



*To register for trainings contact:*

*Shelli Blair*

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*217 581-5790*

**March** 

**COMMUNITY CHAT, (AKA: Provider Networking Meeting)**

**March 4, 2026**  
**No RSVP needed**

**1-2:30 pm**  
**Zoom**

Community Chats are all about you, the provider! These chats offer a fantastic opportunity to connect with other providers, dive into meaningful discussions, and ask questions to fellow professionals and resource specialists who can shed light on the challenges you face in early childhood. Our team at EIU Child Care Resource and Referral is here to share resources, updates, important dates, chances for professional growth, funding, grant info, and so much more. We invite everyone to come ready with ideas and resources to make our networking experience even better. Remember, these meetings happen every month!

**Trainer: Shelli Blair, Provider Services**

**1.5 hours/CDA:6**

**BETTER TOGETHER, MODULE 1 -CHILD NUTRITION**

**March 17 6-8pm** **Ninth St Hall**

**April 14 6-8pm** **Zoom**

**March 24 5-5:30pm** **Zoom**

**April 21 5-5:30** **Zoom**

**March 31 6-8pm** **Zoom**

**April 28 6-8** **Ninth St Hall**

**April 7 5-5:30pm** **Zoom**

**May 5 5-5:30** **Zoom**

**RSVP by March 10,2026**

This Learning Collaborative focuses on child nutrition best practices and the many ways ECE programs can support healthy eating habits in children by serving healthy foods and beverages, supporting teacher use of recommended feeding practices, and offering education and professional development to children, staff, and families. Participants will learn about healthy eating through the lens of whole child development and child nutrition best practices, while also considering the role of food insecurity and culture in feeding practices. Participants will identify goals for healthy change using Go NAPSACC self-assessment results. With consultant support, participants will select and implement best practices to support healthy eating habits within their program.

**Trainer: Melissa Coleman, Child Care Resource Specialist**

**10 hours/CDA: 1-10**

## WHAT'S YOUR WORD (RESCHEDULED FROM JANUARY)

**March 12**

**RSVP by March 6, 2026**

**6:15-8:15pm**

**Ninth Street Hall**

### **What's Your Word?**

It's a new year 2026! Rather than setting a resolution and feeling guilty that you didn't keep it, let's find your word of intention that you want to live by this season!

**Word of Intention:** a daily reminder representing a quality or principle that guides you toward how you want to live or how you hope to feel as your best self. #whatsyourWORD

### **FIND YOUR WORD OF INTENTION**

Finding your WORD is a simple, fun and empowering exercise. In a world inundated with distractions, it's powerful to have a daily reminder of what you want to actively focus on, or manifest, every day.

The WORD you choose will evolve over time. it's what you want to remind yourself for this chapter of your life, it may be for a few weeks or months

- What's a goal of yours?
- What brings you joy?
- Is there something that you want to let go of?
- What energizes you or makes you feel like your true self?

Mantras are great tools to use to stop toxic thought patterns, ease anxiety, and maintain an optimistic outlook. When it comes to "wearing your WORD" having a statement that you visualize and repeat to yourself will help keep your intentions at the forefront of your mind.

**Trainer: Bea Sawyer, Mental Health Consultant**

**2 hours/CDA: 6**

## BIG BEHAVIORS, BIG EMOTIONS! FROM FEELINGS TO WORDS

**March 18, 2026: From Feelings to Words**

**6-7:30PM**

**April 15, 2026: Safety Before Skills**

**Mattoon Public Library**

**May 20, 2026: Filling Your Cups**

BIG behaviors come from BIG emotions! Join this free hands on workshop series for parents, educators and caregivers to better understand the "explosive" child, so you can respond calmly and with confidence.

### **Session two: From Feelings to Words**

Emotional awareness and communication skills in children

All Sessions are not required to earn credits. These Sessions are also aligned to Second Step and Leader in Me Curriculums. Light refreshments will be provided, but you are welcome to bring your own food and drink.

**Trainer: Bea Sawyer, Mental Health Consultant**

**1.5 Hours/CDA: 3**

**PROGRAM FOR INFANT TODDLER CARE (PITC)**

**MODULE 3: Learning and Development**

**March 21, 2026**

**RSVP BY: March 13, 2026**

**8-2:30pm (lunch break included)**

**Ninth Street Hall**

This session dives into how the brain develops, the basics of early learning and language skills, and how to plan a curriculum that's just right for infants and toddlers. It highlights PITC's belief that babies are active, self-driven learners and emphasizes how caregivers can nurture their curiosity. The key takeaway is that "All children are born wired for feelings and ready to learn," especially when they have loving relationships and a calm yet engaging space that caters to all, including those with special needs. Fun discussions and activities will enhance everyone's learning experience!

**Trainer: Vicky Foster, Infant Toddler Specialist**

**6.5hours+2 for online assessment /CDA: 2-8**

# Register Today!

**Contact:**

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# CPR AND FIRST AID COURSES

## EIU CCR&R Reimbursement Procedure:

- Schedule training
- Keep your payment receipt
- Attend the training
- Receive your CPR/First Aid certificate/card
- Complete our reimbursement application. The application can be found on our website at [www.eiu.edu/ccrr](http://www.eiu.edu/ccrr)
- Return completed application and documents to 600 W Lincoln Ave Charleston, IL 61920 or [srblair@eiu.edu](mailto:srblair@eiu.edu)



## Sarah Bush Lincoln Health Center :

**CPR: \$50**

April 7, 2026

**CPR/FIRST AID COMBO \$100**

March 3, 2026

May 5, 2026

All classes begin at 5:30 pm at 104 Professional Plaza Mattoon, IL  
To register call 217 258-2403 or [emsgroup@sblhs.org](mailto:emsgroup@sblhs.org)

## Online Course Option:

American Heart Association: <https://www.onlineaha.org/courses>

- Complete the Heartsaver Pediatric First Aid/CPR/AED \$23.00
- Contact SBLHC EMS office at 217 258-2403 to request a test out  
\$50 for CPR Test Out  
\$90 for CPR/First Aid Combo Test Out

\*Please note that we are unable to reimburse for any trainings taken in the month of June