

Sustaining Ourselves in the Work: Regulation, Resilience, and Reflective Practice

Those who care for young children often spend so much time responding to the needs of others that they have little opportunity to pause and reflect on their own well-being. This interactive training explores the impact of stress on the mind and body while introducing practical strategies that support regulation, resilience, and sustainability in caregiving work. Through guided reflection, mindfulness, discussion, and experiential activities, participants will strengthen awareness of their own stress responses and develop tools to support personal and professional well-being.



Stacy Boyce

Founder | Consultant

November 4, 2026

5:30 - 7:00 p.m.

Register Now:

<https://bit.ly/3SDOA95>



For questions contact:

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