

# 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 Early Childhood Mental Health (ECMH) Learning Series** designed to support you in meeting the social-emotional and behavioral needs of children in your care. The 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.

**November 18 | 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) | [REGISTER](#)**

**February 24 | Session 4: Creating Self-Starters (Initiative) | [REGISTER](#)**

**April 28 | Session 5: Growing Mindset (Internal Beliefs) | [REGISTER](#)**



**Megan House** is a Licensed Social Worker (LSW), and her education focused on trauma-informed care. Megan has over 15 years of experience working with children and families, with the last six years, specifically, in Early Childhood Mental Health (children age 0-8 years old). Before Early Childhood Mental Health, she worked in child welfare, foster care and adoption, and mental health crisis services. Megan works to support families in partnership with schools, child care centers, Head Start programs, pediatricians, developmental clinics, child and family services, family court, and community agencies. Megan feels very passionate about building healthy supports for families.

**Laura Lichti** is a Licensed Professional Counselor (LPC) and a Registered Play Therapist (RPT). She holds degrees in Counseling Psychology and School Counseling. Laura has experience working with young children within the school system as well as in clinical practice. She is in her ninth year at The Resource Exchange and currently works as a Social/Emotional Interventionist for Early Intervention. In 2020, she received her Colorado state endorsement as an Infant Mental Health Specialist (Level III). Laura works intentionally to partner with caregivers as they nurture healthy childhood development. As a mother of three young children, she is able to appreciate both the challenges and joys experienced on the journey through early childhood.



**Registration Is OPEN for All Sessions**

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

