

# 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:*



**PISGAH**  
HEALTH FOUNDATION



Explore More FREE  
Training Opportunities!  
**Online On-Demand**

---

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

*\*New Courses Added for March 2021*

- Anger & Aggression In Young Children
- Autism Spectrum Disorders
- Children with Incarcerated Family Members
- *\*Early Care and Education CAN Help: Rebounding and Recovering from Trauma*
- Healthy Brains for Babies
- Homelessness in Afterschool
- Human Trafficking...is Happening
- Infant Mental Health – The Basics of What & Why
- Methamphetamines and the Effects on Children
- No Hero in Heroin
- Only 1 U: Suicidal Youth
- Shaking Hurts: Abusive Head Trauma
- *\*Up In Smoke (or Vape)*
- Yakety Yak – These Kids Talk Back & Other Daily Dilemmas

Grant Funding Provided By

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

Health & Wellness  
 Trauma Informed  
 Trauma Responsive

*Southwestern*  
CHILD DEVELOPMENT  
COMMISSION

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

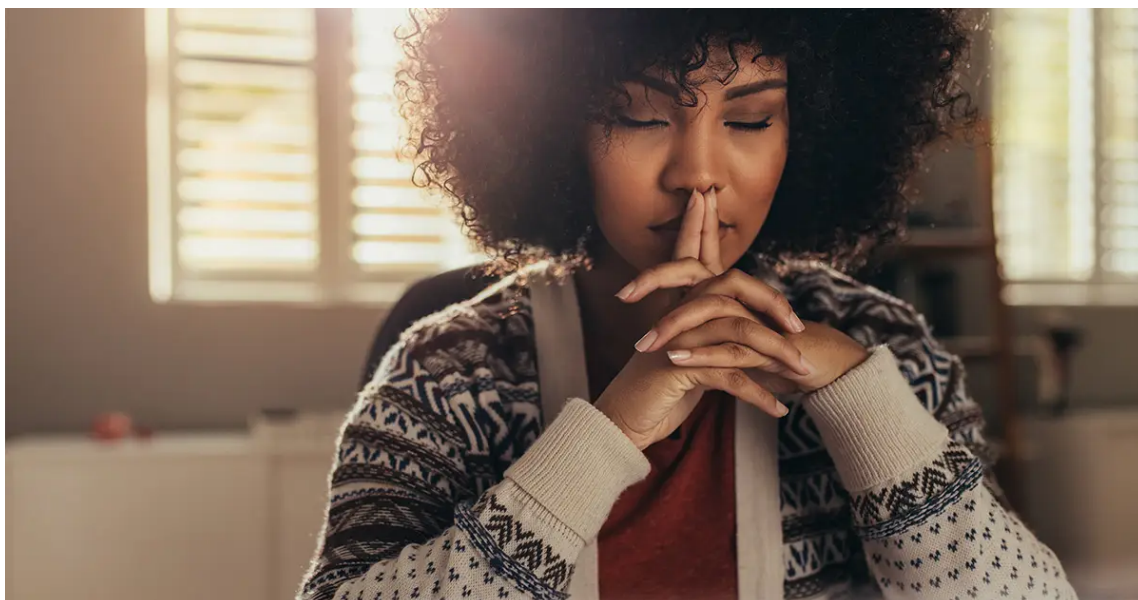
Register at  
<http://www.swcdcinc.org>

**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




ONLINE TRAINING  
 REGISTRATION



7 Ways to Control Your Mind So It Doesn't Control You...Click Here to Discover How



Your Happiness Calendar for March- Greater Good Magazine...Click Here to Discover

---

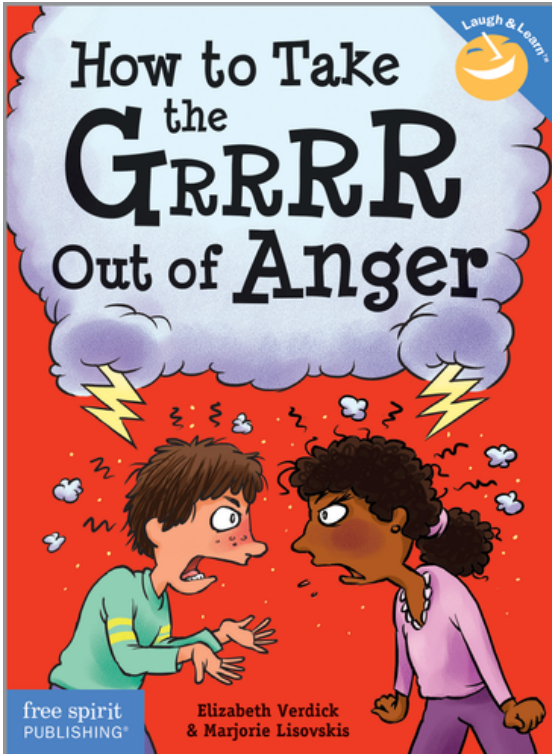
3 Tips for Dealing with



## Anxiety...

Click the link below to  
discover how.

[Discover](#)



## Book Nook for Kids...

*How to Take the Grrrrr  
Out of Anger*

[Click Here to Find the  
Book](#)



## Rapid Reset!

Using Physical Work to Calm  
the Brain...

[The Simple Act of Lifting  
or Moving an Object](#)

# SWCDC Child Care Resource and Referral

---

## ABOUT US



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