



Center *for* Children and Youth

A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES



PROFESSIONAL DEVELOPMENT FOR SCHOOLS AND EDUCATORS WORKSHOPS CATALOG 2025/26



PREPARING EDUCATORS TO HELP CHILDREN THRIVE

JFCS' Center for Children and Youth has been an integral part of the Bay Area community for over 35 years, providing comprehensive services to families with children of all ages. In addition to offering a variety of parent education workshops through our Parents Place centers and online, we are pleased to offer our professional development workshops directly onsite at your school, organization, business location, or online via Zoom!

We can tailor our workshops to meet your staff's needs—just reach out to learn more!

We look forward to collaborating with you as we build strong communities, one family at a time.

What else does the Center for Children and Youth offer?

- One-on-One Parent Consultations
- Therapy for Children and Teens
- Child and Adolescent Psychiatry
- Occupational Therapy
- Assessments and Evaluations
- Classroom observations and interventions

Locations:

San Francisco • Palo Alto
San Mateo • Marin County

Contact us today to learn more!

888-927-0839

centerforchildrenandyouth.org

To schedule a workshop, discuss fees, or ask questions, contact:

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Regional Director, Business & Administrative Operations

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PROFESSIONAL DEVELOPMENT WORKSHOPS FOR EDUCATORS

Bridging the Gap: Building Strong Partnerships Between Parents and Teachers—All Ages

Effective communication between parents and teachers is essential for supporting young children's growth and success. This interactive workshop explores practical strategies for fostering trust, encouraging open dialogue, and creating consistent support between home and school. Participants will learn tools to navigate challenging conversations, share developmental insights, and build collaborative relationships that benefit every child. Ideal for early childhood educators and caregivers seeking stronger family engagement.

Building Belonging in the Classroom: Anti-Bias Approaches for Every Learner—All Ages

Explore the transformative power of an anti-bias approach in creating culturally responsive and inclusive classroom communities. This session will unpack the four core goals of anti-bias education: nurturing positive identity development, cultivating respect for diversity, encouraging a sense of fairness and justice, and empowering students to stand up for others. Participants will leave with practical, age-appropriate strategies and hands-on activities to create a safe, respectful, and culturally competent learning environment for all learners.

Creating an Environment for Effective Social and Emotional Learning—P/E

Diverse student populations can present challenges for teachers. This workshop uses various hands-on activities that can be used to promote an effective social and emotional learning environment in the classroom. Using literacy, math, science, and art activities we will explore the major social emotional skills, including the ability to develop confidence, friendships, concentration, and persistence. Educators will learn how to teach their students to effectively communicate emotions, be attentive, solve social problems, and self-regulate. Teachers will also learn ways to create meaningful relationships with and between their students and promote a positive environment and a successful learning experience for all.

Curriculum Mapping for Early Childhood Education—P/E

This workshop guides early educators through the process of curriculum mapping, providing tools and strategies to design and implement a cohesive, developmentally appropriate curriculum. Participants will learn to create planning forms that align with developmental milestones, support diverse learning needs, and integrate meaningful learning goals. The training emphasizes effective curriculum planning that promotes holistic development and fosters a positive, engaging learning environment for young children.

Effective Ways to Build a Strong Team—P

In this workshop, we will explore ways teachers can build a strong team through team building strategies and creative games to create an effective classroom environment.

Participants will enhance classroom learning by using different strategies to promote 21st century skills (creativity, collaboration, communication, critical thinking, and problem solving) and reflective practice.

Expressing Creativity Using STEAM—P

In this hands-on “make and take” workshop, participants will explore a variety of art techniques designed to engage young learners in creative, out-of-the-box thinking while integrating science, technology, engineering, and math (STEAM). Educators will design and create developmentally appropriate, hands-on activities that inspire curiosity, support critical thinking, and provide meaningful STEAM learning experiences through the power of artistic exploration.

Learning Outcomes

- Use creativity to explore science, math, technology, and engineering via books, hands on activities, and art techniques.
- Connect STEAM, DRDP-PS and common core standards to hands-on lessons.

Workshop Duration 2 to 4 hours

Guiding Big Feelings: Managing Challenging Behaviors in the Classroom—P/E

Gain practical tools for preventing, managing, and responding to challenging behaviors such as biting, hitting, and grabbing in the classrooms. This session will focus on understanding the root causes of aggressive behavior and offer developmentally appropriate strategies to support emotional regulation and reduce impulsive reactions. Participants will explore proactive techniques to create a calm, responsive environment that helps children navigate big emotions and build positive behavior patterns.

Integrating 2-Year-Olds into Your Preschool Curriculum—P

Teachers will be provided with essential strategies and practical skills to integrate 2-year-olds into a preschool curriculum. We’ll cover cognitive, social, emotional, and physical developmental milestones, as well as the importance of recognizing individual differences and developmental stages to create a supportive and effective learning environment for all students. Teachers will also learn best practices for holding productive conversations with parents of 2-year olds about their child’s progress.

Intentional Teaching and Reflective Practices in Early Childhood Education—P/E

This workshop supports preschool educators in sustaining their well-being and professional growth through self-care and reflective practice. Participants will explore practical strategies for managing stress, setting healthy boundaries, and nurturing both emotional and physical health. Through guided activities and hands-on tools, educators will gain deeper insight into their teaching practices and leave with a personalized toolkit to boost resilience, renew their passion for teaching, and foster a more mindful, intentional classroom environment.

Learning Outcomes

- Practical self-care strategies tailored for early childhood educators
- Techniques for building emotional resilience and preventing burnout
- Tools for reflective practice to enhance self-awareness and teaching effectiveness
- A supportive space to share, reflect, and reconnect with your “why”

Leading Little Explorers: Guiding Fun and Growth at Camp: Training for Summer Camp Leaders—E

This session provides a comprehensive overview of key topics to support effective work with children, including understanding child development, the importance of learning through play and hands-on experiences, and effective communication and guidance strategies. Participants will also explore the basics of behavior management and conclude with a reflective wrap-up to reinforce learning and practical application.

Includes:

- Appropriate discipline strategies
- Behavior expectations
- Setting boundaries
- Managing behavior
- Guiding & redirecting in appropriate behavior
- Developmentally appropriate behavior expectations.

Positive Guidance Strategies for Early Childhood Classrooms—P/E

This workshop supports preschool educators with practical tools to guide young children's behavior in positive, developmentally appropriate ways. Participants will explore key principles of positive guidance, learn strategies to support self-regulation, and discover empathetic approaches to managing challenging behaviors.

Spotting Early Signs: Recognizing Developmental Red Flags in Young Children—I/T/P

This workshop equips teachers and caregivers with tools to identify behaviors and milestones that may fall outside the typical range of physical, verbal, or social development in young children. Participants will learn how to observe and document potential developmental concerns and gain strategies for approaching sensitive conversations with families in a supportive and respectful manner. Leave with greater confidence in your ability to recognize early signs and partner with families to support every child's growth.

Strengthening Inclusivity Through Collaboration—P/E

This workshop supports preschool educators with practical tools to guide young children's behavior in positive, developmentally appropriate ways. Participants will explore key principles of positive guidance, learn strategies to support self-regulation, and discover empathetic approaches to managing challenging behaviors.

This workshop is designed to support Early Childhood Educators in creating environments where everyone feels valued and respected. We will unpack strategies to foster effective collaboration for inclusivity:

Session Outcomes:

1. **Create a Shared Vision:** Establish a common goal for inclusivity that resonates with everyone involved. This vision should be clear and reflect a commitment to valuing diverse perspectives.
2. **Encourage Open Dialogue:** Promote an environment where team members feel comfortable sharing their ideas, experiences, and concerns. Active listening and respectful communication are key.
3. **Collaborative Decision-Making:** Involve a diverse group in decision-making processes to ensure that multiple perspectives are considered. This helps with crafting solutions that are equitable and effective.

Trauma-Informed Practices in Early Childhood Education—P/E

This training equips early educators with the knowledge and practical tools to support young children who have experienced stress and trauma. Participants will explore how trauma impacts early development, learning, and behavior, and will learn trauma-informed strategies to create nurturing, responsive classroom environments. The workshop emphasizes building resilience and promoting well-being to help all children thrive.

Understanding Early Signs of Autism: Supporting Families with Insight and Resources—I/T/P

Join us to deepen your understanding of Autism Spectrum Disorder (ASD) in young children. This session will cover the three core diagnostic criteria for autism, along with subtle signs that may indicate a child is on the spectrum. You'll learn how to recognize when a comprehensive developmental evaluation is appropriate and gain practical tools for guiding families toward early support and intervention services. Leave feeling more confident in your role as a trusted partner to parents navigating the next steps.

Understanding Sensory Processing: Supporting Children and Partnering with Occupational Therapy—P/E

This workshop introduces educators to the basics of Sensory Processing Disorder (SPD) and how it can impact a child's behavior, coordination, self-regulation, and response to everyday environments. Participants will learn how the brain processes sensory information, explore a variety of signs that may indicate sensory challenges, and discover simple, effective strategies to support children in the classroom. The session also covers how to interpret a Sensory Profile and when it may be appropriate to recommend Occupational Therapy, helping educators guide families with care and confidence.

Understanding Temperament: Teaching to Every Child's Unique Rhythm—P/E

Every child brings their own temperament to the classrooms, some are energetic and bold, others cautious and quiet. This engaging workshop helps early childhood educators recognize and respond to different temperament traits in young children. Participants will explore how temperament influences behavior, learning, and social interactions, and gain practical tools to adapt their teaching style to better support each child's needs. Learn to create a more responsive, respectful, and harmonious classroom environment.

NOTE: This list is not exhaustive of our expertise. If you didn't see quite what you were looking for, please let us know! We can provide customized training for your staff.

"The Center for Children and Youth has been a wonderful resource for our preschool. We often rely on them to provide us with an extra set of professional eyes and guidance to help our teachers and parents better understand and support individual children and their social and emotional development."

— Marissa, Preschool Founder



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