaptive outcomes in these populations through early childhood programs, which she has implemented and evaluated. Dr. Jones Harden is a scientist-practitioner who uses research to improve the quality and effectiveness of child and family services and to inform child and family policy, especially in the areas of home visiting, early care and education, infant/early childhood mental health, and

child welfare. She is the immediate past-President of the Board of Zero to Three, and serves on various federal, state, and local advisory boards. She received a PhD in developmental and clinical psychology from Yale University and a Master's in Social Work from New York University.

Keynote — Renewing Passion for Teaching: Reigniting the Flame

[COK 1 Hour Professionalism]

This engaging keynote addresses the challenges early childhood educators face in maintaining their enthusiasm and commitment to education. Early childhood educators will explore the core motivations that inspired their journey into teaching and how to reconnect with that passion in today's demanding child care environment. The session will provide early childhood educators with practical strategies for professional development, collaboration, and building supportive networks within their community. Additionally, the keynote will emphasize the importance of self-care and work-life balance, equipping educators with tools to prioritize their well-being. You can't pour from an empty cup! Join us to reignite your passion for teaching and transform your educational practice!



About Lakeshia Nnamani, M.Ed

For more than fifteen years, I have been dedicated to the early childhood education sector. Throughout my career, I have consistently delivered exceptional educational programs that have helped young children thrive. I have held various roles in the field, including pre-kindergarten and kindergarten teacher, preschool owner, child care provider, child development professor, and early childhood education trainer. These varied experiences have given me a comprehensive understanding of early childhood development. In addition to my hands-on experience, I have received formal education that further reinforces my commitment to quality education. I am deeply passionate about creating a nurturing environment for young learners and empowering those who are dedicated to this noble profession.

12:45pm — 2:15pm Breakout Sessions

Select ONE ONLY #1, #2, #3, #4, or #5

#1 Breakout Session – Happy Baby=Happy Teacher

[COK 1.5 Hours Curriculum]

This breakout session is designed especially for teachers caring for infants and toddlers. This hands-on workshop will provide you with tips and tricks to enhance your infant/toddler classroom. Come ready to sing and dance as we share strategies on how to keep your infant classroom calm and babies happy.

#2 Breakout Session – Mom Power: Building Strong Roots to Support Health in Families

[COK 1.5 Hours Child Development]

During this presentation, participants will learn about the power of attachment and strategies that parents and caregivers to use to strengthen relational health and support young children's development.

About Kay Connors, LCSW-C

Kay Connors, LCSW-C, Instructor, University of Maryland School of Medicine, Executive Director, Taghi Modarressi Center for Infant Study, Program Director, Baltimore-Network of Early Services Transformation (B-NEST), National Child Traumatic Stress Network Category III Center and Center of Excellence for Infant and Early Childhood Mental Health, Division of Child and Adolescent Psychiatry. She works in interprofessional teams and with community and state leaders to increase access to child and family trauma and mental health resources.

#3 Breakout Session – Play for Learning

[COK 1.5 Hours Curriculum]

Participants will learn that effective play does not just happen! The play space must be thoughtfully prepared with each specific child in mind. Each child is unique and so is his play progress. These skills will help to attract children to productive play.

About Patty Stine

Patty is dedicated to helping children thrive emotionally, socially, physically and intellectually. Throughout her more than 30-year career as a play environment designer, preschool teacher, curriculum developer, administrator and entrepreneur, Patty has focused on empowering others to give children an abundance of playfully engaging learning opportunities. This organization allows her to bring open-ended, self-directed play using loose parts to community events and to provide hands-on, engaging training workshops for adults to help them understand the benefits and value of play for children.

#4 Breakout Session – “Put a Ring on It”: Transforming Family Involvement into Family Engagement

[COK 1.5 Hours Community]

Family engagement is a collaborative and strengths-based process that fosters positive, goal-oriented relationships between Center staff, families, and children. In this engaging workshop, “Put a Ring on It,” participants will learn how to transition from traditional family involvement to true family engagement. Through an exploration of proven frameworks and practical program tools, attendees will discover strategies to maximize engagement and build meaningful connections. Get ready to embrace family engagement like never before – this workshop will leave you “Putting a Ring on It” every time!

About Shawan Burke

Shawan Burke, MPA, is a proud alumna of the Head Start program, having experienced its transformative impact as both a child and a parent. Her passion for Head Start stems from a deeply personal connection and a commitment to empowering families to reach their fullest potential. With over a decade of experience, Shawan has dedicated her career to providing comprehensive services to families with children from birth to age five. Her work reflects an unwavering commitment to early childhood development and family support.

#5 Breakout Session – CLASS Overview

[COK 1 Child Development, .5 Curriculum]

This breakout session will provide participants with an overview of the CLASS tool. Participants will learn how to have more effective teacher-child interactions that will lead to better cognitive, behavioral, and social outcomes for children in their care.

About Sandy Gold-Raynes

Sandy Gold Raynes is an experienced early childhood teacher, administrator, trainer, advocate, and consultant. Her past experiences include being a trained CLASS observer and accreditation validator for MSDE, NAEYC, and NAFCC.

2:30pm — 4:00pm Breakout Sessions

Select **ONE ONLY** #1a, #2, #3, #4, or #5

#1a Breakout Session – The Boss Blueprint

[COK 1.5 Hours Professionalism]

***Please note that #2, #3, #4, and #5 are available twice, at both the 12:45-2:15pm and 2:30pm-4:00pm time slot while the #1 and #1a sessions are only available once, at the times given.**

This breakout session is for an early childhood owner seeking to increase efficiency at your program, building systems is the ultimate solution. With systems, you will have more time to focus on what you love – whether that is growing and scaling your business or family and friends! Come ready to learn the top 5 systems you need in your business, so you have more time to pour into yourself!



Important Registration Information:

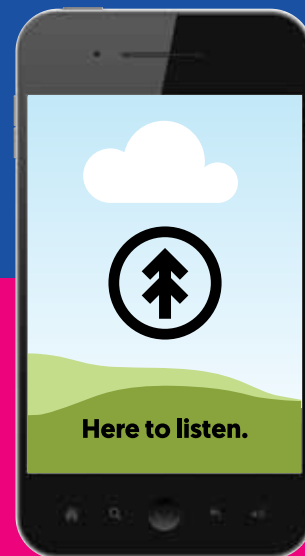
- Registration fee for the conference is \$25.00.
- Only online registrations will be accepted.
- Register early! Registration deadline is February 14, 2025, or until registration is filled.
- Registrations are handled on a first come, first served basis.
- **No refunds will be issued and the registration fee is non-transferable to another person or class.**
- Once registered, participants will receive email confirmation.

Please go to the following link to register:

<https://training.bccrc.org/CVSFListView.aspx?CourseGroup=1267>

IMPORTANT:

In order to adhere to conference guidelines, conference certificates will be given out at the end of the conference after participation has been verified and evaluation/assessments have been completed.



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E-mail us at:

bccrc@familytreemd.org

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BCCRC
2108 N. Charles Street
Baltimore, MD 21218

Our fax number is:

410-685-2100



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