

New! Early Childhood Mental Health (ECMH) Learning Series

For Care Providers & Families



Would you like support in meeting the behavioral or social-emotional needs of a child in your care?

Alliance for Kids, in partnership with The Resource Exchange, is offering a **FREE five-part ECMH Learning Series** designed to support you in meeting the social-emotional and behavioral needs of children in your care. The Early Childhood Mental Health (ECMH) Learning Series is open to all early childhood programs and families, and seeks to strengthen resiliency in children, parents, and care providers in times of stress.

October 28 | Session 1: Impacts of stress on children and caregivers | [REGISTER](#)

December 1 | Session 2: Nurturing Positive Relationships | [REGISTER](#)

January 27 | Session 3: Supporting Self-Control (Regulation)

February 24 | Session 4: Creating Self-Starters (Initiative)

April 28 | Session 5: Growing Mindset (Internal Beliefs)



Megan Githens is a Licensed Professional Counselor (LPC) and holds degrees in Early Childhood Development as well as Counseling and Human Services along with endorsements in Early Childhood Education as well as PreK-12 School Counseling. Megan has 14 years of experience working with children and families in supporting their mental health and well-being and has a passion for this work. As an Early Childhood Mental Health Consultant with The Resource Exchange, she supports El Paso County preschools and child care centers in understanding how to support children when they are struggling with social, emotional and behavioral challenges. ECMH consulting helps centers find the tools and resources they may not have had access to and helps guide the process, whether it's for an entire classroom or an individual child.

Jessi Kovalik is a Licensed Professional Counselor (LPC) with degrees in Psychology and Community Counseling, and endorsements in K-12 School Counseling and Educational Leadership. Prior to becoming an Early Childhood Mental Health Consultant, Jessi spent nearly 20 years working with children in residential facilities and public education. Jessi is passionate about using her education and experience to help caregivers understand the impact of stress on adults and children. Consultation work can help guide the adults to a view of strength and resiliency that supports the caregiver, the child and the whole classroom.



Registration is OPEN for Session 2.

Brought to you in partnership with Alliance for Kids and The Resource Exchange.



**Alliance
for
Kids**

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Early Childhood Mental Health Help Line