

# Southwestern CHILD DEVELOPMENT COMMISSION

*Connecting Matters...*

*Take Care of You- Take Care of Others-Take Time to Share*

*Serving:*

*Buncombe, Haywood, Henderson, Madison, and Transylvania Counties*

*Grant Funding Provided by:*

□



Explore More FREE

# Training Opportunities!

## Online On-Demand

**FREE** **Online On-Demand Child Care Courses**  
**For Buncombe, Haywood, Henderson, Madison, Transylvania**  
**Early Childhood Educators**

- Anger & Aggression In Young Children
- Children with Incarcerated Family Members
- Homelessness in Afterschool
- Infant Mental Health – The Basics of What & Why
- Methamphetamines and the Effects on Children
- *\*No Hero in Heroin*
- Only 1 U: Suicidal Youth
- *\*Yakety Yak – These Kids Talk Back & Other Daily Dilemmas*

*\*New Courses Added for December 2020*

Grant Funding Provided By

 **PISGAH**  
HEALTH FOUNDATION  
<https://pisgahhealthfoundation.org/>

 *Southwestern*  
CHILD DEVELOPMENT  
COMMISSION

Health & Wellness  
Trauma Informed  
Trauma Responsive

All Courses Approved by  
NC Division of Child  
Development & Early Education

Register at  
<http://www.swcdcinc.org>

Enter Discount Code: **PHF20**  
(Expires 8-31-2021)

Have Questions?  
Contact Karen Darby  
[darby.karen@swcdcinc.org](mailto:darby.karen@swcdcinc.org)  
704-641-7550



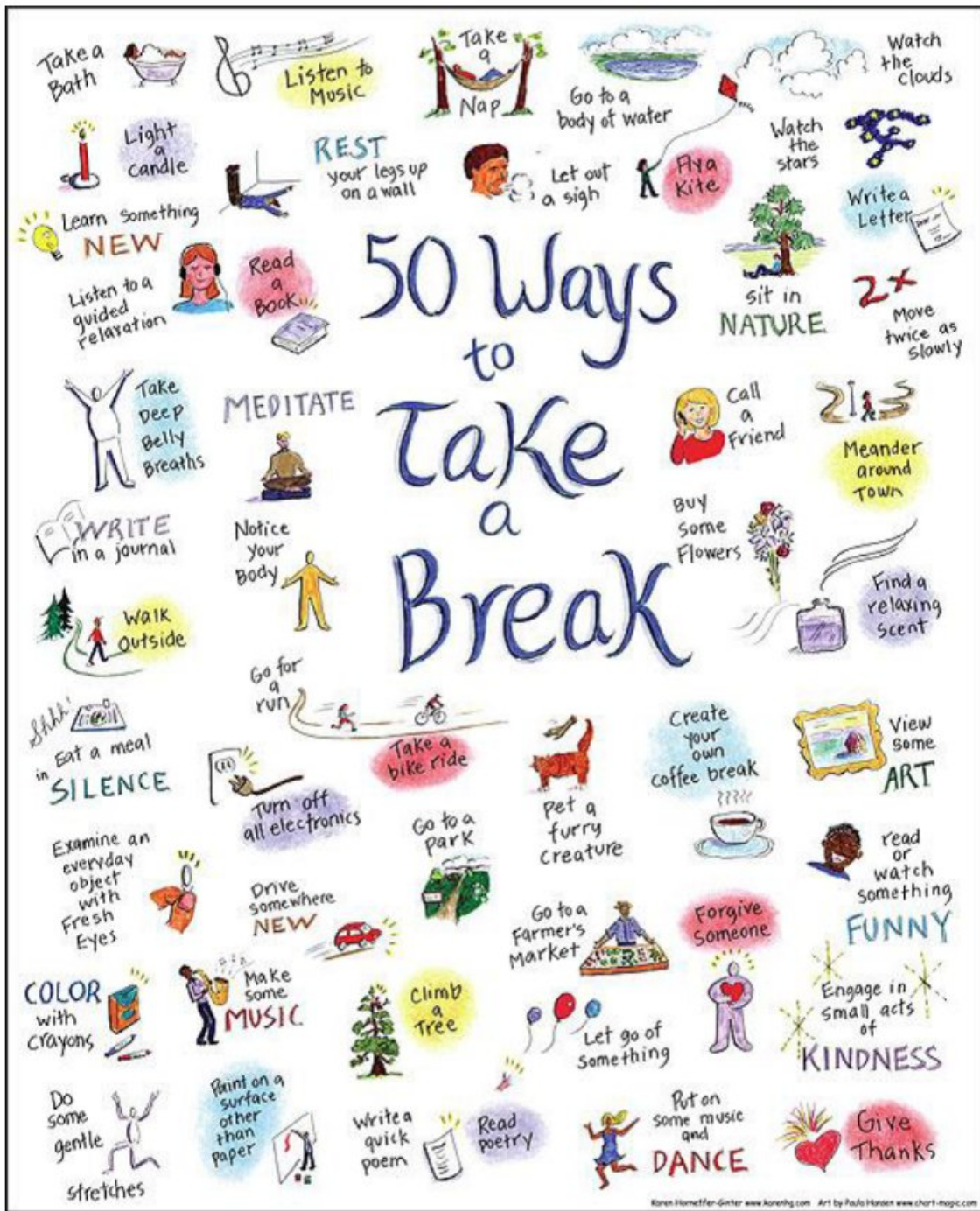


REGISTRATION

---

# Ways to Wellness...





### Yoga at Your Desk

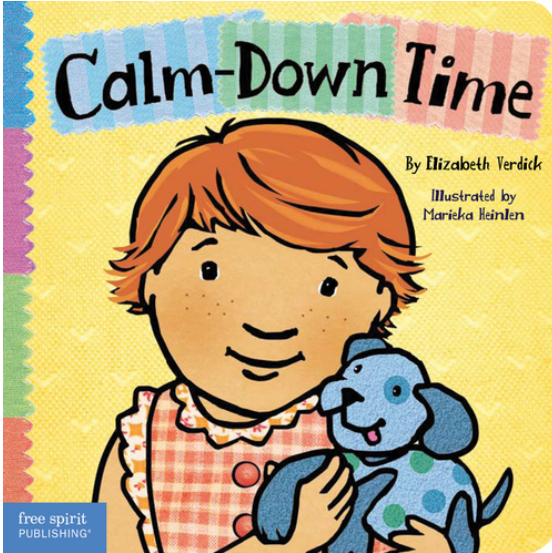
Take 5 minutes to refocus, recharge and reconnect!

Discover How



NC School Age Trauma Informed Care Resource Series Section 1

## Understanding School Age Trauma



Book Nook for Kids...

[Calm Down Time... Click Here to Find the Book](#)



Change your Day!

[Free App for Guided Meditation and Mindfulness...](#)

---

SWCDC Child Care Resource and Referral

---

ABOUT US



Questions? Contact us today 828-586-5561 or [info@swcdcinc.org](mailto:info@swcdcinc.org)