



# FFCCHA In-Service Registration for

**ONLINE Zoom Training**  
**Monday, June 22, 2020**  
**Time: 7:00 – 8:30 pm**



**An email with link to zoom class will be sent to you after FFCCHA has received your registration.**

**Registration Fee: \$30.00**

\$25.00 scholarships available for FFCCHA members  
who are Florida Registered OR Licensed family child care providers and Co-providers

## ***Understanding & Preventing Compassion Fatigue, Cumulative Stress, and Burn Out***

We live in a world full of both positive and negative stressors. Participants will identify their responses to negative stress so that they may be more proactive in preventing fatigue, and cumulative stress which can lead to burn-out. Develop an understanding of the individual and symptoms of compassion fatigue. We will discuss techniques for self-care including the six dimensions of wellness. Review productive coping mechanisms and identify unproductive mechanisms. Examine the roles of self-compassion, mindfulness, and post traumatic growth in helping to keep people safe, creative, and moving forward in a healthy direction.

**Presented by Cindy Krosky, CSP, LCSW** <http://www.achievingcorporateexcellence.com>

Mail to: FFCCHA c/o Karan Hiester, 1859 Mango Tree Drive, Edgewater, FL 32141

**Make check or money order payable to: FFCCHA, Inc.** Please submit this completed form with payment.

*Note: **NO REFUNDS** and Returned checks will be assessed a \$47 fee in Addition to the amount of the check.*

**OR** pay with credit card **ONLINE\***: [www.familychildcare.org](http://www.familychildcare.org) **this form will not be needed with online payment.**

*\*Note: You MUST Log-in or Register BEFORE making a purchase on the FFCCHA website*

**Please check if applying for the \$25 training scholarship and pay only \$5**

**Deadline: Must be received by June 19, 2020**

*Please Print:*

Name: \_\_\_\_\_

Name of FCC home as listed on License/Registration \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ County: \_\_\_\_\_

Phone #: \_\_\_\_\_ Cell #: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**\*Be sure email is clear and correct as link to zoom training will be sent to the email listed.**

Chapter that you are a member of \_\_\_\_\_

**YOU MUST BE PRESENT THE ENTIRE ONLINE TRAINING SESSION IN ORDER TO RECEIVE A CERTIFICATE.**

**PLEASE NOTE: Arrive on time.**

Signature \_\_\_\_\_

Date \_\_\_\_\_

Any questions, please contact: FFCCHA (386) 689-3046 or [educate71@gmail.com](mailto:educate71@gmail.com) between 8:00 a.m. - 5:00 p.m Monday thru Friday. If you need an accommodation because of a disability to participate in the child care training process: contact FFCCHA at least two weeks prior to the first training date. **Deadline June 19, 2020** **NO REFUNDS after this date.** Training fees are non-transferable.

Confirmation will be emailed to you by **06/21/2020**.