



Alliance For Better ChildCare Community Night

**Amazing
Workshop**

February 8th 2018

6:00-8:00 pm

**Mast Way Elementary
School
23 Mast Rd
Lee. NH**

OPEN TO THE PUBLIC

ADMISSION \$15.00

(\$10 ABC Members)

advance tickets

Register online www.abcseacoast.org

www.abcseacoast.org

\$17 all tickets at the

door **non

refundable, will have

snow date Feb 15th

Contact Sarah Miner to

reserve your seat(s) not

online at (603) 659-5047

or email at

abcseacoast@gmail.com

CHILDCARE NOT

AVAILABLE ECE & TEACHER

ATTENDANCE

CERTIFICATES AVAILABLE



**A 2-HOUR WORKSHOP
WITH AUTHOR AND
BEHAVIORAL
CONSULTANT**

JEANINE FITZGERALD

Don't Pop Your Cork

No matter how much we love children or how fulfilling we find caring for and educating them, it is difficult and demanding work at times. There are no instruction manuals or cookbook recipes, nor are there mandates that require us to take care of ourselves. However, your success as a caregiver is determined in part, by your ability to renew your energy and meet your own needs. This session explores ways to nurture the nurturer. It is about creating wellness in your life which is much more than stress management and reduction.

Comments from participants:

- You have awakened my spirit! You are awesome!
- You made me feel really good about myself and I really enjoyed and needed that tonight.
- Many times I've seen the humor that children show and I've been afraid to laugh. Now, I'll be more at ease and enjoy the humor with them!

About Jeannine Fitzgerald

As a certified Human Behavior Consultant and Specialist, and Owner of The Fitzgerald Institute of Lifelong Learning, Jeanine specializes in research-based strategies in educational leadership, relationship-building, motivation, preventing the factors that compromise the fulfillment of a child's maximum potential and implementing positive interventions in "real life" settings. She understands the daily struggles and frustrations of educators and parents, and honors the "hero within" each individual she has the privilege to work along side. She understands the promise of every child, as well as the diversity of their needs.