



## Are you struggling with behavior problems in your classroom?

If there was a fun and simple way to support children's social, emotional, cognitive and creative development and also teach them how to self-regulate, wouldn't you want that tool in your toolbox?



## This self-awareness art program provides you with the right tool!

The *I Create What I Believe!* Program is a research based, innovative approach using drawing that helps children become more self-aware, more able to manage their behavior, and more ready to learn and participate.

In this 4-session interactive FREE training you will gain a greater understanding of how stress and early childhood experiences can affect the mind, compromise learning and create inappropriate behavior.

Through hands-on activities and exploration you will develop the skills and confidence to use the ICWIB exercises in your program, giving children the tools they need to reduce stress, restore balance, and refocus attention on positive learning experiences.



**Testimonials:** "Nancy Marie's workshop for Head Start staff in Long Beach, CA, gave teachers insight into children's behavior and an effective approach to help children manage their feelings—highly recommended" ~ Gina Dusenbury, Education Director, Southern Oregon Head Start

"The *I Create What I Believe* program will be a breath of fresh air for educators everywhere seeking to infuse their classrooms with creativity and out-of-the-box thinking" ~ Jeff Goelitz, The Institute of HeartMath

**Nancy Marie** is the creator of *I Create What I Believe!* She has an academic background in the fields of art and movement, focusing on how stress and our early childhood experiences can affect the mind and one's ability to succeed.

Nancy Marie has presented all over the country, including the JAEYC Winter Conference last year. The response was so positive we wanted to have her back to offer a more in-depth training.

**We hope to see you there!**

### Child Care Resource Network

35 South Bartlett Street, Medford ~ Room TBA

**Must attend all sessions for training hours**

**6:00 pm– 8:00 pm**

**Thursdays**

- **October 2**
- **October 16**
- **October 30**
- **November 13**



Register by calling CCRN at:

**541-842-2610 or 541-842-2590**

CKC: Set 1— 4 hrs, Human Growth & Development (HGD)

4 hrs, Understanding & Guiding Behavior (UGB)

**There is a follow up activity requirement**

**All participants receive a kit, a \$25 value!**