

# 2022-2023 Professional Development Catalog

Expert Content, Experiential Delivery



AN INITIATIVE OF THE CONNECTICUT NETWORK FOR CHILDREN AND YOUTH

## CALENDAR AT-A-GLANCE

July 2022						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<sup>24</sup> 31	25	26	27	28	29	30

August 2022						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2022						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2022						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
<sup>23</sup> 30	<sup>24</sup> 31	25	26	27	28	29

November 2022						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2022						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2023						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2023						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
<sup>23</sup>	24	25	26	27	28	29

May 2023						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2023						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Fun  
Fridays

Lunch &  
Learn

Rebuilding  
the Field

Mizzen  
Mondays

Network  
Conferences

Federal  
Holidays  
(Office closed)

## A MESSAGE FROM OUR DIRECTOR OF PROFESSIONAL DEVELOPMENT

Welcome to the Connecticut After School Network's 2022-2023 Professional Development Catalog! As programs rebuild and recover from the COVID-19 pandemic, we are here to help support staff and leadership development, develop quality improvement tools vital to program success, and provide opportunities for your voice to be heard statewide and nationally. Professional development helps frontline and direct service staff better understand their roles, contributes to a positive workplace, keeps you current with trends, research, and thinking in the larger field, and builds a sense of community that has been lost over the past three years. Inside this catalog, you will find a variety of offerings that will help you meet your goals and fulfill your needs as an after school professional.

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

- **Fun Fridays:** 1.5 hour training with concrete skills, strategies and takeaways
- **Lunch & Learn:** Topical sessions for new and experienced site-coordinators/supervisors or program directors/administrators. Dive into a practical discussion over lunch.
- **Rebuilding the Field Webinar Series:** Tune into these webinars for relevant and current information to help programs plan ahead and learn what peers are doing related to a topic.
- **Live Mizzen Mondays:** Learn about activities in the Mizzen App by Mott with Shawna and take tips and tricks that will keep your program engaging for all

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

In July 2022, The CT After-school Network expanded to become the CT Network for Children and Youth.



CONNECTICUT  
AFTER  
SCHOOL  
NETWORK



Connecticut  
Children's  
Collective

### CONTACT US

**CONNECTICUT  
NETWORK FOR  
CHILDREN AND YOUTH**

**Business Address:**

75 Charter Oak Avenue,  
Building 2, Suite 2-101  
Hartford, CT 06106  
(203) 483-1846

**Mailing Address:**

PO Box 1409  
Hartford, CT 06143

### VISIT US ON

[Facebook](#)  
[Instagram](#)  
[Twitter](#)  
[Blog](#)

### CONNECT WITH US

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

A red, multi-pointed starburst graphic with a white outline. Inside the starburst, the words "SIGN UP!" are written in a bold, white, sans-serif font with a blue outline.

## 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

**Registration Fee:** \$50.00

### **Designing Useful Indoor After School Space** (Charter Oak)

**October 21, 2022**

Working in after school programs we often find ourselves using awkward spaces, cafeterias, gymnasiums, libraries, etc... ; in many cases we find that these spaces work against us rather than for us. And yet these spaces can be turned into amazing after school environments with just a few simple tweaks. We will look at the needs of your students, your program, and your staff and how the design of your space can work for you. We will focus on design that is welcoming, provides youth choice and self-directed opportunities, and creates an SEL empowered out of school time learning environment.

Target Audience: Frontline Staff

Theme: SEL, Takeaways

### **Planning with Intentions** (Wyllys)

**November 18, 2022**

Are you having trouble keeping students engaged? Feeling a bit uninspired by the activities yourself? Explore activities that can help you gauge your students' interests at the beginning of the year, and learn how to use your own interests to build activities that are engaging and fun for everyone involved. When you're doing the things you love, they'll love it too!

Target Audience: Frontline Staff

Theme: Takeaways

### **Reframing Informal STEM for Fun Learning Freedom** (Virtual)

**January 20, 2023**

Need fun activities that you can bring to your program? Need educational STEM activities? Want to learn about the engineering mindset and how you can get your program to the next level! We'll be exploring the Engineering Mindset through this at home kit of hands on activities that you'll be able to set up and run within your program! We're going to explore and practice making STEM interesting and relevant to your audience! Hands-on youth directed activities that you can support in your program. Please register no later than 2 weeks prior. You'll be getting a Virtual Fun Friday STEM kit!

Target Audience: Frontline Staff

Theme: STEM, Takeaways

### **Challenges for Concept Conceders** (Virtual)

**February 17, 2023**

Ready for a challenge? We will explore 4 popular STEM challenges, work through how to set them up and how to turn them into more than games, but fun hands-on, youth empowering, community connecting learning opportunities. Please register no later than 2 weeks prior. You'll be getting a Virtual Fun Friday STEM kit!

Target Audience: Frontline Staff

Theme: STEM, Takeaways

### **Group Facilitation in After School Programs** (Charter Oak)

**March 17, 2023**

Have you ever watched an amazing teacher or one of those magical camp counselors move huge groups of children with ease while so many of us struggle to get anyone to follow the simplest direction? Let's take a look at some of the simple strategies we can use to improve our group facilitation skills, build relationships, and lead with confidence. We will focus on simple positive techniques that will be useful on your first day working with children or to refresh your old bag of tricks.

Target Audience: Frontline Staff

Theme: SEL, Takeaways

### **Finding Your Breath For The Last Mile!** (TBD)

**April 21, 2023**

Almost done? Is everybody in your program feeling that way? Join us to explore ways to cultivate a little more interest, enthusiasm and perseverance in your activities and programming for that time of year when everybody is just about done. Try out first hand some social emotional skills activities to bring back some focus and enthusiasm with tools and games you'll experience first hand!

Target Audience: Frontline Staff

Theme: SEL, Takeaways

### **Fun Friday Afterschool and Summer Field Day** (Field)

**May 19, 2023**

Join us for a day of spring fun! Our first ever Fun Friday Field Day. Take part in make and take arts and hands on science activities, field games with prizes, carnival games and food. Register with a team or as an individual, either way it is sure to be FUN! (more details to come)

## LUNCH & LEARN SERIES

**Description:** Back for 2022 are topical sessions for new and experienced site-coordinators/supervisors or program directors/administrators. Every other month we dive into a practical discussion that includes a mix of research, peer sharing, and includes a fabulous lunch from a local restaurant. Registration is required in advance so we can get an accurate headcount to order ahead of time. Join us these a fun, engaging, inspirational and informational time

**Location:** Hartford

**Time:** 12:00 PM - 1:30 PM

**Registration Fee:** \$50.00 (lunch included)

**Is the customer always right? Communicating with Families and Caregivers** December 14, 2022  
(Charter Oak)

We have all been there, either we or the family member picking up their child has had a bad day. Sometimes a simple matter turns argumentative quickly. What do we do? Is the customer always right? How we communicate with families and caregivers impacts the relationships we have with the children we work with. In this session we will hear from peers that have experienced these situations and the positive solutions and opportunities that come out of effective communication with families and caregivers.

Target Audience: Frontline Staff

Theme: SEL, Takeaways

**When the money runs out? Dealing with lapses in grant funding** (Charter Oak) February 8, 2023

The influx of dollars over the past few years to afterschool and summer programs has been the largest investment to date. Many innovative programs and successful outreach efforts to communities were spurred as a result of the funding. Unfortunately, the money runs out next year. This problem is not just ARP/ESSER related, it happens all the time for programs that operate on a shoestring budget. Partnerships, grant funding, and collaboration will be covered in this session as well as real world examples from peers.

Target Audience: Frontline Staff

Theme: Takeaways

**I'm an administrator! Now what?** (Wylllys) March 8, 2023

Staff turnover has never been higher in the field. While it has impacted the day-to-day operations of afterschool programs, it has also provided opportunities for growth for seasoned staff. While more responsibilities and higher pay are often welcome, there is hardly ever a roadmap for a new director or administrator in our field. If you have ever been there or are currently in this position this session is for you. Bring your stories, your solutions, and your best thinking to unpack what happens when you suddenly become an administrator. Lunch included.

Target Audience: Supervisors

Theme: STEAM, Takeaways

**I hate public speaking! Focusing your message with Nerves** (TBD) April 12, 2023

The end of the year is drawing to a close and you have to present your program to families, board members, community leaders or other stakeholders. You get a lump in your throat thinking about it...fear not, in a few easy steps you can have a polished presentation and process that will calm your nerves and let you tap into your "Why". Join us for this practical, hands on session and come away with a presentation that will wow.

Target Audience: Frontline Staff

Theme: Takeaways



## REBUILDING THE FIELD WEBINAR SERIES

**Description:** Throughout the pandemic, the Connecticut After School Network provided these webinars for relevant and current information to help programs plan ahead and learn what peers were doing related to a topic. We continue this series to continue to offer support as the field continues to rebuild and recover. With staffing, grant funding, and program quality pulling leaders in different directions, these webinars serve as grounding points to help take a pause and consider critical issues programs statewide and nationally are dealing with. Take part in these afternoon conversations with local and national leaders in the field.

Time: 12:00 AM - 1:00 PM

Registration Fee: \$25.00

### **Professional Development Planning with Impact**

**November 30, 2022**

Research shows that high quality professional development has a direct impact on student outcomes. How our staff interact with and build positive relationships matters. Frontline and Direct Service staff have the largest opportunity to connect with children and families, but often do not have clear direction or training to do this effectively. In this session we will discuss the importance of professional development planning with staff to maximize the potential benefits of your programs.

### **Should I care? Advocacy is more than funding.**

**January 25, 2023**

“My program doesn’t get state or federal funding, why should I care?” is a common question asked in advocacy sessions. The answer to this question is community. While funding may spur innovation or quality improvement, it does not preclude these things from happening elsewhere. Sharing our experiences, models, and challenges with one voice not only helps with state and federal funding streams, it also provides context for a larger public understanding of what afterschool and summer programs are all about. Join us for this exciting webinar and learn how you can have your voice heard.

### **What is SOLD and how can the children in my program benefit?**

**March 29, 2023**

As a result of the COVID-19 pandemic, children need more social, emotional, and academic support. The Science of Learning and Development (SOLD) provides a framework that helps afterschool and summer programs take a holistic approach to curriculum development and program delivery. Hear from out-of-school time leaders that have used this framework and the impact it has had on their communities.

Webinar meeting information will be sent to participants who register after payment is received in full.

**LIVE MIZZEN**  
**Mondays**  
**with Shawna**

**STARTING**  
**OCT 3RD**  
**@ 12:00 PM**  
**ON FACEBOOK**

What is it?

How do I get help?

What is Featured Content?

How do I create a group?

Home  
Groups  
Content  
Pro Tips  
Mizzen News  
Messages  
Invite A Colleague  
Marla

For more information and registration please visit [www.ctafterschoolnetwork.org](http://www.ctafterschoolnetwork.org)



**CONNECTICUT  
AFTER  
SCHOOL  
NETWORK**

2022 Annual Fall Conference

**SCHOOL'S OUT,  
MAKE IT COUNT!**

November 12, 2022  
9:00 AM - 3:30 PM  
CT Convention Center, Hartford

AN INITIATIVE OF THE CONNECTICUT NETWORK FOR CHILDREN AND YOUTH



## REGISTRATION IS NOW OPEN FOR THE 2022 ANNUAL FALL CONFERENCE

When school is out for the day, after school programs make amazing things happen. From STEM programming to community partnerships, from active games to social emotional learning, from unique age-appropriate activities to amazing leadership opportunities. After school programs and their incredible staff make out of school time count!

The Annual After School Conference has provided high quality professional development to after school professionals for over 30 years. Participants will choose workshops in three sessions, visit with 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.

### Conference fees:

Early Bird registration fees:  
\$175.00 before October 14th

Registration fees after Oct. 14th  
\$200.00

Registration Deadline: November 4, 2019

Become a sponsor. Go to [www.ctafterschoolnetwork.org](http://www.ctafterschoolnetwork.org) for more information.

## 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 development training and technical assistance opportunities for people working in the after school field. Our list of professional trainers has a wide range of workshops designed to enhance the skills of after school professional statewide. With backgrounds covering a full spectrum of topics you're sure to find the perfect fit for your staff.

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

- Active
- Arts
- Behavior Management
- Diversity, Equity & Inclusion (DEI)
- Leadership Development
- Nutrition
- Program Management
- Program Planning
- Social Emotional Learning (SEL)
- STEM

Additional trainings can be developed to meet the individual needs of your program. Fees begin at \$150/hour. To schedule a workshop or for additional information visit our Training Service [webpage](#) or contact Monica Whalen by phone at 860-730-3371 or email at [mwhalen@ctafterschoolnetwork.org](mailto:mwhalen@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
<a href="#">National Conference on Summer Learning</a>	October 24 - 26, 2022	Washington DC
<a href="#">Beyond School Hours XXIII</a>	February 9 - 12 2023	Orlando, FL
<a href="#">National AfterSchool Association Annual Convention</a>	March 19 - 22, 2023	Orlando, FL
<a href="#">BOOST Conference</a>	April 25 – 28, 2023	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: [Professional Development – CT Afterschool Network](#)
- ⇒ Videos to increase your knowledge of social, emotional and academic content: [SEL Publications - CASEL](#)
- ⇒ Webinars on inclusion: [You For Youth // Inclusion in 21st CCLC Environments: Webinar series \(ed.gov\)](#)
- ⇒ Webinars on whole child development: [Webinars - ASCD](#)
- ⇒ Online STEM resources [STEM Resources – CT Afterschool Network](#)

The organization formerly known as the CT After School Network expanded into the CT Network for Children and Youth as of July 1, 2022. It consists of the three initiatives below.

Connecticut After School Network,  
Social Emotional Learning Alliance for Connecticut (SEL4CT), and  
Connecticut Children’s Collective are initiatives under our new organizational name



CONNECTICUT  
AFTER  
SCHOOL  
NETWORK

SEL4CT

Connecticut  
Children’s  
Collective

**Our mission is to bring people together through strong local and statewide partnerships to help children, youth and families thrive.**

Visit our new [website](#) to learn more!

**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.