

2019-2020
*Professional Development
Catalog*

Expert Content, Experiential Delivery

LOCAL AND
NATIONAL
EVENTS

COACHING &
CONSULTATION

ON-SITE TRAINING

FREE ONLINE
LEARNING

WEBINARS

DEEP-DIVE
SESSIONS

FUN
FRIDAYS



CALENDAR AT-A-GLANCE

July 2019						
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December 2019						
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April 2020						
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May 2020						
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June 2020						
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Workshop Key:

CLASP
Fun Fridays

Conferences
Federal Holidays

Deep Dives
Working the Tool

A MESSAGE FROM OUR DIRECTOR OF PROFESSIONAL DEVELOPMENT

Welcome to the Connecticut After School Network's 2019 - 2020 Professional Development Catalog! Getting the training you and your staff need is vital to the overall success of your program. Professional development helps frontline staff better understand their roles, contributes to a positive workplace, keeps you current with trends in the field, and builds a sense of community with others experiencing the same challenges in their own programs. Inside this catalog, you will find a variety of offerings that will help meet your goals and fulfill your needs as an after school professional.

In addition to our conferences and on-site trainings, several exciting options are available this year:

- **Fun Fridays:** 1.5 hour training with concrete skills, strategies and take-away.
- **Deep Dive:** More intensive 3-hour training to dive deeper into a specific topics. Perfect for returning staff and veterans.
- **Working the Tool:** Two-hour introductions to each of the sections of the new PQSA tool. You don't want to miss out on these new trainings if you are a site supervisor or program director.
- **CLASP:** Coaching and Learning for After School Professionals operates on a cohort model and requires multiple participation dates and homework. See the description below. Great for professionals who want to take their practice to the next level.
- **Supervisor Roundtables:** Beginning in September we will offer bi-monthly supervisor roundtables all around the State, including Hartford, New Haven, Waterbury, and Middletown. Join us for some food and fellowship to discuss what's on your mind as a supervisor in after school.

If there is something you need but do not see, let us know so we can customize a training to fit your needs. We hope this one-stop resource for after school professional development will help you better plan your training calendar for the coming year.

Whether you are a seasoned director, site supervisor, or a newly hired frontline staff, we have something for you.

We hope to see you there,

Ken Anthony, Ed.D.

Director of Professional Development and Research

CONNECT WITH US

Keep up on issues
which impact
Connecticut's children
and youth by joining
the Network's email
list.



SIGN UP!

CONTACT US

CONNECTICUT AFTER SCHOOL NETWORK

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VISIT US ON

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[Blog](#)

TRAINING LOCATIONS

CT NonProfit Center

Hartford

Groton BOE Building

Groton

TBD

Danbury

Domus Kids Inc.

Stamford

Middlesex YMCA

Middletown

West Haven Community House

West Haven

FUN FRIDAYS

Description: *TGIF!* After school professionals will come together with content-experts to engage in a friendly conversation about one key area related to after school program quality. *Explore tools and strategies, try new activities and games, share ideas, and network with colleagues. Join us for Fun Fridays, and leave inspired and equipped to make your program shine!*

Location: Hartford

Time: 10:00 AM - 11:30 AM

Fee: \$25 Member/\$50 Non-Member

Icebreakers and GAMES that will bring you FAME

Date: September 13, 2019

Need to re-fill your "pocket" full of tricks and ideas for games and icebreakers this year? You're coming to the right training! Participants in this training will engage in new games and icebreakers and will brainstorm new-to-you ideas too. Dress comfortably and be ready to move.

Target Audience: Frontline Staff

Theme: Takeaways

Hands-on STEAM!

Date: October 11, 2019

Looking for some fun science, technology, engineering, math, and arts activities to run in you program? Take a morning to explore and experience 5 new STEAM activities you can bring to your program quickly and easily.

Target Audience: Frontline Staff

Theme: STEAM, Takeaways

Exploring Mindfulness

Date: December 13, 2019

Have you tried mindfulness yet? Not sure how to do it, what it is exactly, or how it could work in your program? We'll talk about all of this, how to get started, useful resources, plus some mindful activities to try out for yourself and in your program!

Target Audience: Frontline Staff

Theme: SEL, Takeaways

Active Games in Awkward Inside Spaces

Date: January 10, 2020

After school professionals know how to make use of an awkward space. Join us for this opportunity to try out some new indoor active games and tweak some old ones in our own awkward space. We will discuss ways to make games safe and successful in any space, and, you will leave with your own deck of game cards.

Target Audience: Frontline Staff

Theme: Takeaways

Down Time No Longer: Effective Transitions

Date: February 7, 2020

Make the most out of those transition moments by planning ahead. Learn concrete transition strategies and ideas to combat behavioral disruptions and boredom.

Target Audience: Frontline Staff

Theme: Takeaways

Techy After School

Date: March 13, 2020

Come learn concrete ways to increase access to appropriate technology. Teach students the skills and tools they need to know to be informed consumers of technology. Technology will be a part of children's lives, so let's embrace it and look for ways to make it our programmatic ally as well!

Target Audience: Frontline Staff

Theme: STEAM, Takeaways

ADVOCACY WEBINAR

Advocate for Summer and After School programs at the State Level.



Date: December 11, 2019
Time: 10:00 - 11:00 AM

FUN FRIDAYS (continued)

Description: *TGIF!* After school professionals will come together with content-experts to engage in a friendly conversation about one key area related to after school program quality. *Explore tools and strategies, try new activities and games, share ideas, and network with colleagues. Join us for Fun Fridays, and leave inspired and equipped to make your program shine!*

Location: Hartford

Time: 10:00 AM - 11:30 AM

Fee: \$25 Member/\$50 Non-Member

Nature Activities for Inside and Out

Date: April 3, 2020

Spring is here, but maybe weather isn't allowing your program to be outside regularly yet. Need some ideas to connect your program to the changing environment? We'll explore hands-on activities that offer continued opportunities for activities that connect to outside activities you can do as the weather improves.

Target Audience: Frontline Staff

Theme: STEAM, Takeaways

Goodbyes are Hard: End-of-Year Experiences

Date: May 8, 2020

How do you handle the end of the year as it approaches? What can you do with the children to reflect on and wrap-up the year? What thoughts and feelings can you anticipate the children will have? These and other questions will be answered and participants will gain concrete strategies and ideas in closing out the year.

Target Audience: Frontline Staff

Theme: SEL, Takeaways

Summer Quickies and Fillers

Date: June 5, 2020

Summertime and the living is easy... but transitions and downtime can be anything but relaxing when you are not prepared. Whether you are moving campers from one activity to another or trying to fill an unplanned moment, a bag of tricks is a necessity. Transition activities and downtime fillers will avoid unnecessary behavior issues and keep campers and staff happy and engaged.

Target Audience: Frontline Staff

Theme: Takeaways

Sports & SEL

Date: June 12, 2020

Sports are a great way for children to build their physical health and wellness, and develop their fine and gross motor skills. But have you thought about what SEL competencies you can foster intentionally out on the field? Come learn about how to intentionally incorporate SEL into sports and learn the basics of Ultimate Frisbee! This Fun Friday will include outdoor (weather-permitting) hands-on demonstration and practice of frisbee skills. Please wear comfortable clothes and sneakers.

Target Audience: Frontline Staff

Theme: Takeaways

WINTER TUNE-UP

Description: *Get ready to break the winter blues with our three foundational trainings coming to a city near you. We'll provide helpful reminders and key knowledge for staff that will level the playing field and set a basis for the remainder of*

Time: 9:30 AM - 2:00 PM

Fee: \$30 Member/\$60 Non-Member

Dates & Location: TBD

Target Audience: Frontline Staff

Theme: Foundations



DEEP DIVE SESSIONS

Description: These intensive sessions blend fun, engaging content with a richer, more in-depth exploration of the most challenging issues facing after school program staff. Join us as we go deep, building reflective practice and making best practices and inspiring ideas into realistic, feasible changes to your programs. Build expertise and skill that will translate into improved outcomes for your children, your families, and your program!

Time: 9:00 AM - 12:00 PM

Fee: \$50 Member/\$75 Non-Member

Behavior Management and De-Escalation

3 Dates & Locations: October 15, 2019, Groton
December 12, 2019, Danbury
January 14, 2020, Hartford

No matter the length of time we've worked with kids, we can always improve our behavior management and de-escalation skills. Larger groups of children with more challenges make it even more important for us to be on our A-game for behavior management and de-escalation. Please come learn about children, their needs, brain chemistry, and strategies to prevent

Social-Emotional Learning

Date & Location: March 11, 2020, Stamford

There's a lot of buzz out there about SEL. Social and Emotional Learning tools are key to developing effective programs that support young people to be ready to take on the challenges of tomorrow's world. Take this opportunity to join us in a Deep Dive session, exploring and practicing SEL activities, games, and tools that can help you bring SEL directly into your program to enhance learning, participation and connection!

Target Audience: Frontline Staff, Supervisors, Site Coordinators

Theme: SEL

Trauma Informed After School

Date & Location: May 12, 2020, Hartford

Trauma can be the result of many factors, including abuse, chronic poverty, violence, and natural disasters. So many of the children in our programs deal with one or many traumas in their young lives. Learn how to take steps to create a trauma-informed program at your after school site that will benefit ALL children.

Target Audience: Frontline Staff, Supervisors, Site Coordinators, Program Directors

Theme: SEL

Attend all 3 "Deep Dive Sessions"
and get the Scuba Diver's Special - \$130 for all three!
Must register for all three at the same time
That's a savings of \$20!



OUT-OF-SCHOOL TIME LEADERSHIP INSTITUTE (OSTLI)

Date: October 4, 2019

Time: 9:30 AM - 3:00 PM

Location: Hartford

New to the Connecticut After School Network this year is our Out-of-School Time Leadership Institute (OSTLI). This one day event will help you understand your own metamorphosis as a leader in an evolving field. The format for the day will be a mix of open discussions, small and large group discussions, and an open forum for sharing ideas and thoughts on leading high-quality out-of-school time programs. We will be joined by several national leadership experts that have led programs and contributed to the larger leadership discussion in the field.

INSTITUTE TOPICS

History of Out-of-School Time Programs
Leading Programs, Leading Communities – Defining your leadership
Tools for your Toolbox, Leading Others – Using leadership for change
Growing Great Leaders – Identifying and fostering leadership
Forging a Path Forward – Leading in the field

Fee: \$120 Member/\$170.00 Institute plus membership/\$175 Non-Member

CONNECTICUT AFTER SCHOOL NETWORK

2019 Annual After School Conference

EVERYDAY HEROES: EMPOWER. ENGAGE. ENRICH.

Saturday, November 2, 2019, 8:30 a.m. - 3:30 p.m.,
Hartford Marriott Downtown, Hartford, CT

The Annual After School Conference has provided high quality professional development to after school professionals for over 30 years.

This year we will focus on After School Professionals as Everyday Heroes, looking at how after school empowers, engages, and enriches the lives of the children in our programs.

Participants will choose workshops in three sessions, attend a plenary, visit our interactive exhibitors, and of course enjoy a relaxing breakfast and lunch.

We are sure to have something to meet your professional development needs with trainings on topics ranging from Behavior Management, Intentional Planning, STEM, to Community Collaboration.

Mark your calendar now! New beautiful conference site. Free parking.

Conference fees:

Early Bird registration fees:	Registration fees after Oct. 5th
\$120 Member	\$145.00 Member
\$175 for Non-Member	\$200.00 Non-Member
\$170.00 Conference plus membership	\$195.00 Conference plus membership

Registration Deadline: October 25, 2019

Become a partner. Go to www.ctafterschoolnetwork.org or call Michelle Doucette Cunningham at (860) 730-2941.

WORKING THE TOOL

Description: *In late 2018, the Connecticut After School Network released its 3rd edition of the [Connecticut Quality Self-Assessment Tool \(CT-QSAT\)](#) to help strengthen after school programs. A quality program is one that is reflective and willing to improve, change, and grow. This year we will be exploring the eight elements of quality after school programming in our “Working the Tool” series.*

Location: Hartford

Time: 10:00 AM - 12:00 PM

Fee: \$30 Member/\$60 Non-Member

#1: Zooming in on Relationships - Interactions & Engagement

Date: November 13, 2019

Develop your ability to use the Connecticut Quality Self-Assessment Tool (CT QSAT) to build relationships within your program. In this first program of the “Working the Tool” series we’ll explore the first of the 8 quality measures in detail: Relationships-Interactions & Engagement. We’ll take this time to review and practice exactly how to work with each indicator.

Target Audience: Frontline Staff, Supervisors, Site Coordinators, Program Directors

Theme: Quality, Family Engagement

#2: Zooming in on Family & Community

Date: January 22, 2020

How well is your program engaging youth families and the community? Develop your ability to use the CT QSAT to enhance family and community engagement. Join us and explore each of the 12 indicators of effective engagement in depth, discuss how each pertains to your current programming, and pinpoint places to increase quality. If you find connecting with families a challenge or even just believe there is always room for improvement, come practice self evaluating with the CT QSAT!

Target Audience: Frontline Staff, Supervisors, Site Coordinators, Program Directors

Theme: SEL

#3: Zooming in on Environment & Safety

Date: February 14, 2020

The world is a scary place, so how do you strive to maintain safety and support in your program? As we zoom in on the Environment and Safety domains of the CT QSAT, you’ll learn how each indicator helps to impact the physical, academic, and social & emotional spaces that the children you work with inhabit. We’ll discuss how your program can use self-assessment to enhance the quality of your environment and the safety of the children you serve.

Target Audience: Frontline Staff, Supervisors, Site Coordinators, Program Directors

Theme: Quality

#4: Zooming in on Activities

Date: March 25, 2020

Tired of the same old slime? Is your Pinterest board looking sparse? Come learn how intention, connection, and reflection are the key to what makes enriching activities and programming, as we zoom in on the CT QSAT. We’ll examine each indicator and discuss how quality improvement can help to not only engage youth, but empower staff as well!

Target audience: Frontline Staff, Supervisors, Site Coordinators, Program Directors

Theme: Quality

#5: Zooming in on Staffing & Professional Development

Date: April 10, 2020

Is your program supporting staff to build skills that make activities engaging? Hiring practices, orientation, and ongoing professional development matter. As we zoom in on the Staffing and Professional Development domains of the CT QSAT, you’ll learn how each indicator helps to impact these areas and improve overall program quality that supports your role as a leader and coach in developing a meaningful after school program.

Target Audience: Supervisors, Site Coordinators, Program Directors

Theme: Quality

#6: Zooming in on Administration, Organization, Sustainability, & Evaluation

Date: May 15, 2020

Creating intentional programming is only half of the equation in building a high-quality after school program, the other half involves the business of after school. This includes developing sound fiscal procedures, policies that support the mission, planning for program growth and development over time, and evaluating overall program quality and impact. Over the course of this session, we will examine the final two domains of the CT QSAT, Administration and Organization and Sustainability and Evaluation.

Target audience: Site Coordinators, Program Coordinators

Theme: Quality

**Register for all Six “Working the Tool Sessions” for \$150 dollars!
That’s a savings of \$30! Must register for all six at point of initial registration.**



2020 Childhood Conversations/Together We Will Conference

April 3, 2020
Windsor Marriott
8:30 AM - 3:30 PM

The Childhood Conversations/Together We Will Conference is an amazing collaboration which provides high quality professional development for early childhood professionals, after school professionals, parent educators, and parents.

We hope that our conference will allow you to explore deeper content, make cross-sector connections, and gain perspectives on how to maximize connections within your community.

Your conference day includes a keynote, three workshop sessions, vendor hall, and a networking breakfast and lunch.

Conference fee:

Early Bird registration fee:
\$95 (before March 13th)

Registration fee after March 13th
\$120

Registration deadline: April 3, 2020



COACHING & LEARNING FOR AFTER SCHOOL PROFESSIONALS - SEL



Coaching & Learning for After School Professionals



Eager to dive deeper in the role of Social-Emotional Learning in After School? We have just the opportunity for you! Join our Coaching & Learning for After School Professionals group, for 4 sessions, over 4 months to discuss turning theory into practice and measuring the great things you do. All SEL-related! This small group, intensive leadership cohort will help you identify SEL improvement needs for yourself, your staff, your students and your program.

Each session will include fun, hands-on activities to take back to your program and clear, concrete goals for program improvement. By the end of the year, you will have a robust, meaningful social-emotional program in place.

Due to the intensive and compounding nature of the CLASP experience, it is essential that participants plan to attend all four sessions. Upon successful completion of all four sessions, participants will become members of our CLASP alumni group. You will be invited to attend an annual reunion, may be invited back to speak, train or advocate on behalf of after school and summer programming, and will have a strong peer network to connect with as they implement their new expertise in their programs.

Location: Hartford **Time:** 9:00 AM - 3:00 PM **Fee:** \$475 Member/\$500 Non-Member

Dates: January 31, 2020 February 28, 2020 March 27, 2020 May 1, 2020

Target audience: Frontline Staff, Supervisors, Site Coordinators

Theme: SEL, Research-to-Practice

CLASP ALUMNI EVENT

Location: Hartford **Date:** June 2020 **Time:** 10:00 AM - 1:00 PM **Fee:** Free



Held annually, this special event is open to all current and former CLASP participants.
Join us for lunch and conversation.

COACHING & CONSULTATION SERVICE

Choose your level of support: Each coaching relationship starts with an initial one-hour confidential phone conversation, which is free of charge. We explore your current situation and identify goals with you and learn about what you hope to accomplish. Then, we develop a plan together, customized to meet your needs, which may include:

- Site visit(s)
- Weekly, biweekly, or monthly phone consultation (evening and weekend hours available)
- Relevant tools, skills, and strategies
- Program, staff, or curriculum assessment and evaluation with recommendations
- Customized training for staff
- Support in developing
- Other levels of support as needed

Quality Improvement Consultation: The quality of an after school program is directly related to the skills of the people who staff and administer it. The Connecticut After School Network provides consultation on all areas related to before/after school and summer programs. We have a proven track record of sustaining lasting improvement to community-based organizations and school districts statewide.

Common areas for systems-building and quality improvement consultation include:

- Partnerships, communications, and community Relations
- Observation and assessment of best practices
- School district supports related to after school programming
- Program and team turnaround
- School-After School Alignment
- Building internal staff mentorship and coaching
- Systems-building and quality-building
- And much more

Premier Coaching for Program Directors: Connecticut After School Network's Director Coaching is designed to support program leadership through challenges and assist you in bringing your leadership to the next level. Whether you're having a problem you want to resolve, or want to grow your leadership or program from good to outstanding, the Coaching team at the Connecticut After School Network is here to help!

Our coaches hold experience-based, real life expertise in:

- Program quality and design
- Licensing standards
- Starting a new program
- Directing after school programs
- Nonprofit leadership
- Executive director transitions
- Sustainability and development planning
- Morale, positivity, and teamwork
- Problem-solving, mediation, and conflict resolution
- Change management
- And much more



ON-SITE TRAININGS

**Want to train all your staff on the same topic?
Have a specific training need you want to address?
We'll bring the experts to you!**



The Network provides professional trainers who deliver a wide range of workshops designed to enhance the skills of after school professionals statewide. With backgrounds covering a full spectrum of topics (health and nutrition, academia, art, music, administration and more) you're sure to find the perfect fit for your staff!

Popular training topics include (see our website for specific titles):

- Behavior management
- Children's issues (from ADHD to homework)
- Games
- Specific content areas (literacy, math, science, arts, global learning)
- Linking academic content to programming
- Project based learning
- Social skills
- Program management & supervision
- Social-emotional well-being
- ADHD and special needs inclusion
- STEM
- Literacy

Additional trainings can be developed to meet the individual needs of your program. Fees begin at \$75 per hour. Professional members of the Network receive a discount. To schedule a workshop or for additional information, please contact Monica Whalen by phone at 860-730-3371 or email at mwhalen@ctafterschoolnetwork.org.

SUPERVISOR ROUNDTABLES



COMING TO A CITY NEAR YOU!

Join other supervisors in your area to discuss what is on your mind. You'll be joined by a member or members of the CT After School Network who will facilitate the discussion. Dates will be announced prior to the roundtable.

The schedule is as follows and is subject to change:

- September - Hartford
- November - West Haven
- February - Waterbury
- April - Northeast CT
- June - Middletown



Time: 11:30 AM - 1:00 PM

If you are interested in hosting the April Meeting or a Summer Roundtable, please email mschone@ctafterschoolnetwork.org.

NATIONAL CONFERENCES

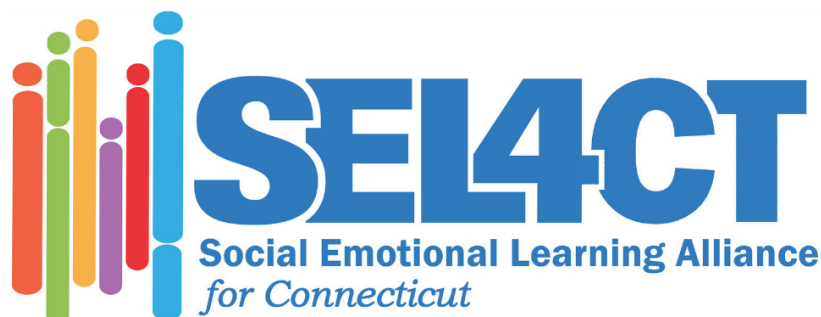
In addition to the many Network offerings, here are some other possibilities you might be interested in attending:

Conference Title	Dates	Location
<u>National Conference on Summer Learning</u>	October 21-23, 2019	Atlanta, GA
<u>Beyond School Hours XXIII</u>	February 26 - 29, 2020	Orlando, FL
<u>National AfterSchool Association Annual Convention</u>	March 15 - 18, 2020	Washington, DC
<u>BOOST Conference</u>	April 28 – May 1, 2020	Palm Springs, CA

ONLINE LEARNING

Professional Development is important for your growth as a professional and person. Even if you cannot make it to an in-person training, please consider the following FREE online resources to continue your PD.

- ⇒ Find a list of pre-recorded webinars on our website: <http://ctafterschoolnetwork.org/professional-development-training/>
- ⇒ Videos to increase your knowledge of social, emotional and academic content: <https://casel.org/resources-videos/>
- ⇒ Webinars on inclusion: <https://y4y.ed.gov/webinars/inclusion-in-21st-cclc-environments-webinar-series>
- ⇒ Webinars on whole child development: <http://www.ascd.org/professional-development/webinars.aspx>
- ⇒ Online STEM resources <http://http://www.click2sciencepd.org/>



The mission of SEL4CT is to empower Connecticut children of all ages, to thrive in school and life by supporting effective social and emotional learning programs, policies, and practices in communities throughout the state.

Join us in promoting and supporting high-quality Social-Emotional Learning (SEL) in your community and across the state!

We are a volunteer-driven organization and membership is FREE.
Sign up to [join](#) this effort and to stay informed about SEL news across the state and nationally!

Upcoming Meetings: September 16th and November 20th
More details to come via email.

It's about opportunities...
Kids thriving. Families working.
Providers connecting.
Schools excelling.

We are a partnership of individuals and organizations promoting young people's safety, healthy development and learning outside the traditional classroom. We do this by providing training and technical assistance to improve program quality, influencing policy on behalf of youth and families, and expanding funding opportunities.

We believe that every family should have the opportunity to choose from a range of high-quality, age-appropriate, affordable after school and summer programs. High-quality programs provide positive choices for children and youth while meeting their community's needs for keeping kids safe and families productively employed.