

Caring Conversations

for Child Care Providers

Friday, May 6

6:00 ~ 8:30 pm

975 Broadway, Jackson

In this workshop learn how to:

- Make a shift in how we care for ourselves and others
- Increase positive interactions in your child care facility and in your personal life, through authentic listening
- Practice techniques to reduce stress in a variety of situations
- Understand your thoughts, emotions and physical sensations, and how being more aware of them will help you in your daily work

We appreciate all the very important work that you do, so this workshop is being offered in honor of

Provider Appreciation Day

(which is also on Friday, May 6)

ALL Amador County licensed family child care providers, preschool teachers, and Family, Friend & Neighbor child care providers are invited!

* 'Amador Quality for Kids' participants will receive the following for attending: \$50 gift certificate to Amador Flower Farm and \$50 gift certificate to Discount School Supply! (per site)

* Dinner will be provided!

Please RSVP to First 5 Amador, at 209-257-1092