

Wednesday, May 6, 2026 6:30 PM to 8:00 PM

WELLNESS WEDNESDAY

Pouring Back into You - FCC Educators

Family Child Care educators give so much of themselves each day, caring for children, supporting families, and running their programs. Wellness Wednesday: Pouring Back Into You creates a space to pause, reflect, and focus on your own mental health and well-being.

This session will highlight the importance of self-care, stress management, and maintaining balance while doing the important work of early childhood education. Join us as we pour back into the educators who give so much to children, families, and their communities.



LaMora Pace, LCSW, CAP

Founder/Chief Healing Officer,
The Healing Crest® Counseling Services

Pause. Reflect and Focus

Pause gives you space to breathe and reset. Reflecting and focusing help you move forward with clarity, purpose and balance.

Stress Management

Stress management helps you handle daily challenges in a healthier way without feeling overwhelmed.

Breathe & Reset

Breathwork practices help calm the mind, relax the body, and support the nervous system during stressful moments.



Corey Jackson (Panda)

Trauma-Informed somatic breathwork
to restore the body & nervous system

REGISTER NOW

Training Registration Fee:

\$40 (\$30 scholarships available)

FFCCHA members pay only \$10 (for FL licensed or registered Educators/providers or co-providers)

SMALL BUSINESS SPONSORSHIP-\$30

WELLNESS WEDNESDAY:

Pouring Back Into You - Wellness for FCC Educators

SUPPORT WELLNESS WHILE PROMOTING YOUR BUSINESS!

WHAT YOU RECEIVE:

Social Media Promotion

- Two (2) featured post on our social media platforms
- Business tagged and highlighted to our audience of educators & families

Event Shoutout

- Verbal recognition during the Wellness Event
- Your business name announced as a valued supporter

Email Blast Feature

- One (1) business spotlight included in our monthly email newsletter
- Sent to our network of family child care educators and community members

WHAT WE NEED FROM YOU:

- ✓ Business Logo (high-quality PNG or JPEG)
- ✓ Business Name
- ✓ Short Description (1-2 sentences)
- ✓ Social Media Handle (if applicable)

Call to Action:

Secure your spot today and let your business be seen, heard, and supported in a powerful way!



PRESENTED BY:
FFCCHA ADVOCACY AMBASSADORS