

## Training Program

# Spring 2026



**“Educating the mind without educating the heart is no education at all.”**  
**- Aristotle**



*CCR&R is dedicated to enhancing children's lives, with the emphasis on improving the accessibility, affordability and quality of child care, by working together with all families, providers and communities.*



**STAY CONNECTED!**

### **Mailing Address**

700 Logan College Dr.  
Carterville, IL 62918

### **Phone**

Local

618-985-5975

Toll free

1-800-548-5563

### **E-mail**

[ccrr@jalc.edu](mailto:ccrr@jalc.edu)

### **Website**

[www.ccrrjalc.com](http://www.ccrrjalc.com)

### **Location**

607 S. Greenbriar Road  
Carterville, IL 62918

### **Office Hours**

**Mon, Wed, Thurs, Fri**  
8:00am – 4:30pm

**Tuesday**

10:30am – 4:30pm

*(Hours change during the summer)*

# CCR&R Training Policies and Procedures

## Pre-Registration

You must **pre-register** for all trainings. Registrations must be received within seven days of the training date. Last minute registration is permitted if space is available, but materials are not guaranteed. For many trainings there is a **minimum number** of persons that need to be registered for a workshop to be held or the workshop may be cancelled.

**It is essential that your phone number is correct in our system**

## How to Register

⇒ You may register for Gateways training by visiting [www.ilgateways.com](http://www.ilgateways.com) then logging in to your dashboard.

⇒ **Online at [www.ccrjalc.com](http://www.ccrjalc.com), scroll to the bottom of the page and click on 'Register for Training', scroll through the calendars, click on the training, select the link by 'More Info' and complete the form and click 'Submit'.**

⇒ **If you register for CCR&R training online you will not receive another confirmation until the phone reminder.**

⇒ By phone to Allexis Edwards at 618-985-5976 X 1227

⇒ By emailing Allexis Edwards at [allexis.edwards@jalc.edu](mailto:allexis.edwards@jalc.edu)

⇒ By emailing the Specialist assigned to your program

When registering, each person must register individually. No formal confirmations will be sent before training, however, individuals will be contacted within 48 hours of receipt of registration if the training is FULL and space is no longer available. Registration is on a first come/first serve basis.

As a courtesy, CCR&R sends reminder calls before each training to help participants remember they are registered.

## When CCR&R Needs to Cancel a Training

We make every effort not to cancel trainings; however, some trainings may be cancelled due to:

- \*Low registration, trainer illness, or inclement weather
- \*CCR&R follows JALC policy for inclement weather; if the campus closes, CCR&R is closed.

When a training is cancelled, CCR&R attempts to notify each individual who is pre-registered for training. We will try to give as much notice as possible and reschedule the training at a later date.

## When You Need to Cancel Your Registration

Some trainings have waiting lists. Please let us know if you are not able to attend training so that someone else can take advantage of this opportunity. Registration fees are only refundable if **cancellation is made five days prior to a training** or if CCR&R cancels.

## Updating Your Information

CCR&R enters all training information into a central database which ensures training is credited properly and recorded on your Professional Development Record.

♦ If you have never attended training with CCR&R before or are not a Registry member, you must become a Registry member before we can register you for training.

♦ It is important to provide us with a **current phone number** and **email address** (if you have one) so we can contact you in case of any changes or cancellations. If there have been recent changes, please complete an Information Update form.

♦ Gateways Registry must be updated yearly.

## Payments

Payments must be received before the training date. *Registration is only complete when your payment has been received.* Registration fees are only refundable if **cancellation is made five days prior to a training** or if CCR&R cancels.

## Late Arrivals / Early Departures

As per our contract with IDHS, **to receive a certificate, a participant must be in attendance the entire length of the training.** A fifteen (15) minute grace period will be given at the beginning of all training sessions. This grace period begins at the advertised start time. Participants will not be allowed in the training after the 15-minute grace period. **To receive a training certificate, participants must stay until the trainer is finished.**

# Financial Assistance for Individuals

## **CCR&R Individual Professional Development Scholarships**

Individual Professional Development Funds (IPDF) are available through CCR&R to assist individual pursuit of professional development in the field of Early Care and Education and School-age Care. Individuals employed at currently operating legal center and/or home based programs listed on the Child Care Resource & Referral (CCR&R) database are eligible to receive these funds. Funds might be used to help with costs associated with approved workshops, conferences or credentials held within Illinois.

**The deadline for PDF applications is June 1, 2026 or until funds are allocated.**

IPDF funds are designed to be distributed on a first-come, first-serve basis. As applications are received, priority will be given to providers and centers with 50% or more of their enrollment consisting of IDHS funded children and caring for infants and toddlers.



**IPDF Applications are available on the CCR&R website at [www.ccrjalc.com](http://www.ccrjalc.com) or by request at 1-800-548-5563.**

Some upcoming events that are eligible for PDF assistance;.

ILAEYC local or state affiliate sponsored events  
ILAEYC Growing Futures Conference  
IL Action for Children's Spring Into Action Conference  
IL Afterschool Network Conference  
McCormick Center for Early Childhood Leadership's,  
Leadership Connections Conference

This list is not inclusive. Please check with Missy Brown at 1-800-548-5563 or [missybrown@jalc.edu](mailto:missybrown@jalc.edu) if there is a particular workshop or conference that you are interested in attending to see if CCR&R can lend financial assistance.

# Financial Assistance for Programs

CCR&R Accreditation Assistance Funds (AAF) are provided through Quality Improvement Funds to support child care centers and family child care programs in achieving accreditation. These funds may be used to help pay fees associated with the accreditation process.

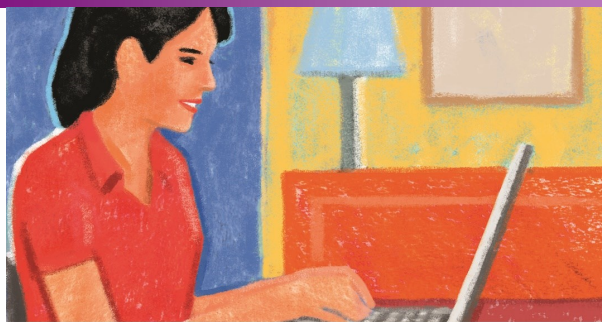
Funds may be awarded to currently operating child care centers/programs and home based child care programs listed on the Child Care Resource & Referral (CCR&R) database. AAF are designed to be a first-come, first-serve process, with priority given to providers with 50% or more of their enrollment consisting of IDHS funded children and caring for infants and toddlers

**The deadline for AAF applications is June 1, 2026, or until funds are allocated.**

QI Fund Applications, and more information on approved activities or expenditures, are available on the CCR&R website at [www.ccrjalc.com](http://www.ccrjalc.com) or can be requested by calling CCR&R at 1-800-548-5563. Application, activity, approval of applications for approved activities, and payment of funds must occur within the same fiscal year.



# Gateways Information



## Get on track with a **Registry** membership!

Joining the Gateways to Opportunity® Registry, one of the largest career registries in the state of Illinois, means you are taking an important step in your professional development. Below are tips to help you access the many benefits that the Registry offers. For more information about getting on track with a Registry membership visit [www.ilgateways.com](http://www.ilgateways.com).

### Registry **TIP#1**

#### Log In

To log into your Registry Membership visit [registry.ilgateways.com](http://registry.ilgateways.com) and click on the Dashboard Login. If you have forgotten your username or password use the red links on the login page to have that information emailed to you.

### Registry **TIP#2**

#### Print your PDR and Membership Card

Log In To log into your Registry Membership visit [registry.ilgateways.com](http://registry.ilgateways.com) and click on the Dashboard Login. If you have forgotten your username or password use the red links on the login page to have that information emailed to you. Print your PDR and Membership Card Once you have logged in as a member, click My Registry to enter your Registry Portal and choose the Plan section. Next click the Reports section and then select Get My PDR to print your Professional Development Record. Make sure to choose a start and end date using the correct date format. Or to print your Membership ID Card, choose Reports in the gold bar above the words Professional Development Record. Finally, choose Get Card to access and print your Registry Membership ID Card.

For easy step-by-step instructions, follow along with the Gateways Hot Topic video to print your *Professional Development Record and Membership ID Card*.

Hint: Take a photo of your Membership Card and keep this on your phone so you will always have your Registry Member ID when signing into trainings. Also if you are printing your PDR for a DCFS licensing visit, choose the start and end date of your licensing renewal. DCFS accepts training from Section 3, 4 and 5 of your PDR as documentation of pre-service and in-service training. No additional certificates are needed.

### Registry **TIP#3**

#### Access Free Online Training

Membership in the Gateways Registry allows access to many free online trainings offered through i-learning. Don't miss the chance to take DCFS and CCAP required trainings, or trainings for ExceleRate Illinois and more by using your same Registry login and password to log into i-learning. Find more information about online trainings at <https://courses.inccrra.org/>.

### Registry **TIP#4**

#### Take Advantage of Free Registry Programs

Request a Professional Development Advisor (PDA). Our PDA services can help you set career goals and explore your options in the field, as well as get on track to earn a college degree, complete a Gateways Credential, and more. Click the link below to request a Professional Development Advisor today! [www.research.net/r/requestforPDAsurvey](http://www.research.net/r/requestforPDAsurvey)

Get a Basic Transcript Review (BTR), which sorts your college coursework into four different categories. The BTR is completed on all official transcripts received by the Gateways Registry. Official transcripts are those sealed in an envelope and sent from an accredited college or university.

Upon completion of the review, your formal education will be reflected on your Professional Development Record (PDR) in sections 1 and 2.



# Gateways to Opportunities

*Gateways to Opportunity is a statewide professional development support system designed to provide guidance, encouragement, and recognition to individuals and programs serving children, youth, and families.*

*Learn more at [www.ilgateways.com](http://www.ilgateways.com)*

## **Gateways to Opportunity Credentials**

Gateways Credentials are symbols of professional achievement that validate knowledge and skills, experience, and contributions in early care and education, infants and toddlers, and/or administration.

Gateways credentials are awarded and recognized by the Illinois Department of Human Services (IDHS) Bureau of Child Care and Development. Gateways offers a variety of credentials to professionals in the field of early care and education, school-age, youth development, family child care, technical assistance, and family specialist.

Credentials can be obtained in a variety of ways. Contact Ashleigh Couty at 618-985-5975 X1223 to learn more.



First time & Renewal  
Applications are  
**FREE**  
for a limited time!

## **Scholarship Program**



*If you work in a licensed child care center or licensed family/group home, the Gateways to Opportunity Scholarship program may help pay for you to go to college.*

The Gateways Scholarship Program is now accepting applications!

This program can pay for up to 100% of college tuition for courses and degrees in ECE/Child Development.

For more information, or to check out the eligibility requirements, visit the Gateways website at <http://www.ilgateways.com/financial-opportunities/scholarship>.

**CHANGES  
ARE HERE!**

You may now qualify for

**Great START!**

Get a check every 6 months!

**STARTING JULY 1, 2022**

those making **\$24 an hour** or less **AND** \$49,920 a year or less\*  
may qualify for Great START funding.

If your wages fall within the income limits **APPLY TODAY!**

For more information, visit **[www.ilgateways.com](http://www.ilgateways.com)** and  
click on **Great START** or email **[gstart@inccrra.org](mailto:gstart@inccrra.org)**.

*\*All Great START requirements must be met to qualify.*



1226 Towanda Plaza | Bloomington, Illinois 61701 | Telephone: (866) 697-8278 | [www.ilgateways.com](http://www.ilgateways.com)

Gateways to Opportunity is administered through INCCRRA and funded by the Illinois Department of Human Services Bureau of Child Care and Development and the McCormick Foundation.  
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## Great START Wage Supplement Scale

Great START is available to Assistants, Teachers, Family Child Care Providers, Family Group Child Care Providers, and Directors who work in programs licensed by the Illinois Department of Children and Family Services.

### Job Category Key

A = Assistant  
FCC = Family Child Care Provider  
G = Family Group Provider  
T = Teacher  
D = Director

Level	Option	Education	Eligibility <sup>1</sup>	Supp. <sup>2</sup>
1	A	6 semester (9 qtr) hrs in Early Childhood Education (ECE)/Child Development (CD)	A/FCC	\$150
2	A	Child Development Associate (CDA)	A/FCC	\$225
2	B	Certified Childcare Professional (CCP)	A/FCC	\$225
2	C	Montessori Credential (AMS or AMI credentials only)*	A/FCC	\$225
2	D	12 sem hrs (18 qtr) hrs toward a degree (9 sem hrs in ECE/CD)	A/FCC	\$225
2	E	FCC Level 2, SAYD Level 2	A/FCC	\$225
3	A	24 sem (36 qtr) hrs toward an Associates Degree in ECE/CD	A/FCC/G	\$375
3	B	24 sem (36 qtr) hrs related field (9 sem hrs ECE/CD)	A/FCC/G	\$375
3	C	CDA/CCP/Montessori Credential + 12 sem (18 qtr) hrs toward a degree	A/FCC/G/T	\$375
3	D	ECE Level 2, FCC Level 3, SAYD Level 3	A/FCC/G	\$375
4	A	Approved Community College Early Childhood Certificate	A/FCC/G	\$525
4	B	36 sem (54 qtr) hrs toward Associates Degree in ECE/CD	A/FCC/G	\$525
4	C	36 sem (54 qtr) hrs toward a degree in related field (12 sem hrs in ECE/CD)	A/FCC/G	\$525
4	D	ECE Level 3, ITC Level 2, SAYD Level 4	A/FCC/G	\$525
5	A	48 sem (72 qtr) hrs toward Associates Degree in ECE/CD	A/FCC/G	\$675
5	B	48 sem (72 qtr) hrs toward a degree in related field (15 sem hrs in ECE/CD)	A/FCC/G	\$675
5	C	Associates Degree with non ECE/CD major (15 sem (22 qtr) hrs in ECE/CD)	A/FCC/G/T	\$675
5	D	60 sem (90 qtr) hrs toward a degree in unrelated field (15 sem hrs in ECE/CD)	A/FCC/G/T	\$675
5	E	ITC Level 3, FCC Level 4	A/FCC/G/T	\$675
6	A	Associates Degree in ECE/CD	A/FCC/G/T/D	\$825
6	B	Associates Degree in any field with 18 sem (27 qtr) hrs in ECE/CD (21 sem hrs for Dir)	A/FCC/G/T/D	\$825
6	C	60 sem (90 qtr) hrs toward a degree in unrelated field (15 sem hrs in ECE/CD)	A/FCC/G/T/D	\$825
6	D	90 sem (134 qtr) hrs toward a degree in an unrelated field (15 sem hrs in ECE/CD; 21 sem hrs for Dir)	A/FCC/G/T/D	\$825
7	A	72 sem (107 qtr) hrs toward Bachelors Degree in ECE/CD	A/FCC/G/T/D	\$975
7	B	90 sem (134 qtr) hrs toward Bachelors Degree in related field (18 sem hrs in ECE/CD; 21 sem hrs for Dir)	A/FCC/G/T/D	\$975
7	C	Bachelors Degree in unrelated field (18 sem (27 qtr) hrs in ECE/CD; 21 sem hrs for Dir)	A/FCC/G/T/D	\$975
7	D	ECE Level 4	A/FCC/G/T/D	\$975
8	A	90 sem (134 qtr) hrs toward a Bachelors Degree in ECE/CD	A/FCC/G/T/D	\$1200
8	B	Bachelors Degree in related field (24 sem hrs (36 qtr) in ECE/CD)	A/FCC/G/T/D	\$1200
8	C	Bachelors Degree in unrelated field (30 sem hrs (45 qtr) in ECE/CD)	A/FCC/G/T/D	\$1200
8	D	ITC Level 4, SAYD Level 5, IDC Level I	A/FCC/G/T/D	\$1200
9	A	Bachelors Degree in ECE/CD	A/FCC/G/T/D	\$1,575
9	B	Masters Degree in unrelated field (30 sem (45 qtr) hrs in ECE/CD)	A/FCC/G/T/D	\$1,575
9	C	FCC Level 5	A/FCC/G/T/D	\$1,575
10	A	Masters Degree in ECE/CD, ECE Level 5, IDC Level II, ITC Level 5	A/FCC/G/T/D	\$1,950
10	B	IDC III, ECE Level 6, ITC Level 6	A/FCC/G/T/D	\$1,950

1. A person is only eligible at a level if their job category is shown in the "Eligibility" column. A person will only be eligible at a level if they meet the educational requirements listed at that level.

2. Wage supplements are paid and shown in 6-month increments. Wage Supplements will be pro-rated if you work 15-29 hours per week. Practitioner must remain employed at same child care program to receive 6-month renewal supplement.

\*Montessori credentials from American Montessori Society or Association Montessori International.

All ECE/CD courses must be passed with a "C" or higher.

Credentials other than those listed may be evaluated to determine eligibility as it applies to your current position.

Foreign transcripts must be evaluated by an evaluation service. The Great START office can assist you in locating one of these services.



# Go NAPSACC Information



## Creating Healthier Environments for Children to Thrive

Looking for a reliable and convenient resource to support nutrition and physical activity in the early care and education system - Go NAPSACC- can be your go to resource. The easy-to-use online tool and resource library can be available at your fingertips for **FREE**.



Source: Go NAP SACC, University of North Carolina



**"Taking the time to complete the assessments gave me the push I needed to update our center's menus and increase our variety of fruits and vegetables. We were also very hesitant to offer our meals family style, but by starting small we were able to be successful. Now, I couldn't imagine serving meals any other way."**

**- Jackson County Child Care Center**

By using Go NAPSACC's 5-step process and resources - you can empower staff, children, and families to make positive changes to support overall health. Centers can:

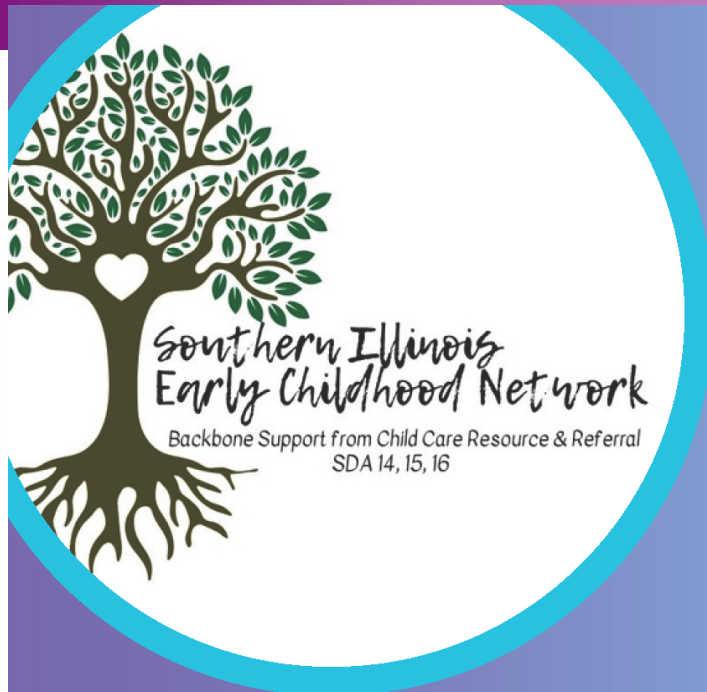
- enhance their nutrition and physical activity environment,
- improve policies and practices,
- share more resources with children and families, and
- have a positive impact on childhood obesity.



Connect with our local Technical Assistance Consultant:

Toni Kay Wright [tkwright@illinois.edu](mailto:tkwright@illinois.edu)





*SIECAT, now known as  
**Southern Illinois Early  
Childhood Network** with  
backbone support from  
CCR&R SDA 14, 15 and 16.*

## **Network - Share - Support**

### **2026 Schedule of Meetings**

February 12 via Zoom  
March 12 via Zoom  
May 14 via Zoom  
June 11 @ Rend Lake Marketplace  
August 13 via Zoom  
September 10 via Zoom  
October 8 @ Rend Lake Marketplace  
November 12 via Zoom

**All meetings  
10am - 12pm**

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**Annual Director's Training**  
**Thursday, April 9**  
**9:30am - 3:00pm**  
**Rend Lake Marketplace**  
**Mt. Vernon, Il.**

**SIECN** provides  
regional support to  
center-based leaders  
in the southern  
34 counties.





# What is Infant/Early Childhood Mental Health Consultation?

Infant/Early Childhood Mental Health Consultation (I/ECMHC) is a prevention-based approach that pairs [an infant/early childhood] mental health consultant with adults who work with infants and young children in the different settings where they learn and grow, such as child care, preschool, home visiting, [Early/Head Start,] and early intervention. Mental health consultation is not about behavior modification. Nor is it therapy. Mental health consultation equips caregivers to facilitate children's healthy social and emotional development.

— Center of Excellence for Infant and Early Childhood Mental Health Consultation at Georgetown University

Caregiver Connections  
Intake Coordinator  
217.592.0389

[caregiverconnections.org](http://caregiverconnections.org)

[bit.ly/IL-IECMHC](http://bit.ly/IL-IECMHC)

## Scan the QR code

- Open the camera app
- Focus the camera on the QR code by gently tapping the code
- Follow the instructions on the screen to complete the action



## What I/ECMHC is?

**PROMOTION/  
PREVENTION FOCUSED**  
Accessing support  
before a crisis



**INDIRECT**  
Primarily working with  
program staff



**RELATIONSHIP-BASED**  
Working in collaboration  
with program staff



**CAPACITY BUILDING**  
Helping staff and administrators  
to build self-efficacy



**BIG PICTURE**  
Exploring common themes  
across the program



## What I/ECMHC is NOT?



**THERAPY**  
Providing clinical  
treatment



**"FIXING THE CHILD"**  
Creating a behavioral  
modification plan



**COACHING**  
Supporting the goals of  
the learner



**SUPERVISION**  
Monitoring and managing  
staff performance



**SOCIAL WORK**  
Managing family cases  
and referrals to resources



Governor's Office of  
Early Childhood Development

Mental Health  
Consultation In Illinois



## How can I/ECMHC support my program?

I/ECMH Consultants provide an opportunity for reflection with administrators, supervisors, and early childhood professionals. This interaction allows all staff to think through their work with a mental health-oriented person, go deeper into a situation, explore options, validate your experience, and come up with the strategies needed to take next steps. I/ECMHC is NOT an expert giving advice to the members on your team. It is a collaboration, with all involved sharing their thoughts and working together towards solutions.

## What are the benefits of I/ECMHC?

### ...for Infants and Young Children



Improved social skills



Improved emotional functioning



Reduced challenging behaviors



Reduced suspensions and expulsions

### ...for Families, Educators, and Home Visitors



Improved child-adult relationships



Reduced provider stress



Reduced provider burnout



Reduced provider turnover

***“Nearly 40% of ECEC programs that have excluded at least one child from their early learning program has never heard of mental health consultation.”***

—Kate Zinsser, PhD, University of Illinois at Chicago

“Prior to contacting Action for Children, I did not have the resources to refer parents who needed additional support outside of my daycare setting. The consultant shared with me and the parents, organizations which could offer further support, such as family counseling. Having a Mental Health Consultant was also beneficial because after she conducted her own child observation, I was able to share my experience with her, and learn more about how I could support the child when he became aggressive. Having the MHC meet with me and the child’s mother and father was extremely helpful because I felt much more confident about what I was talking about, and because I knew she would be able to answer some of the questions the parents had, which perhaps I might of not been able to answer, had she not been there.”

— Early Childhood Professional

## Where do I find an Infant/Early Childhood Mental Health Consultant?

As a child care professional you can access FREE Infant/Early Childhood Mental Health Consultation in your community! To request training, technical assistance or Mental Health Consultation please visit the Caregiver Connections website at [caregiverconnections.org](http://caregiverconnections.org) or call 217.592.0389 to connect with a consultant in your community.



Governor's Office of  
Early Childhood Development



[bit.ly/IL-IECMHC](http://bit.ly/IL-IECMHC)

I/ECMHC: Building Emotional Well-being,  
One Relationship at a Time

# CPR, First Aid and AED Training

## Heartsaver Pediatric First Aid CPR AED

### ***In-person:***

CCR&R offers CPR and First Aid year round at the three community colleges in our district. We offer classes at least once each month and add classes to meet the need. We pay for all fees if the class is scheduled with CCR&R and is taken at one of the following colleges.

**John A Logan      Shawnee College      Southeastern Illinois College**

If you are having trouble locating First Aid and CPR training, please contact Child Care Resource and Referral for assistance.

### Approved CPR and First Aid Providers

AMERICAN HEART ASSOCIATION  
AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)  
AMERICAN RED CROSS  
AMERICAN TRAUMA EVENT MANAGEMENT (ATEM)  
EMERGENCY CARE AND SAFETY INSTITUTE (ECI)  
EDWARD ATKINSON/EMERGENCY RESPONSE HEALTH NETWORK  
ELLIS & ASSOCIATES, INC.  
EMS SAFETY SERVICES  
KNOW CPR  
MEDIC FIRST AID  
NATIONAL SAFETY COUNCIL  
R.H. SANDERS/TITAN CPR  
PACIFIC MEDICAL TRAINING  
PRO-TRAININGS, LLC

### **HELPFUL TIPS**

- We suggest that you take a class organized by CCR&R so you know that you are getting what you need and it is automatically reported to the Gateways Registry
- Be sure that you are taking a Pediatric CPR and First Aid class (if you aren't sure, give us a call)

*If you will be asking for reimbursement and you take a class that is not offered by CCR&R, hold on to your receipt to show that you paid for the class.*

### Paying for CPR and First Aid

When you take a face to face class at a local college campus, it is FREE with no fees.

Child Care Resource and Referral will pay for CCAP providers (includes all staff) to take these classes.

When a program schedules training for their staff at their site, the program is responsible for payment. Funds are available to cover part of this cost by reimbursement.

JALC no longer schedules CPR Classes off campus.

If you schedule your own CPR/First Aid course from a different approved provider or agency, you can apply for reimbursement. Contact Nina Wargel at CCR&R to request an application or access the CPR/First Aid Reimbursement form on our website under Child Care Center and Family Home Providers, Grants and Funding.

# CPR, First Aid and AED Training

The CPR, First Aid and AED course teaches you how to manage illness and injuries in a child, in the first few minutes, until professional help arrives. This course is for those involved in child care that have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course is tailored to child care providers, child care teachers and staff, babysitters, grandparents, foster and adoption parents, pre-kindergarten, elementary and secondary school teachers, camp counselors, youth organizations, and coaches for children's sports organizations.

## John A Logan College - Carterville

### Date/Time/Place

Saturday, January 31

9:00-4:30

H 133

Saturday, February 21

9:00-4:30

H 133

Saturday, March 28

9:00-4:30

H 133

Saturday, April 25

9:00-4:30

H 133

Saturday, May 16

9:00-4:30

H 133

Saturday, June 13

9:00-4:30

H 133

Saturday, July 11

9:00-4:30

H 133

Saturday, August 22

9:00-4:30

H 133

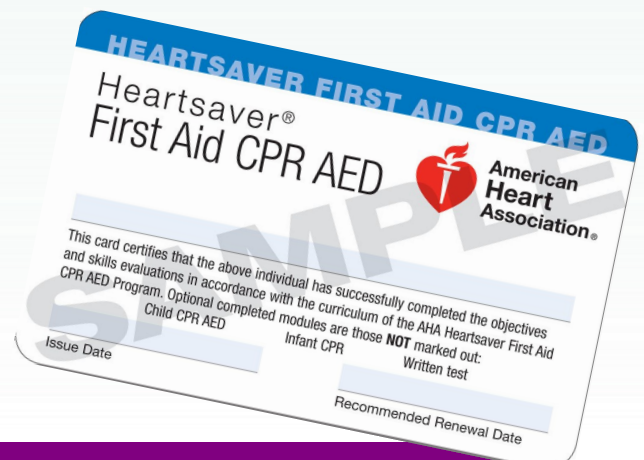
### Class Information

A short lunch break will be given  
between CPR and First Aid  
Sessions.

Please bring your lunch.

Please be on time and bring something  
to write with.

Additional classes may be added  
throughout the year depending on need.





# CPR, First Aid and AED Training

## Shawnee Community College - Ullin

### Date/Time/Place

By Request Only (10 person minimum)  
8:30-4:30  
J 1024

### Class Information

Lunch break is short so please bring your lunch.

Please be on time and bring something to write with.

## Southeastern Illinois College - Harrisburg

### Date/Time/Place

By Request Only (10 person minimum)  
8:00-4:30  
G 205

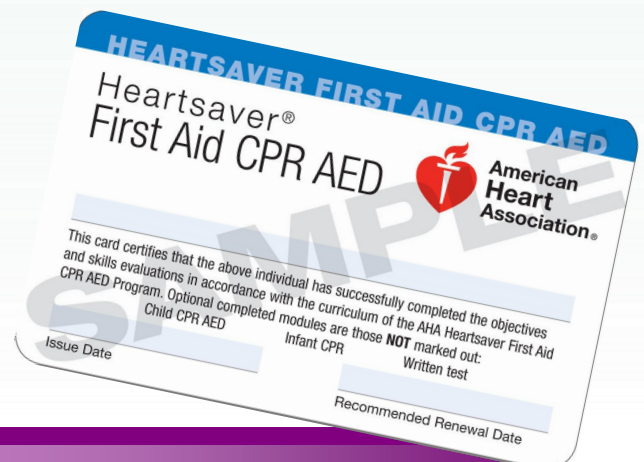
### Class Information

Lunch break is short so please bring your lunch.

Please be on time and bring something to write with.

If you arrive more than 15 minutes late, you will not be allowed to enter the classroom.

**CPR and First Aid cards will be issued via email using the address given to the Instructor during class.** Cards are typically issued within one week of the training.



# How to Claim Your eCard



AHAeCARDS

TRAINING. QUALITY. SECURITY.



American  
Heart  
Association®  
life is why™

## How to Claim Your AHA eCard

Congratulations on completing your AHA course! One last step will make it official—**claiming your eCard**. As a reminder, only you can claim your eCard at this time; it cannot be claimed by someone on your behalf.

Please follow these instructions to claim your eCard:

- 1** You will receive an email from [ecards@heart.org](mailto:ecards@heart.org) with a link inviting you to claim your eCard online.  
*If you do not receive this email, please check your Spam or Junk folders prior to alerting your Training Center or Instructor. To try to prevent the email from being marked as Spam or Junk, please add the email address, [ecards@heart.org](mailto:ecards@heart.org), to your Address Book or Contacts in your email server.*
- 2** The link within the email will direct you to the Student Profile webpage, which will be prepopulated with your first name, last name, email address, eCard code, AHA Instructor name, and Training Center information. Adding your phone number is optional.  
*Please check that this information is correct. If it is not, please contact the Training Center directly.*
- 3** Once you have confirmed that your information is accurate, you will set up a security question and answer to access your eCard(s) in the future.
- 4** After setting up your security question and answer, accept the terms and conditions of the site and click "Submit."
- 5** You will be directed to fill out a brief survey about the AHA course you just completed. Your answers to these questions will help improve the quality of future AHA trainings.
- 6** After you complete the survey, your eCard will be displayed. You will have 3 options to view or print it:
  - Save as PDF:** Upon choosing your preferred size to view, you can save your eCard to your computer for future use.
  - QR Code:** For students with a QR code reader, you can access your eCard on a mobile device as needed.
  - Printing:** Your eCard can be viewed as a PDF and can be printed either wallet size (2.5" x 3.5") to be cut out or full size (8.5" x 11") for easy filing.

**Please note that if you do not claim your eCard, you will not be able to show proof of course completion to your employer.** If your employer requires proof of completion, you can email them a copy from the eCard landing page.

After you have accessed your eCard, you will receive an email from the AHA confirming that your eCard has been claimed. You should save this confirmation email for your records.

You can view your eCard online through the AHA's website, [www.heart.org/cpr/mycards](http://www.heart.org/cpr/mycards), at any time. Simply enter your first and last name and email address, or the eCard code found on your eCard.

Your employer can verify your eCard at [www.heart.org/cpr/mycards](http://www.heart.org/cpr/mycards) to confirm issuance by a valid Training Center and Instructor aligned with that Training Center. **Employers are only able to verify your card if you have completed steps 1-5.**

# Online Training Registration Links

DID YOU KNOW YOU CAN VIEW OUR TRAININGS AND REGISTER ONLINE? WE'VE MADE IT EASY FOR YOU! SCAN THE SMALL QR CODE TO VIEW OUR CALENDAR AND SCAN THE LARGE QR CODE IF YOU ALREADY KNOW THE TRAINING YOU WANT TO SIGN UP FOR!



# SCAN HERE!

FOR THE CCR&R TRAINING ONLINE REGISTRATION

FORM

OR

TO SEE OUR CALENDAR WITH ALL  
AVAILABLE TRAININGS AND CANCELLATIONS  
BEFORE YOU REGISTER, SCAN HERE!





# Training Opportunities (listed by date)

***We will be offering training in-person and via Zoom this Spring!***

***We know virtual training feels very different than face-to-face training. Our team of trainers will do their best to ensure that everyone has a successful experience!***

***In order for you to be prepared, you must at least ensure that you have the Zoom app downloaded onto any device (cell phone, tablet, laptop, desktop) before the day of the training.***

***In order to receive credit for the training, your camera must be turned on with your face visible. Please minimize all distractions not only for your own benefit, but out of respect for others enrolled in the training.***

***The training coordinator will email you the Zoom link, trainer contact information, and any necessary training materials the day before your training.***

***If you need assistance, please call our office and someone will be able to help you!***

## ***Healing the Wounds***

***Thurs., Jan. 29 / 6:00-8:00 / ZOOM / FREE***

***Laura Roberts, Caregiver Connections Coordinator***

***In this training we will explore the “iceberg” model of behavior, watch 2 short videos, and consider the important role childcare providers play in recognizing the signs of traumatic exposure, promoting infant and early childhood mental health, supporting young children and their families, and creating caregiving environments that support resilience. Understanding the ways that individual’s family history, cultural background, language, home environment, community supports, and heredity play in their development, resilience, and response to trauma will support providers in understanding the strengths of children and families they serve.***



# Training Opportunities (listed by date)



## ***Chaos? Not my Class!***

***Tues., Feb. 17 / 6:00-8:00 / CCR&R / FREE***

***Chrissy Confer, Quality Specialist***

*Does your classroom sometimes feel more like organized chaos than calm learning? You're not alone—and you're not doing it wrong. This training helps early childhood educators create*

*classrooms that are predictable, supportive, and a lot less stressful for both children and adults. We'll look at how classroom setup, clear routines, and calm, responsive guidance can prevent many behavior challenges before they start. You'll learn practical, research-based strategies that support young children's social-emotional development, help them manage big feelings, and build positive behaviors. Expect real-life examples, doable ideas, and tools you can use the very next day (no magic wand required).*

## ***Tune In, Calm Down: Creating Calm and Connection with Lullabies***

***Tues., Mar. 10 / 6:00-8:00 / CCR&R / FREE***

***Alisabeth Hopper, Infant/Early Childhood Mental Health Consultant***

*In this training, participants will discover how lullabies can help create moments of calm, comfort, and bonding in the infant room. This training teaches a nurturing, easy-to-use approach that helps teachers match babies' needs and gently guide them toward regulation.*



## ***Wired for Wonder:***

## ***Inside the Amazing Brain of a Young Child***

***Thurs., Mar. 26 / 6:00-8:00 / CCR&R / FREE***

***Jennifer Sykes, Family Support Specialist***

*This training explores how a young child's brain grows and why early experiences are so critical. Participants will learn how nurturing relationships, everyday interactions, and supportive environments help build strong, healthy brains. We will also discuss the effects of trauma on development and how to guide families and caregivers in creating positive, protective experiences.*

# Training Opportunities (listed by date)

## ***Supporting Children's Healthy Identity Development, Right From the Start!***

***Tues., Apr. 7 / 6:30-8:30 / CCR&R / FREE***

***Shannon Green, Early Childhood Systems Consultant***

*The first few years of a child's life are essential for developing a healthy and positive sense of self that can last a lifetime! In this session, participants will learn how this sense of self develops over time and explore strategies for nurturing each child's construction of knowledgeable, confident, personal and social identities. We will learn ways to support children as they develop self-awareness, confidence, family pride, and respect for others during the early childhood period.*



## ***Creative Solutions:***

### ***Turn Those Challenging Behaviors Around***

***Thurs., Apr. 23 / 6:00-8:00 / ZOOM / FREE***

***Laura Roberts, Caregiver Connections Coordinator***

*Is there a child in your classroom that challenges you? Are you feeling frustrated about how you can connect better with him/her? This training will provide information about what typical social-emotional development looks like as well as how you can more effectively build social – emotional skills in the children you care for. We will discuss the barriers and challenges to being calm, confident, and okay with feelings and will focus on small steps to get feeling more skilled in handling challenging feelings and behaviors.*



# Upcoming Conferences/Events

***Illinois Head Start Association Conference:  
March 17-19, East Peoria***

***ILASCD Pump Up Primary 45th Annual Pre-K-2nd Grade  
Conference:  
March 4-6, Schaumburg***

***SIAEYC Expo:  
April of 2026***

***Leadership Connections:  
May 27-29, Schaumburg***

***Illinois AEYC Growing Futures Conference:  
October 15-17, Springfield***

***NAEYC Conference:  
December 4-7, 2027, Chicago***





## FAMILY CHILD CARE ASSOCIATION OF SOUTHERN ILLINOIS

The Association is open to **ANYONE** who is interested and able to attend. You can attend one meeting or attend every month!

**Support**, **Network** and **Share** with others who do the same work as you!  
**Learn** with others who know what being a Family Child Care Home Owner is like.

Meetings take  
place on the 3rd  
Tuesday of every  
month from  
6:30-8:30 pm



Contact Kim Mayers at 618-889-4228

## Looking for online options?

Visit CCR&R's E-Academy on our website, where you can access workshop titles not found on the CCR&R calendar. CCR&R offers a variety of online workshops that you can do "on demand", 24 hours a day, seven days a week. The **first 10 hours are provided free of charge** to individuals who work at programs listed in the CCR&R database or for individual pursuing a family child care license.

**Online workshops are available to you 24 hours per day, seven days a week. You can take them at home and at work.**

You will need an internet connection, a good operating computer, and printer. Certificates for online workshops can be printed upon completion of the training.

These trainings must be **self-reported** in order for them to appear on your professional development record.

These courses are Gateways approved.



### See what some professionals say about CCEI Training

*"I love it.... I can do it on my own time, when I am ready."*

*"They're available at any time. I can take my time and really understand what I am learning."*

*"Many different subject areas are offered and you can do it in the comfort of your own home."*

## Get started NOW!

1. The FULL list of CCEI courses is available on their website <https://www.cceionline.com/>
2. Decide which workshops you want to take - write down the course name and course number
3. Contact Ashleigh Couty at [ashleighcouty@jalc.edu](mailto:ashleighcouty@jalc.edu) to register.



# Workforce Development Support



The Child Development Associate (CDA) Credential™

We know that finding qualified teachers is a concern . CCR&R implemented CDA Credential cohorts in 2019 to assist staff in attaining **Child Development Associate Credential (CDA)** which is one pathway for a person to be DCFS teacher qualified.

If you would like more information about the credential or the cohorts, contact **Ashleigh Couty at CCR&R at 1-800-548-5563 Ext.1223**

To learn more about the CDA Credential, go to [www.cdacouncil.org](http://www.cdacouncil.org).



[illinoisworknet.com](http://illinoisworknet.com)

John A Logan College is now offering apprenticeships for students pursuing an early childhood education degree.

## **Apprenticeships are Win/Win/Win**

**#1—** *Apprentice* is PAID to work while in *college*

**#2—** *Employer* getting an employee/apprentice who they may/may not have to pay for out of pocket while in training\*\* Employer may be eligible for an Illinois state tax credit for up to \$3500/year/apprentice.

For more information contact Ashleigh Couty at [ashleighcouty@jalc.edu](mailto:ashleighcouty@jalc.edu)



# Take Charge of your Professional Development

**How can you ensure that the seminar/conference/workshop you register for will benefit your professional development? Try asking yourself these questions beforehand:**

- **Do you have any “gaps” in your professional development that need to be filled?**  
*Some possible examples are that you need to fulfill your inclusion training hours, or need more hours toward a certification or advanced degree.*
- **Does the training count toward a Gateways Credential?**  
*If you are interested, inquire with the event planner and/or look on the Gateways Statewide Online Training Calendar to see if the training shows a gold-colored rectangle. You can check the search box on the online training calendar to see if the training may meet the requirements for a Gateways Credential.  
<https://registry.ilgateways.com/be-a-member/find-trainings>*
- **Does the training count toward CEUs or PDUs?**  
*Check with the event organizer to see if the training has been approved for these credit options.*
- **Is there a specific new skill you are interested in learning?**  
*For example, do you want to learn how to design a PowerPoint presentation, Enrich your science area, Improve observation skills? etc.*
- **What level of training are you seeking? Introductory, Intermediate or Advanced?**  
*You may be advanced in your knowledge of child development but need a beginner class on accounting skills or documentation.*
- **Do you want to participate in ExceleRate® Illinois approved trainings?**  
*As you pursue an ExceleRate Circle of Quality, several resources are available to guide your professional development planning efforts in an effort to meet participation requirements. Refer to the ExceleRate Illinois Required Training Grids for Licensed Family Child Care or Licensed Child Care Centers at <http://www.exceleRateillinoisproviders.com/resources/helpful-links> or search “approved for ExceleRate” on the Statewide Training Calendar <https://registry.ilgateways.com/be-a-member/find-trainings>*
- **Is the content focus for family child care, centers, infant/toddler, 3-5 or school-age/youth development?**  
*Look on the Gateways Statewide Online Training Calendar using one as your keyword.  
<https://registry.ilgateways.com/be-a-member/find-trainings>*
- **What outcomes are you seeking? Is the training applicable to your needs?**
- **Will your individual learning style be addressed? What various methods for learning are used?**
- **Is the location and time a good fit for you?**



1226 Towanda Plaza | Bloomington, Illinois 61701 | (866) 697-8278 | [www.ilgateways.com](http://www.ilgateways.com)

Gateways to Opportunity is administered through Inccrra and funded by the Illinois Department of Human Services Bureau of Child Care and Development and the McCormick Foundation.  
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# ExceleRate® Illinois Training Bundles for Credential Credit

There are a variety of trainings that Administrators and teaching staff are required to complete for ExceleRate Illinois. The following related and required trainings have been bundled together to count towards designated Gateways Credentials. When the outlined combination of trainings are completed, (as noted) they may be applied toward an applicant's Gateways Credential. Most of these trainings are available at <http://courses.inccrra.org>.

To see if you may have already completed a bundle of these trainings, or to see how close to completing a bundle you are, visit your Professional Development Record through the Gateways Registry at [registry.ilgateways.com](http://registry.ilgateways.com).

## ExceleRate Bundle

- *ExceleRate® Illinois Orientation*
- *Understanding and Planning for Continuous Quality Improvement*
- *Creating Individual Professional Development Plans*

### Credential

Personal and Professional Development (PPD) ECE Credential – **OR** –  
Personal and Professional Self-Awareness (PPS) Illinois Director Credential

## ExceleRate Bundle

- *Illinois Early Learning and Development Standards*
- *Illinois Early Learning Guidelines OR Finding a Curriculum that Works for You*
- *Introduction to Developmental Screening Tools*
- *Fundamentals of Child Assessment*

### Credential

Observation and Assessment (OA) AND Curriculum or Program Design (CPD) ECE Credential – **OR** –  
Observation and Assessment (OA) AND Educational Programming (EP) Illinois Director Credential

## ExceleRate Bundle

- *Family and Community: Partners in Learning*
- *An Introduction to Transitions*
- *Basics of Culturally and Linguistically Appropriate Practices*

### Credential

Family and Community Relationships (FCR) ECE Credential – **OR** –  
Family Partnerships (FP) Illinois Director Credential

## ExceleRate Bundle

- *Getting Ready for the PAS*
- *Introduction to the ERS*

### Credential

Curriculum and Program Design (CPD) ECE Credential – **OR** –  
Educational Programming (EP) Illinois Director Credential

\*Each training may only be counted ONCE toward credential credit across any/all combinations of training bundles.

\*Welcoming Each and Every Child, at 7 hours currently counts toward the ECE and IDC.



1226 Towanda Plaza | Bloomington, Illinois 61701 | p. 866.697.8278 | f. 309.828.1808 | [www.ilgateways.com](http://www.ilgateways.com) | [www.exceleRateillinois.com](http://www.exceleRateillinois.com)

ExceleRate® Illinois is administered through INCCRRRA under the joint direction of the Governor's Office of Early Childhood Development, the Illinois Department of Human Services Bureau of Child Care and Development, and the Illinois State Board of Education. EX131©2017 INCCRRRA



# Lending Library Information



## Library for Social Emotional Learning

Located at CCR&R, Carterville



Scan here to  
see the  
catalogue

- A variety of materials to try in your classroom
- Open to any ECEC provider in SDA 16 (CCRR @JALC area)
- Keep contents for one month

For more information & to check out

**CCRR@jalc.edu or 618-985-5975**



# Technical Assistance & On-Site Support

CCR&R has a team of trained specialists available to provide technical assistance to early childhood professionals. From environments and curriculum, to staffing and management, and grants and professional development, our specialists can lend a hand. We are happy to help you meet or maintain any quality improvement goals you may have.

**Help is just a call or a click away!     Call 1-800-548-5563**

## Quality Specialist

Chrissy Confer   Ext. 1221  
chrissyconfer@jalc.edu

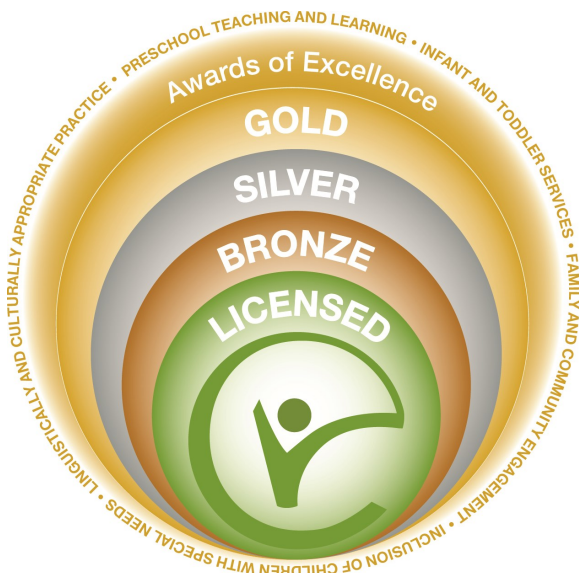
## Infant/Toddler Child Care Specialist

Colleen McLaughlin   Ext. 1242  
colleenmclaughlin@jalc.edu

## Associate Manager of ECE Workforce Development

Ashleigh Couty   Ext. 1223  
ashleighcouty@jalc.edu

*"The most efficient  
and effective route to  
bold change is the  
participation of  
everyone, everyday in  
incremental change."  
~Tom Peters*



*As an early learning and development program, you play a pivotal role in giving our state's youngest children the best start in life. ExceleRate™ Illinois can help you make quality your top priority and prepare children for success in school and in life.*

*ExceleRate™ Illinois is a comprehensive system that includes, licensed child care centers, Preschool for All programs, Head Start programs, and licensed family child care homes.*

*Visit [www.excelerateillinoisproviders.com](http://www.excelerateillinoisproviders.com) to learn more.*



# Want to Become a Child Care Provider?

WOULD YOU  
LIKE TO  
**Earn \$**  
WHILE YOU  
WORK FROM HOME?



## Become a Family Child Care Provider

There is a shortage of quality child care in your area for children and parents working outside of their homes.



Click this QR code or  
call for more  
information:  
**1-800-548-5563**