



12:30 p.m. - 1:30 p.m.

Join the ELC of Duval's virtual Lunch and Learns for an opportunity to gain new information and network with teachers and directors from other centers! After the 30-minute presentation, you'll have a chance to ask questions and share your strategies and techniques on inclusion topics. There's even a raffle for a **prize** during each session! Participants will receive one (1) in-service hour. No CEUs will be provided. A link to join the virtual event will be issued to the email provided within 48 hours of the event.

**Understanding Attachment:
Nurturing Healthy Relationships**
Thursday, January 16, 2025

Discover the power of attachment styles and transform your relationships with our training program! Explore secure, anxious, avoidant, and disorganized styles to gain actionable strategies for healthier connections. Shape interactions, foster emotional security, and build resilient relationships.

[Click here to register](#)

Teaching Executive Functioning Skills
*Guest Trainer: Brett Walden, UF Health Jax,
Div. of Neurodevelopmental Pediatrics*
Thursday, February 20, 2025

Learn how to teach executive functioning skills, how to help children plan, organize, and pay attention with strategies that can be applied in real life contexts. Say goodbye to challenges with impulse control and task initiation.

[Click here to register](#)

Visual Supports as Communication Tools
*Guest Trainer: Gwenivere Mauro, UF Health Jax,
Div. of Neurodevelopmental Pediatrics*
Thursday, March 20, 2025

Unlock the power of visual supports as communication tools for individuals with autism, developmental delays, and language disorders with this training. Equip yourself with the knowledge and skills to create supportive visual environments and enhance communication abilities.

[Click here to register](#)

Early Brain and Language Development
*Guest Trainer: Camille Velardo, MSW,
UF Northeastern Early Steps Program*
Thursday, April 17, 2025

Relationships play a crucial role in learning, particularly in developing young children's social-communication skills. It's essential for early childhood educators to understand typical social-communication milestones and the strategies to support children in reaching these milestones. Additionally, they should be prepared to take action when milestones are not met. Join us to explore the brain's critical period of development concerning social communication skills.

[Click here to register](#)

**Recharge and Review:
Prioritizing Self-Care to Combat Burnout**
Thursday, May 22, 2025

Tired of feeling burnt out and overwhelmed? Learn self-care strategies that will help you combat burnout. Learn how to manage stress, set boundaries, and rejuvenate your energy! Don't miss out on this opportunity to prioritize yourself and thrive in your career.

[Click here to register](#)