



**FFCCHA Professional Development
Zoom Virtual Training
Application
Saturday, February 3, 2024
9:00 am to 11:00 am**



Training Registration Fee: **\$40** (\$30 scholarships available)
FFCCHA members **Pay only \$10** (for FL licensed or registered providers or co-providers)

Online Payments are available! <https://familychildcare.org/product-category/virtual-in-service-training/>

Make check payable to **FFCCHA, Inc.**
Please submit this completed form with payment to **FFCCHA c/o Annette Eberhart**
1907 E Bougainvillea Ave.
Tampa, FL 33612

Email Form to training@familychildcare.org Questions? Email or call 813-493-0828

Deadline: Form must be received by January 29, 2024.

Please print: _____ <--- **Please check** if you are applying for a training scholarship! Pay only \$10!

Name: _____

Signature: _____

Address: _____

City: _____ **Zip:** _____ **County:** _____

Phone #: _____ **Other phone #** _____

E-mail Address: _____

Chapter _____

IN ORDER TO RECEIVE A CERTIFICATE, YOU MUST **SUBMIT A REGISTRATION FORM, BE PRESENT THE **ENTIRE TRAINING SESSION**, and **SUBMIT ONLINE EVALUATION** after training. <https://familychildcare.org/resources/forms/workshop-evaluation/>**

PLEASE NOTE: **Arrive as early as 8:45 am to sign in. Training starts promptly at 9:00 am!**

Essential Self-Care Skills for Caregivers: Overcome Overwhelm and Increase Your Joy

Presenter: Dawn James, Author (2022 Silver Award for Nonfiction Spirituality), Certified Sound Healer **2 hours**

Modern life is challenging. There are constant financial, relationship, work, and family demands. For caregivers there is added stress of having less time for themselves, lack of privacy, and additional emotional and physical stress. Self-care practices are vital for mental and emotional well-being. In this transformative workshop, you will learn practical ways to reset your nervous system, reduce symptoms of stress, increase energy and experience greater joy in your life. Self-care also ensures you have enough gas in your tank to support others. After all, you can't pour from an empty cup! Discover the science behind self-care and learn how to easily incorporate it into your daily life. Learn how to transform from feeling overwhelmed to experiencing joy through essential self-care skills.

If you need accommodation because of a disability to participate in the childcare training process, contact Annette Eberhart at least two weeks before the first training date at 813-493-0828 between 9 am and 5 pm Monday through Friday. There will be NO refunds after deadline. If you do not attend this training, the training fees will not be refunded or transferred to another person.