



CONNECTICUT ASSOCIATION FOR Infant Mental Health

Promoting, supporting and strengthening children's earliest relationships,
prenatal to age six

www.ct-aimh.org

THE GROWING BRAIN: FROM BIRTH TO 5 YEARS OLD VIRTUAL (ON ZOOM) TRAINING SERIES

Presented By:
Melissa Mendez, LCSW, IMH-E®



November 12, 2024 1pm-4pm

The Growing Brain Basics

- Learn parts of the brain and their functions
- Understand how nerve cells communicate and connect
- Understand neuroplasticity
- Understand the role of early experiences in making connections between areas of the brain

December 10, 2024 1pm-4pm

Factors Affecting Brain Growth and Development

- Identify factors that affect brain growth and development
- Understand the effect of stress on brain development
- Understand how relationships can buffer the brain from adverse experiences
- Learn about the 5 R's for supporting healthy brain development

January 14, 2025 1pm-4pm

Social Emotional Development

- Understand how social-emotional development unfolds in the first 5 years and how to support it in young children
- Identify areas of the brain involved in social interactions and emotional reactions
- Understand the role of relationships and attachment in social-emotional development
- Understand the effect of stress on social-emotional development
- Understand the development of empathy

February 11, 2025 1pm-4pm

Understanding Behavior

- Understand the connection between the various areas of the brain and how these connections are expressed through behavior
- Understand the key factors that influence behavior
- Understand the root cause of challenging behavior and effective strategies for helping children with these difficulties

Dates:

November 12, 2024
December 10, 2024
January 14, 2025
February 11, 2025

Time:

1:00pm- 4:00pm

Location:

Virtually on Zoom

Cost:

FREE

- **WE ENCOURAGE YOU TO ATTEND ALL FOUR SESSIONS OR YOU CAN SELECT FROM AMONG THE FOUR**

- **NASW/CEC'S PENDING**



**THIS SERIES IS FUNDED BY
CT-DCF**

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