

**Continuous Professional Learning Committee Presents:
Online Learning for CYPT Partners**

Family Resources			
Host Organization	Type	Description	Accessibility Link
Ministry of Education	Resource	ON: learn at home – Resources On this webpage students and their parents can access educational resources to help keep students learning and engaged during school closures	https://www.ontario.ca/page/learn-at-home?utm_source=E-Newsletter&utm_campaign=7f5fe0cc11-EMAIL_CAMPAIGN_2020_03_31_09_01&utm_medium=email&utm_term=0_422aeb3dbd-7f5fe0cc11-18778773
The Conversation	Resource	Coronavirus: 5 tips for navigating children’s screen time during social distancing	https://theconversation.com/coronavirus-5-tips-for-navigating-childrens-screen-time-during-social-distancing-134445

Mental Health Resources			
Host Organization	Type	Description	Accessibility Link
Centre for Addiction and Mental Health	Resource	Mental Health and the COVID – 19 Pandemic The effort to address COVID-19 is both extremely important for us all and poses a range of challenges on individuals and families as they respond to the demands of the situation. The situation is stressful for everyone and it is normal to be anxious and worried. This site is designed to provide information and suggestions about how best to cope in this difficult time	https://www.camh.ca/en/health-info/mental-health-and-covid-19

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Locke Psychotherapy	Webinar	COVID Support for Kids or Adolescents	https://www.locke-psychotherapy.com/post/providing-emotional-practical-support-for-a-child-or-adolescent-during-covid-19
Mental Health First Aid	Resource	COVID - 19 Self Care and Resilience Guide	https://www.mhfa.ca/sites/default/files/mhfa_self-care-resilience-guide.pdf
National Geographic	Online Learning	The National Geographic Educator Certification National Geographic Educator Certification is a free professional development program that recognizes pre-K through 12 formal and informal educators committed to inspiring the next generation of explorers, conservationists, and changemakers	https://www.nationalgeographic.org/education/professional-development/educator-certification/
Infant Mental Health	Online Learning	This 15-part series aims to raise awareness and understanding of the unique needs of infants and toddlers in order to promote healthy social emotional development in the early years and reduce the likelihood of poor mental and physical health outcomes. Access live and archived webinars following the link below Please register as Guest specifying Conestoga PRC as the Host Agency	https://www.cvent.com/events/foundation-s-in-infant-and-early-childhood-mental-health-practice-certificate-lecture-series/registration-fc5ddfd6827942b5Mental9ab2964033dcbc15.aspx?fqp=true
Peak Resilience	Resource	Complete Mental Health Guide During COVID-19	https://peak-resilience.com/blog/2020/3/15/covid-19-amp-your-mental-health-a-comprehensive-resource-guide

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Alberta Health Services	Online Learning	Mental Health Online Resources for Educators	https://more.hmhc.ca/
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Leadership Resources			
Host Organization	Type	Description	Accessibility Link
McCormick Center for Early Childhood Leadership	Online Learning	There is Not a Lion: Managing Social Isolation While Caring for Children	https://mailchi.mp/2d46c1d9e199/february-resource-821861?e=10b2536fb2
Tamarack Institute	Free Online Learning	Webinars for leadership growth and development	https://www.tamarackcommunity.ca/eventlisting#webinars
Ken Blanchard	Resource	<p>5 Strategies on Learning through the Uncertainty of COVID 19</p> <p>The COVID-19 pandemic is proving to be a testing ground for leaders around the world. Leadership is always important, but especially during times of crisis. When each day brings new challenges, the choices leaders make can have a tremendous impact on outcomes, positive or negative. It is normal for people to lose focus during a crisis; uncertainty tends to undermine people's motivation and morale. The leader's job is to remind people of the long-term vision; to give them hope and the promise of a</p>	https://howwelead.org/2020/03/18/5-strategies-for-leading-through-the-uncertainty-of-covid-19/

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		better—or at least back-to-normal—tomorrow.	
Professional Resource Centre	Free Online Learning – Book Required (library or e-book)	<p>Simon Sinek Book Club - This is a six-part virtual learning series inspired by the book Start with Why, by Simon Sinek.</p> <p>This is an opportunity to read together, discuss and express opinions about inspirational leadership.</p> <p>In a supportive welcoming virtual atmosphere, participants will pause, look closely and discuss how inspirational leadership is an essential and integral part of practice.</p>	https://www.conestogacommunity.ca/prc

National and Provincial			
Host Organization	Type	Description	Accessibility Link
Early Childhood Investigation Webinars	Free Online Learning	Early Childhood Investigations is an ongoing series of conference-quality free webinars for early childhood educators	https://www.earlychildhoodwebinars.com/
Alberta Family Wellness Initiative	Free Online Learning	<p>Brain Story Certification</p> <p>The Alberta Family Wellness Initiative (AFWI) has developed an online course to make Brain Story science available to professionals and the public. Brain Story Certification is designed for those seeking a deeper understanding of brain development and its consequences for lifelong health. The course is also</p>	https://www.albertafamilywellness.org/training

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		designed for professionals seeking certification in a wide range of fields.	
Merhit Centre 30 Day Self-Regulation	Cost Associated Online Learning	Stuart Shanker and Susan Hopkins take you deep into the science of self-regulation in this 4-course program: stress, negative impacts of excess stress, the 5 domains of Self-Reg and the Shanker Method®.	https://self-reg.ca/learn/online-courses-with-dr-shanker/
Wolfgang Vachon	Free Podcast	Numerous podcasts on various Child and Youth Worker (CYC) topics/speakers/lived experienced guests.	https://www.podbean.com/podcast-detail/pb-diy4v-ba66b/CYC%20Podcast
Future Learn	Free Basic Online Learning	Explore how emotional intelligence helps us to understand ourselves and others, resolve conflict and build better relationships.	https://www.futurelearn.com/courses/emotional-intelligence-at-work
Alison.com	Free Online Learning	Learn how the mind works on a conscious and subconscious level with Alison's free online Psychology courses. With our training classes, you can explore about the factors that influence how we act, learn, and remember.	https://alison.com/courses/psychology