

## Self-Regulation Training

### INFORMATION PACKAGE

#### TRAINING OVERVIEW

PCYI, in collaboration with community partners from the Bridging Transitional Years Planning Table is offering Self-Regulation Training in Peel Region to increase capacity to support youth with their mental health needs. This training opportunity will provide participants with practical knowledge, tools, and resources that they can apply to their daily work with youth to prevent and manage mental health challenges. It will further equip participants to become local champions in self-regulation, so that they can engage and inspire others in Peel to build youth self-regulation capacity beyond this program. PCYI is partnering with the Canadian Self-Regulation Initiative (CSRI) to develop the training curriculum and implement the program which will integrate insights from neuroscience, health, education and developmental psychology. CSRI provides a platform for learning and engagement of educators, allied professionals, parents and communities who want to promote higher levels of learning, self-regulation and healthy development in kids and in the adults in their lives.

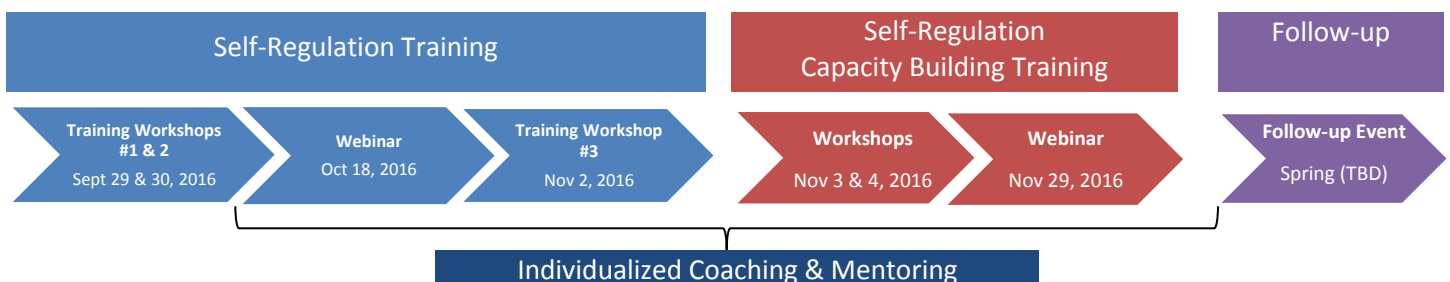
#### PROGRAM GOALS & BENEFITS

- To build the capacity of those who work with youth in Peel to apply self-regulation strategies to their work with youth and to help youth to apply these strategies
- To develop, equip, and inspire local champions to create awareness and share information about self-regulation with the community, so that we can build the capacity of youth and the adults that support them across Peel
- To develop a community of practice to sustain capacity development in the region

The training presents a strengths-based approach to self-regulation that includes building assets that support youth to address challenges and to enhance capacity. Participants will develop an increased understanding about self-regulation and how they and the youth they work with can:

- ✓ **Meet life's challenges:** respond to life's stressors; return to a calm and alert state; deal with new circumstances in a positive and healthy manner; and
- ✓ **Rise to life's potential:** supported by optimal conditions for learning, mental health & well-being, social engagement and healthy development

#### TRAINING COMPONENTS & DATES



**\*All Workshops and Training Sessions are full day sessions (9am-4pm). Webinars will be scheduled for 60-90 minutes (Times TBD)**

## WHO SHOULD ATTEND?

- ✓ Youth Workers from Peel Region who are interested in:
  - Learning about self-regulation and acquiring skills, tools, and resources that they can apply to their work with youth; and
  - Helping youth to build capacity to implement self-regulation strategies to support their on mental health needs; and
  - Committing to championing this work after the program is complete E.g. Offering learning opportunities for co-workers, youth, parents, etc.
- ✓ Supervisors, Managers, or anyone in a position that supports staff that work with youth, who are keen to learn and able to commit to influencing and championing this work within their organization. E.g. Offering lunch and learns, workshops, webinars, or training sessions
- ✓ Training and Education staff from youth serving agencies in Peel; who provide learning opportunities to staff, youth workers, parents, volunteers, or community agencies in the community who could provide training and information sessions on self-regulation

## FEE

The cost of registration, materials and participation is **\$525** (Taxes included) and will include:

- ✓ 5 Full days of in-person workshops (Self-Regulation and Train the Trainer Training)
- ✓ 2 Interactive webinars
- ✓ Access to a personal coach (Individual or group setting)
- ✓ Reference Text: Dan Siegel's *Brainstorm*; *The Power and Purpose of the Teenage Brain*
- ✓ Participant Workbook and Train the Trainer Facilitators Guide
- ✓ A USB with resources
- ✓ Access to an online webpage
- ✓ Access to a local community of practice and support

***Reduced rates available as needed, upon request***

## APPLICATION PROCESS

- 1) Complete Application Form and submit to Denise De Campos at [ddecampos@pcyi.org](mailto:ddecampos@pcyi.org) by **8am Monday September 26<sup>th</sup>, 2016**
- 2) Applicants will be notified of registration by end of day **September 26<sup>th</sup>, 2016**

**Contact Denise De Campos ([ddecampos@pcyi.org](mailto:ddecampos@pcyi.org)) with any questions**

This project is being funded by the Ontario Trillium Foundation. The leading grantmaking foundation in Canada, the Ontario Trillium Foundation strengthens the capacity of the voluntary sector through investments in community-based initiatives. An agency of the Government of Ontario, OTF builds health and vibrant communities.